MITS Communication/Report on Participation in FDP/ Department of Physics/01.05.2024-08.05.2024

Vice Principal Administration <viceprincipaladministration@mits.ac.in> Tue 21-05-2024 17:31



Attended and Report submitted by: Dr. B. Jagadeesh Babu, Assistant Professor, Department of Physics Report Received on 11.05.2024

ri. RAJUL ASTHANA

Dr. KUMAR SAMBHAV

#### **OBJECTIVES OF THE FDP**

1. The UHV III Workshop is aimed to help proactive and active volunteers in strengthening their personal development (Content, exploration, exercise). – Personal Development

Shri. UMESH JADHAV CO-FACILITATOR AICTE NCCIP Member

- 2. To facilitate the development of feelings of relationship through understanding relationship. (content and exploration) Team Development
- 3. To help in development of bond of relationships among the team members (solution to the real-life issues and problems in the light of content) Strengthening Team
- 4. To develop the commitment towards participation in Societal transformation. (UHV project & activities- Discussion, detailing-Identification of leaders, sharing the responsibilities)- Societal Transformation

### Schedule:

Breakfast 7:00 to 8:00 AM Session 1: 8:30 - 10:30 AM – Content Session Tea Break Session 2:11:00 - 1:00 PM – Content Session Lunch Break Session 3: 2:00 - 3:30 PM – Content session Teak Break Session 4: 4:00 - 6:00 PM – Content session 6:30 - 8:00 PM meetings with UHV Sr. Team (Ganesh Sir et al.) in groups and few one-on-ones Dinner 8:00 to 9:00 PM

## 01/05/2024:

8:00 AM to 08:30 AM: Registration, Meet and Greet 08:30 AM to 09:00 AM: Inauguration

### 5/22/24, 11:17 AM

### Mail - Jagadeesh Babu B - Outlook

The inaugural address was given by Dr. B. Neppolian, Dean (Research), SRMIST and spoke about the purpose of existence. He said that volunteering is the time spent for others, spending for others is spending for you. Resource person Shri. Ganesh Bagaria, AICTE NCCIP member, Co-facilitator Shri Rajul Asthana, AICTE NCCIP Vice Chairman, Dr. Kumar Sambhav, Co-facilitator, Director, UPID, Noida, Shri Umesh Jadhav, Co-facilitator, AICTE NCCIP member and Mr. A. Deepesh, Observer, AICTE NCCIP member (SWR) has graced the occasion. Faculty volunteer Dr. Sweety shared her experience with UHV. Mr. Deepesh briefed about the guidelines of the FDP. Inauguration was concluded by vote of thanks proposed by Dr. K. Vijaya, Associate Professor, SRMIST.



### **Session Plan:**

## Day 1:

ate S	Session	Session time	Content to be discussed
.05.2024	Session 1	8:30 to 10:30 am	Inauguration session &
			Content (Umesh Jadhav Ji)
,	Tea Break	10:30 to 11:00 am	
5	Session 2	11:00 to 1:00 pm	M1 L1 - Course Overview
			M1 L2 - Where we are as a Human
			Being (Shri Ganesh Bagaria Ji)
]	Lunch	1:00 to 2:00 pm	
5	Session 3	2:00 pm to 3:30 pm	Self-Introduction by participants (Moderation:
			Rajul Asthana Ji)
,	Tea Break	3:30 to 4:00 pm	
5	Session 4	4:00 to 6:00 pm	M1 L3- Recapitulation from UHV
			II - Basic Human Aspiration and its
			Fulfilment (Shri Ganesh Bagaria Ji)
		6:30 - 8:00 pm	Meetings with UHV Sr. Team (Ganesh Sir et al.)
		-	in groups and few one-on-one/ thought and idea
			development of project/activity.
1	Dinner	8:00 to 9:00 pm	
]	Dinner	, A	in groups and few one-on-one/ thou





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Date	Session	Session time	Content to be discussed
02.05.2024	Session 1	8:30 to 10:30 am	M1 L4 - UHV II Recap – Human
			Being in Existence (Kumar
			Sambhav Ji)
	Tea Break	10:30 to 11:00 am	
	Session 2	11:00 to 1:00 pm	M1 L4 - UHV II Recap – Human
			Being in Existence
	Lunch	1:00 to 2:00 pm	
	Session 3	2:00 pm to 3:30 pm	Self-Introduction by participants (Moderation: Umesh Jadhav Ji) + Assignment (home work)
	Tea Break	3:30 to 4:00 pm	
	Session 4	4:00 to 6:00 pm	M1 L5 - Self is Central to Human Existence (Kumar Sambhav Ji)
		6:30 - 8:00 pm	Meetings with UHV Sr. Team (Ganesh Sir et al.) in groups and few one-on-one/ thought and idea development of project/activity.
	Dinner	8:00 to 9:00 pm	

# Day 3:

Date	Session	Session time	Content to be discussed
03.05.2024	Session 1	8:30 to 10:30 am	Ex-1 Observing self by self Ex-2 Observing body by self (Kumar Sambhav ji)
	Tea Break	10:30 to 11:00 am	
	Session 2	11:00 to 1:00 pm	M1 L6 - Basic Human Aspiration (Shri Ganesh Bagaria Ji)
	Lunch	1:00 to 2:00 pm	
	Session 3	2:00 pm to 3:30 pm	M2 L7 - Right Understanding (Kumar Sambhav Ji)
	Tea Break	3:30 to 4:00 pm	
	Session 4	4:00 to 6:00 pm	M2 L8 - Knower, Known and The Process of Knowing (Shri Ganesh Bagaria Ji)
		6:30 - 8:00 pm	Meetings with UHV Sr. Team (Ganesh Sir et al.) in groups and few one-on-one/ thought and idea development of project/activity.
	Dinner	8:00 to 9:00 pm	

# Day 4:

Date	Session	Session time	Content to be discussed
04.05.2024	Session 1	8:30 to 10:30 am	Ex-1 and Ex-2 (Kumar Sambhav Ji)
	Tea Break	10:30 to 11:00 am	
	Session 2	11:00 to 1:00 pm	M2 L9 – Right Understanding, its
			impact on Human Being (Shri
			Ganesh Bagaria Ji)
	Lunch	1:00 to 2:00 pm	
	Session 3	2:00 pm to 3:30 pm	Interactive session and Quiz session (Kumar Sambhav Ji)
	Tea Break	3:30 to 4:00 pm	
	Session 4	4:00 to 6:00 pm	M3 L10, 11 - Human Being (Shri. Ganesh Bagaria Ji)
		6:30 - 8:00 pm	Meetings with UHV Sr. Team (Ganesh Sir et al.) in groups and few one-on-one/ thought and idea development of project/activity.
	Dinner	8:00 to 9:00 pm	



# Day 5:

Date	Session	Session time	Content to be discussed
05.05.2024	Session 1	8:30 to 10:30 am	M3 L12 - Interaction between Self
			and Body (Kumar Sambhav Ji)
	Tea Break	10:30 to 11:00 am	
	Session 2	11:00 to 1:00 pm	M3 L13 - Higher Activities of Self
			M3 L14 - Higher Activities Guiding
			Lower Activities
			(Kumar Sambhav Ji)
	Lunch	1:00 to 2:00 pm	
	Session 3	2:00 pm to 3:30 pm	Self-Introduction by Participants (Shri Rajul Asthana Ji)
	Tea Break	3:30 to 4:00 pm	
	Session 4	4:00 to 6:00 pm	M3 L15 - Sources of Happiness
			(Shri. Ganesh Bagaria Ji)
		6:30 - 8:00 pm	Meetings with UHV Sr. Team (Ganesh Sir et al.)
		_	in groups and few one-on-one/ thought and idea
			development of project/activity.
	Dinner	8:00 to 9:00 pm	



# Day 6:

Date	Session	Session time	Content to be discussed
06.05.2024	Session 1	8:30 to 10:30 am	M4 L16 - Existence as Co- existence (Shri Ganesh Bagaria Ji)
	Tea Break	10:30 to 11:00 am	
	Session 2	11:00 to 1:00 pm	M4 L17 - Expression in 4 Orders M4 L18 - Expression in 4 Orders- as innateness etc. M4 L19 - Co-existence and its Expressions

## Mail - Jagadeesh Babu B - Outlook

		(Shri Ganesh Bagaria Ji)
Lunch	1:00 to 2:00 pm	
Session	2:00 pm to 3:30 pm	How to share values (Umesh Jadhav Ji)
Tea Bre	eak 3:30 to 4:00 pm	
Session	4 4:00 to 6:00 pm	M4 L20 - Role of Human Being
		M5 L21 - Human Conduct - Model
		1
		M5 L22 - Human Conduct - Model
		2
		(Shri Ganesh Bagaria Ji)
	6:30 - 8:00 pm	Meetings with UHV Sr. Team (Ganesh Sir et al.)
		in groups and few one-on-one/ thought and idea
		development of project/activity.
Dinner	8:00 to 9:00 pm	



# **Day 7:**

Date	Session	Session time	Content to be discussed
07.05.2024	Session 1	8:30 to 10:30 am	Summary by Shri Rajul Asthana Ji
	Tea Break	10:30 to 11:00 am	
	Session 2	11:00 to 1:00 pm	M5 L23 - Wisdom
			M5 L24 - Science
			M5 L25 - Science of work,
			participation
			M5 L26 - Behaviour, Work and
			Participation
			(Shri Ganesh Bagaria Ji)
	Lunch	1:00 to 2:00 pm	
	Session 3	2:00 pm to 3:30 pm	Summary by Umesh Jadhav Ji
	Tea Break	3:30 to 4:00 pm	
	Session 4	4:00 to 6:00 pm	M5 L27, 28 - Sum Up
			(Shri Ganesh Bagaria Ji)
		6:30 - 8:00 pm	Meetings with UHV Sr. Team (Ganesh Sir et al.)
			in groups and few one-on-one/ thought and idea
			development of project/activity.
	Dinner	8:00 to 9:00 pm	



## **Day 8:**

Date	Session	Session time	
08.05.2024	Session 1	8:30 to 10:30 am	Self-evaluation and commitment
	Tea Break	10:30 to 11:00 am	
	Session 2	11:00 to 1:00 pm	Self-evaluation and commitment
	Lunch	1:00 to 2:00 pm	
	Session 3	2:00 pm to 3:30 pm	Self-evaluation and commitment
	Tea Break	3:30 to 4:00 pm	
	Session 4	4:00 to 6:00 pm	Valedictory session



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#### ATTENDANCE CERTIFICATE

P. Supraja Dr. P. Supraja LPC, AICTE FDP UHV-III UHV University Coordinator, SRMIST Kattankulathur



A Total of 79 participants shared self-evaluation and commitment towards sharing values in the society.

Attending UHV-III face to face FDP has brought so much clarity on my being in this existence and showed way to reach my goal. Eight days' sessions are enlightening and fulfilling. I will be successful only when I will be happy. I will not be happy when I get happiness or I

#### 5/22/24, 11:17 AM

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become happy. So, to be happy I have to put effort for realization of co-existence, understanding of harmony and contemplation of relationship.

During this FDP, I found yard stick to know my present state. My current focus most of the time is on getting feeling from others. After UHV, I am moving from problem based approach to solution based approach. From this FDP, I came to know that understanding only form and property of the unit is not enough. I need to understand their submergence, innateness and natural characteristics.

My gratitude for all the resource persons, Participants, SRM fraternity, MITS management, Principal (MITS) and HoD (Physics Department, MITS).

With regards, **Dr. C. Kamal Basha, M.E., Ph.D.** Vice Principal - Administration, Madanapalle Institute of Technology & Science Madanapalle - 517 325, A.P. viceprincipaladministration@mits.ac.in