

Keynote: Education for Harmony in Society – from Family Order to World Family Order

Youtube: [Link](#)

Session

A comprehensive keynote on the importance of nurturing family relationships and value-based education in creating a harmonious society.

Key Takeaway

Education shapes values and competencies, hence behavior and engagement with society. The session began with the assertion that family relationships should focus on building emotional bonds rather than domination. A peaceful society can only be achieved through self-regulation and mutual respect, where justice and fearlessness are critical components to the health of society. Institutions of higher learning need to incorporate human values in their curriculum for holistic development. Millennials can be understood as a mirror of the structures in society, hence more empathetic engagement can be achieved. The world family order starts with the family and begins with harmony and education.

Participants

- **Chair:** Dr. N. J. Upmanu, Pro Vice Chancellor, In-Charge Vice Chancellor, from Bhopal. Member of International Pharmaceutical Federation, life member APTI, IPG SSI, and ex-member ECCI New Delhi.
 - **Speaker:** Dr. Kumar Sovi, PhD in Mechanical Engineering from IIT Kharagpur, Head of the Department at UP Institute of Design, NOA, and Associate Dean of Value Education at AK Lakau. Involved in value education since 2001, resource person for workshops and faculty development programs.
-

Way Ahead

- **Personal Role:** I will apply the principles of self-regulation and mutual understanding in my personal life, so that in interaction with others, there is this feeling of respect.
- **Family Role:** I hope to create an emotionally safe place for my family, one that really values closeness and empathy. This will have an effect on the good behavioral conduct and development of members within the family.
- **Society Role:** I will be actively involved in activities within my community that will advance justice and fearlessness, toward a society that embraces these values. I can help create awareness and change through my involvement in educational programs that focus on human values.
- **Nature:** By understanding the interconnectedness of our actions and the environment, I will encourage sustainable practices that contribute to the well-being of nature. This includes supporting policies that promote environmental conservation and sustainable living.
- **Relating to Session:** The session was so relevant and helpful in showing a clear roadmap on how education and family dynamics can create a harmonious society. It showed me the importance of addressing root causes of behavior through nurturing relationships and value-based education. By applying these insights, I can contribute meaningfully to my family, society, and the world at large level.

Room 3: Need for Holistic Human Health

Youtube: [Link](#)

Session

A session on the need for integration of mental health into holistic health to prevent crises and bring enhanced and cherished well-being.

Key Takeaway

The session highlighted the critical role of mental health in overall well-being and emphasized proactive approaches to prevent crises. Awareness and education on mental health are essential, and open discussions can promote better mental health care. Incorporating therapies like yoga and music into medical education, along with fostering empathy and compassion among healthcare professionals, can create a unified approach to healthcare, leading to harmony and better

Participants

- **Moderator:** Sri Mano Jalani, Director, USC Health Systems, WHO Southeastern Asia Region. With over 30 years of experience in public policy and economic development focusing on health, he has served in various capacities in the Ministry of Health and Family Welfare in India, including as Mission Director of the National Health Mission.
 - **Panelists:**
 - Dr. S. J. Singh, Emeritus Professor of Medicine and Specialist in Internal Medicine, Colombo, Sri Lanka.
 - Dr. Tanini Sahak, Professor of Pediatrics and Pediatric Endocrinology, Chulalongkorn University, Bangkok, Thailand.
 - Dr. Nitin Nagar, Expert in ENT, Head and Neck Surgery, founder director of Amara Hospital.
 - Dr. Sharmila Asana, Pediatrician with a focus on holistic health, volunteer resource person for Universal Human Values programs.
 - Dr. Manalani, Associate Professor of Anesthesiology, certified pain management physician, involved in holistic health education.
-

Way Ahead

- **Personal Role:** I will take care of my mental health by doing some self-care activities like yoga and meditation, and seeking help when needed.
 - **Family Role:** I will encourage open discussions about mental health within my family to reduce stigma and promote a supportive environment.
 - **Society Role:** I hope to help to promote mental health education in schools and society and also be involved with local organizations that encourage good mental health.
 - **Nature:** Through the knowledge of the link between mental health and general well-being, I will encourage and participate in activities that nurture a balanced life, such as spending time in nature and practicing mindfulness.
 - **Relating to Session:** This was indeed a very informative session that gave actionable insights on integrating mental health into holistic healthcare. It underlined the importance of dealing with mental health in a proactive manner and the benefit of including therapeutic approaches like yoga and music. The focus on empathy and compassion in healthcare resonates very strongly with my values and goals, motivating me to make a difference in my family, society, and my well-being.
-

Room 1: Implementing UHV and Human Education for Humane Society

Youtube: [Link](#)

Session

It was a panel Discussion on the steps by step implementation of value based education such as the need for support, culture, and continuing effort toward Transformation.

Key Takeaway

The panelists spoke about the need for gradual implementation of value-based education, which involves patience and perseverance. They emphasized the need for regular workshops and training programs for faculty engagement and student engagement, with a conducive environment to motivate them to apply values in everyday life. Open discussions on values and ethics will help improve the level of understanding among stakeholders. Building a culture of values is an investment by management, faculty, and students; it requires continuous reinforcement of the values to be long-lasting. The panelists were optimistic that value-based education can bring transformation and will lead to a more compassionate and harmonious society.

Participants

- **Speaker:** Dr. Amish Patil, Associate Professor in the Department of Civil Engineering, PDA College of Kalaburagi, Karnataka. He holds a BE and PhD in Highway Engineering and has been connected with UHV since 2021 as the Coordinator of the UHV Cell in the Institute and a Regional Coordinator in WR.
-

Way Ahead

- **Personal Role:** I will participate actively in workshops and training programs to understand the values better and integrate them into my life. This way, I will be able to become a more compassionate and ethical individual.
 - **Family Role:** I will also encourage open discussions about values and ethics within my family in a way that creates a supportive environment where everybody feels valued and motivated to embrace positive values in their life.
 - **Society Role:** I will be actively engaged in the community through activities that involve the promotion of value-based education. Through these activities, I can help create a society that is compassionate and harmonious.
 - **Nature:** Through the realization of the role of values in our interaction with the environment, I will support and participate in activities that advance environmental conservation and sustainable living.
 - **Relating to the Session:** The session was very informative, with practical insights into implementing value-based education. It reinforced the importance of gradual transformation, continuing support, and creating a nurturing environment. With these insights, I can contribute meaningfully to my family, society, and the world at large.
-