



**VIVEKANAND EDUCATION  
SOCIETY'S  
INSTITUTE OF TECHNOLOGY**

**VESIT  
UHV Club**

**Workshop on “Understanding Human Being and Human Aspirations”**

**18 September and 25 September 2021**

**3.00 - 5.00 p.m.**

**Speaker :** Dr.ShivKumar Goel

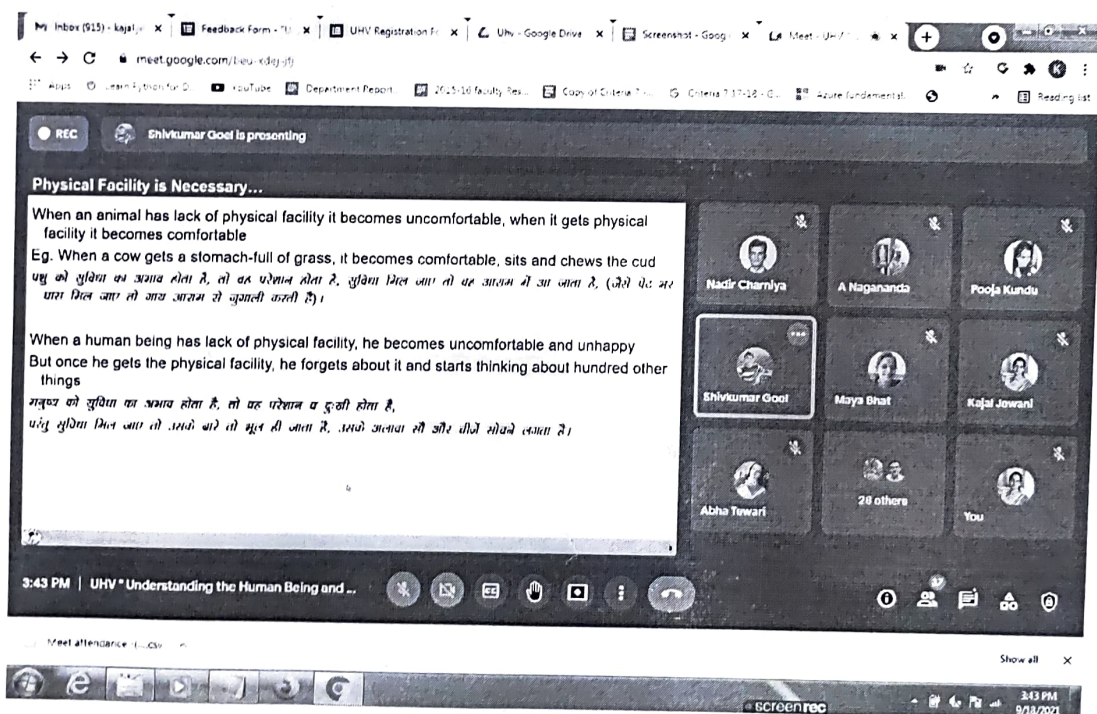
**Coordinators :**Dr.Pooja Kundu

Ms. Kajal Jewani

We at VESIT firmly believe in the importance of Universal Human Values for both the staff members and students of our college and the need to move from a skill biased education to a holistic education perspective.

The college believes in the overall growth of our staff members so that they can transform into not only skilled but also ethical professionals human beings. The college has established its UHV Club in 2020 according to the norms of AICTE. The objective of the club is to ensure that faculty members have a genuine interest in understanding the concept of UHV and are well versed, well trained in UHV curriculum in order to impart it to the students. We aim to achieve this by promoting the faculty members to participate in AICTE organised FDPs and arranging workshops and seminars in college.

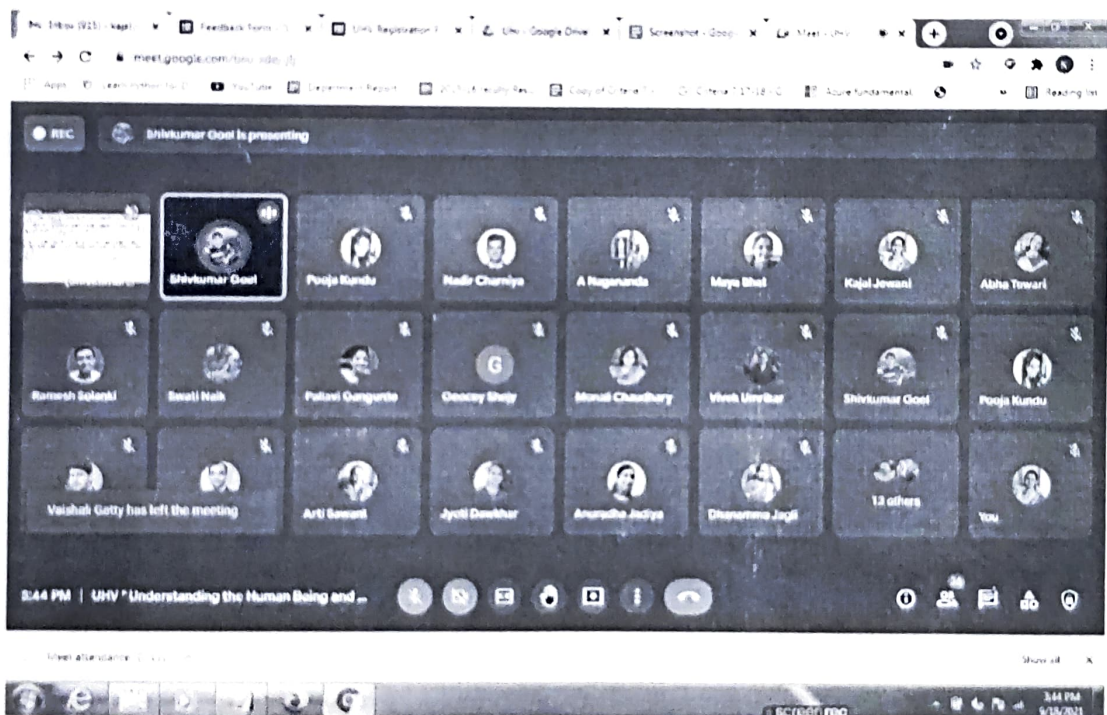
With this objective in mind the UHV Club members organised their first workshop for staff members on 18 and 25 September 2021 from 3.00 - 5 p.m. The speaker of the workshop was Dr. Shiv Kumar Goel . He commenced the workshop by highlighting the importance of values as values form the basis for all our thoughts, behaviours and actions.He also reinforced and restated the universality of various human values as only then one can have a definite and common program for value education. The process of self exploration was explained to the faculty members and a lot of thought provoking questions were asked about their natural acceptance, inner harmony, tranquility and fulfillment followed by discussion for further clarity on these concepts.



The methodology of self realization is adopted by pinpointing the current scenario where generally everyone is trying to achieve happiness and prosperity by maximizing accumulation and consumption of physical facilities. Some relatable relevant examples were explained in

detail to make their understanding better. The repercussions of leading such a life is self-defeating. As neither one can achieve continuous happiness through sensory interactions nor prosperity, as it amounts to trying to fulfil unlimited wants through limited resources.

Since the workshop design was exploratory in nature and presented only in form of proposals all the participants actively participated without any inhibitions. Dr. Shiv Kumar Goel was able to clear all their doubts, apprehensions and confusions related to the proposals.



### **Outcome of the workshop :-**

The workshop achieved its basic objective by helping all the participants to have a better understanding of themselves and their aspirations. Most of the faculty members were able to recognise their natural acceptance through what was discussed and proposed.

## Conclusion

This initial exposure of UHV content needs to be reinforced among faculty members through regular engagements like weekly meetings and workshops.

Dr. Shiv Kumar Gaur SCG  
Dr. POOJA KUNDU Pojakundu  
Mrs. Kajal Jewani Jewani