

NAME :UTKARSH

SECTION:CN

USN:1BM20CS177

UNIVERSAL HUMAN VALUES

Universal human values play an important role in the life of human at various stages including education and career. It is very important to cultivate humanities and moral capabilities in a person. UHV was a new course started 2 months back and classes were just incredible. The knowledge of proper breathing and thinking were developed by this subject only. We have been taught yoga, pranayama, and many others asanas to provide us with inner peace and a means of stress buster.

Attending these sessions I learnt to control and express myself. It also helped me to increase my concentration. The most exceptional was anuloma-viloma and laughter yoga. It boosted my respiratory system and as laughing is a good exercise it strengthens facial muscles and cleans mind from bad thoughts respectively. All these techniques helped me to relax my body after a busy day.

All the credits for such a positive change goes to DR.SUDHINDRA S, without him this was not possible. Though the classes were online he made us feel like we were sitting in front of him as he was so interactive during the sessions. I would like to express my sincere regard for all the values he has taught which helped me to explore myself.