



RMK Engineering College
Five-Day Face-to-Face AICTE Faculty Development
Programme on Universal Human Values (UHV-II)



Day 2 Report

Day 2 commenced with an informal sharing session and a recap of Day 1-Understanding Value Education, Self-exploration as the Process for Value Education, Continuous Happiness and Prosperity – the Basic Human Aspirations and their Fulfilment, Right Understanding, Relationship and Physical Facility, Happiness and Prosperity – Current Scenario, Method to Fulfill the Basic Human Aspirations. The recap enabled participants to reflect on the key concepts discussed previously and establish continuity for the day's sessions.

The sessions focused on understanding the human being as the co-existence of the **Self ('I')** and the material **Body**. Participants explored the distinct needs of the **Self ('I')** and the **Body**, emphasizing the difference between **happiness** and **physical facility**.

The discussions further highlighted the **Body as an instrument of the 'I'**, where the **'I'** is understood as the **doer, seer, and enjoyer**. The characteristics and activities of the **'I'** were examined to develop a deeper understanding of harmony within oneself.

The programme also elaborated on the **harmony between the 'I' and the Body**, focusing on **Self-Regulation** and **Health**. Participants gained insights into the correct appraisal of physical needs, the meaning of **Prosperity**, and practical programmes to ensure **Self-Regulation and Health**, thereby fostering a balanced and harmonious way of living.

As part of the Faculty Development Programme, participants actively engaged in a series of self-exploration activities designed to facilitate experiential understanding of Universal Human Values. Through reflective assignments such as identifying personal desires, examining the reasons behind daily activities, distinguishing between natural acceptance and preconditioning, exploring the difference between excitement and happiness, and discussing these reflections with family members, participants gained greater clarity on the core proposals of UHV. The sessions witnessed enthusiastic participation, thoughtful discussions, and sincere introspection, enabling faculty members to relate the concepts to their own lives and appreciate their relevance in personal, professional, and societal contexts.

