



MGM University, Aurangabad

Academic Year 2020-21

(Lab Outcomes - At the end of the laboratory course, the students will be able to,)

Lab Outcomes	
<i>LO1</i>	<i>Understand the Self and the Body.</i>
<i>LO2</i>	<i>Understand the role of a human being in ensuring harmony in society and nature</i>
<i>LO2</i>	<i>To help the students appreciate the essential complementarity between 'VALUES' and 'SKILLS' to ensure sustained happiness and prosperity which are the core aspirations of all human beings</i>

List of Practical's in Universal Human Values for first year Engineering Students

<i>Serial No.</i>	<i>Title of the Practical</i>
1.	<i>Practice sessions to discuss natural acceptance in human being as the innate acceptance for living with responsibility (living in relationship, harmony and co-existence) rather than as arbitrariness in choice based on liking-disliking</i>
2.	<i>Practice sessions to discuss the role others have played in making material goods available to me. Identifying from one's own life. Differentiate between prosperity and accumulation. Discuss program for ensuring health vs. dealing with disease.</i>
3.	<i>Practice sessions to reflect on relationships in family, hostel and institute as extended family, real life examples, teacher-student relationship, goal of education etc. Gratitude as a universal value in relationships. Discuss with scenarios. Elicit examples from students' lives</i>
4.	<i>Practice sessions to discuss human being as cause of imbalance in nature (film "Home" can be used), pollution, depletion of resources and role of technology etc.</i>
5.	<i>Practice Exercises and Case Studies will be taken up in Practice (tutorial) Sessions e.g. To discuss the conduct as an engineer or scientist etc.</i>

NAME : MANTHAN MANISH WAHANE,

CLASS : FY-03,

ROLL NO :121327.

<i>EXPERIMENT NO.1</i>	<i>Practice sessions to discuss natural acceptance in human being as the innate acceptance for living with responsibility (living in relationship, harmony and co-existence) rather than as arbitrariness in choice based on liking-disliking</i>
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Natural acceptance: **Natural acceptance** implies unconditional and total **acceptance** of the self, people and environment. It also refers to the absence of any exception from others. Once we fully and truly commit our self on the basis of **natural acceptance**, we feel a holistic sense of inner harmony, tranquility and fulfilment.

Aspirations: a hope or ambition of achieving something.

Ex. " the needs and aspirations of the people"

Achievements: are things you did that had a lasting impact for your company or client. It is a result that you personally bring about while fulfilling a particular role. Typically they are things that you created, built, designed, sold or initiated.

Concern: relate to; be about.

"The story concerns a friend of mine"

Make (someone) anxious or worried.

"The roof of the barn concerns me because eventually it will fall in"

Efforts:

Noun

Plural noun: efforts

1.

A vigorous or determined attempt.

We are all making tremendous effort!

Is the effort that you are making?

- *To fulfil your aspirations?*

Or

- *To resolve your concerns, confusions and questions?*

Or

- *For something else?*

1. Make a list of your aspirations, the expectations of your family and friends and the hopes, you see, from the nation has from you.

Aspirations	Achievements
To complete (B-TECH)	Be a successful and polite person
To be a CEO in google	Sacrifice

To be a good person	Live with happy life
Want to complete my goals	Give your 100% to achieve your goals

2. Make a list of your achievements in your life.

Serial No.	Achievements
1	Passed 10 th class with good marks
2	Passed 12 th class with good marks
3	Passed JEE and MHT-CET with good marks
4	Got admission in “JNEC “engineering college in computer science and engineering branch
5	Have a good friends
6	Got a medal and a certificate in district football tournament ,and got a chance to play football in various forms
7	Explore myself
8	Got good, happily,loving,care, family

3. Make a list of your concerns, fears, confusions, questions etc.

Concerns	Fears	Confusions	Questions
B-TECH	Choosing right way	Subjects	Can I crack the exam of GATE ?
GATE examination	Studies	Right & Wrong	What will be the exam pattern ?
Assignments	Not being able to maintain good grades	Reference books	Which reference book should we refer ?

Attendance	Teachers-students	Concept	What is the pattern of writing answers in exams ?
My Goals	Dad	Campus	Are we have any programs in our campus?
Family	Programming	Friend circle / Family relatives	How to start study with appropriate concern ?
Friends	Friend circle good or bad	GATE exam	How to prepare for GATE examination ?

Q4.Make a list of all the effort that you are making.

__studdy_regularly_to_achieve_my_goals_.

anlysing_problem_solution_.

__To_help_someone_who_need_help.

__Try_to_learn_someting_new_in_day_to_day_life_.

Q5.Also note down why you are making that effort.

__To_achieve_a_grater_stage_that_will_be_inspiration_for_the_younger_generation_.

__and_my_wish_is_the_world_should_have_full_of_happiness_peacefulness_and_healthylifes tyle.

Q6.What is your basic aspiration?

__Happiness_and_prosperity.

.To_become_a_good_engineer_and_a_responsible_citizen_to_words_my_family,society,world,a nimals,environment.



Q7. Classify your aspirations and concerns into 4 categories:

- At the individual level

___Studies___
 ___GATE_examination___
 ___CEO_in_GOOGLE___

- At the level of family

___Good_Engineer___
 ___CEO_in_google_and_software_developer___
 Well_settled_and_want_to_live_happy_life_with_dad_and_mom._____

- At the level of society

___Good_Engineer___
 ___Good_person___
 ___Happy_Life___

- At the level of nature

__Happiness_____
 __Self_respect,_____
 __Truth,_____
 __Prosperity_____

Aspirations and Concerns at the Individual Level

<i>Aspirations</i>	<i>Concerns</i>
<i>To be happy</i>	<i>Coming out of stress</i>
<i>To be healthy</i>	<i>Managing pressure of academics</i>
<i>To be prosperous</i>	<i>Time management</i>
<i>Knowledge – quest for knowledge</i>	<i>Time lost due to illness</i>
<i>Ability to decide properly on my own, independently</i>	<i>Entertainment</i>
<i>Purification of the mind</i>	<i>Domination of females by males</i>
<i>Controlling the mind</i>	<i>Pressure of placement</i>
<i>Self confidence</i>	<i>Overcoming –ve thinking</i>
<i>Regularly</i>	<i>Attending classes</i>
	<i>Peer pressure</i>
	<i>Temptations</i>
	<i>Anger</i>
	<i>Depression & Suicidal thoughts</i>

Basic Issue / Root Cause:

Proposal: The basic issue is “lack of right understanding”

When we do not understand a reality, we are not able to live with fulfilment with that reality. So, if we do not understand human being, we are not able to live with fulfilment within.

We want to explore the outcome of understanding the reality “human being”:

- Will we be able to live with fulfilment within?
- Will our concerns at the individual level get resolved?

So, let us try to understand human being

(And then find out if our concerns can be resolved)

Self and Body:

From your exploration of human being as the co-existence of self and Body, could you see that you have two types of needs:

- A continuous need (like need for respect)
- A temporary need, which is required from time to time (like the need for food)

Q8. Make a list of your needs. Mark those that are required continuously and those that are required temporarily.

<i>Serial No.</i>	<i>required continuously</i>	<i>required temporary</i>
1	Happiness	Attention from society
2	Need of respect	Help from our loved ones in some situations
3	Thinking	Medicines
4	Peace	Attention from surrounding
5	Love from family and society	Sleep
6	Physical facilities	Branded clothes

If you feel happy when someone pays attention to how you look, your clothes, your way of speaking etc., find out if you can get continuous happiness from the attention of others.

Do an experiment to find out if you can get continuous happiness from eating food. Take a large quantity of your favourite sweet. Start eating the sweets one by one and keep observing how you feel. What is your conclusion from this experiment?

Note: you could take any sensation that you consider as a source of happiness for you instead of tasty food for this experiment

Conclusion:

To achieve respective goals, you have to struggle more and more. You have to be good in studies, maintain your grades. You should clear your confusion and questions, and not stop yourself for exploring. Just try to overcome your fears, and do not think what people will think about you. Get one thing clear that we do not shut the mouth of people, they will speak on our bad things also and good things also but your family is always with you. Just remember your family and goals and achieve it.