



>>> NEWSLETTER

The Value Education Cell
SRMIST



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**JULY - DECEMBER
2024**

SRM SYNERGY

**BI-ANNUAL NEWSLETTER
VOLUME 2, ISSUE 2.**



WELCOME NOTE FROM THE EDITOR



Dear Readers,

It gives me immense pleasure to welcome you to this edition of our newsletter. I am in this journey of self - enquiry over the past two years, through Universal Human Values (UHV). By exploring and understanding the truth within the UHV proposals, I have experienced significant changes within myself. I've noticed a shift in how I process events and incidents, with greater clarity and organization in my thoughts. My perspective on life situations and relationships have evolved. My expectations are now aligned with the betterment of all, including society, rather than focusing solely on personal gains. This journey has been made possible through constant guidance from mentors, like-minded individuals, and a commitment to continuous self-effort.

I, on behalf of the editorial team welcome all the readers, to the UHV family and encourage you all to get started on this transformative journey. SYNERGY is one of the seeds from us, to initiate the habit of self-enquiry within you all.

Warm regards,

Dr. Mirunalini G,

Associate Professor of Anaesthesiology,

Editor of Synergy, Medical Co - Coordinator for UHV Committee,

SRM MCHRC, SRMIST, KTR.

MESSAGE FROM THE DEAN, SCIENCE AND HUMANITIES

This is Dr.A.Duraisamy Dean of Science and Humanities SRMIST Kattankulathur. My UHV experience made me a better administrator. As a teacher of three decades, I always love making relationships with students and colleagues . These two workshops on UHV, I attended, gave me valuable experience of thinking first of the co explorer rather than myself. The process of understanding the difference between the ' body ' and ' Self ' help me to draw the thin line between the needs and wants. I get the idea of the chain link of self, family, and society and keep on exploring every day with every individual I meet in my office and in other places. I wish to contribute a bit in making a better society for future generations, and for that, the only methodology we have in our hands is UHV practice. Let us explore continuously and be better and make others better.

Thanks

Dr. A. Duraisamy,

Dean, Faculty of Science and Humanities,

SRMIST, Kattankulathur.



>>> ABOUT THE VALUE EDUCATION CELL

**1210**

UHV Introductory completed

**73**

UHV MDP completed

**29**

Department Coordinators

**460**

UHV II completed

**43**

UHV III completed

**31**

HHH-I completed

**13**

National Volunteers

The Value Education Cell at our university was established in the year 2022. It seeks to instill various initiatives to inspire and empower students and staffs to embrace Universal Human Values and applying them in their personal and professional lives. By incorporating value education into the academic experience, our university aims to nurture individuals who can become ambassadors of holistic development in the global society. The activities of the cell include organizing FDPs, workshops, and seminars at regional, national and international levels related to Human Values and Holistic-Value-Based education and also facilitating awareness campaigns on issues of societal importance and encouraging community service among students.

Vision

The Vision of the Value Education Cell at the university is to create a nurturing and transformative learning environment through the process of self-exploration where students develop academic proficiency and also imbibe values with a deep sense of social responsibility. The cell envisions creating a campus community by producing graduates who are compassionate, empathetic, and committed to making a holistic transformation in society, upholding universal human values in all aspects of their lives.

Mission

The Mission of the Value Education Cell is to integrate Value Based Education seamlessly into the core fabric of the university's academic, co-curricular and administrative activities. The cell strives to foster an environment of relationship through personal transformation among students, faculties, and staffs.

SRM UHV TEAM COORDINATORS <<<

University Coordinators

1. Dr. P. Supraja, Associate Professor, Department of Networking and Communication, E&T, SRMIST, KTR.
2. Dr. I. Infanta Mary Priya, Associate Professor, Department of Mechanical Engineering, E&T, SRMIST, KTR.

Campus Coordinators

1. Dr. P. Supraja, Associate Professor, Department of Networking and Communication, E&T, SRMIST, KTR.
2. Dr. Pallavi Jain, Professor and HOD, Department of Chemistry, E&T, SRMIST, NCR – Ghaziabad.
3. Mr. A. Dinesh Babu, Assistant Professor (Sr.G), Department of Electronics and Communication Engineering, E&T, SRMIST, Vadapalani.
4. Dr. T. Ch. Madhavi, Professor, Department of Civil Engineering, E&T, SRMIST, Ramapuram.
5. Dr. R. Rajasekar, Assistant Professor, Department of Electronics and Communication Engineering, E&T, SRMIST, Trichy.

Discipline Co-ordinators

1. Dr. Sathyanarayanan Varadarajan, Associate Dean - Student's Affair, SRM Medical College Hospital and Research Centre, SRMIST, KTR.
2. Mrs. Kavitha Srisarann, Assistant Professor, Career Development Centre, Engineering and Technology, SRMIST, KTR.
3. Dr. Sweety Bakarani E., Assistant Professor, Department of Computer Science, College of Science and Humanities, SRMIST, KTR.

>>> CORE TEAM MEMBERS



Dr. P. Supraja, Associate Professor, Dept. of Networking and Communication, E&T, SRMIST, KTR.
All SRMIST campus UHV University Coordination and Coordination with National Team



Dr. V. Sathyanarayanan, Associate Dean - Student's Affair, SRM MCH RC, SRMIST, KTR.
UHV Chairperson SRM MCH RC, UHV Collaboration with External bodies, NGOs, MoUs.



Dr. I. Infanta Mary Priya, Associate Professor, Dept. of Mechanical Engineering, E&T, SRMIST, KTR.
SRMIST University UHV Co-coordinator and Coordinator of UHV Outreach program.



Mrs. Kavitha Srisarann, Assistant Professor, Career Development Centre, SRMIST, KTR.
UHV coordinator-E&T, Coordinator of regular weekly and monthly university UHV meetings.



Dr. G. Mirunalini, Associate Professor, Dept. of Anesthesiology, SRM MCH RC, SRMIST, KTR.
UHV Coordinator-SRM MCH RC, Editor of Bi-Annual UHV Newsletter - SRM SYNERGY.



Dr. V. Hemamalini, Associate Professor, Dept. of Networking and Communication, E&T, SRMIST, KTR.
NWC Dept. UHV Coordinator, Coordinator of UHV Outreach program.



Dr. R. Prithiviraj, Assistant Professor, Dept. of Electronics and Communication, E&T, SRMIST, KTR.
Coordinator for LMS Development and Podcast of UHV content for webpage.



Dr. E. Sweety Bakyarani, Assistant Professor, Dept. of Computer Science, FSH, SRMIST, KTR.
Value Education Cell Web Maintenance, Newspaper link, Spectrum newsletter, Social Media Handle



Dr. D. Bhuvaneshwari, Assistant Professor, Dept. of Commerce, FSH, SRMIST, KTR.
Value Education Cell Website Maintenance, Newspaper links, Spectrum newsletter, Social Media Handle.



Dr. S. Shanmugapriya, Assistant Professor (Sr.G) Dept. of EEE, E&T, SRMIST, KTR.
Coordinator of SIP, UHV-II. Curriculum development, Impact analysis and Minor Degree Program



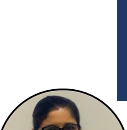
Dr. E. Vijayaragavan, Associate Professor, Dept. of Mechanical engineering, E&T, SRMIST, KTR.
Treasurer and Coordinator for Event Management for UHV Inhouse FDPs, MDP and other AICTE events.



Dr. R. Annie Sujatha, Associate Professor, Dept. of Physics & Nanotechnology, SRMIST, KTR.
Coordinator for LMS Development and Podcast of UHV content for webpage.



Dr. P. Yogalakshmi, Assistant Professor, Dept. of Computer Science, FSH, SRMIST, KTR.
SRMIST UHV Stats Maintenance Incharge



Dr. M. Preetha, Assistant Professor, Career Development Centre, SRMIST, KTR.
Coordinator of SIP, UHV-II, Curriculum Development, Impact Analysis and Minor Degree Program



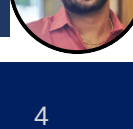
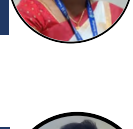
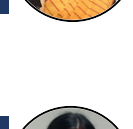
Dr. P.C. Karthika, Assistant Professor, Dept. of Physics & Nanotechnology, SRMIST, KTR.
UHV Coordinator for other college / University and other SRMIST campus in Southern Region.



Dr. B. Jeyaprabha, Assistant Professor, Faculty of Management, SRMIST, Vadapalani campus.
UHV Coordinator for other college / University and other SRMIST campus in Southern Region.

Mrs. J. Praveena, Associate Professor, Audiology and Speech Language Pathology, SRMIST, KTR.
UHV Coordinator for Holistic Human Health.

Mr. V. Pradeshwaran, Teaching Assistant, Value Education Cell, SRMIST, KTR.
Value Education Cell Member.



Is Education for Exploration or Exploitation?

- Dr. P. Supraja,

Universal Human Values (UHV) - University Coordinator,
Associate Professor, Department of Networking and Communications, SRMIST, KTR



CLICK ON THE LINK ICON TO READ THE ARTICLE FROM OUTLOOK WEB PAGE.



Is Education For Exploration Or Exploitation?

In today's world, education seems to focus more on preparing us for well-paying jobs than on helping ...

 Outlook India / Nov 26

In today's world, education seems to focus more on preparing us for well-paying jobs than on helping us grow as complete human being. While professional success is important, somewhere along the way, we may be missing out on the right understanding and balance needed for a truly fulfilling life. Instead of building inner harmony, many people are now drawn toward flashy excitement and momentary highs.

Take, for example, our relationship with nature. Cleanliness drives have become popular, but how often do we think or talk about its root cause. It's easy to showcase the act, but real responsibility lies in supporting nature beyond just one event.

Education is often linked to happiness—but if that's true, why does India, known for producing one of the highest numbers of engineering and PhD graduates, rank so low on the happiness index? This gap suggests that something is missing in how we define education today. Shouldn't education be about creating good human beings first?

Moreover, people today seem to keep adding to their list of desires, constantly running after the next goal, thinking it will bring satisfaction. In reality, inner peace comes from slowing down and finding harmony within. And when it comes to respect, we often associate it with material wealth or success, but true respect has always come from one's own values, not by possessions or positions. Today, our focus is often on accumulating wealth and possessions, yet few stop to question the true value of what we acquire. Take gold, for example—a metal that, while just a commodity, has become a symbol of happiness and success. But does gold, or any material possession, truly bring us lasting Happiness? In our pursuit of wealth, we lose sight of the fact that true respect and happiness come from within, not from the external symbols we amass.

To be continued on page 06...

Is Education for Exploration or Exploitation?

continued from page 05...



CLICK ON THE LINK ICON TO READ THE ARTICLE FROM OUTLOOK WEB PAGE.

Our relationship with nature reveals a similar pattern of excess. We are eager to show our environmental consciousness through actions like tree-planting drives, but often, the focus is on the documentation of these actions rather than on sustaining and nurturing the trees we plant. This trend highlights a growing disconnect—we celebrate the act but overlook the true, ongoing responsibility to nature. As we continue to exploit natural resources to meet our ever-growing demands, we are not only harming the environment but are also creating a lasting impact on future generations.

Materialism also manifests in daily life, where accumulating more than we need has become the norm. Consider that the average woman in India may own over 150 sarees, while in other parts of the world, such as Somalia, women lack access to even basic clothing. This disparity reflects a lack of right understanding—if we viewed everyone in this world with relationship as a part of our extended family, would we accumulate so much? Our consumption patterns often create a demand that drives shortages and inequity elsewhere, deepening the divide between those who have plenty and those who have little.

Similarly, food waste is a pressing global issue. According to the Global Food Waste Index, approximately one-third of all food produced goes to waste, while millions around the world struggle with hunger. India, too, contributes significantly to this wastage, despite widespread poverty that leaves many without basic sustenance. The global poverty index further underscores this crisis, highlighting the urgent need for a shift in mindset—one that encourages mindful consumption and prioritizes reducing waste. If we, as a society, truly understood and respected the value of food, we could play a role in reducing this waste and alleviating hunger.

The core issue lies in our education system's emphasis on success, wealth, and status over values, relationship, understanding etc. Imagine if our educational institutions prioritized creating balanced, compassionate individuals who are attuned to both their own needs and those of the larger world. This is where Value Education comes into play—encouraging a mindset that looks beyond personal gain and develop a sense of shared humanity.

As we rethink the purpose of education, it becomes essential to nurture a culture that values simplicity, empathy, and responsibility towards and oneself and for others. Value Education strives to redirect our focus from mere achievements to nurturing individuals who contribute to society in meaningful ways. In a world where endless accumulation and competition have become the norm, it is only through a deeper understanding and alignment with human values that we can achieve lasting happiness, balance, and harmony for ourselves and for future generations.

To be continued on page 07...

Is Education for Exploration or Exploitation?

continued from page 06...



CLICK ON THE LINK ICON TO READ THE ARTICLE FROM OUTLOOK WEB PAGE.

In today's education system, it's worth asking what we truly consider as development. Is it just about economic growth and material success, or should it also include a sense of inner happiness and strong, positive relationships with others? If material wealth alone were the key to happiness, then as our incomes rise, so should our happiness levels. Yet, the reality is often different, and it seems that accumulating things might not bring the fulfillment we expect.

Our society often finds itself caught between what we genuinely need and what we desire beyond that. We set goals for sustainable living and responsible consumption, guided by an understanding of our true needs. But at the same time, there's a tendency to want more and more, simply because there's no clear limit to our desires. This endless drive for accumulation often leads us away from sustainability, creating a culture where "enough" never seems to be enough.

We also live in a world that's highly competitive, where competing can be motivating but can also make us feel isolated. Imagine if education encouraged more collaboration and working together instead of constant rivalry. It might bring us closer, reducing some of the divides we see in society. And even as education reaches more people, certain issues continue to persist. It raises the question: Is education today truly about understanding ourselves, or is it mostly about external success and recognition?

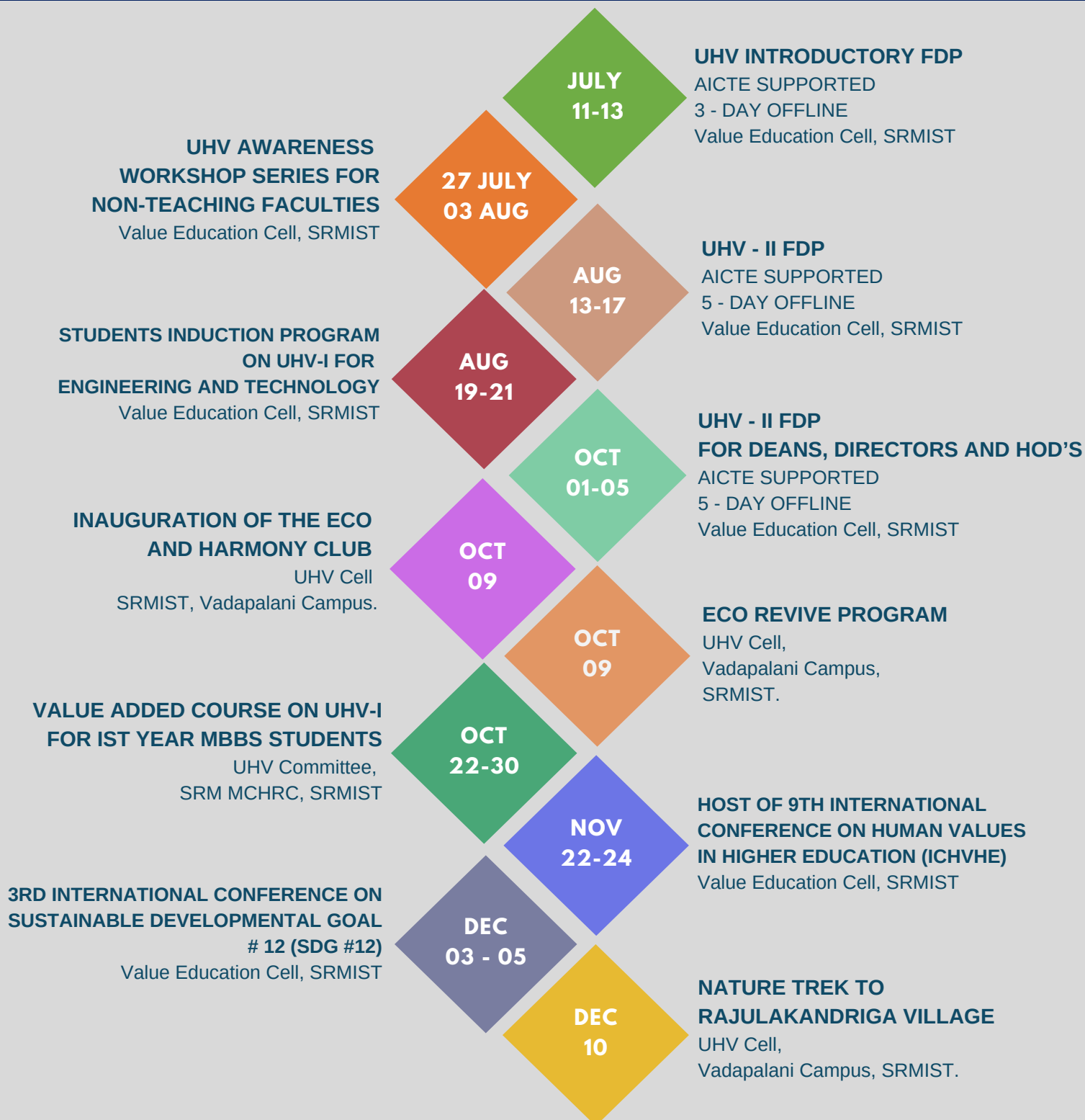
This idea of education is one that values connection and working together rather than focusing on competition. Picture a society where relationships are more important than profits, where our choices are driven by a genuine concern for everyone's well-being rather than just short-term gains. It makes us wonder—are we chasing things that give us a brief thrill, or are we working toward something that lasts and truly makes us whole? Real, lasting fulfillment might only come when we look at the world with a spirit of shared humanity and respect for each other.

Let's Explore more towards this Holistic development rather Exploiting each other.



>>> UHV CELL ACTIVITIES

FACULTY DEVELOPMENT PROGRAMS AND UHV AWARENESS PROGRAMS BY VALUE EDUCATION CELL, SRM IST JULY - DEC 2024





UHV INTRODUCTORY FACULTY DEVELOPMENT PROGRAM (FDP) AICTE SUPPORTED 3 - DAY OFFLINE VALUE EDUCATION CELL, SRMIST



Objective of the Event

- To equip the faculty for providing Holistic Value Based Education to the students.
- To teach UHV II as a part of the curriculum for students.
- To help the faculty to lead a fulfilling life by maintaining harmony at individual, family, society and nature/existence level.

Brief Description of the Event

- Prof. Revathi Venkataraman, Chair, School of Computing, SRMIST felicitated the program. In her speech, she highlighted beautifully about the way to handle family members specifically the kids who are the future societies. Additionally, she added about how to handle the workplace in harmony, which added more value to this session.
- Dr. P.C. Karthika, Assistant Professor, Department of Nanotechnology, shared her experience about how she is experientially handling herself in family and in work place after attending several UHV sessions. In addition, Dr. Sridharshini, gave guidelines and rules to be followed during the FDP session.
- Dr.P.Supraja, UC, Dr.Infanta Mary Priya, UCC, Dr.Kavitha Sricharan E&T Coordinator, Dr.V.Hemamalini and Dr.Prithiviraj.R LPC of the FDP, expressed their gratitude by presenting shawls and fruit baskets.

Key Outcome

- The participants shared their views during the sessions particularly more discussions happened during self-exploration and on topics such as Self and body, trust and happiness.
- Our Resource person made clear about the physical facility, trust, happiness, Gratitude, Nature and Existence proposal by giving various examples. A very clear sharing was done on intention and competence with good examples.
- Majority of participants shared their reflections during Day 3.
- Self-Evaluation session. Few of their reflections are
 - i. Importance of universal human values.
 - ii. Related to nature and love towards animal
 - iii. Trust and respect for all
 - iv. Self and body
 - v. UHV for Higher officials and students were suggested
- Gratitude sessions were held to extend and express our sincere thanks to all those who enabled us to have this FDP.
- 3 days FDP ended with a simple valedictory function.

Date

11- 13 July 2024

Venue

Peter Drucker Hall, SRMIST

Team from NCCIP,AICTE

- 1.Mrs. Nidhi Chirag Sachade
Resource Person
- 2.Dr. P. Supraja
Co-facilitator, SRMIST, KTR
- 3.Dr. T. Sridarshini
Observer, Anna University

Participation Data

Registered participants = 190
Actual reporting count = 125
Attended complete FDP =119
Ratio of attended to registered
Participation = 65.78 %

>>> UHV CELL ACTIVITIES

UHV AWARENESS WORKSHOP SERIES FOR NON-TEACHING FACULTIES VALUE EDUCATION CELL, SRMIST



The Department of Value Education Cell organized a Universal Human Values (UHV) Awareness Workshop Series for our non-teaching faculty on July 27, 2024 (Saturday) and August 3, 2024 (Saturday) at Tech Park, 4th Floor, TP404. We invited all non-teaching faculty members to join this enlightening program to explore the importance of Universal Human Values in our daily lives.

The program aimed to delve into the core values that shape our interactions and relationships. The session covered essential life topics such as happiness, relationships, understanding, and feelings.

Dr. P. Supraja, the University Coordinator, delivered the highly interactive session. The non-teaching faculty thoroughly enjoyed the workshop and engaged in self-exploration, noticing changes within themselves.

Certificates for the programme were distributed on 24/8/24

Number of participants attended:

Series 1 – 45 members

Series 2 – 25 members

Date

SERIES 1 - 27.07.2024

SERIES 2 - 03.08.2024

Venue

TP404, Tech Park, SRMIST

Faculty Coordinators

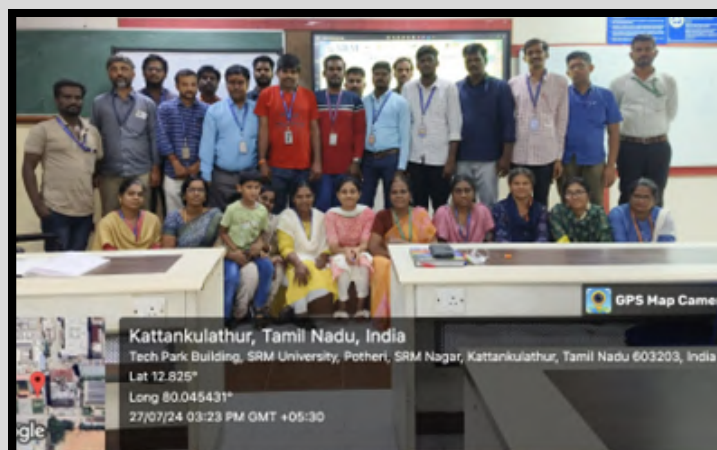
Dr. P. Supraja
Associate Professor of NWC

Mr. Pradeshwaran.V
Teaching Assistant
Value Education Cell, SRMIST, KTR

No. of Participants

Series 1 – 45 members

Series 2 – 25 members



>>> UHV CELL ACTIVITIES

UHV - II FACULTY DEVELOPMENT PROGRAM (FDP) AICTE SUPPORTED 5 - DAY OFFLINE VALUE EDUCATION CELL, SRMIST

Objective of the Event

1. Facilitate Self-Exploration.
2. Equip faculty members to share the content of UHV II, emphasizing value education, content clarity, and self-exploration.
3. Encourage faculty participation in creating a Holistic Value-Based Living model at the institute level.
4. Inspire faculty members to contribute to societal change

Brief description of the Event

Dr Ela Manoj Dedhia, Ex-Professor, University of Mumbai, was the resource person. Dr. Supraja P, Associate Professor, SRMIST, Kattankulathur, was the Co-facilitator I, Mrs. Lalitha Ramachandran, Assistant Professor, R.M.K. Engineering College, was the Co-Facilitator II and Dr. A. Prabakaran, Professor, Veltech Rangarajan Dr.Saguntahala R&D Institute of Science & Technology, Chennai was the Observer for all these five days. Dr.V.Sathyanarayanan, Associate Dean-Student Affairs, SRM MCH-RC felicitated the program. In his speech, he highlighted the transformation that he had undergone during his experience that he gained while taking up the UHV sessions.

Dr. T.Vijayashree, Assistant Professor, Department of CDC, shared her experience about how she is experientially handling herself in family and in work place after attending several UHV sessions. In addition, Dr. A. Prabakaran , gave guidelines and rules to be followed during the FDP session. The Objectives of the FDP was to equip the faculty for providing Holistic Value Based Education to the students, to teach UHV-II as a part of the curriculum for students and to help the faculty to lead a fulfilling life by maintaining harmony at individual, family, society and nature/existence level.

Key Outcome

During the five-day FDP sessions, the resource person explained the concepts of understanding harmony and ethical human conduct. Participants gave feedback that the content delivery and approach were very clear; and most of the participants shared their explorations on various proposals of UHV.



Date

13- 17 August 2024

Venue

Peter Drucker Hall, SRMIST

Team from NCCIP, AICTE

Dr Ela Manoj Dedhia
Resource Person

Dr. Supraja
Co-Facilitator I

Mrs. Lalitha Ramachandran
Co-Facilitator II

Dr. A. Prabakaran
Observer

Participation Data

Total Registered: 79

Actual Reporting: 55

Participants from Host Institute: 50

Participants from other institutes: 05

>>> UHV CELL ACTIVITIES

STUDENTS INDUCTION PROGRAM ON UHV-I FOR ENGINEERING AND TECHNOLOGY VALUE EDUCATION CELL, SRMIST



Objective of the Event

The main objective of this UHV module is to develop a holistic perspective about life. A universal self-reflective methodology of teaching is adopted. It opens the space for the student to explore their role (value) in all aspects of living – as an individual, as a member of a family, as a part of the society and as a unit in nature. Through this process of self-exploration, students were able to discover the values intrinsic in them.

TOPICS COVERED

Day 1 - 19.08.2024

1. Introduction
2. Exploring our Aspirations and Concerns
3. Basic Human Aspirations - their Fulfilment
4. Aspirations - Concerns at Individual Level
5. Peer Pressure
6. Health Part 1
7. Health Part 2

Day 2 - 20.08.2024

1. Relationship - Trust
2. Video Discussion - Right here Right Now
3. Relationship - Respect
4. Relationship - Reverence for Excellence
5. Relationship - Gratitude and Love

Day 3 - 21.08.2024

1. Society
2. Nature, Environment and Existence
3. Sum Up and Reflections from students
4. Self-evaluation, Post Feedback survey

Brief description of the Event

- Before this SIP session to all the UHV handling faculty members were given a crash course (Date: 16/8/24) which mainly focused on UHV I course content revision.
- Faculty members have highlighted real-life examples where these values played a pivotal role and encouraged students to internalize these principles for personal growth.
- Students were engaged in facilitated discussions, They discussed on the scenarios of their real life to apply the learned values in practical situations.
- During the session students were given time to reflect on their own values and experiences. Some shared personal anecdotes and insights gained from the session, contributing to a meaningful exchange of ideas.
- Students completed post feedback form during the last session. The feedback from students highlighted about the faculty dedication and enthusiasm in making the course engaging and impactful. In addition, feedback indicated that the session successfully encouraged self-reflection and motivated students to integrate these values into their daily lives.

Key Outcome

- The session concluded with a affirmation of their commitment to uphold universal human values throughout their academic journey and beyond.
- The Universal Human Values session has achieved its intended goal and left a lasting impact on the participating students. Students have expressed a heightened awareness of the significance of upholding these values as an individual and their participation in the larger order.

>>> UHV CELL ACTIVITIES

UHV - II FDP FOR DEANS, DIRECTORS AND HOD'S AICTE SUPPORTED 5 - DAY OFFLINE VALUE EDUCATION CELL, SRMIST

Objective of the Event

- To initiate/strengthen the process of self-exploration.
- To prepare faculty members to share the contents of UHV II with the guidelines of value education, content clarity and the process of self – exploration.
- To encourage the faculty members to participate in developing Holistic Value Based Living model at institute level.
- To inspire faculty members to participate in societal transformation through personal transformation (volunteering).

Brief description of the Event

The Inaugural function was graced by Prof. A. Vinay Kumar, Pro Vice-Chancellor (FSH, management, Law), and Prof. Nitin M Nagarkar, Pro Vice-Chancellor (MHS) In-charge along with the team from NCCIP AICTE. A few thoughts and insights about value-based education was given by Prof.A.Vinay Kumar and Prof. Nitin M Nagarkar, followed by honoring the NCCIP AICTE team. Dr.Infanta Mary Priya, LPC, showed her gratitude by giving Vote of Thanks.

Key Outcome

The 5-day UHV II program was an enriching experience, fostering numerous interactions and explorations among participants. Through right understanding, many participants realized that a human being is the coexistence of self and body, moving beyond the misconception that it was solely about the physical body. The session on harmony in the family resonated deeply, as participants felt connected and had their doubts clarified. They shared experiences that highlighted the actual meanings of essential feelings such as trust, respect, affection, care, guidance, glory, reverence, and love. The clarity gained during the program helped participants remove long-held misconceptions, allowing for a deeper appreciation of these feelings.

Many expressed their desire to continue exploring these concepts, indicating their interest in participating in weekly meetings, demo sessions, and morning gatherings. As participants embraced the principles of living in harmony, they demonstrated a strong willingness to integrate these teachings into their daily lives, fostering a supportive community that values holistic growth and understanding. Overall, the program effectively facilitated personal development and strengthened connections among participants, paving the way for ongoing engagement and application of UHV principles in their lives.



Date

1st to 5th October 2024

Venue

Peter Drucker Hall, SRMIST

TEAM FROM NCCIP, AICTE

1.Sh. Umesh Namdev Jadhav
Resource Person

2.Dr. Supraja
Co-facilitator, SRMIST, KTR campus

3.Dr. T. Sridarshini
Observer, Anna University

4.Dr. I. Infanta Mary Priya
Local Program Coordinator
SRMIST, KTR

Participation Data

Registered participants = 94
Actual Reporting count = 70
Ratio of attended to registered
Participation = 74.46 %

Attendees Data

10 Deans/Associate Deans
3 Directors / Associate Directors
35 HoD's
28 Professors/UHV Coordinators

>>> UHV CELL ACTIVITIES

INAUGURATION OF THE ECO AND HARMONY CLUB

UHV CELL, SRMIST, VADAPALANI CAMPUS



Objective of the Event

The inauguration of the Eco and Harmony Club by the UHV Cell at SRMIST Vadapalani Campus marked a significant milestone in promoting sustainable living and fostering harmony among students and the community. The event was attended by esteemed guests, faculty, and students, all united in their commitment to environmental consciousness.

Brief description of the Event

Chief Guest Speech: Mr. Dakshnamoorthy Durairaj, Founder of SANAL, Chennai, delivered an inspiring address focused on sustainable living. He outlined practical approaches to eco-friendly practices and emphasized the importance of individual contributions to environmental sustainability.

University Coordinator's Address: Dr. P Supraja shared her insights on the necessity of harmony in all aspects of life, encouraging attendees to embrace sustainable practices as a way of achieving balance in their personal and professional lives.

Support from SRMIST Authorities: The event received invaluable support from SRMIST authorities, including Dr.CV.Jayakaumar and Dr.CGomathy, who facilitated the inauguration and recognized the contributions of the guests.

Eco Revive Competition: The Eco Revive - Trash into Treasure competition showcased the creativity of students. Winners were awarded certificates and cash prizes for their innovative and sustainable projects, highlighting the spirit of the club.

Best Logo Design Award: A special award was presented to the student with the best logo design for the Eco and Harmony Club, recognizing their artistic contribution and creativity.

Coordination and Volunteering: Acknowledgment was given to the dedicated efforts of Dr. S Sabarinathan and Mrs.P.Arunarani, along with enthusiastic student volunteers, whose hard work ensured the event's success.

Key Outcome

The inauguration of the Eco and Harmony Club was a vibrant celebration of creativity, innovation, and commitment to sustainable living. The event successfully fostered a sense of community and highlighted the importance of harmony between individuals and the environment, paving the way for a more sustainable future at SRMIST Vadapalani Campus.

Organizer

UHV Cell, SRMIST Vadapalani Campus

Date: 9-10-2024

Venue: C Block Auditorium

Faculty Coordinators

Dr. S Sabarinathan
Mrs. P Arunarani
Mr A Dinesh Babu

Chief Guest

Mr. Dakshnamoorthy Durairaj
Founder of SANAL, Chennai

University Representatives

Dr. C V Jayakaumar
Dean of FET

Dr. C Gomathy
Vice Principal
(Academics and Placements)

Dr. P Supraja
University UHV Coordinator

Mr. V.Pradeshwaran
Teaching Assistant
Value Education Cell

>>> UHV CELL ACTIVITIES

ECO REVIVE PROGRAM UHV CELL, SRMIST, VADAPALANI CAMPUS

Objective of the Event

To foster creativity, innovation, and environmental awareness by encouraging participants to repurpose waste materials into useful and sustainable products, aligning with SDG 15 – "Life on Land."

Brief description about the Event

Eco Revive (Edition II) is an interactive event where participants unleash their creativity by transforming discarded items into functional or artistic creations. Categories include upcycled art, functional creations, wearable fashion, and eco-innovations. Creations are made on the spot, promoting hands-on engagement and sustainability practices. Winners receive exciting cash prizes, and all participants are awarded e-certificates.

- Hands-On Creation: Teams of 1-4 members craft innovative items on-site, fostering teamwork and problem-solving skills.
- Idea Presentation: Participants explain their creations and the sustainability impact.
- Recognition: Top creations are rewarded with prizes, ensuring motivation and encouragement.

This engaging event is designed to combine fun with a meaningful cause, making a tangible difference in promoting eco-consciousness.

Huge congratulations to the top 3 teams who wowed us with their eco-friendly innovations!.

First Prize: A stunning collection of handcrafted artifacts from coconut shells!.

Key Outcome

The participants gave positive feedback after the event.

- "Eco Revive helped me understand the importance of sustainability and how small actions like upcycling can make a big difference."
- "I learned about practical ways to repurpose waste and apply design thinking. The mentors and coordinators were really supportive!"



Organiser

UHV Cell, SRMIST
Vadapalani Campus

Date

09.10.2024

Venue

Chemistry Lab

Faculty Coordinators

Mr A Dinesh Babu
Dr K Akila
Dr S Sabarinathan
Mrs P Arunarani

No. of Participants: 45

>>> UHV CELL ACTIVITIES

VALUE ADDED COURSE ON UHV-I FOR FIRST YEAR MBBS STUDENTS

UHV COMMITTEE, SRM MCHRC, SRMIST



Objective of the Event

The UHV courses are given to medical students to inculcate the practice of self-reflection and initiate a dialogue of self-enquiry within each student with the objective of promoting a holistic vision for life and the profession.

Brief description of the Event

The Value Added Course on Universal Human Values (UHV) unfolded over eight engaging days, starting with an inauguration ceremony led by faculty members of UHV committee SRM MCHRC, Dr. P. Supraja and Mr. V. Pradeshwaran of Value education cell, SRMIST, setting a positive tone for the course.

Dr. V. Sathyanarayanan, Associate Dean Student's affair (UG) and Professor of Pharmacology, provided an insightful overview of UHV. The ice-breaker session conducted by Dr. Mirunalini G, Associate Professor of Anaesthesiology, facilitated connections among students.

Day two focused on aspirations, with Dr. Jaison John, HOD of Pathology, guiding students. On the third day, Dr. Sathyanarayanan led a recap session, followed by discussions on individual challenges with Dr. Nalini Jayanthi, Professor and HOD of Pulmonology and the impact of peer pressure with Dr. Gayathri. B, Professor and HOD of Anaesthesiology.

The fourth day featured Dr. Muthu Bharathi, Administrative Medical Officer and senior resident of dermatology, who delivered sessions on physical and mental health.

Day five included discussions of trust in relationships by Dr. T. Swarnalingam, HOD of critical care medicine. The sixth day deepened insights into relationships, with Mrs. Praveena J, associate professor of audiology, addressing respect, Dr. Bhavsar Nikhil, assistant professor of Physiology, exploring reverence for excellence, and discussions on gratitude and love.

The seventh day emphasized societal roles and natural environmental stewardship, by Dr. Karthikeyan, HOD of Physical Medicine Rehabilitation and Dr. G. Mirunalini, respectively. Finally, Dr. Sathyanarayanan concluded the course on day eight by summarizing key themes.

Key Outcome

Many expressed appreciation for the opportunity to explore their aspirations and concerns in a supportive environment. They highlighted how the course enhanced their understanding of relationships. The discussions on health and society were particularly impactful, prompting many to commit to integrating these values into their daily lives. All students were provided with certificates of participation.

Date

October 22 to October 30, 2024
(16 hours)

Venue

New lecture hall 1
SRM Medical College

Faculties

Dr. V. Sathyanarayanan
Dr. P. Supraja
Mr. V. Pradeshwaran
Dr. Gayathri. B
Dr. T. Swarnalingam
Dr. Karthikeyan
Dr. Jaison John
Dr. Nalini Jayanthi
Dr. Bhavsar Nikhil
Dr. Muthu Bharathi
Mrs. Praveena J
Dr. Mirunalini. G

Participants

1st yr MBBS students

>>> UHV CELL ACTIVITIES

9'TH INTERNATIONAL CONFERENCE (ONLINE) ON HUMAN VALUES IN HIGHER EDUCATION (ICHVHE) THEME: VALUE-BASED EDUCATION FOR HUMANE SOCIETY (INCLUDING SDGS) HOSTED BY VALUE EDUCATION CELL, SRMIST

Participation: Received 4,842 registrations from 35 countries. Finally had 1,521 delegates from 23 countries attending.

Sessions: The 51-session conference ran across 2 shifts, ensuring global inclusivity. The sessions were conducted by 220 speakers in 2 inaugural sessions, 8 keynotes, 18 experience sharing sessions, 21 panel discussions and 2 closing sessions. Organizing teams of over 150 dedicated volunteers, and 21 organising partners, including those from SRMIST, prepared for 4 months rigorously and made a tireless effort during the 3-day and night conference from 7:30 AM to 4:00 AM the following day, from 22 locations across India. The two live-streaming locations were AKGEC, Ghaziabad, and SRMIST, Kattankulathur.

Speakers included H.E. Shri Vishal V. Sharma, Ambassador/Permanent Representative of India to UNESCO, Paris; Her Majesty Gyalyum Pem Tshying Wangchuck, the Queen Mother of Bhutan, Prof. TG Sitharam, Chairman AICTE, India and Prof. Anil D Sahasrabudhe, Chairman NETF, India.

Rating: The satisfaction level of the conference was a healthy 4.72 on a 5-point scale.

Panels in 3 Special Interest Groups:

Holistic, Value-based Education | Holistic Human Health | Addressing SDGs at the Root



Key Takeaways

- Development of human consciousness was recognised as an important task of the formal education system. It is the base for a humane society, holistic human health and addressing SDGs at the root level. Efforts in this direction are urgently required.
- It was recognized that the teaching of basic, fundamental or universal human values to every individual, particularly youth, has become urgent. There is a need to sensitize and educate students particularly those studying in colleges of higher learning. Extensive experiments carried out so far, using UHV, have established the viability and effectiveness of such a process.
- It was recognized that there are valuable lessons that can be learned from tradition, specifically from case studies and examples of living in harmony.
- Necessary resource material, resource persons (UHV Team) and FDPs (teacher orientation programmes) have also become available to enable its initiation in any university or institution of higher learning as well as high schools.

Date

22-24 November, 2024

Delegates

1521

Organising Partners

21

Delegate Countries (23)

India
Bhutan
Nepal
Bangladesh
Sri Lanka
Lithuania
Australia
Taiwan
Trinidad and Tobago
Saudi Arabia
UAE
Oman
Kenya
Uganda
Nigeria
Germany
Finland
United Kingdom
Greece
USA
Canada



9'TH INTERNATIONAL CONFERENCE (ONLINE) ON HUMAN VALUES IN HIGHER EDUCATION (ICHVHE) THEME: VALUE-BASED EDUCATION FOR HUMANE SOCIETY (INCLUDING SDGS) HOSTED BY VALUE EDUCATION CELL, SRMIST



Participation by Value Education Cell, SRMIST.

1. SRMIST graciously hosted the conference, with Dr. Supraja P, as convener. SRMIST provided a robust location for live-streaming the conference. It caringly hosted the speakers and UHV volunteers. The SRM faculty and student volunteers worked tirelessly, day and night, ensuring the conference ran smoothly. This has given us the confidence that we can conduct hybrid events smoothly.
2. SRMIST was proactive in promoting the conference, facilitating the registration of delegates, and contributing to diverse participation.
3. The inaugural address by our honorable Vice Chancellor, Prof.C.Muthamizhchelvan, highlighted the importance of educational institutions making an effort for and embodying human values, setting the tone for the conference's focus on holistic, value-based education.
4. SRMIST contributed significantly to the twenty-one panel discussions (each panel was for 1½ hours). These panels helped to develop a cogent point of view on each topic and seeded small international groups of forward-thinking individuals to carry them forward.
 - a. In the conference planning, SRMIST helped us to include the topic "Addressing SDGs at their Root". Six panel discussions were held on this topic and SRMIST participated actively in them.
 - b. Several of the 9 Education panels were live-streamed from SRMIST, in which 90 panellists joined from 7 countries.
 - c. Pro Vice Chancellor MHS, Dr. Nitin Nagarkar, Dr. Sathyanarayanan, Dr. Mirunalini, Mrs. Praveena and other senior officials of SRMIST actively participated in the Health panel discussions, with panellists from 6 countries. A total of six panel discussions on health were live-streamed from SRMIST.
5. SRMIST featured two individual sharing session titled "From Confusion to Clarity," by Dr. P. Supraja and "How to train the mind" by Dr.Mirunalini.G, offering valuable insights and personal perspectives that enriched the conference discussion.
6. SRMIST led two important institutional sharing sessions which provided in-depth insights into institutional experiences and best practices:
 - a. "Managing Change – Gaining Buy-in from Leadership for UHV", conducted by Dr. Infanta Mary Priya
 - b. "Comprehensive Institutional Plan for Inculcation of Human Values", conducted by Dr. Supraja P
7. SRMIST played a vital role in co-funding the conference and performing the treasurer role for the conference, ensuring transparency and smooth financial operations throughout the event. SRM ITKM helped in procuring the Zoom Events conference platform.

Organising committee from SRMIST

Dr. P. Supraja
 Dr. Infanta Mary Priya
 Dr. V. Sathyanarayanan
 Dr. G. Mirunalini
 Dr. T. Vijayashree
 Dr. V. Hemamalini
 Dr. R. Prithiviraj
 Mrs. J. Praveena
 Dr. E. Aarthi
 Dr. S. Shanmugapriya
 Dr. R. Annie Sujatha
 Dr. G. Sangeetha
 Dr. D. Bhuneshwari
 Dr. P. Yogalakshmi
 Dr. Vijaya K
 Dr. P. Nancy
 Dr. E. Sweety Bakyarani
 Dr. E. Vijayaraghavan
 Dr. P. Dinesh Babu
 Dr. S. Sabarinathan
 Dr. R. Dayana
 Dr. K. Akila
 Dr. P.C. Karthika
 Mr. V. Pradeshwaran

>>> UHV CELL ACTIVITIES

THIRD INTERNATIONAL CONFERENCE ON SUSTAINABLE DEVELOPMENTAL GOAL # 12 (SDG #12) VALUE EDUCATION CELL, SRMIST

SDG 12: RESPONSIBLE CONSUMPTION AND PRODUCTION AT SRM UNIVERSITY

1. Eco Quiz with a Twist

It is imperative to recognize the critical importance of sustainable consumption and production. As part of this effort, a quiz on SDG 12 was organized to assess participants' knowledge on the subject and provide a platform for sharing ideas and strategies for promoting effective and sustainable practices.

By challenging traditional quiz formats, the event inspired participants to delve deeper into the principles of sustainability, reinforcing their understanding of SDG 12 and its importance in everyday life.



2. Slam Jam Presentations

In an effort to merge academic excellence with creativity, Slam Jam Presentations were organized for research scholars. This unique platform encouraged scholars to present their research and ideas on SDGs, particularly SDG 12, in an innovative and impactful manner. From creative storytelling to multimedia elements, participants demonstrated how responsible consumption and production can be approached through varied lenses.

3. Eco Trip to Nagalapuram Forest

As a culminating activity, an Eco Trip was organized for students who had completed the Universal Human Values (UHV) course and members of the Nature Club. This immersive journey to the serene Nagalapuram Forest provided participants with an experiential learning opportunity to connect with nature. The trip focused on promoting environmental awareness and sustainability, offering a firsthand experience of the beauty and importance of natural ecosystems. Participants engaged in guided nature walks, discussions on biodiversity, and reflections on how to translate their learning into actionable sustainability practices. This initiative strengthened their understanding of SDG 12 and reinforced their role in advocating for responsible consumption and production.

Organiser

Value Education Cell
SRMIST, KTR

Date

03 - 05, December, 2024

Convener

Dr. P Supraja

Co-Convener

Dr. Infanta Mary Priya

Co-ordinators

Dr. V. Sathyanarayanan
Dr. Helen Victoria A
Dr. Gayathri VM
Dr. V. Hemamalini
Dr. G. Mirunalini
Dr. R. Prithiviraj
Mr. V. Pradeshwaran

>>> UHV CELL ACTIVITIES



NATURE TREK TO RAJULAKANDRIGA VILLAGE

UHV CELL, SRMIST, VADAPALANI CAMPUS

SRM Institute of Science and
Technology Vadapalani Campus
Faculty of Engineering and Technology

ONE DAY FOREST and WATERFALL VISIT - ITENARY & UNDERTAKING

Journey Details:
Date: 10.12.2024 (6.00 AM to 7.00PM)

TRAVEL PLAN

6am : Start from Chennai - 50 Seater Non - AC Bus.
8am : Check - in - Base Camp - Rajulakandrige Village
9am : Instructions and Code of Conduct by the guides and forest officials and Start Trekking towards Boopathi Kona water falls (5 Kms of Trekking)
10.30am - Swimming and Other Water Activities (With Life Jacket)
12.00 noon - Starting Back to the Base Camp
1pm - Lunch at Base Camp
2pm - Activities at Base Camp
Pump Set Experience, Archery, Team Building Activities, Tree planting, Rope Bridge
4 pm - Refreshments
4.30pm - Interactions, Feedback, Discussions, Packing up and moving towards Chennai.
7.00pm - Reaching Chennai.

Objective of the Event

- Promotion of Universal Human Values
- Ethical and Sustainable Tourism
- Personal Development
- Cultural and Spiritual Connection
- Community Building with Human Values
- Mindful Living and Well-being
- Value-based Leadership Development
- Educational Outreach
- Inclusivity and Diversity
- Joyful Learning

Brief description about the Event

The one-day event organized in association with the NSS (National Service Scheme) Cell at SRMIST Vadapalani is a collaborative initiative that combines outdoor exploration with community service and social responsibility. The day typically begins with a one-day trek through picturesque natural landscapes, offering participants the chance to connect with nature and engage in physical activities. The NSS Cell ensures that the outdoor activities are not only recreational but also contribute to the development of a sense of responsibility toward the environment. As part of the event, participants may engage in environmental conservation activities during the forest visit, awareness campaign on FIT INDIA 2024 Week. Participants may have the opportunity to engage in community service projects, collaborate on initiatives that benefit local communities, or contribute to social causes. In summary, the event organized in association with the NSS Cell is a multifaceted experience that blends outdoor adventure with community service and social responsibility.

Participant engagement in the event organized in association with the NSS Cell is characterized by a multifaceted experience that blends outdoor adventure, community service, and social responsibility. Participants actively engage in a one-day trek, enjoying the natural landscapes and waterfalls while reflecting on the interconnectedness of humanity and nature.

Key Outcome

"Great initiative! The event not only showcased the beauty of the outdoors but also instilled a sense of responsibility. A day well spent!"

"Incredible experience! The trek and waterfall visit were rejuvenating, and the community service added a meaningful touch. Kudos to the organizers!"

Organiser

UHV Cell, SRMIST
Vadapalani campus

In Collaboration with

NSS Cell, SRMIST
Vadapalani Campus

Date

10.12.2024

Venue

Jeevaadhar base camp
Rajulakandrige Village
Andhra Pradesh

Faculty Coordinators

Mr A Dinesh Babu
Dr K Akila
Dr S Kannan
Dr S Sakthivel
Dr S Sabarinathan

No. of Participants: 51





DEPARTMENTAL ACTIVITY ON UHV AWARENESS IN COLLABORATION WITH VALUE EDUCATION CELL, KTR CAMPUS JULY - DEC 2024



>>> UHV CELL ACTIVITIES

YOGA ROUTINE TO GOVT SCHOOL PATTARAVAKKAM VILLAGE

DEPARTMENT OF ELECTRICAL AND ELECTRONICS ENGINEERING, SRMIST, KTR.



Objective of the Event

The daily yoga routine event at Pattaravakkam Government School was initiated to promote physical and mental well-being among students. Recognizing the numerous benefits of yoga, the school aimed to incorporate this ancient practice into the students' daily schedule, fostering a healthier and more balanced lifestyle.

Brief description about the Event

The program includes various yoga asanas (postures), pranayama (breathing exercises), and meditation techniques suitable for children of all ages. The main objectives of the event was to improve students' physical health by enhancing flexibility, strength, and coordination and to boost mental well-being by reducing stress, anxiety, and improving concentration.

The yoga sessions was conducted by Dr. K. Usha, Department of Yoga, Directorate of distance education, SRMIST. The program is designed to be inclusive and accessible to all students, regardless of their physical abilities. The response from the students has been overwhelmingly positive.

The headmistress of the Patravakkam Government School, Ms. Rajasekari, and her co-teachers thanked the UBA EEE team Dr. R. Sridhar, Dr. A. Geetha, and Dr.S.Usha, for organizing the event.

The One Day Outreach Programme on Daily Yoga Routine @ Pattaravakkam showcased an impressive level of engagement and participation. Participants actively involved themselves in learning and practicing daily yoga routines, promoting wellness and mindfulness. The event fostered a sense of community by encouraging both students and local residents to engage in physical and mental well-being activities. Additionally, the program included guided sessions by experienced instructors, and the participant's demonstrated enthusiasm in understanding the long-term benefits of incorporating yoga into their daily lives. The overall turnout and responsiveness during the event reflected a high level of interest in maintaining a healthy lifestyle.

Key Outcome

Many students have reported feeling more energetic and focused throughout the session.

Department

Electrical and Electronics Engineering

In Collaboration with

Unnat Bharat Abhiyan (UBA)

Date

23rd JULY 2024

Venue

Government School
Pattaravakkam Village

Faculty Coordinator

Dr. S. Usha
Dr. R. Sridhar
Dr. A. Geetha

Guest Speaker

Dr. K. Usha, Department of Yoga
Directorate of Distance Education
SRMIST

Topic of Discussion

Daily Yoga Routine @ Pattaravakkam

No. of Participants: 30

>>> UHV CELL ACTIVITIES

OUTREACH PROGRAM FOR SCHOOL KIDS ON UHV

DEPARTMENT OF DATA SCIENCE AND BUSINESS SYSTEMS (DSBS),
SCHOOL OF COMPUTING, SRMIST, KTR.

Objective of the Event

Universal Human Values refer to fundamental principles that are widely recognized as essential for promoting dignity, mutual respect, and harmonious living among people across different cultures and societies. These values are often seen as foundational to human well-being and social cohesion. Universal human values are essential for fostering a more just, compassionate, and harmonious world. By promoting these values through various means—education, community engagement, policy, and personal development—societies can work towards a more equitable and respectful global community. Incorporating these values into education helps students understand and appreciate the principles that underpin a just and harmonious society.

Brief description of the Event

We express our sincerest gratitude to the Department of Data Science and Business Systems and Government Middle School, Mahabalipuram for providing us with this opportunity to see how young minds work, collaborate, and join hands in sharing the success they acquire in the activities conducted. The visit not only inculcated moral values and ethics in the future nation builder's minds but also made us realize what we truly miss and need to focus on to have a happy simple life. The entire day right from 9:30 a.m. till the campus closed its gate for us by 03:00 p.m. many events were conducted for them which included interactive sessions, walk through memory lane, let me thank time, and prize distribution.

Student engagement was directly reflected through their level of enthusiasm, interest, and active participation. The students obtained more information and showed great signs of positive attitude towards learning, and apply their knowledge effectively. Students were very eager to participate in all events and shared greater vision towards UHV practices. Also, the events in the outreach programme triggered their first mission to understand themselves and maintain harmony with nature.

Key Outcome

This event helped them to embrace harmony, build trust and cooperation among the people to foster a sense of community. Also the events were focused on underpinning the concept of moral values societal values, to help the students to develop a more equitable and sustainable society. Also, the students appreciated the significance of mental and emotional wellbeing for a better quality of life.



Department

Department of Data Science and
Business Systems

Date

9th August 2024

Venue

Government Middle School
Mahabalipuram

Conveners and Co-Conveners

Dr. Radha R
Dr. Sharanya S
Dr. Prakash M
Dr. V. Vijayalakshmi
Dr. G. Premalatha

Number of Registered Participants: 300



OUTREACH TO MEIYUR VILLAGE PANCHAYAT

DEPARTMENT OF NETWORKING AND COMMUNICATIONS,
SRMIST, KTR.



Maiyur, Tamil Nadu, India
MW9Q+GM6, Maiyur, Pilappur, Tamil Nadu 603111, India
Lat 12.668667°
Long 79.939432°



Department

Networking and Communications
In Collaboration with: NSS Cell

Date

August 20, 2024

Venue

Meiyur Village Panchayat
Mamandur, Chengalpattu

Faculty Coordinators

Dr.V.Hemamalini, Asso Prof -NWC

Dr.T.Lakshmanan

Professor, NSS Program Advisor

Dr.S.Murugaanandam – Asso Prof -NWC

Mrs.M.Angelin Dhanalakshmi

Asso Prof -College of Nursing, SRMIST

Mrs.K.Geetha

Asst Prof, NSS Programme Officer
SRMIST

Objective of the Event

The objective of the event was to initiate significant importance as it aligns with the commitment to fostering harmony with both nature and society. By planting trees, we aim to create a positive impact on the environment while also supporting the well-being of the residents.

Brief Description about the Event

The tree plantation program organized by SRM Institute of Science and Technology (SRMIST) on August 20th, 2024, was a significant event held in honor of the Chancellor's 85th birthday. This initiative was a collaborative effort by the Department of Networking and Communication, the College of Nursing, the NSS Cell, and Universal Human Values at SRMIST.

Participants' Engagement

The event took place at Meiyur Village Panchayat - Pond Area, Mamandur, Chengalpattu. It saw active participation from 20 NSS volunteers from the College of Nursing, who planted 60 coconut tree saplings.

Such initiatives are part of SRMIST's broader commitment to environmental conservation and community engagement. We regularly organize similar events, including tree plantation drives and webinars on the benefits of tree planting.

Details of Guest Speakers and Topic of Discussion

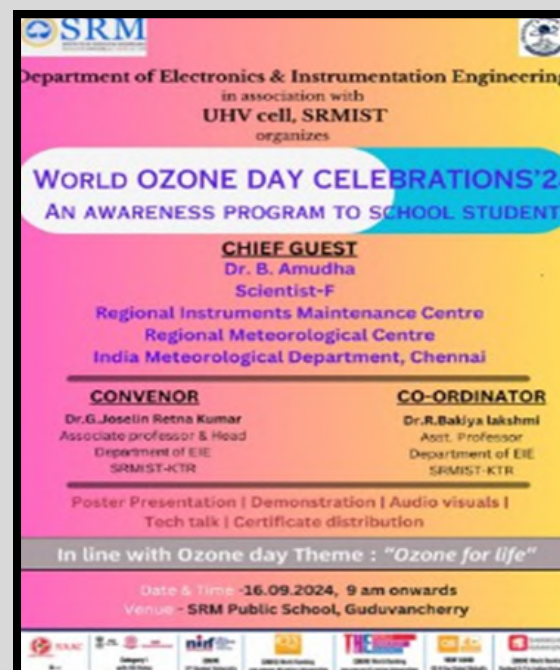
5 faculties from NWC and 20 volunteers from the College of Nursing helped for the success of the event. The faculties and the volunteers helped in cleaning and planting coconut saplings. It was a wonderful opportunity to contribute to the environment and extend our support to a noble cause.

Key Outcome

The person in charge at Meiyur Village Panchayat, took a moment to express their sincere gratitude for organizing the recent tree plantation. The in charge said "It was a truly uplifting experience for all of us. The opportunity to participate in such a meaningful activity meant a lot to the residents, staff, and volunteers alike. Planting trees not only contributes to the beautification of our surroundings but also serves as a powerful symbol of growth, hope, and renewal. The joy and enthusiasm displayed by our residents during the event were truly heart-warming. For many of them, this was a unique chance to connect with nature in a meaningful way, despite the challenges they face daily. It brought smiles to their faces and a sense of accomplishment to their hearts."

WORLD OZONE DAY AWARENESS TO SCHOOL CHILDREN

DEPARTMENT OF ELECTRONICS AND INSTRUMENTATION ENGINEERING, SRMIST, KTR.



Objective of the Event

The department of EIE in association with UHV cell jointly organized an outreach in connection with World Ozone day'24. The event was organized to create an awareness among school children about ozone layer protection.

Brief description of the Event

The event was attended by 200 children from grades 7 and 8 of SRM Public School.

The chief guest was Dr.B.Amudha from IMD Chennai who vividly shared her expertise with the children on ways of preserving the ozone layer. Poster presentations and drawing competitions were conducted and there were about 150 active student participations.

Sequence of the event

- Introduction of the Guest
- Chief Guest talk
- Ozone day pledge
- Certificate distribution
- Vote of thanks by school Vice Principal Ms.Vijayalakshmi

Key Outcome

15 best posters were selected for prize distribution. Students took ozone day pledge at the end of the guest talk and all the prize winners were awarded with certificates by the guest speaker.

Department

Electronics and Instrumentation Engineering, SRMIST, KTR

Date

16 September 2024

Venue

SRM Public school
Guduvancherry

Faculty coordinator

Dr. R.Bakiyalakshmi

Chief Guest

Dr.B.Amudha
Scientist-F
Regional Maintenance Centre
India Meteorological Department
Chennai

No. of Participants

200 students

>>> UHV CELL ACTIVITIES

WEALTH OUT OF WASTE (WOW' 24) DEPARTMENT OF MECHANICAL ENGINEERING, SRMIST, KTR.



Objective of the Event

The Wealth Out of Waste event was organized to inculcate the values of waste materials and how to reuse those materials into useful components or products.

Brief Description of the Event

This event made the students rethink and reuse the waste material into useful components or working models applying some scientific concepts. It also inculcated in them the team effort and work.



Participants' Engagement

The students from various Engineering and Technology disciplines actively participated. They brought the required waste materials, and the event started in the mechanical hangar after the inaugural function. After 2 hours and 30 minutes, the internal jury members evaluated in teams by questioning their products and materials used and verified their demonstrations. Prof. K. Suresh Kumar, Head of the Department of Mechanical Engineering, and Prof. M. Cheralathan gave away the prizes to all winners.

Department
Mechanical Engineering

In Collaboration with
UHV Cell

Date
September 20th, 2024

Venue
G.D. Naidu Hall, Main Campus

Faculty Coordinator
Dr. I. Infanta Mary Priya
Associate Professor
Mechanical Engineering

No. of Participants
60
(B.Tech students from all disciplines
across E&T)

First Prize: Cash Award Rs.8,000/- was awarded to Mr. Putta. Lalu Prasad & R. Deepak of IIIrd year Mechanical Engineering.
Second Prize: Cash Award Rs.4,000/- was awarded to Ms.P.Rubasri, M. Amalya & V. Meenakumar IIIrd year of Chemical Engineering.

Third Prize: Cash Award Rs.2,000/- was shared by Mr.Yogaraja. A, Mugunthan. S & Dhanush Raghav of III Yr B.Arch Mr. Mohit. M, Dennis Abraham & Pinaki Mandal of Ist Yr ECE.

Key Outcome

Value-based activities like this made them think of the usage of waste materials and their disposal system. It not only taught them about reuse but also made an impact of a fun full learning experience. It made their minds relaxed and engaged them to redesign and come out with innovative ideas and designs. They found these activities to be meaningful and relatable to their daily lives. Overall, the students' feedback reflected their gratitude for the program's positive impact emphasizing the importance of such initiatives in nurturing well-rounded individuals with strong values and a sense of self-worth.

>>> UHV CELL ACTIVITIES

KNOWLEDGE SHARING SESSIONS ON LIFE SKILLS DEPARTMENT OF COMPUTER SCIENCE AND APPLICATION (BCA), SRMIST, RAMAPURAM

Objective of the Event

The session emphasized moral values, aspirations, achievements, team work and right effort for success.

Brief description of the Event

The program began with an invocation. Dr. N.Mathimagal welcomed everyone and emphasized the importance of understanding how to improve daily life. Prof. Dr. S. Umarani, Professor, CSA-BCA, FSH, delivered an insightful talk emphasizing a holistic approach to health and inner wellness. She discussed the role of aspirations, efforts towards happiness, and the significance of understanding one's responsibilities and societal roles in contributing to overall well-being. Dr. Umarani defined happiness and prosperity as continuous states achievable through right understanding and nurturing healthy relationships. She also underscored the importance of integrating physical facilities in education and fostering mutual prosperity among individuals, society, and institutions. Her talk highlighted how values can effectively transform individuals and society, paving the way for sustainable growth and harmony.

Takeaway

- Holistic Health and Inner Wellness
- Role of Aspirations
- Happiness and Prosperity
- Responsibilities and Societal Role
- Importance of Education
- Transformative Power of Values

Mrs.Pandimeena delivered vote of thanks. She emphasized that true well-being stems from a harmonious balance of aspirations, right understanding, and nurturing healthy relationships. By fulfilling individual responsibilities and recognizing one's role in society, individuals can achieve lasting happiness and prosperity. She highlighted the transformative power of values in shaping individuals and society, underscoring the importance of education and mutual prosperity. Her insights serve as a guiding framework for fostering inner wellness, holistic growth, and societal harmony.

Key Outcome

Attendees noted that the emphasis on values and mutual prosperity has motivated them to reflect on their roles and actions in both personal and professional contexts.



Department

Department of Computer Science & Applications (BCA)
SRMIST, Ramapuram

Date

20.09.2024

Venue

Block V, Gallery Hall 1

Convener

Mrs. K. Pandi Meena
Dr. N. Mathimagal

Resource Person

Prof. Dr. S. Umarani
Department of CSA-BCA,FSH
SRMIST, Ramapuram

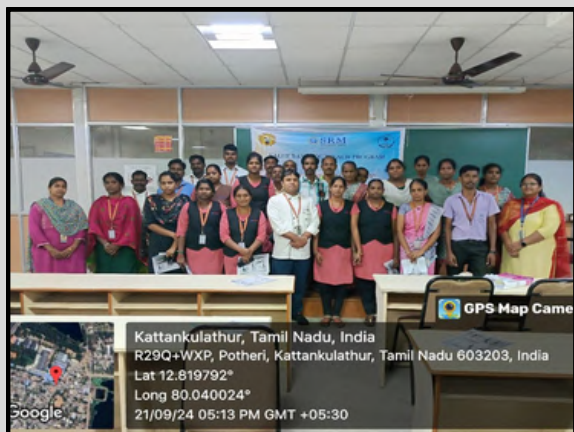
No. of participants: 58

>>> UHV CELL ACTIVITIES



UNDERSTANDING SELF AND BODY

DEPARTMENT OF CIVIL ENGINEERING, SRMIST, KTR.



Objective of the Event

The objective of the event is to increase the knowledge of people who struggle to understand themselves and their bodies, both of which are important parts of universal human values. The program helped people understand themselves and their bodily requirements, and it instilled confidence in them to care for themselves and their bodies.

Brief description of the Event

The Department of Civil Engineering, SRM Institute of Science and Technology, Kattankulathur conducted a one-day value-based program on "UNDERSTANDING SELF AND BODY" for the Canteen staff of SRMIST. The event was conducted on 24th February, 2024. A total of 35 staffs actively participated in the program. The resource person for the event was Dr. U. Nambiraja, Principal and Chief Physiotherapist, MGP College of Physiotherapy, Bangalore. First, Dr. M. Kamalanandhini, UHV coordinator, Department of Civil Engineering, SRMIST, gave a quick introduction about the coexistence of self and body, as well as the importance of nurturing the body. Following a brief introduction, the session was led by the resource person, who emphasized the significance of bodily care. He also emphasized the need of self-care and physical health in the workplace, as all of the participants work in a high-stress setting.

Participants' Engagement

There was active involvement, and the resource person answered many of the attendees' questions. There were few activities for the participants during the program. The participants felt refreshed after the activity. They were grateful to the event coordinators for providing such an educational and practical presentation about self and body. The participants were grateful to the event coordinators for providing such an educational and practical presentation about self and body.

Key Outcome

The participants were able to understand their self after the program and also, they were able to decide what they are and what they really want to do. They really had a good source of information on how to manage their bodily needs by understanding their self and body. The participants felt rejuvenated and delighted to be a part of the event. They recognized the value of self-care and were encouraged to nourish their bodies in order to be healthy and happy.

Department
Civil Engineering

Date
21.09.2024

Venue
SRM Institute of Science and Technology
Kattankulathur

Faculty Coordinator
Dr. M. Kamalanandhini
UHV coordinator
Department of Civil Engineering

Resource person
Dr. U. Nambiraja
Principal and Chief Physiotherapist
MGP College of Physiotherapy
Bangalore

No. of Participants: 36

>>> UHV CELL ACTIVITIES

WORKSHOP ON HOLISTIC HEALTH

DEPARTMENT OF CIVIL ENGINEERING, SRMIST, KTR.

Objective of the Event

The objective of the event is to increase the knowledge of people who struggle to their health, which is more important part of universal human values. The program helped people understand themselves and their bodily requirements, and it imparted confidence in them to care for themselves in a holistic approach.

Brief Description of the Event

The first session was led by Dr. P. Supraja, Associate Professor, Department of Networking and Communications, SRMIST. She emphasized the importance of holistic human health through human values. There was active involvement of the participants throughout the session. The second session was led by Dr. G. Pavithra, Assistant Professor, Department of Clinical Psychology, SRMMCH & RC. She spoke about the boundaries a person should fix when they are in the society and the self-care routines to be followed by every individual. The participants got new insights during the session. Post lunch, the third session was handled by Dr. U. Nambiraja, Principal and Chief Physiotherapist, MGP College of Physiotherapy, Bangalore. He elaborated about the metabolic diseases which possess adverse effects to our body. The last session for the day was handled by Dr. M. Shanmugapriya, Assistant Professor, Centre for Yoga, SRMIST. Her practical explanation on yoga for stress management was really useful for the participants. There was active involvement, and all the resource persons answered the queries raised by the participants.

Day 2 of the workshop was conducted as nature connect activity, where the participants were taken to Cholamandal Artists' Village, Injambakkam, Chennai. The participants were requested to ground with soil and enjoy the nature walk. The participants had a great time visiting the paintings and stone carvings of the artists displayed in the museum. Basic yoga asanas were also practiced by the participants during the session.

Key Outcome

The participants felt rejuvenated and delighted to be a part of the event. They recognized the value of self-care and were encouraged to nourish their bodies in order to be healthy and happy. The participants were able to understand about the selfcare and bodily needs after the program and also, they were able to identify the source of happiness through holistic approach.



Department
Civil Engineering

Date
10.10.2024 – 11.10.2024

Faculty Coordinator
Dr. M. Kamalanandhini

Resource persons
Dr. P. Supraja, Associate Professor
Department of Networking and
Communications, SRMIST

Dr. G. Pavithra, Assistant Professor
Department of Clinical Psychology
SRMMCH & RC

Dr. U. Nambiraja,
Principal and Chief Physiotherapist
MGP College of Physiotherapy
Bangalore

Dr. M. Shanmugapriya
Assistant Professor
Centre for Yoga, SRMIST

No. of Participants: 26



IMPORTANCE OF VALUE EDUCATION FOR SCHOOL STUDENTS

DEPARTMENT OF ELECTRICAL AND ELECTRONICS ENGINEERING, SRMIST, KTR.



Objective of the Event

The objective of organizing an essay and speech competition on the importance of value education for school students is to create awareness about the role of moral and ethical values in shaping character and guiding behaviour. This event aims to encourage students to reflect on the significance of qualities like honesty, compassion, and responsibility in their personal and social lives.

Brief Description of the Event

An essay writing competition for school students provides a platform to enhance creativity, critical thinking, and communication skills. Participants are usually given a specific theme or topic to write about within a word limit, encouraging them to express their ideas and perspectives. These competitions often aim to foster a love for writing and intellectual exploration, while also helping students improve their vocabulary, grammar, and argumentation skills.

A speech competition for school students is an engaging event that helps develop public speaking and communication skills. Students prepare and deliver speeches on assigned or chosen topics, aiming to present their ideas clearly and persuasively. The competition nurtures confidence, creativity, and critical thinking, while teaching students how to effectively organize and express their thoughts in front of an audience.

A drawing competition for school students is an excellent platform for young artists to showcase their creativity and imagination. The competition encourages artistic development, fosters a sense of accomplishment, and helps improve focus and fine motor skills. Students are judged based on creativity, technique, use of colors, and originality.

The Fashion Forward competition for school students is a creative event that allows young fashion enthusiasts to explore and showcase their design skills. Participants are tasked with creating innovative fashion concepts, which could include clothing designs, accessories, or styling based on a given theme. The competition encourages originality, attention to detail, and an understanding of fashion trends, while also fostering confidence and creative expression.

Key Outcome

The parents and teachers from various school thanked the coordinator Dr. A. Geetha, and Dr. S. Usha, for organizing the event. Winners were awarded trophies, medals, certificates, and special gifts.

Department

Electrical and Electronics Engineering

In Collaboration with

Unnat Bharat Abhiyan (UBA)

Date

21st October 2024

Venue

SRMIST, ESB Block

Faculty Coordinator

Dr. S. Usha

Dr. A. Geetha

No. of Participants: 83

>>> UHV CELL ACTIVITIES

WEALTH FROM WASTE

DEPARTMENT OF BIOMEDICAL ENGINEERING, SRMIST, KTR.

Objective of the Event

Main key goals related to the "Wealth from Waste" activity:

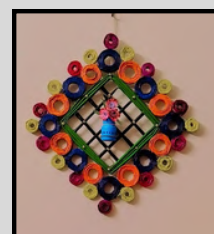
1. Encourage individuals to understand the environmental impact of waste and the importance of sustainable waste management practices.
2. Inspire creativity and resourcefulness by transforming waste into useful or artistic items, fostering innovation and self-expression.
3. Strengthen bonds within the community by involving diverse participants in collaborative waste management and recycling efforts.
4. Contribute to environmental sustainability by reducing waste sent to landfills and promoting recycling and upcycling, thus protecting natural resources.

Brief Description of the Event

The Universal Human Values (UHV) program by Department of Biomedical Engineering at SRM Institute of Science and Technology teaches students good values and the importance of being responsible towards society and the environment. As part of this, practical sessions were held by me in giving ideas and the path to go ahead with the activity to convert wealth from the waste, where students learned to turn waste items like plastic bottles, old clothes, and broken electronics into useful or decorative things. This activity highlighted the need to be creative and to use resources wisely while caring for nature.

Key Outcome

1. The activity effectively educated students about the environmental consequences of waste and the value of recycling, fostering a mindset change toward sustainable living.
2. Students developed practical skills in waste management and creativity, empowering them to contribute positively to environmental sustainability.
3. The events strengthened students by encouraging them from different walks of life to collaborate on shared goals, fostering teamwork and mutual respect.
4. Students benefited from cleaner environments, while participants took home a deeper understanding of their role in supporting nature and reducing waste, contributing to long-term societal change.



Department
Biomedical Engineering
SRMIST, KTR.

Date
21.10.2024

Venue
Bio-engineering block

Faculty Coordinator
Dr.P.Muthu

No. of Participants: 67

>>> UHV CELL ACTIVITIES

DIWALI CELEBRATION FOR CARE TAKERS

DEPARTMENT OF NETWORKING AND COMMUNICATIONS, SRMIST, KTR.



Objective of the Event

The Diwali Celebration 2024, aimed at expressing our gratitude towards our dedicated college caretakers, was successfully held on October 29th 2024. The event was marked by the distribution of clothes to the caretakers, recognizing their hard work and commitment.

Brief Description of the Event

The event began with a warm welcome by Dr.P.Supraja, Associate Professor, Department of NWC, who expressed heartfelt thanks to the caretakers for their invaluable contributions to the college. Each caretaker was presented with a gift of clothing, about 50 sarees were given by NWC HOD Dr.M.Lakshmi, and by Dr.Annapurani, Professor, NWC, which was received with much appreciation.

The joy and gratitude on their faces were evident, making the event truly heartwarming. Several faculty members, shared their words of appreciation, highlighting the essential role played by the caretakers in maintaining the college's environment and facilities.

Key Outcome

The Diwali Celebration 2024 was a memorable event, filled with warmth, joy, and a sense of community. The distribution of clothes to our college caretakers not only recognized their hard work but also brought the college community together in the true spirit of Diwali.

We extend our heartfelt thanks to everyone who participated and contributed to the success of this event.



Department

Networking and Communications

In Collaboration with
Value Education Cell

Date

October 29th , 2024

Faculty Coordinators

Dr.P.Supraja
Associate Professor, NWC

Dr.Helen Victoria
Assistant Professor, NWC

Dr.V.M.Gayathri
Associate Professor, NWC

Venue

Teck Park, TP 413, 4th Floor

No. of Volunteers: 15 Faculties

>>> UHV CELL ACTIVITIES

FDP ON VALUE BASED HOLISTIC EDUCATION FACULTY OF ENGINEERING AND TECHNOLOGY, SRMIST, RAMAPURAM.

Objective of the Event

The objective of the event aims to foster a comprehensive understanding of human values, ethics, and self-awareness among students, educators, and professionals.

Brief Description of event

Dr. T. Ch. Madhavi, the convener of the Universal Human Values (UHV) workshop, delivered the welcome address. In her speech, she emphasized the importance of Skill Development and Outcome-Based Education (OBE). She highlighted the critical role of Universal Human Values (UHV) in shaping students not only academically but also ethically and morally.

The Dean of S&H followed with a facilitation speech, addressing the students and faculty on the importance of integrating Ethics and Morals into the life of a student. He focused on the concept of the Human Development Index (HDI) and how it is related to the quality of living, health conditions, and personal development. The Dean emphasized the moral responsibility of teachers, the role of parents, and the need for aligning students' behaviour with professional ethics. He also discussed the importance of self-exploration for personal growth and the holistic development of students.

Dr. Sakthi Ganesh, the Dean of E&T, delivered an inspiring speech to the students, discussing the professional world and the differences between the world of faculty and students. Dr. Ganesh highlighted the importance of having a strong value system, integrity, and living with family roots.

Dr. Umarani introduced the guest speaker. Dr. Supraja, the guest speaker, delivered a powerful lecture on the topic, "Why This Education?". She challenged the students to reflect on what they want to do with their education and the trust they have in society. Dr. Supraja emphasized the social factors that influence our efforts for happiness and how responsibilities and understanding of one's role in society contribute to overall well-being.

Takeaways

- Significance of integrating Universal Human Values into education
- Ethical decision-making and moral responsibility,
- Personal Growth and Development through self-exploration,
- Happiness and Prosperity
- Role of Teachers and Parents in shaping students' character

Key Outcome

- Faculties appreciated the relevance of the seminar, emphasizing that it addressed critical aspects of integrating human values into education.
- The seminar effectively demonstrated how values can complement academic knowledge, creating a holistic approach to education.
- "The seminar was highly relevant and meaningful, especially in today's competitive and materialistic environment."



Department

Faculty of Engineering and Technology
SRMIST, Ramapuram

Date

November 09, 2024

Venue

Gallery Hall – 1, Block-III

Faculty Coordinators

Dr.T.Ch. Madhavi
Professor – Civil

Dr. P. Santhosh Kumar
Associate Professor - IT

No. of Volunteers: 80

>>> UHV AMBASSADORS FROM SRMIST



AS GUEST SPEAKER, CO-FACILITATOR AND OBSERVER

Dr. P. Supraja
Associate Professor
Dept. of NWC
SRMIST

**Cofacilitator**

AICTE 5-day inhouse FDP,
on UHV -II ,
08 - 12 th, April 2024,
At SRMIST, Kattankulathur.



Dr. I. Infanta Mary Priya
Associate Professor
Dept. of Mechanical Engg.
SRMIST

Co-Facilitator

AICTE 3-day inhouse FDP,
on UHV - Introductory,
24-26 April 2024,
at Amrita Vishwa Vidyapeetham,
Chennai, Tamil Nadu.

Dr. T. Vijayasree
Assistant Professor
CDC, SRM IST

**Cofacilitator**

AICTE 5-day FDP,
on UHV -II,
May 14-18, 2024,
Anna University,
Chennai, Tamil Nadu.

**UHV AMBASSADORS
FROM
SRMIST**



Dr. P. Supraja
Associate Professor
Dept. of NWC
SRMIST

Cofacilitator

AICTE 3-day FDP,
on UHV - Introductory,
11th to 13th July 2024,
SRMIST, Kattankulathur.

Dr. P. Supraja
Associate Professor
Dept. of NWC
SRMIST

**Cofacilitator**

AICTE 5-day FDP,
UHV -II,
13 – 17, August 2024,
SRMIST, Kattankulathur.



Dr. P. Supraja
Associate Professor
Dept. of NWC
SRMIST

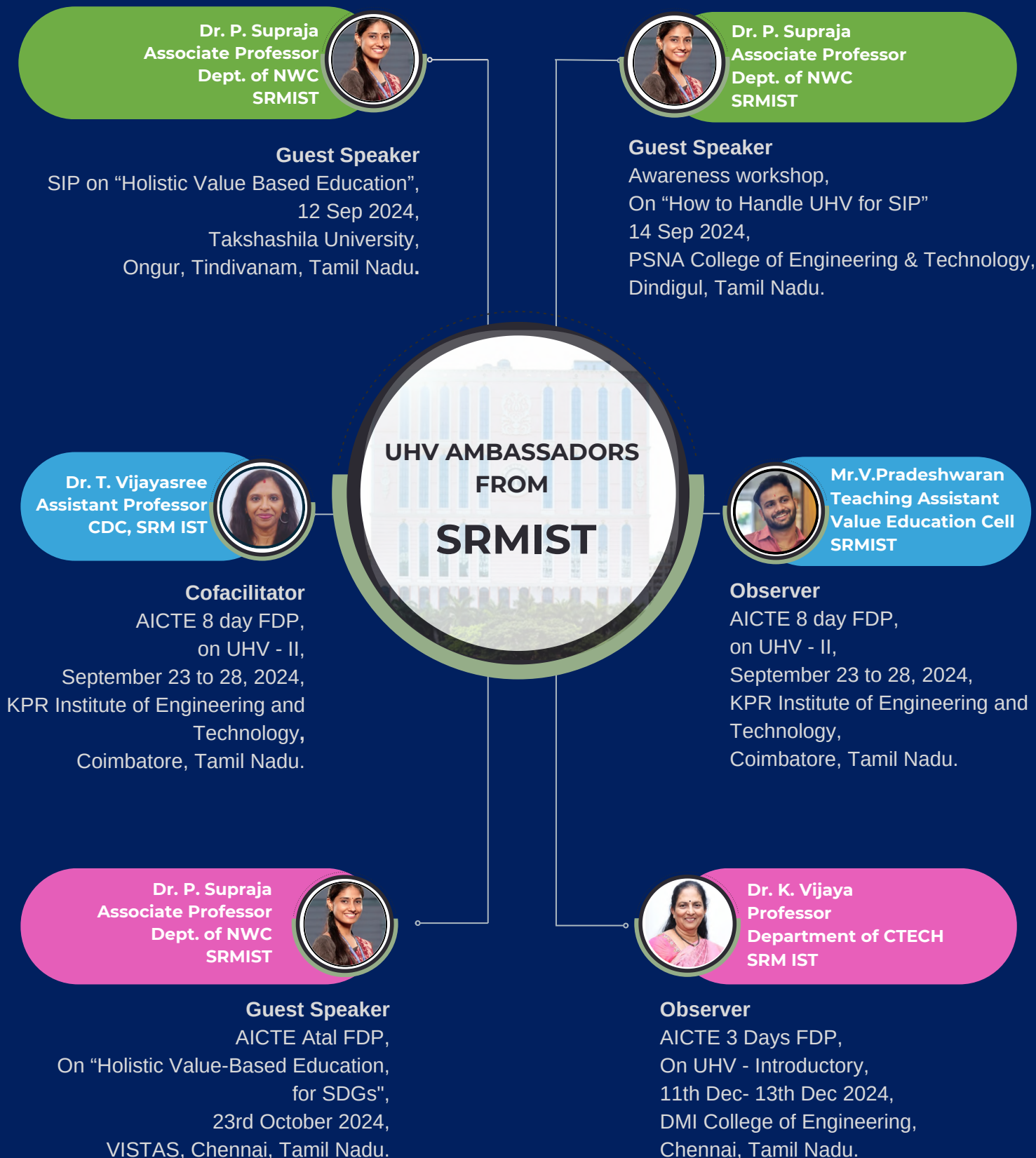
Guest Speaker

Workshop on "The Art of Self-Harmony",
06 Sep 2024,
KS Rangasamy College of Technology,
Tiruchengode, Tamil Nadu.

>>> UHV AMBASSADORS FROM SRMIST



AS GUEST SPEAKER, CO-FACILITATOR AND OBSERVER



>>> IMPACT SURVEY FROM FACULTIES

MY UHV EXPERIENCE

**Dr. T. Swarnalingam M.D, Professor & Head, Department of Critical Care Medicine
SRM Medical College Hospital & Research Centre, SRMIST, KTR.**



It gives me an immense pleasure in writing a testimonial about Universal Human Values II, conducted between October 1-5, 2024, which was a brainstorming 5 days on-site training session for all Deans, Directors, HODs and Professors. I just wanted to share with you all how I started exploring things such as self, family, society and nature as a separate and interrelated entity. At the outset I started concentrating on my own health such as about my food habits, engaging in physical activities and how much time my body needs rest.

Next now I am consciously making good harmony with family members and society. I have started reading UHV book to have a clear idea about the 9 fundamental values of relationship to start with "Trust" and ending with "Love". Now I could realise why some of my friends and family members life relationships are not a happy one. Instead of having "Trust on Intention" they all "Doubted on others intention" and ultimately leading unhappy life.

At this stage I have decided to conduct a small group discussion with my friends and family members to share my UHV experience and wanted to have guided learning session for me too. As a medical faculty, I had one interactive session with 1st M.B.B.S students on "Trust". As a self explorer and co-explorer of SRM family, I want to reconnect with UHV team in UHV III soon.

AN ENRICHING EXPERIENCE

**Dr. M. Swarnalatha, MS, Professor, Department of Obstetrics and Gynecology
SRM Medical College Hospital & Research Centre, SRMIST, KTR.**



Attending UHV II programme was an enriching experience and it has provided deep understanding of core values and the importance of "self" care along with the body.

One of the most significant insight was being aware of my thoughts throughout and how mindfulness can shape my reactions and responses. And also symptom vs root based approach to problem solving.

The concept of "Right understanding" has truly resonated with me. Overall it has positively impacted both my personal and professional life.

I'm still exploring how to integrate these values into my daily routine. I'm grateful to Guru ji and the entire UHV team for the insights I gained through this program and I feel responsible to help students to adopt these values.

Thank you!

>>> IMPACT SURVEY FROM FACULTIES

EXPLORATION OF LEARNING

*Dr. Ganapathy Subramanian LR, Professor & HOD,
Department of Aerospace Engineering,
Faculty of Engineering & Technology, SRMIST, KTR.*



“Exploring Universal Human Values has been a life-changing experience. It has helped me embrace empathy, respect, and compassion as foundational principles in my daily life.

Through reflective practices, I've gained a deeper understanding of relationships, harmony, and the interconnectedness of all beings.

This journey has taught me to act with integrity and kindness, fostering personal growth and meaningful connections. I am now more mindful of contributing positively to society, guided by these enduring values that inspire a purpose-driven life”.



FOSTERING HUMAN RELATIONSHIPS THROUGH UNIVERSAL VALUES

*Dr. Annapurani Panaiyappan K, Professor, Department of Networking and Communications,
Faculty of Engineering & Technology, SRMIST, KTR.*



In the current era by inculcating the Universal Human Values of empathy, respect, trust, kindness, fairness, patience, humility and love help us in building a strong relationship with each other. Empathy towards the people around us and respecting the feelings of our fellow members paves way for a strong foundation in our relationship. To make the relationship stronger trust is more important, without it there is possibility of weak bonding between the people. And kindness brings together all as one and makes all people very happy. With fairness and humility everyone is treated equally without any discrimination, enabling rights for each individual. Patience improves the tolerance of the oneself in creating a very strong bond. Finally love unites all by creating a strong relationship.

These values help us in creating strong relationship, treat each and everyone equally with no differences, and be supportive. It brings integrity, and harmony among us and makes the relationship very stronger.

>>> IMPACT SURVEY FROM FACULTIES

A GAME CHANGER

**Mrs. J. Praveena, Associate Professor,
Department of Audiology and Speech Language Pathology, SRM MCH RC, SRMIST, KTR.**



In today's fast-paced world, where stress, competition, and external pressures constantly challenge us, I found a transformative path that has not only helped me navigate these challenges but also deepened my understanding of life—Universal Human Values (UHV). My journey with UHV began unexpectedly, through a workshop on Holistic Human Health, and from there, I delved deeper into learning and practicing these values through the UHV introduction course and UHV II courses. Along the way, I realized just how essential they are, especially for us, a teacher and a student. Through my journey by competing the UHV courses and by attending the morning sessions I believe UHV can be a game-changer for any faculty and student at our institute.

MY GRATITUDE

**Dr. G. Murali, Professor,
Department of Mechatronics Engineering, SRMIST, KTR.**



I express my heartfelt thanks to our mentor Shri Umesh ji, UHV team and Management of SRMIST for giving me an opportunity to participate in UHV-II programme. This programme inculcated very important transformations in me. I like to list here few which I have started realising .

1. "Trust on intention is the foundation of relationships". When we trust our children and let them aware of it, they become more responsible and the bonding becomes stronger.

2. "It is not the behaviour but the feeling matters" . I have been always looking at the behaviour or actions of others not their intentions or feelings. But what really matters is feelings or intention. After realizing this , life has become stress free.

3. "Gratitude is significant in the development of relationship". Expressing gratitude to others especially to the younger ones like our children or students makes the relationship very beautiful and stronger.

Once again I express my GRATITUDE to ALL who started transforming my life. THANKS.

>>> IMPACT SURVEY FROM STUDENTS



Hello everyone, I'm Soham Wagh, and I've just completed my 2nd year. Our institute introduced UHV course for our 4th semester. I have to admit, at first, I viewed the course as just another formality and didn't think much of it. Initially, we had to fill in a lot of self-reflection forms. But as we explored further, UHV became a journey of self-discovery, helping me figure out what I truly want in life.

One big takeaway was learning about Natural Acceptance the idea of accepting things as they are, and it has totally changed how I approach any decisions. I owe immense gratitude to Mrs. Kavitha Srisarann, the way she led the course was amazing. Honestly, those UHV classes felt like therapy sessions, helping me unpack my thoughts and feelings.

The experience was truly transformative and brought positive change into my life. I feel more connected to myself and the people around me, I'm happy I had the course.



Soham Wagh
3rd year
Networking and Communications department
SRMIST, KTR

The transformative course of UHV, delved into the complexities of aspirations. I learned that while we often seek goals like as career achievements and material possessions, true happiness is the ultimate aspiration that underlies these pursuits. The course taught me how these fleeting aspirations put us in a state of discontent; instead, happiness should be recognized as an intrinsic state of being that emerges from living in harmony with ourselves and our bodies.

Additionally, the issue of peer pressure was tackled, the lecture emphasized that building confidence in one's self is crucial in resisting external negative influences, reminding me to make choices that align with our values and goals.

As a student who has recently finished school and is now living 1200 KM away from home for the first time, this course prompted me to pause and gather my thoughts before diving into the academic race. I realized that my purpose here extends beyond merely achieving good grades; it's about becoming a person in tune with my own, others and nature's harmony. This resonates deeply with the tagline of UHV: "a systematic study of harmony—from individual to family, society, and nature."



Tashi Modi
1st year MBBS
SRM MCH RC
SRMIST, KTR

>>> IMPACT SURVEY FROM STUDENTS

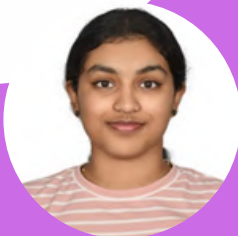


The UHV program paves a way to gain a deeper understanding of ourself and our surrounding. It conveys our thoughts that we often keep to ourself fostering a sense of belonging and value. Hearing different opinions from professors and peers, the program provided us with a supportive platform to express our emotions and views .

Two topics that I felt had significant influence in my life were Happiness and peer pressure.

Delving into these topics, it has given a clearer perspective to what each means and the ways one is influenced by it.

Through this program, I have recognized the importance of self-love, trust and respect and the vital role it plays in our interactions with others. Exploring these topics has opened a new horizon for personal growth and to navigate life with better insight and confidence.



Shalom Elisa Anish
1st year MBBS
SRM MCH RC
SRMIST, KTR.

Before taking UHV, I thought, oh it's just a three credit subject and what has it got to do with our life. But then after realizing the impactfulness it created, I would definitely say that it is the best ever subject that can be undertaken. So before taking UHV, I always would say that happiness is always my own achievements, Success was just a competition to me. I always thought that achieving good grades is the best ever thing in this world. I did not care much about harmony and I did not know the true meaning of co-existence.

But then after taking the UHV course, I would honestly say that I started seeing things in a newer and a different beautiful perspective. I started seeing things in a broader way that happiness is all about self-harmony. It's all about our own values and relationships that we keep them happy and we be happy.

And also I started realizing that co-existence is the key to harmony. Now I can feel that I am a part of this world. I can feel that I am living life in a purposeful way. We have to get this opportunity to enjoy our lives in the most beautiful way that UHV teaches us. So now I can say that every other generation or even my juniors would be so happy and I would recommend this course as the best suggestion that taking the UHV course in their life is not just going to help them for their career growth but also creates so beautiful impact in their life.



Harinishree Meenakshi Sundar
2nd year, Biomedical Engineering
SRM IST, KTR

>>> IMPACT SURVEY FROM STUDENTS

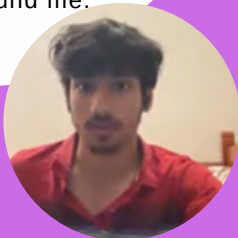


Universal human values like respect, empathy, honesty and compassion have shaped the way I interact with the world and the people around me.

These values are not just abstract ideas, they guide my decisions and they help me create meaningful relationships both personally and professionally. Respect teaches me to appreciate others' perspectives and empathy allows me to connect deeply with people. Honesty builds trust and compassion, demands me to give back to my community.

In today's fast-paced world, it's easy to get caught up in the competition or self-interest. But holding on to these values has grounded me and reminds me of our shared humanity. They have pushed me to act with integrity and kindness and fairness in every situation.

Ultimately, universal values are compass helping me navigate life in a way that not only uplifts me but also positively impacts those around me.



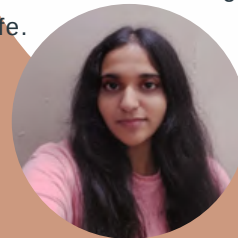
Mohammed Aamir Thameemul Ansari
2nd year
Electronics and Communication Engineering
SRMIST, KTR.

The UHV program has primarily focused on essential human values and ethics that are crucial to uphold throughout our lives. Through these sessions, my perspectives, attitudes, and approaches to situations and their consequences have seen a significant shift.

I have learned the importance of pausing, observing, and responding thoughtfully rather than reacting impulsively. Moreover, gratitude has revealed itself as a powerful catalyst for happiness, a quality that should be deeply ingrained within us. Too often, we hide our true selves to conform to societal expectations, but authenticity is key. Trust the foundation of any meaningful relationship, is slowly built through consistent actions and efforts, ultimately revealing a person's true character.

These 10 days of UHV sessions have deepened my understanding of how integrity, respect, empathy, and selflessness can transform us. Moving away from a materialistic mindset, we become more focused and goal-oriented, with the ultimate aim of leading a fulfilling and prosperous life.

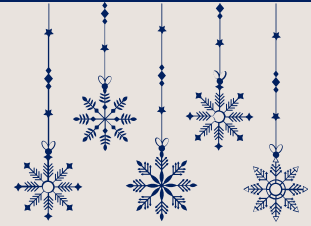
I am grateful to my professors and peers for sharing their valuable insights and experiences. This journey has opened pathways for gaining knowledge, values, and wisdom, laying a foundation for continuous growth and a meaningful life.



Parthavi Shivaji Hogale
MBBS 1st year
SRM MCH RC, SRMIST, KTR

>>> THOUGHT PIECE

MY JOURNEY WITH UHV



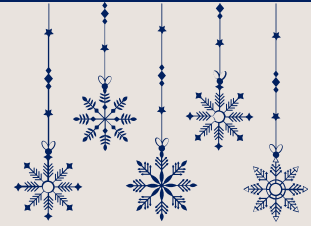
I am Kavitha Srisarann, an Assistant Professor of Career Development under the Directorate of Career Centre. My journey with Universal Human Values (UHV) has been transformative, reshaping my approach to life and relationships. Initially, I struggled to understand concepts like self-exploration and natural acceptance, but through consistent effort and commitment, I have gained clarity and deeper understanding. The morning sessions became a space for disciplined self-exploration, helping me internalize concepts and align them with my daily life. Volunteering in offline programs allowed me to connect with like-minded individuals, exchange insights, and witness the transformative impact of UHV principles on others. These experiences not only enhanced my understanding but also reinforced my commitment to integrating UHV into my personal, professional, and societal roles.

Self-exploration revealed that I often operated from preconditioning and sought external validation. UHV has taught me the power of unconditional acceptance and self-observation. By shifting from reacting to responding, this change positively impacted my family, especially my relationship with my son, and inspired my husband to adopt UHV practices. I now consciously observe my feelings in every situation to ensure harmony and right relationships. This inner transformation reflects in my behaviour, enhancing my confidence, productivity, and sense of prosperity. I have moved beyond seeking external validation, focusing instead on building right feelings and right understanding at every level—self, family, society, and nature.

I have integrated UHV principles into my counselling sessions, addressing feelings at a deeper level to create lasting impact. I owe my transformation to the unwavering guidance of my mentors, especially Umesh Bhaiya, whose insights have been invaluable. My journey continues, driven by a commitment to self-exploration and societal development.



Mrs. Kavitha Srisarann,
Assistant Professor,
Directorate of Career Development Centre,
SRMIST, KTR.



NURTURING HUMAN VALUES IN EDUCATIONAL INSTITUTIONS

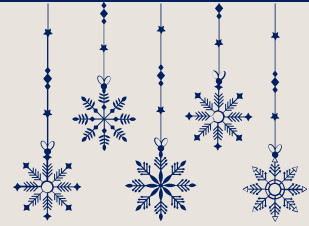
In today's fast-paced world, the importance of strong human relationships and understanding each other is more crucial than ever. At the heart of these connections are universal values like love, respect, empathy, and honesty. These values go beyond cultural and social differences, bringing us together as one human family.

Love helps us look past our differences and feel connected. Respect means honoring each other's unique qualities and opinions, which leads to better communication and teamwork. Empathy allows us to understand and share the feelings of others, creating deep emotional connections. Honesty builds trust and ensures our actions are guided by truth.

In educational institutions, where students from different backgrounds come together, these values are essential for personal and academic growth. By nurturing these principles, we create a supportive environment where students not only succeed in their studies but also grow into caring and responsible individuals. Embracing and spreading these universal values helps us build a world that is more understanding, connected, and peaceful.



Dr.V.Hemamalini,
Associate Professor,
Department of NWC,
SRMIST, KTR.



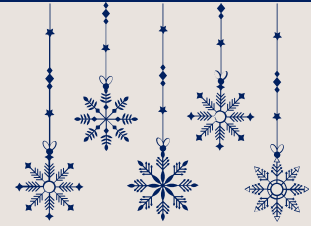
FROM HESITATION TO TRANSFORMATION

I am Pradeshwaran V, Teaching Assistant in the Value Education Cell at SRM IST. My journey with Universal Human Values (UHV) began in March 2023. Initially, I did not have a clear understanding or opinion about UHV. Despite having the opportunity to register for the UHV workshop seven times, I hesitated to formalize my participation. Instead, I chose to attend all seven workshops fully, just out of curiosity and to understand what they were trying to convey, not for any certification. Through these sessions, I discovered something truly impactful—UHV addressed critical societal issues that I felt were profoundly relevant and needed in today's world. This realization motivated me to officially register for the workshop during my eighth opportunity. I completed my UHV-I workshop in January 2024, marking the official beginning of my transformative journey with UHV.

One of the biggest changes I've experienced through UHV is in the way I approach my life and relationships. Earlier, I used to react to situations and people without much thought. Over time, I've learned to respond more calmly and thoughtfully. Another major realization for me was about my attachment to material things. I used to place so much emotional value on physical possessions, but UHV helped me see them for what they are—just tools to make life more convenient, nothing more. This shift has been freeing and has helped me focus on what truly matters. Through UHV, I have realized the importance of addressing societal concerns at their root. This realization fuels my commitment to integrate UHV concepts into my daily life and work. The journey has taught me to see life holistically—through the lenses of self, family, society, and nature—guiding me towards a balanced and fulfilling life.



Mr. Pradeshwaran.V,
Teaching Assistant,
Value Education cell,
SRMIST, KTR.



ACCEPTANCE, UNDERSTANDING AND HAPPINESS

Hi, I'm Prithiviraj Rajalingam from the Department of Electronics and Communication. I have been working as an Assistant Professor here for 12 years. I want to share how Universal Human Values (UHV) changed my life and relationships.

Looking Within

UHV taught me to observe myself—my thoughts, feelings, and actions. This self-reflection helped me understand three key ideas: co-existence, relationships, and harmony.

Challenges in Relationships

The hardest part for me was relationships. I grew up in a hostel from 3rd grade and always felt distant from my family, especially my father. Even after he passed away, I carried feelings of opposition, wondering why I had to grow up away from home. Through UHV, I learned that holding onto these feelings only hurt me. When I started accepting and understanding my father's decisions, I felt a sense of connection and peace I never had before.

Finding Happiness

Before UHV, I thought happiness was something to chase, like catching a butterfly. But no matter what I did—spending time with friends or achieving goals—happiness didn't last. UHV taught me that true happiness comes from within. When I understand myself and live in harmony with others, happiness comes naturally, just like a butterfly gently landing on your shoulder.

Now, I feel more at peace with myself and the world around me. This journey hasn't been easy, but it has brought clarity and true joy to my life.



Dr. Prithiviraj. R,
Assistant Professor,
Department of ECE,
SRMIST, KTR.



FROM UHV INTRODUCTORY FACULTY DEVELOPMENT PROGRAM





FROM UHV II FACULTY DEVELOPMENT PROGRAM



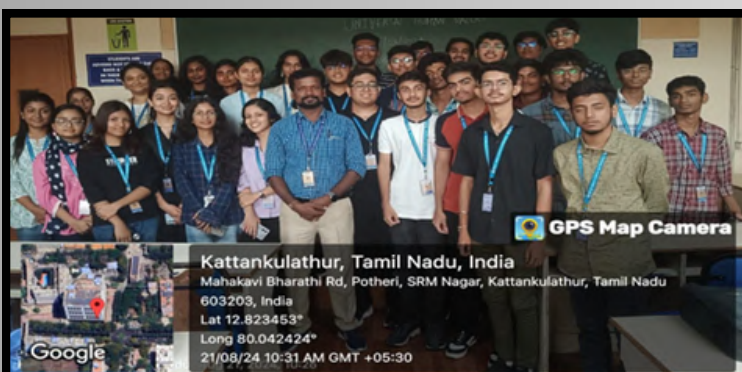


FROM UHV II FACULTY DEVELOPMENT PROGRAM FOR DEANS, DIRECTORS AND HOD'S





FROM ENGINEERING & TECHNOLOGY STUDENTS INDUCTION PROGRAM & VALUE ADDED COURSE FOR MBBS STUDENTS



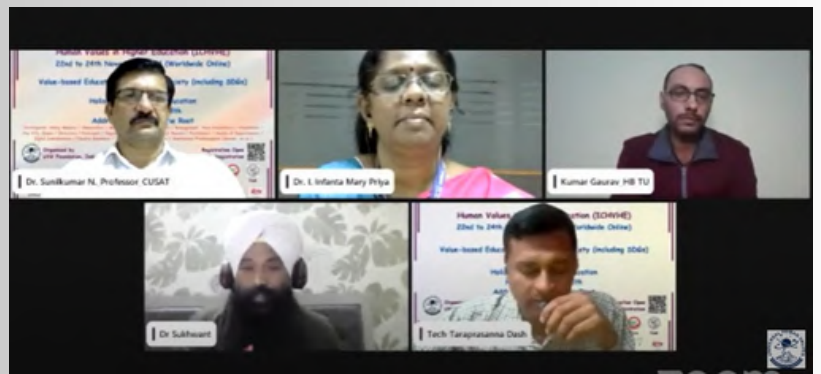
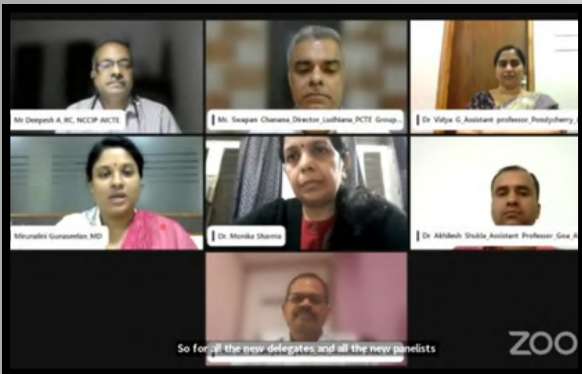


FROM UHV AWARENESS PROGRAM FOR NON-TEACHING FACULTY AND CARE TAKERS





FROM 9TH ONLINE INTERNATIONAL CONFERENCE ON HUMAN VALUES IN HIGHER EDUCATION (ICHVHE) HOSTED BY SRMIST





FROM 3RD INTERNATIONAL CONFERENCE ON SDG #12: RESPONSIBLE CONSUMPTION AND PRODUCTION



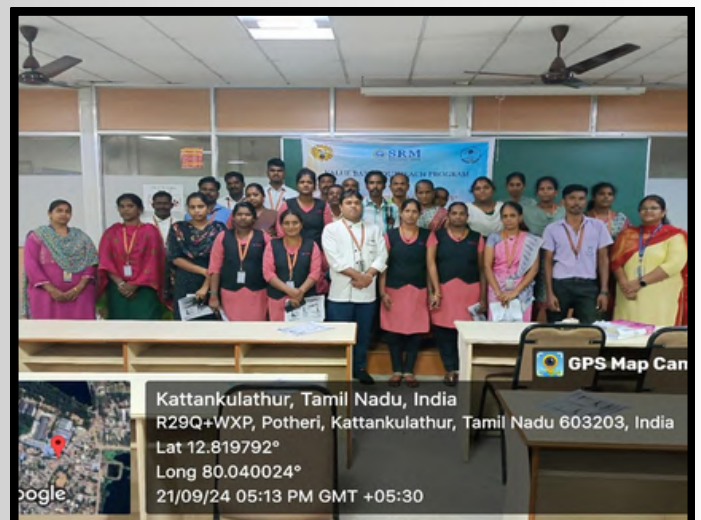


UHV AMBASSADORS FROM SRMIST AS RESOURCE PERSON, CO-FACILITATOR AND OBSERVER



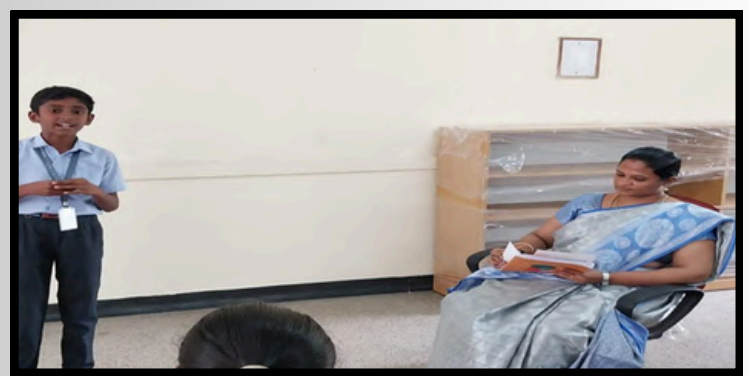


GLIMPSES FROM DEPARTMENTAL UHV OUTREACH ACTIVITY



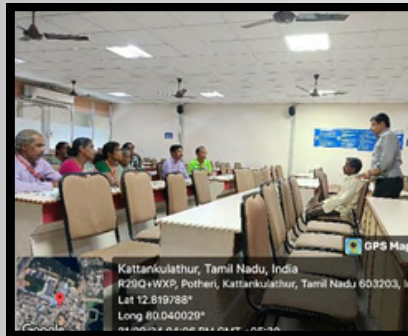


GLIMPSES FROM DEPARTMENTAL UHV OUTREACH ACTIVITY





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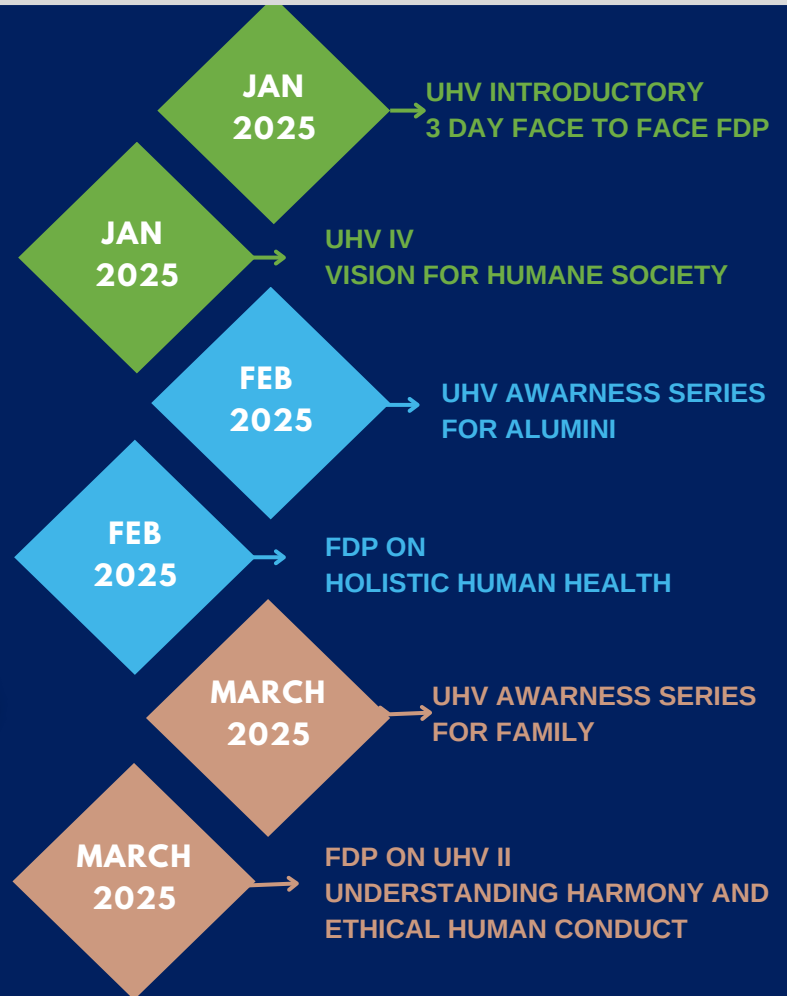
GLIMPSES FROM DEPARTMENTAL UHV OUTREACH ACTIVITY



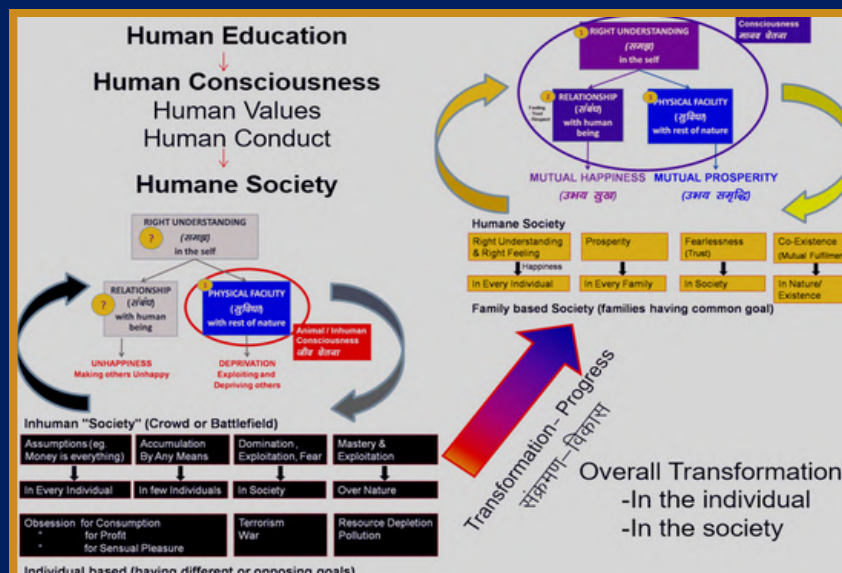
UPCOMING EVENTS

UPCOMING EVENTS FROM VALUE EDUCATION CELL

JAN 2025 - JUNE 2025



SRMIST is committed to Holistic Value Based Education
Let us work toward the Transformation





>>> LINKS TO UHV EVENTS

SRMIST Value education cell webpage

<https://www.srmist.edu.in/value-education-cell/>

AICTE Online UHV FDPs/SDPs Registration Link

<https://fdp-si.aicte-india.org/verifiedProgramDetailsList.php>

AICTE Induction Program Cell

<https://fdp-si.aicte-india.org/index.php>

UHV Website

<https://uhv.org.in/>

Southern Region (SR)(For TN and Pondy) Weekly Meeting (Every Monday, 8.00pm to 9.15pm)

<https://zoom.us/j/98427784638?pwd=bmRYNTIYYjhVTTcrVEZtcE96OG1qZz09>

Meeting ID: 984 2778 4638 / Passcode: 12345

UHV FDP Weekly Follow-up Meeting (English) (Every Sunday, from 03:00pm)

<https://zoom.us/j/96425747090?pwd=UWtUZFHhQVZOa09Pd0JOc1IvcUllQT09>

SRM UHV Youtube Channel link

<https://youtube.com/@uhv-srmist?si=8KajVPoa7MR0HZPS>

6 Days (Online, Evening, Part time) English Workshop for Students on Universal Human Values

6th January to 11th January 2025 (Evening 06:00pm to 09.00pm)

Link for registration - <https://fdp-si.aicte-india.org/verifiedProgramDetailsList.php>

3-Day UHV Introductory FDP at SRMIST - Schedule: January 30 – February 1, 2025

Resource Person: Dr. Sunil Kumar, Professor, CUSAT

Registration: <https://fdp-si.aicte-india.org/register1.php?detail1=699&detail2=southern>

**WEDNESDAY
JANUARY 01, 2025**

**12TH
MORNING
BATCH**

TIMINGS
5:30-6:30 AM (ENGLISH)
6:30-7:30 AM (HINDI)

SESSION HIGHLIGHTS:
EXERCISE 1: OBSERVING THE CONSCIOUSNESS BY THE CONSCIOUSNESS
EXERCISE 2: OBSERVING THE MATERIAL BY THE CONSCIOUSNESS

Join the session to deepen self-exploration, awareness, and evaluation, fostering harmony, confidence, and decision-making—ideal for UHV faculty!

SCAN TO REGISTER

SCAN FOR TESTIMONIALS

THE EDITORIAL TEAM - SRM SYNERGY



EDITOR - SRM SYNERGY

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CONTENT EDITOR

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LANGUAGE AND PROOF EDITOR

Mr. V. Pradeshwaran, Teaching Assistant,
Value Education Cell,
SRMIST, KTR



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INSTITUTE OF SCIENCE & TECHNOLOGY
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JULY - DECEMBER 2024 SRM SYNERGY

BI-ANNUAL NEWSLETTER
VOLUME 2, ISSUE 2



NEWSLETTER

**The Value Education Cell
SRMIST**

