

Universal Human Values
Pre Survey Form

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About me

Caring, selflove, Emotional, Honest, helpful etc.,

About my family

Motivator, Mentor, lovable, caring etc.,

The self-improvement practice(s) I am following

Nothing.

My aspiration in life

Happiness
Peace.

My achievements

None

The role I play in Society

son
student

Importance of the following in my life:

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Topic	Importance (on a scale of 1-10)	Remarks (if any)
Money	7	Money is not everything. Give Respect take Respect Pleasure is Only satisfy. Trust, honesty important to life.
Respect	9	
Pleasure	6	
Relationship	8	
Education	10	
Other topics important for me are:		



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My opinion on the topics given below:

Topic	My thoughts / understanding about the topic
Human being	Complexity, Emotions, Impact on the environment.
Relationship	Communication, Trust and Loyalty, Mutual Respect, Growth Support.
We are social animals	Cultural Development, Cooperative Behavior, Loneliness.
Struggle for survival, survival of the fittest	Evolution, competition, cooperation, Resource Management, psychological impact.
Happiness	Positive Emotion, Self-acceptance, Personal Growth, Mindfulness.
Prosperity	Opportunities, fulfillment, Social - well being
The 3 rules I live by	stand up for myself Honest to myself. Always be kind.
The 3 major problems that I see in the world today	Unemployment Poverty Education
The 3 key roles education is expected to fulfil	Provide the opportunity for acquiring knowledge and skills that will enable people to develop.
The 3 existential questions that I wish I had answers for	Is taking a human life ever justified? Does suffering improve you as a person?

My topic of interest in Universal Human Values I (UHV)


J. Hanoj
Arakkonam 24/07/2023
Name and Signature
Place / Date

07/23 Assignment - 1

List of all Aspiration you have / goals you wish to achieve in your life.

Personal Growth →

Continuously learning and evolving as a person, gaining new skills, and improving oneself mentally.

Family and friends →

Building and maintaining strong, creating a supportive and happy home life.

Financial security →

Attaining financial stability and independence to meet one's needs and pursue desired experiences and opportunities.

Career success →

Achieving success and fulfillment in one's chosen profession or career path.

Inner peace and happiness →

Finding contentment, peace, and happiness in life, regardless of external circumstances.

07/25

Assignment - 2

List all the situations, people, things, places etc., that makes you happy.

Situations →

- Alone with night sky
- Listening Music
- After I make the recipes on that time happy with my family appreciation.

People →

- Amma, whether I have any problems, Just a mins. I talk with her. It makes me happy and free.
- My best friends. I will share emotions and feelings Them. They keep me always happy.

Things →

- Key chain

Places →

- My home which is the beautiful and comfortable which make me happy always.
- Kamatchi amman temple which make my mind peace and happy.
- Sea shore sun set with coffee.

28/28 Assignment-3

Connect the list of Aspiration with self and Body

- 1) happiness - self
- 2) Satisfaction - self
- 3) Peaceful - self
- 4) Personality - self
- 5) Knowledge - self
- 6) Love - self
- 7) Family and Friends - self
- 8) Financial security - body
- 9) Career success - self
- 10) Health - self
- 11) Life time settlement - body
- 12) Bike - body
- 13) Trust - self
- 14) food - body
- 15) Money - body
- 16) sleep - body
- 17) House - body
- 18) Respect - self
- 19) Rich - body.

408/23 Assignment-4

Write brief on what was your feeling when you were called to the dias.

- Overthinking on myself.
- Whether I can do or not.
- For what reason calling to dias.
- Any grammar or vocabulary mistake.
- Whether my pronunciation is good or not.
- Whether anyone listen to my talk.
- Whether I can speak clarity or not.
- Whether my talk and speech is effective and bold.
- Can I able to connect with the audience.
- My confidence is low when called to dias.
- Whether I can be expressive.
- Getting fears and sweat for don't call me to dias.
- I can't speak proper in dias because of my stage fear.
- Insecurity with people when I am standing on dias.
- Whether they laugh on me when I am standing on dias.

Assignment - 5

Who and What is stopping you to do anything you want - Observe yourself and Journal it

- My confidence level.
- Stress and sleep make stop what I want to anything.
- Society stops me by their words.
- Demotivating myself.
- By overthinking I stop myself.
- On overthinking whether the third person or society says something bad on me which make me to stop.
- Getting fear on myself, whether it will be success or not. By this fear I stop myself without giving a try.
- My exam stops me to play; watch web series, k-drama etc.,
- My ego stops me ^{to talk}, when I have problems with friends.
- My financial state make me totally stop what I want to do.
- My Health state make me stop to eat my favourite food.
- Some myths stops me to do what I want.
- My career stops me to go with entertainment.

Assignment - 6

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Capture your thoughts for a week and Journal it

- I want to sleep
- I want to eat without spending money
- I want to ^{eat} Birayani.
- I want teacher to give full attendance.
- I want to bunk class
- I want sleep in classroom
- I can't control my sleep.
- I want to renewal my book on Library.
- I want to go to meet my friend.
- Evening I want call my friend.
- My pen is going to empty.
- I want to buy one new pen.
- I want to completed my professional ethics Assignment.
- I am so angry on write the Assignment.
- ~~who~~ who invented the Assignment
- I want kill him.
- I want going UB canteen.
- My friend waiting for Me.
- I want to eat chicken fried rice.
- I want go fast to rain

- I want to go Railway station within 5 minutes.
- I want to completed VHV-2 Assignment too.
- I want to read for my physics ET.
- whether sir will leak the question. whether the question paper will be easily.
- something OK.
- I done physics ET OK. I can get pass marks but better than ky next time score good marks
- I want to go to the yoga practice
- I can participate in program or not.
- I feels so sad because of I have a more Assignment.
- I want listen music
- Hey it's time to train.
- whether train will be waiting for me.
- I am so happy now because I completed VHV-2 Assignment-6.

Assignment-9

Check for 2 days and write down how many activities you are doing in peer pressure, how many in rebel state and how many activities connected to your natural acceptance.

The peer pressure is just "No" standing up to. peer pressure will save you the trouble of getting pressured again in the future because it sends a clear message that I am not interested.

I am not the person who does not like rules or authority, and shows this by behaving differently from most people in society. I love spend time with peoples.

Connected to the natural acceptance in clothes, sandes, food, places, etc.,

Assignment-10

check all activities of you for 2 days - journal it -
check how many assumptions you made, and
how many you attempted to work on
knowing with right understanding.

I want to Journal about the concepts of
according that I learned in the last two
days. I want to check how many
assumptions I made when applying them
to different sunarier. I'm interested
in journaling about the philosophical
assumption behind qualitative research.

I had attended some webinars
to improve my performance in
the business platform and went
through some online interviews.

I'm trying to journal about the
principles, assumptions, and concepts
of accounting and their
financial statement.

Assignment-11

Right Here Right Now part 1 & 2
Video observation.

- It portrays the positive and negative energy has a effect on every single being
- It reflects how one's emotion can change the emotion of other.
- you decide your own feeling
- It is based on right understanding
- We are organised by ourselves.
- The Actions in the present are all the power we have.
- We all share a cosmic bond.
- Brings out the deep depths of people's daily actions
 - I Believe in the Karma.
 - It impact the goodness is contagious
 - The impact of following positive things.

Assignment-12

Sadhana forest report

Our field visit to Sadhana forest was an illuminating experience, offering insights into sustainable reforestation and communal living. Situated in an arid region, Sadhana forest showcased their commendable reforestation efforts. Volunteers diligently employed mulching, trenching, and native species planting to restore the land, emphasizing biodiversity's significance in ecosystem health.

Water conservation was another highlight. Rainwater harvesting systems efficiently collected and stored rainwater for year-round use, while their graywater recycling system demonstrated responsible water management practices.

Our visit left a profound impression, reinforcing the importance of reforestation, sustainable living, and responsible water use. Sadhana forest serves as a remarkable example of the positive impact a dedicated community can have on the environment.

Video observation of "Inconvenient Truth" by Vice president Al Gore.

- ① Scientific Consensus: The film emphasizes the widespread scientific consensus on the existence and human contribution of climate change.
- ② Global Warming Effects: "An Inconvenient Truth" discusses the potential consequences of global warming including rising sea levels, more frequent and severe natural disasters and disruptions to ecosystem.
- ③ Carbon dioxide Emissions: The film points out the significant role of carbon dioxide emissions from human activities, particularly the burning of fossil fuels, in contributing to global warming.
- ④ Personal Responsibility: Al Gore calls for personal responsibility and individual activities to reduce carbon emissions.
- ⑤ Political and Economic Implications: The documentary addresses the political and economic challenges of addressing climate change.
- ⑥ Visual Evidence: The film uses compelling visual evidence, such as before and after photos and graphics to make the complex science of climate change more accessible to general audience.
- ⑦ Call to action: "An Inconvenient Truth" serves as a call to action individuals, governments and corporations to take steps to reduce carbon emissions and combat climate change.

ASSIGNMENT-15

- * Nining a lot long : Excitement
- * Witnessing a beautiful sunrise : Awe
- * Achieving a personal goal : Satisfaction
- * Receiving a heartfelt apology : forgiveness
- * Completing a challenging task : Accomplishment
- * Hearing a heart warming story : Composition
- * Attending a close friend's wedding : Happiness
- * Watching your favourite movie : Entertainment
- * Solving a difficult puzzle : Triumph.
- * Reuniting with a long-lost relative : Joy.
- * Passing an important exam : Relief.
- * Receiving a surprise gift : Gratitude.
- * Finding out you are going to be parents : Elation
- * Celebrating a milestone birthday : Nostalgia.
- * Witnessing an act of kindness : Warmth
- * A romantic one nights : Love
- * Experiencing a breath taking view : Wonder
- * Listening to a favourite song : pleasure
- * Witnessing the birth of a child : Amazement
- * Learning a new skill : pride
- * Winning a sports competition : Triumph
- * Being praised for your work : Validation
- * A warm hug from a loved one : Comfort
- * Enjoying a delicious meal : satisfaction
- * Receiving a heartfelt compliments : Appreciation
- * Seeing your child succeed : pride
- * Meeting your childhood hero : Admiration
- * Overcoming a fears : Courage
- * Achieving a life long dream : fulfillment
- * Discovering a hidden , talents : Amazements.

In Case 1:

The family with all
the wealth but
they didn't get the
peaceful life and
satisfied life.



SHARING WITH PEACE



In Case 2:
By sharing
Whether wealth
they get peaceful
life and happy
life.



SAVE
NATURE



In Case 3:
The family with all the
wealth but they
didn't get peaceful
life and happy
life.

Assignment - 17

- A - Acceptable
- B - Basic Aspiration
- C - Contradiction
- D - Disharmony
- E - Experiential validation
- F - Family, Feeling
- G - Gross. His understanding
- H - Harmony, holistic
- I - Individual
- J - Joy
- K - Key Takeaway
- L - levels, Love
- M - Mentor, His understanding
- N - Nature
- O - Organised system
- P - Prosperity.
- Q
- R - Realising, Relationship
- S - society
- T - Trust
- U - Unity, understanding
- V - Volunteer
- W
- X
- Y

Acceptable → unconditional and total acceptance of the self, people and environment.
Basic Aspiration → continuous happiness and prosperity
Contradiction → a statement, fact or action that is opposite to or different from another one.

Disharmony → lack of agreement that often causes unhappiness or trouble.
Experiential Validation → A process that infuses direct experience with the learning environment and content.

Feelings → trust, respect, affection, care, guidance.
Gross Misunderstanding → Assuming Human being to be only the body.

Harmony → A state of balance, peace, coherence within individuals.

Individual → A single human being as contrasted with a social group or institution

Joy → To be in state / situation which is naturally "Acceptable".

Key Takeaways → Human being is co-existence of the self (consciousness) and the (body)

Love → The principle which creates and sustains human relations with dignity and depth.

Mentor → A more experienced individual.

Nature → Human values reside within each individual and the same is reflected by the individual's character.

~~Agreed Prosperity~~ Prosperity → when all people have the opportunity and freedom to thrive.

Relationship → Trust, respect, affection, love.

Society → financial, social, economical.

Trust → the integrity, reliability and fairness a person.

Understanding → wisdom or clarity.

Volunteer → A person who offers or agrees to do something.

Self Evaluation
Universal Human Values Orientation

The UHV orientation program included proposals regarding various topics related to life. Please share your thoughts (assumption / understanding) about these topics before the orientation and now (after the orientation)

	My thoughts before the orientation	My thoughts now (at the end of the orientation)
Happiness	Positive, Personal growth, Mindfulness	Natural / Self Acceptance, Emotion, etc.
Goal and Step toward Goal	Money, career, car, Bike, physical facilities.	To find joy, right understanding, prosperity, fearlessness & co-existence.
Purpose of Education	To survive to life and for money	It is fundamental to our life and to our purpose.
Excellence and Competition	One helps to bring to other to his level	The trait that makes for a good or great competitor.
Trust	Assured reliance on the character, ability, strength or truth	The integrity, reliability, and fairness a person.
Respect	Make decisions and policies that safeguard the sanctity and quality	Only when people respect themselves are they able to respect anyone else.
Gratitude	feeling of acceptance for the other as one relative.	Helping others and feeling of being helpful
Prosperity	Being successful or thriving	feeling of having or making available more than required physical facilities.
Myself (Human Being)	Complexity, Ego, Don't understanding, other feelings.	cooperative behavior, understanding others feelings.
Family	A unit that provides love, support.	love, care, trust, honesty, kindness, empathy, perseverance.
Society	financial, social, Economical, Govt responsibility.	It is our responsibility to take care about our society.
Nature	It fulfill our needs.	It is also our responsibility to take care our Nature.

Self Evaluation

Universal Human Values Orientation

Any other key learnings/experiences you would like to share:

Nowdays, peoples are breaking the trust, Not respecting any of the relationship etc., Not giving respect anyone of age.

Suggestions:

In this single life, we should enjoy our life with take care everyone with relationship with respect, love, trust, etc., .Respect each other (even the small child). spend time with your parents. throw ego part out of your life. Acceptance it be happy.

Name(s) of faculty member(s) who conducted the UHV Orientation: Dr. Supraja.

Signature:



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