



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



Day 3 Report

Day 3 commenced with an informal sharing session and a recap of Day 2. The recap enabled participants to reflect on the key concepts discussed previously and establish continuity for the day's sessions. The sessions revisited the understanding of the human being as the co-existence of the Self ('I') and the material Body. Participants further explored the distinct needs of the Self ('I') and the Body, emphasizing the difference between happiness and physical facility. The discussions reinforced the understanding of the Body as an instrument of the 'I', where the 'I' is the doer, seer, and enjoyer. The characteristics and activities of the 'I' were examined to deepen the understanding of harmony within oneself.

The programme also elaborated on harmony between the 'I' and the Body, with a focus 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.

The sessions continued with understanding values in human-human relationships, including the meaning of Justice (the nine universal values in relationships) and the programme for its fulfillment to ensure mutual happiness. Trust and Respect were discussed as the foundational values of relationships, followed by an exploration of the meaning of Trust, the difference between intention and competence, the meaning of Respect, the distinction between respect and differentiation, and the other salient values in relationships.

Students actively responded to the questions posed by the resource person and were able to recognize their natural acceptance through self-exploration. The interactive discussions helped faculty members appreciate the practical relevance of the concepts and strengthened their understanding of harmonious living.

As part of the Faculty Development Programme, a Tutorial Hour was conducted in which participants reflected on their learning and shared their key takeaways. The session encouraged deeper self-exploration and enabled participants to internalize the concepts in a more meaningful and experiential manner.

