

**Atmiya Group of Institution- Rajkot
Universal Human Values (UHV) Cell**

**Report on
"Happiness Meet"**

(How decisions are made?)

Date: 29/9/2020 to 29/9/2020

Facilitator

**Jay Patel
(UHV Cell Member)**

Number of Participants: 26

This event is organized as a part of introducing Jeevan Vidya in the student's fraternity of Atmiya Group of Institutions students. The Happiness Meet is an initiative of UHV Cell for interested students who are keen to learn about permanent happiness. Happy Club is a general mental health club that focuses on spreading happiness, logical solutions to daily problems in relation or emotion, etc.

The following important points were discussed during the happiness meet

- Human beings have the 2 main boons of nature, kalpnashilta and karma swatantrata.
- Human beings are the highest order of existence and due to their imagination power, we can see the varieties of people around us.
- If our imagination is driven by the right understanding then the result is mutual happiness and mutual prosperity.
- But if the imagination is driven by the preconditioning then the result is not mutual.
- These topics are very well explained in the happiness meet session.

A total of **26** Students from the Atmiya Group of Institutes have attended this happiness meet Session 2.

Atmiya Group of Institution- Rajkot
Universal Human Values (UHV) Cell

Report of 3 Days Faculty Development Program
on
“Human Values & Holistic Living”
Date: 17/8/2020 to 19/8/2020

Facilitator

Mr. Jigar Ratnottar

UHV Cell

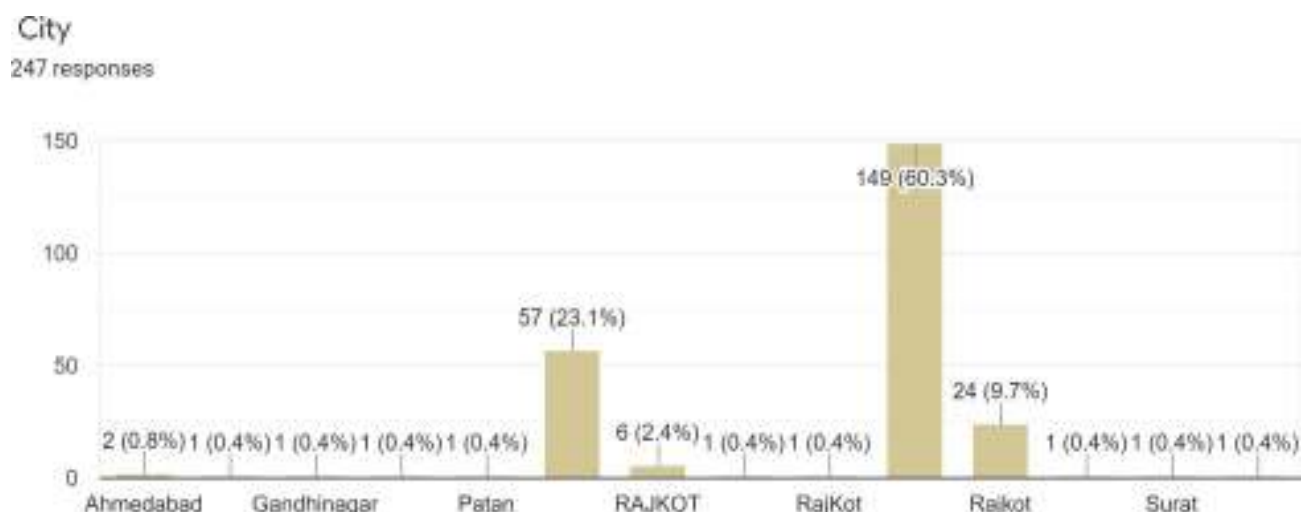
The session on “**Human Values & Holistic Living**” (Jeevan Vidya) is a proposal of to make Universal Humanization of Education based on *Madhyastha Darshan Sah-Astitvavaad*, philosophy by *A. Nagraj* and this FDP is nicely facilitated by *Jigar Ratnottar*.

The following important points were discussed in FDP

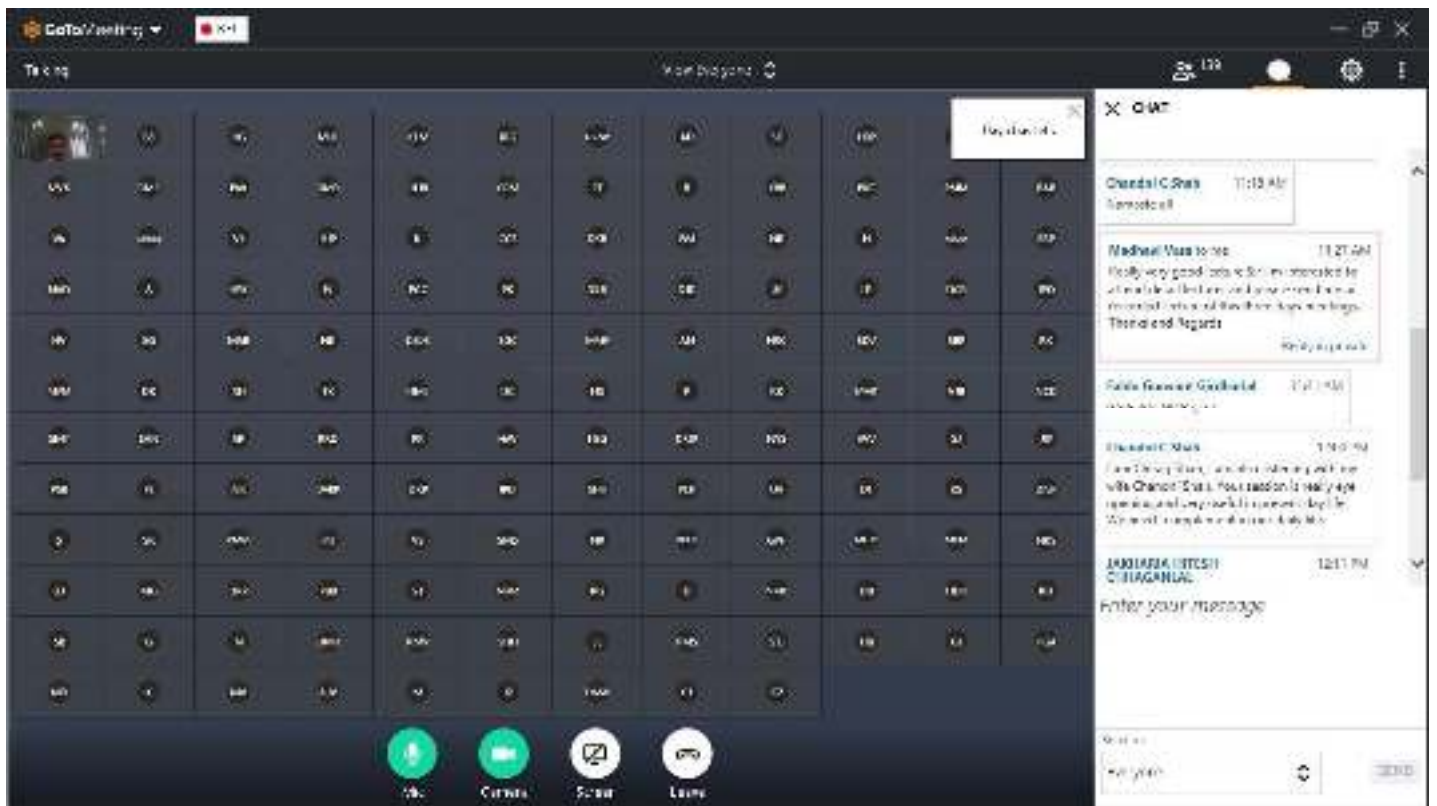
- ✓ FDP is in the form of proposal and universal bias.
- ✓ No Do`s and Don'ts instructions were given in FDP.
- ✓ Education should address Universal Human Values and skills (Technology).
- ✓ For all human beings in life, there are only two basic questions that need to be answered i.e.
 - 1) Why to live? Related to **values**
 - 2) How to live? Related to **skills**
- ✓ The basic desire of all humans is to be **Happy** and prosperity and continuity.
- ✓ We cannot purchase any physical facility we only paying for Human effort.

Total 247 Faculties from Govt. College, Rajkot registered for FDP. The online platform for FDP was (GoToMeet).

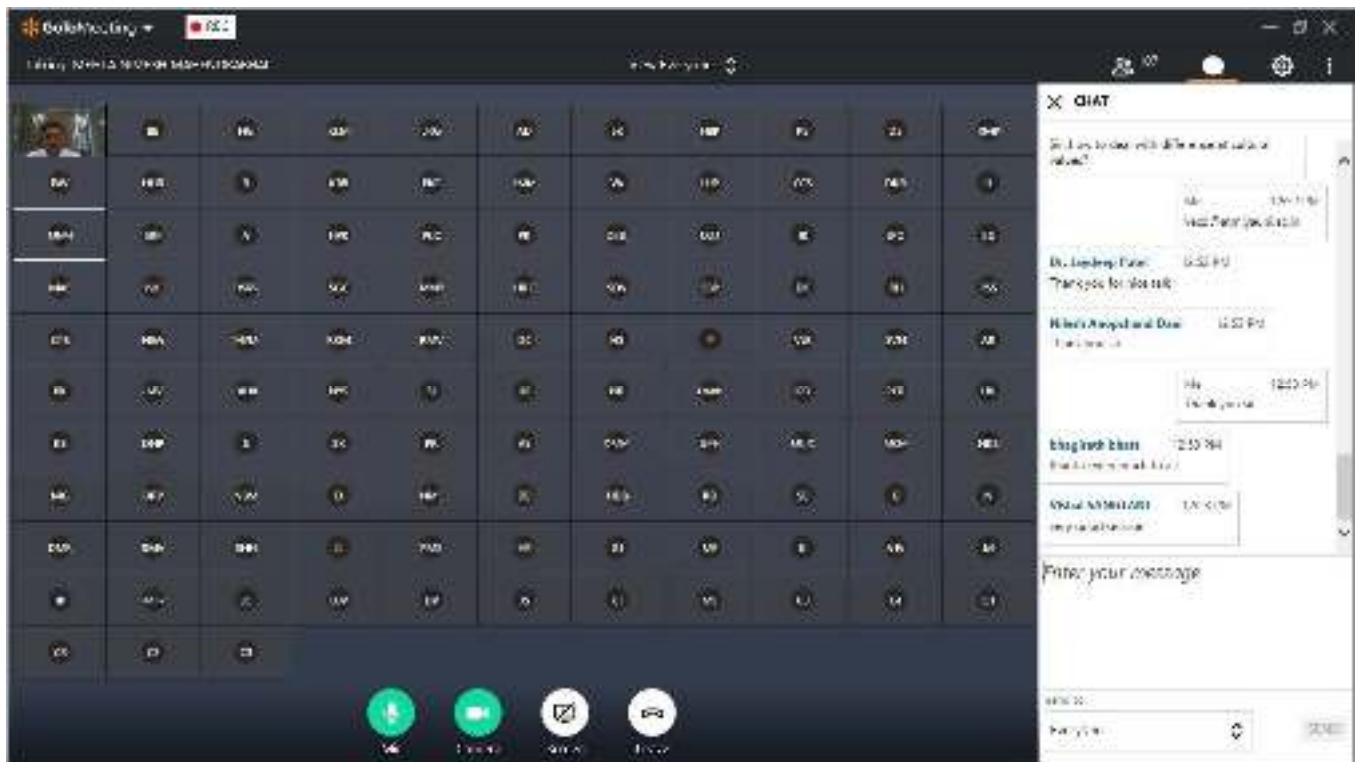
The highlight of FDP:



City Wise Registration



Some of the snapshots of FDP



Report on
1-Day Interactive Session on
“Shiksha nu Manaviykaran”

Organized by
UHV Cell, Atmiya Group of Institutions

Facilitator
Shri Somdev Tyagi (Abhyuday Sansthan, Hapud, U.P.)

No. of Participants – 134
Date/Venue: 31st January 2021
(Step Auditorium, Atmiya Group of Institutions)

Universal Human Values (UHV) Cell organized one interactive session on “Shiksha nu Manaviykaran” for the students of Happiness Meet, parents, society, and also for educationalists. The session is facilitated by Shri Somdev Tyagi (Abhyuday Sansthan, Hapud, and U.P.)

The response of all the participant was very joyful and they asked many crucial questions related to their Personal life, Relationship, Current societal problems, Nature, and Existence. Somdev Tyagi ji explained all the questions nicely and also gave a holistic approach to such questions. Basically, this is the proposal for any participants that they have to verify with their own natural acceptance. Somdev Tyagi ji emphasizes education most and he said that all the domains of human beings must be discussed in our current education system.

Outcome:

- ✓ Participants got holistic clarity about their lives.
- ✓ More Clarity on what should be complete Education Content.
- ✓ Some of the participants were motivated to attend the full 8-days Jeevan Vidya Shivir.
- ✓ Able to live a harmonious life.
- ✓ How to Increase Family Happiness Index

Glimpses of the event:





**A Report of Teachers Training
Based on
“Co-existential Philosophy”**

Date: 22/3/2021 to 27/3/2021

**Organized by
Universal Human Values (UHV) Cell**

Facilitator

**Mr. Jigar Ratnottar
Asst. Prof.
UHV Cell, Coordinator**

**No of participants: 22
Venue: IQAC Room, VSC**

The FDP on “**Co-existential Philosophy**” is a proposal to make Universal Humanization of Education based on *Madhyastha Darshan Sah-Astitvavaad*, a philosophy propounded by Shri *A. Nagraj*. The FDP was organized by UHV Cell, AGI for the staff members of Virani Science College, and Mr. Jigar Ratnottar nicely facilitated this.

The following important points were discussed in the Workshop:

- Understanding science with consciousness
- Understanding the completeness of nature
- Holistic study of science
- Incorporate SDG and value education
- Implementation of SDG in the curriculum

The main objective of this FDP was to introduce the Coexistential philosophy to the senior faculty members of the respective department, and based on that they can easily design their curriculum based on Madhyastha Darshan. Also, the vision of outcome-based education is also attended to through the proposal of Madhyastha Darshan.

Jigar Ratnottar, facilitator of Jeevan Vidya and coordinator of UHV Cell nicely delivered the fundamental concept of Madhyastha darshan.

The FDP started with the graduate attributes of the students and then after he discussed the activities of the consciousness entity, he explained the holistic study of nature/existence.

Dr. K. D. Ladva, Principal of Virani Science College, arranged the FDP for departmental heads and senior staff members. The outcome of the FDP was the HODs agreed that it is necessary to map the proposal of Jeevan Vidya with their regular curriculum.

**Atmiya Group of Institution- Rajkot
Universal Human Values (UHV) Cell**

**Report on
"Continuous Happiness"**

Date: 18/10/2020 to 18/10/2020

Facilitator

**Ankit Kalariya
(UHV Cell Member)**

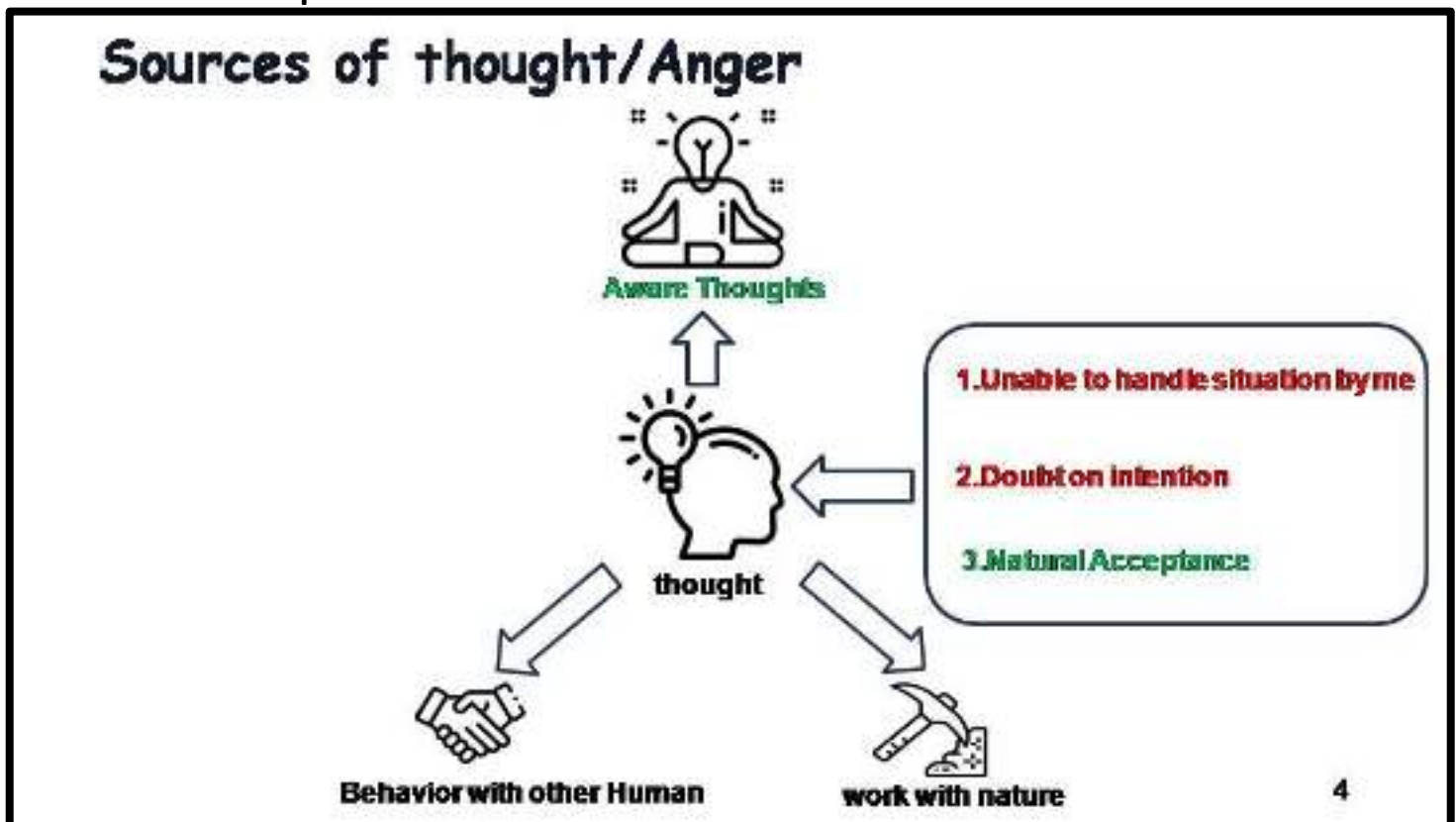
This event is organized as a part of introducing Jeevan Vidya in the student fraternity of Atmiya Group of Institutions students. The Happiness Meet is an initiative of UHV Cell for interested students who are keen to learn about permanent happiness. Happy Club is a general mental health club that focuses on spreading happiness, logical solutions to daily problems in relation or emotion, etc.

The following important points were discussed during the happiness meet

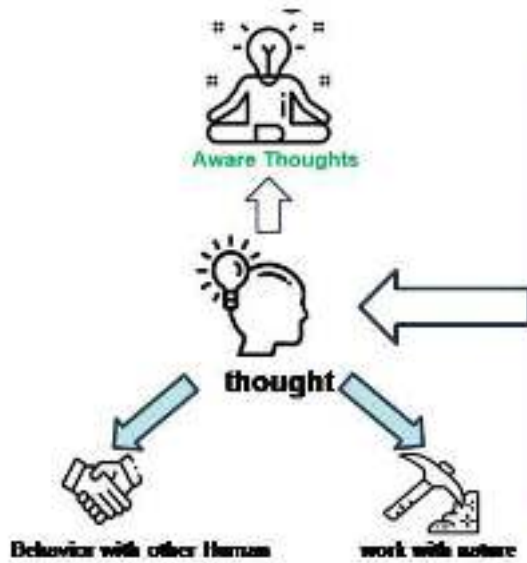
- Do the thoughts come sometimes or continuously?
- Sources of thought
 - 1. Unable to handle the situation by me
 - 2. Doubt on intention
 - 3. Natural Acceptance
- All the behavior and work is my responsibility

A total of **50** Students from the Atmiya Group of Institutes have attended this happiness meet Session.

Some of the snapshots of Session



Sources of thought/Anger



1. Traffic
2. Anger=Love , गुस्से = प्यार
3. I got anger bcz. I am not able to outside
4. Some one insult me
5. Netflix or YouTube open automatically of I take decision to open that
6. I get angry when somebody comes late
7. I get angry when some body broke my things

All the behavior and work is my responsibility

5

Sources of Happiness

- 1: Right Understanding and Feelings inside me (Permanent)



- 2: Feelings from Outside (Long Term)



- 3: Sensation from Outside (Short Term)

5 Senses



12



Sources of Happiness

and Feelings inside n

(Long Term)

(Short Term)

Chat

Yes

from 04 - Bakhai Jinesh (privately): 11:37 AM

I am speaking

from 11 - busa rutvik to everyone: 11:37 AM

sir vandan ne pu6e tene svde 6e

from 23 - Haroda Darshit to everyone: 11:38 AM

ha sir e bov ans aapyo hoy

from 23 - Haroda Darshit to everyone: 11:38 AM

class ma

from 38 - VEKARIYA ANKUR to everyone: 11:40 AM

vah parth vah

from 38 - VEKARIYA ANKUR to everyone: 11:40 AM

su questions che tara

from 04 - Bakhai Jinesh (privately): 11:41 AM

over

from 6 - Bechara Darshit to everyone: 11:42 AM

lecture end

from 23 - Haroda Darshit to everyone: 11:43 AM

brake time

from 6 - Bechara Darshit to everyone: 11:43 AM

yes

from 9 - Parth Bhogayata (privately): 11:44 AM

sir roll no 9 present

To: Everyone

Enter chat message here

Participants (53)

Ankit Kalariya (Cohost, me)

Ankit Kalariya
Cohost, me

AUFOS CSIT-13
Host

04 - Bakhai Jinesh

10 - Bhuva Aay

11 - busa rutvik

12 - Changani bhavik

14 - Desai Lalan

14 - Karan Davda

16 - Dholakiya jevin

17 - Fichadiya Gautam

18 - Gadihiya_Sahil_DD

19 - Neel Ghetiya

19 - Ghadiya Harsh

Mute all

Unmute all

1: P

2:

3:



**Atmiya Group of Institution- Rajkot
Universal Human Values (UHV) Cell**

**Report on
"Discover Yourself"**

Date: 13/12/2020 to 13/12/2020

Facilitator

**Jigar Ratnottar
(UHV Cell Coordinator Member)**

What is the Happiness Meet?

It is a meet to promote the benefits of being happy through meetings, newsletters, book talks, informative movies and activities, to the students in our Atmiya Group of Institutions.

Need of the Happiness Meet:

Happiness meet will help students reduce anger, have less stress and confusion, have better focus, better patience and self control, access greater intelligence, utilize wisdom, experience emotional competence, create inner peace, enhanced relationships, and enjoy their life while enriching others with their happiness.

The following important points were discussed during the happiness meet

- What is self?
- What is goal of self?
- Self want to be continuous happiness
- Right understanding leads to continuous happiness

A total of **72** Students from the Atmiya Group of Institutes have attended this happiness meet Session.

Report on
1-Day Expert Lecture on
“Jeevan Vidhya – Happiness & Prosperity”

Jointly Organized by
Atmiya Group of Institutions, Rajkot
&
SAL Engineering and Technical Institute, Ahmedabad

Facilitator
Vijaykumar C Dandwani
(Atmiya Group of Institutions, Rajkot)

Date
12-01-2021

Venue
Online Cisco Webex

No. of Participants – 60

Universal Human Values (UHV) Cell, Atmiya Group of Institutions, Rajkot has organized 1 day Expert lecture for Students of SAL Engineering and Technical Institute, Ahmedabad

This expert lecture was delivered by Mr. Vijaykumar C Dandwani. The topic for the expert lecture was “Jeevan Vidhya – Happiness & Prosperity”. In this lecture the following topics were discussed with students.

What is happiness, what are the types of happiness, what is prosperity, how to achieve prosperity, how to live a happy and prosperous live with family, friends and relatives.

Outcome:

Students were able to understand various topics of Happiness and Prosperity based on Universal Human Values.

Certificate for the Event




Gimps of the Event



**4-Days
Introductory Shivar on
Jeevan Vidya**

Date: 2/3/21 to 5/3/21
Time: 7:30 AM to 5:00 PM
Venue: Lokbharti Vidyalay, Sanosara



Mr. Jigar Ratnottar
(Prabodhak Jeevan Vidya)

Jigar Ratnottar from UHV Cell, Atmiya Group of Institutions, Rajkot was invited to conduct 4-Days Jeevan Vidya Introductory Shivar at Lokbharti Vidyalaya, Sanosara for the students of T.Y. BRS. The facilitator proposed whole contents in a form of proposal. He emphasized all the students that they must verify all the proposals based on their Natural Acceptance. Before this Shivar already 10 days online sessions were having 2 hrs. Conducted by Jigar Ratnottar during Lockdown Period, so the students were requesting through their coordinator to arrange this Shivar at their campus on face to face mode.

Day wise topics were discussed with the students:

Day 1: Understanding the Harmony in the Individual

Day 2: Activities of Self

Day 3: Understanding the Harmony in relationship

Day 4: Understanding the Harmony in the Nature

Glimpse of the Shivar:



A Report on

“Universal Human Values based Education and its Aspirations in NEP-2020”

Date: 24th April 2021

Time: 3 PM to 5 PM

Online platform: Cisco Webex

Participants: 59

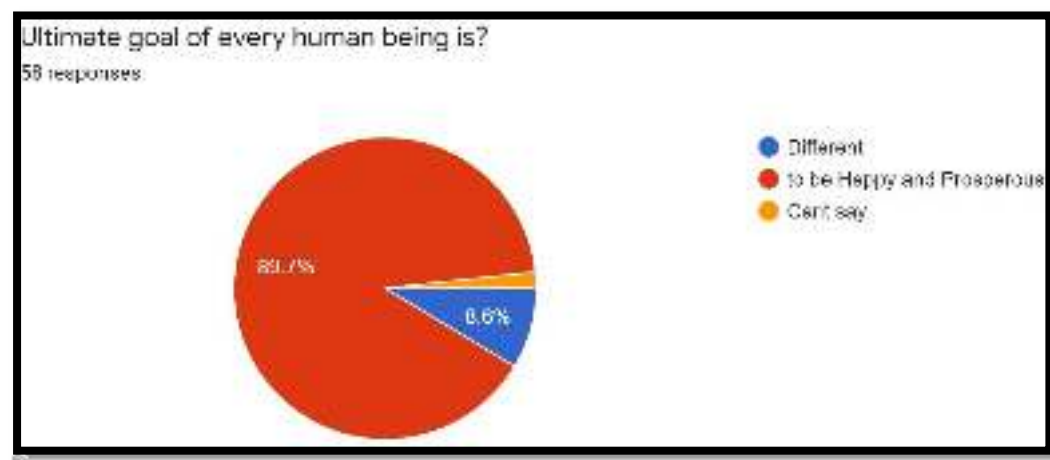
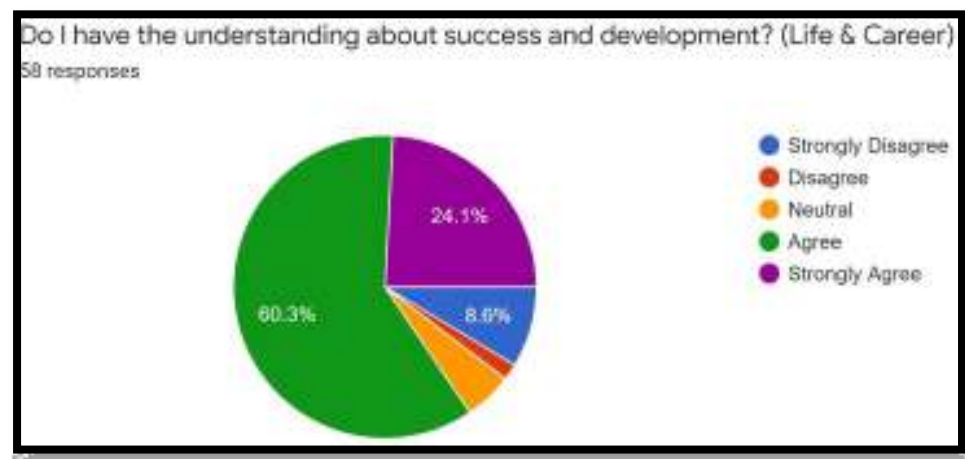
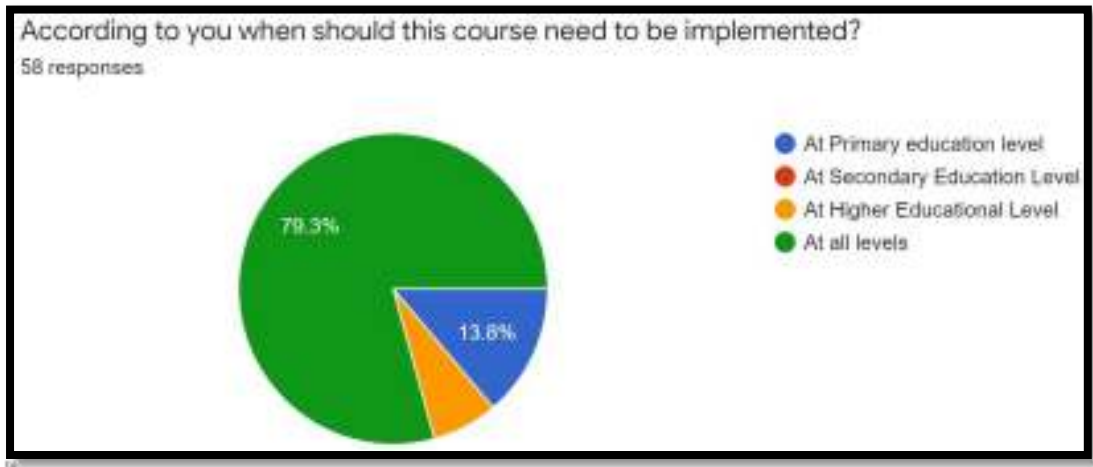
About Webinar:

Education is at the core of developing the people and the state of society is a direct consequence of the state of education. The purpose of education is not to just provide livelihood training but to enable the students to live a responsible and happy life - in harmony with oneself, family, society and nature i.e., the existence. This has been very well articulated in terms of goals of National Education Policy (NEP)-2020 as well as in United Nations Sustainable Development Goals (SDGs) towards quality education. This webinar proposes an understanding of basic aspirations of human beings in light of Universal Human Values (UHV) and how these fundamental issues related to happiness and real success in the life & profession can be addressed through education leading to self-confidence, self-discipline, commitment and courage.

Points Discussed in the Webinar:

- The Process of Self-exploration
- The role of education
- Academic success, career success, life success
- Value Education (what to do?) and Technical Education (how to do?)

Some glimpse of feedback:



Report on

“Webinar-SHAPE Education: Tackling Global Challenges and choosing a better future for all”

Organized by

Universal Human Values (UHV) Cell,
Atmiya Group of Institutions-Rajkot.

Date – 01/July/2020

Patron – PP Tyagvallabhdas Swamiji.

Chief Convenor –VECD Cell members.

Organizer – UHV cell, AGI, Rajkot.

No. of online Participants – 110

Venue: Board Room, AGI

Glimpses of the event:

UHV Cell organized a Webinar on **SHAPE Education** conducted by Shree Mahendra Bhai from the Centre for Harmonious Coexistence, Canada on 1st July 2020. 100+ participants around India and some of the participants registered their names from outside India.

Mahendra Bhai presented the new educational concept to all the participants via Cisco WebEx and the same is live on YouTube. He started the presentation with the topics: What are the global complex challenges we face? Then he told the limitations of the current model of education. He also proposed a smooth transition towards the Holistic approach.

The highlight of the Webinar:

- Proposed new H3 Education Model.
- The main theme is ‘Sustainable Happy and Prosperous Earth’ (SHAPE) Education.
- Three H are defined as
 1. H- Healthy State of Mind (Harmony within); SIQ (IQ+SQ) – **Being**
 2. H- Healthy Relationship (Harmony with others); SEQ (EQ+SQ)- **Feeling**
 3. H- Healthy Planet Earth (Harmony with Nature); EPQ (PQ+SQ)- **Doing**
- Quotient:
 - SI - Spiritual Intellectual
 - SE - Social-Emotional
 - EP - Environment Physical

- H3 Education Model Approach: “System Oriented Relation Centric Life Essential Theme Based Approach”
- It covers the Four Domains of human beings’ lives: realization, thought, behavior, and work. And five levels are: individual, family, society, nation, and global.
- Expected outcome after getting this proposal: One can able to resolve inner conflict, recognize excellence, balance talent and personality, and have social ability in behavior.
- Three major programs under this education model are:
 1. Happiness Studies- 2 years
 2. Diploma in SHAPE fellowship – 1 year
 3. M.A. in Sustainable development and global cooperation

Glimpses of the Event



Mr. Mahendra Sing from Canada delivering an online webinar

Health and Hygiene

Kidney - Awareness Campaign

A Series of 6 lectures for an entire week were arranged for kidney awareness in order to both increase education and awareness about effective symptom management and patient empowerment, with the ultimate goal of encouraging life participation. Well experienced Resource person Mr Ashvin Gohel from India Renal Foundation. India Renal Foundation (IRF) is a voluntary not-for-profit health organization working for Prevention, Treatment, Rehabilitation, Education and Research in the area of kidney diseases in Gujarat since January 2002. Total 6 lectures 2 on each day were arranged on 07-12-2021, 08-12-2021 and 10-12-2021. Total 617 students of our college were benefited by these six Lectures on 3 days.