



## >>> NEWSLETTER

The Value Education Cell  
SRMIST



### *Inside*

Welcome Note - 2

About the Team - 3

Activity Corner - 5

Impact Analysis - 16

Thought Pieces - 20

Testimonials - 25

Gallery - 28

Upcoming Events - 38

Important Event Links - 39

# JAN - JUNE 2024

# SRM

# SYNERGY

BI-ANNUAL NEWSLETTER  
VOLUME 2, ISSUE 1



## WELCOME NOTE FROM THE EDITORIAL TEAM



Dear Readers,

Welcome to the Volume 2, Issue 1 of "SRM Synergy," the bi-annual newsletter from the Value Education Cell. Our editorial team is committed to deliver insightful perspectives and meaningful content that resonate with the core principles of Universal Human Values that unite us all.

Through inspiring stories and thought-provoking articles, we aim to spark a dialogue that transcends the ordinary and fosters a shared appreciation for the values that connect us. We hope that the words in this newsletter touch your hearts, initiate meaningful conversations within you, and encourage you to pursue a path of happiness.

Join us on this beautiful journey as we continue to explore and celebrate the values that bring us together.

Warm regards,  
The Editorial Team,  
SYNERGY.

## WELCOME NOTE FROM THE UHV UNIVERSITY CO-COORDINATOR

Universal Human Values encompasses principles that considers fundamental to the well-being and dignity of all individuals, regardless of their background, culture, or beliefs. These values serve as a moral compass guiding human behavior towards harmony, compassion, and justice.

The values form a foundation for ethical behavior and harmonious coexistence among individuals and communities worldwide. Embracing and promoting Universal Human Values helps create a more just, compassionate, and sustainable world for present and future generations.

Throughout our time together, let us reflect on how these values shape our lives and interactions, fostering understanding and kindness in everything we do.

Thank you for being with us on this holistic journey...

Warm Regards,  
Dr. I. Infanta Mary Priya,  
Associate Professor,  
Department of Mechanical Engineering,  
E&T, KTR.



# >>> ABOUT THE VALUE EDUCATION CELL



<b>1015</b> UHV Introductory completed	<b>2</b> UHV I completed	<b>43</b> UHV III completed	<b>28</b> Department Coordinators
<b>73</b> UHV MDP completed	<b>323</b> UHV II completed	<b>31</b> HHH-I completed	<b>7</b> 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.
6. Dr. Ayesha Haroon, Assistant Professor, Department of Psychology, SRMIST, Andhra Pradesh.

### Discipline Coordinators

1. Dr. Sathyanarayanan Varadarajan, Associate Dean - Student's Affair, Medical College Hospital and Research Centre, SRMIST, KTR.
2. Mrs. Kavitha Srisarann, Assistant Professor, Career Development Centre, Engineering and Technology, SRMIST, KTR.
3. Dr. Sweetly Bakyarani E., Assistant Professor, Department of Computer Science, College of Science and Humanities, SRMIST, KTR.
4. Dr. K. Santhana Lakshmi, Associate Professor, Faculty of Management, 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 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 programmes.

**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-Medical, 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 programmes.



**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.





# >>> UHV CELL ACTIVITIES



## FDP BY VALUE EDUCATION CELL & DEPARTMENTAL ACTIVITIES IN COLLABORATION WITH UHV CELL JAN - JUNE 2024



## >>> UHV CELL ACTIVITIES



### AICTE SUPPORTED 3 - DAY OFFLINE UHV INTRODUCTORY FDP JANUARY 20-22, 2024

The Value Education Cell of SRM Institute of Science and Technology, Kattankulathur, hosted an AICTE approved 3 days Inhouse Faculty Development Program on Universal Human Values Introductory from 20th to 22nd January 2024.

Dr Shenbagaraman, Dean, School of Management, SRMIST felicitated the program. In his speech, he highlighted the deterioration of family values that happens due to nuclear families.

The dais was shared by Dr.V.Vimalnath, University Coordinator, VDP Campus about his experience during his UHV journey.

Dr.P.Supraja, UC, Dr.Infanta Mary Priya, UCC, Dr.Kavitha Sricharan E&T Coordinator, Dr.V.Hemamalini, and Dr.Prithiviraj.R expressed their gratitude by presenting shawls and fruit baskets. Dr. S. Shanmugapriya conveyed vote of thanks.

#### Participants' Engagement

Participants got connected by sharing their learnings and take away's. During the last session of the third day many were able to share their observations and feelings connected with their personal life and at work place.

#### Session Details

- Day 1 - Holistic development and role of education, Self-exploration, Happiness, and Prosperity, Harmony in Human Being and Self.
- Day 2 - Prosperity -Health, Harmony in Family
- Day 3 - Harmony in Society, Nature and Existence, Participants Self-Evaluation.

#### Valedictory

Dr. Pushpalatha, Professor, and Head of the Department of CTECH, presided over the valedictory function and shared her experience with the MDP she had previously attended. She emphasized the importance of spending quality time with family without electronic gadgets and highlighted her engagement with faculty members, offering advice on personal issues.

#### Expected Outcomes of the FDP

Participants gained a clear understanding of the UHV (Universal Human Values) content. This newfound clarity is expected to boost their confidence in effectively imparting UHV concepts to students and in embracing a holistic, value-based lifestyle for themselves. Participants conveyed their sincere appreciation for the well-organized and friendly manner in which the program was conducted.



#### Resource Person

Prof. Dr. N. Sunilkumar,  
Cochin University College of Engineering,  
Kuttanad, Kerala.

#### Co-facilitators

1. Mr.A.Deepesh, AICTE NCCIP Member (SWR),  
Vaikom, Kerala
- 2.Mr.G.Jayaprakash,AICTE NCCIP Member(SWR),  
Govt Polytechnic Kaduthuruthy, Kottayam

#### Observer

R. Gowri Shankar Rao,  
Professor, Department of Physics,  
Veltech Engineering college



## AICTE SUPPORTED 5 - DAY OFFLINE HOLISTIC HUMAN HEALTH - I FDP

FEBRUARY 23 - 27, 2024



The UHV Cell of SRM Medical College Hospital and Research Center, SRMIST, hosted an AICTE approved and TNMC approved, 5 days Inhouse Faculty Development Program on Holistic Human Health - I, from 23rd to 27th February 2024.

### Objective of the Event

1. To introduce participants to the universal health principles.
2. To initiate / strengthen the process and practices to keep the Body in harmony.
3. To generate interest, commitment and to make effort for realizing holistic human health and staying healthy.

Dr. Mythili, Additional Registrar, MHS, SRMIST and Dr. Nitin M Nagarkar, Dean, Medical SRMIST, felicitated the program.

The dias was shared by Shri. Rajul Astana, AICTE NCUHV Vice Chairman, who shared a brief introduction about the resource persons and about the health workshop which was the first of its kind in national level. In addition, Dr. R. Lalitha Ramachandran, gave guidelines and rules to be followed during the FDP session.

Dr. Sathyanarayanan Varadharajan, SRM MCH & RC, UHV Cell Chairperson and Dr. Mirunalini.G, SRM MCH & RC, UHV Cell Co-Ordinator expressed their gratitude by presenting shawls and fruit baskets. Dr. Mirunalini.G conveyed vote of thanks.

### Participants' Engagement

Participants actively participated throughout the program on all these five days. During the last session of the fifth day many were able to share their observations and feelings connected with their personal life.

### Expected Outcomes

1. Develop the feeling of self-regulation or responsibility for the nurturing and protection of the Body.
2. Formulate the program to take personal responsibility for his/her own health.
3. Develop the vision for holistic human health.
4. Model healthy habits in personal and professional life.
5. Formulate the strategy to contribute in maintaining the health of his/her family, society and nature.

### Resource Persons

1. Dr. Sharmila Asthana, MBBS, MD Pediatrics.
2. Dr. Akilesh Shukla, BAMS, MD (Ayurveda Samhita).
3. Dr. T. Sundara Raj Perumal, BAMS, MD (Kaya Chikitsa).

### Co-Facilitator

Shri. Rajul Astana,  
AICTE NCUHV Vice Chairman

### Observer

Dr. R. Lalitha Ramachandran,  
Department of Humanities,  
R.M.K Engineering college, Chennai.



## >>> UHV CELL ACTIVITIES



### AICTE SUPPORTED 5 - DAY OFFLINE UHV II FDP

APRIL 08 - 12, 2024

#### INAUGURATION FUNCTION

The Inaugural function was graced by Dr.L.R.Ganapathy Subramanian, Professor & Head, Department of Aerospace Engineering, along with the team from NCCIP AICTE. A few thoughts and insights about value based education was given by Dr. L.R.Ganapathy Subramanian, followed by honoring the NCCIP AICTE team. Dr. Infanta Mary Priya, LPC, showed her gratitude by giving Vote of Thanks.



#### KEY OUTCOME OF THE SESSIONS

- In the 5 days UHV II FDP, The UHV content and the terminology made very clear to the participants by resource person, Shri. Umesh Namdev Jadhav. The proposals were defined with more clarification to the participants.
- There was open sharing with Ms. Lipika Mitra on self-explorations.
- The participants were well connected to this FDP.
- The participants shared their views during the sessions, particularly more discussions happened during self-exploration on the topics such as 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 5.



During Self-Evaluation session few of the common sharing's and reflections were as follows:

- Importance of Universal Human Values.
- Related to nature and love towards animal.
- Nature and Energy.
- Trust and Respect for all.
- Self and Body.
- UHV for Pregnant mothers was suggested.

The 5 days FDP ended with simple valedictory function presided by Local Program Coordinators and Heads of SRM Institute of Science and Technology.

#### Resource Person

Sh. Umesh Namdev Jadhav  
NCCIP UHV CELL

#### Co-facilitator

1. Lipika Mitra,  
NCCIP UHV member  
2. Dr. Supraja,  
University Coordinator, SRMIST

#### Observer

Dr. R.Gowri Shankar Rao,  
Vel Tech University.





## AICTE SUPPORTED 8 - DAY OFFLINE UHV III FDP

MAY 01-08, 2024



### OBJECTIVES OF THE FDP

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

### INAUGURATION FUNCTION

The Inaugural function was graced by Dr. B. Neppolian, Dean (Research), along with the team from NCCIP AICTE. Few thoughts and insights about value-based education was given by Dr.B.Neppolian, followed by honoring the NCCIP AICTE team. Dr.Vijaya, showed her gratitude by giving Vote of Thanks.

### KEY OUTCOME OF THE SESSIONS

- In the 8 days UHVIII FDP, The UHV content and the terminology made very clear to the participants by resource person, Shri. Ganesh Bagaria ji. The proposals were defined with more clarification to the participants.
- The participants shared their views during the sessions, particularly more discussions happened during self-exploration and on topics such as love, respect, trust and happiness.
- Our Resource person made clear about the physical facility, trust, happiness, Gratitude, Nature and Existence proposal by giving various examples.
- Regional meetings with the RP team in the evening was conducted after the workshop. It enabled sharing of the activities and also way forward for the team. It provided an opportunity for cohesiveness between the team members. Apart from the regional meetings, one meeting of the core volunteers of the host institute was also conducted.
- The RP team provided opportunity for participants for informal sharing after the workshop. This was not mandatory for the certification process, but provided an avenue for participants for deeper self exploration.
- Food arrangement was very good, and the menu was also in alignment with the values. Appreciate the discussion in planning and the finer details at the level of implementation.
- Individual attention for the participants who needed urgent medical attention was also taken care well, where the host team demonstrated high level of collaboration, complementarity and relationship.

#### Resource Person

Shri. Ganesh Bagaria  
Member NC-UHV, AICTE

#### Co-Facilitators

1. Shri. Rajul Asthana,  
Vice Chairman, NC-UHV, AICTE
2. Dr. Kumar Sambhav  
Director, UPID, Noida
3. Sh. Umesh Namdev Jadhav  
Member NC-UHV, AICTE

#### Observer

Shri. Deepesh A  
Member NC-UHV, Subcommittee RC  
(SWR)

## >>> UHV CELL ACTIVITIES



### STUDENT BUDDY CLUB INAUGURATION

UHV COMMITTEE, SRM MCH & RC, KTR CAMPUS

FEBRUARY 20, 2024

#### A New Era of Togetherness: Buddy Club's Initiative to Connect and De-Stress the Community"

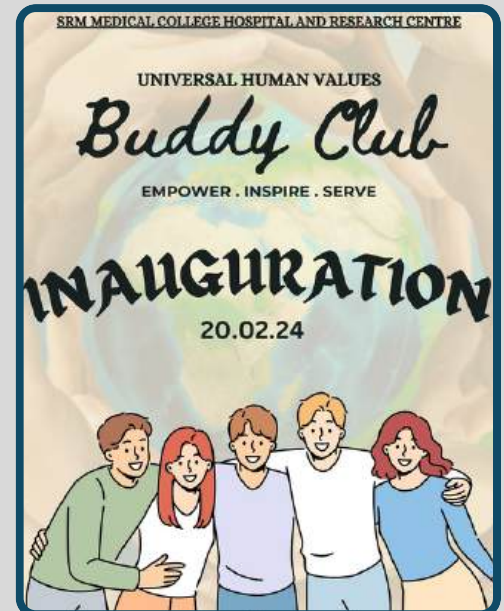
In an innovative move to promote a supportive and friendly environment on campus, the new Buddy Club initiative has been launched, aimed at bridging the gap between college seniors and juniors. The program's primary goal is to connect students across different years, offering a network of support and camaraderie to help alleviate the stresses and challenges of college life.

The Buddy Club's mission is simple yet profound: It is structured around a mentorship model that pairs juniors with seniors, aiming to offer guidance, share experiences, and provide advice on academic and personal challenges. Beyond academics, the Buddy Club is about creating a sense of community where students can form lasting bonds and support each other through the ups and downs of college life.

The inaugural event of the Buddy Club, held on February 20, 2024, was vibrant and heartwarming, coinciding with the fresher's day for newcomers. The event was graced by the presence of the Pro Vice Chancellor, the Medical College Dean, and the Associate Deans. The highlight of the event was the introduction to the club's unique approach to mental health support. As the event drew to a close, there was a palpable sense of camaraderie and optimism among attendees, marking the beginning of what promises to be a transformative journey of friendship and mutual growth within our college community.

The Buddy Club will convene routinely, offering a range of activities designed to foster interaction and support. These activities include study groups, career workshops, and wellness seminars. By creating a nurturing environment, the Buddy Club helps ensure that every student feels valued and connected. In conclusion, the Buddy Club stands as a beacon of hope and unity, demonstrating the power of connection and mutual support. By providing comprehensive mental health resources, the Buddy Club is poised to make a significant positive impact on our college community.

This initiative exemplifies the true spirit of collegiate life: learning, growing, and thriving together.



Article by  
S R KRISHA ARYA,  
1 st year MBBS,  
SRM MCHRC, KTR.



## >>> UHV CELL ACTIVITIES



### WORKSHOP ON UNDERSTANDING SELF AND BODY

DEPARTMENT OF CIVIL ENGINEERING, KTR CAMPUS, SRMIST  
FEBRUARY 24, 2024

#### 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 about 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. The participants were grateful to the event coordinators for providing such an educational and practical presentation about self and body.

#### Feedback from participants

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.



**Faculty Coordinator**  
Dr. M. Kamalanandhini

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

No. of Participants: 35



# >>> UHV CELL ACTIVITIES



## HOLISTICON 2024 - HEALTH IS BY DESIGN, NOT BY DEFAULT

FACULTY OF ENGINEERING AND TECHNOLOGY & FACULTY OF MANAGEMENT,  
VADAPALANI CAMPUS, SRMIST  
MARCH 07, 2024

### Guest Speakers



### Objective of the Event

"Holisticicon 2024 - Health is by Design not by Default" aims to explore and advocate holistic strategies for maintaining well-being, focusing on the proactive design of lifestyle choices rather than defaulting to conventional habits. Attendees will gain insights into nutrition, fitness, mindfulness, stress management, and sustainable living, fostering a deeper understanding of how conscious choices contribute to overall wellness.

### Brief Description about the Event

"Holistic 2024" was an enlightening session led by Dr. Suresh Kumar Vunnamutla, under his guidance the holistic nutrition coaches delved into the realm of holistic nutrition. The event featured esteemed Holistic Nutrition Coaches, including Mrs. Viji Muthumari, Mrs. Revathi Prasad, Mrs. Swapna Rajaram, and Mrs. Kavitha Vinod, who served as resource persons. These experts shared insightful case studies demonstrating the transformative power of holistic nutrition in areas such as weight reduction, diabetes reversal, stress reduction, and even cancer reversal. Through their guidance and expertise, attendees gained valuable insights into holistic approaches to nutrition, fostering a deeper understanding of how diet and lifestyle choices impact overall well-being.

### Participants' Engagement

Participants actively engaged in the enlightening session on holistic nutrition. Through interactive discussions and insightful case studies, attendees gained valuable knowledge about the transformative effects of holistic nutrition on various aspects of health. From weight reduction to diabetes reversal and stress management to cancer prevention, participants were inspired by real-life success stories and practical tips shared by the expert coaches. The session fostered a dynamic learning environment where participants could ask questions, share experiences, and explore holistic approaches for improving overall well-being.

### Feedback from Participants

Participants expressed gratitude for the informative session on holistic nutrition, highlighting its practical relevance and applicability to their daily lives. Many praised the expertise of Dr. Suresh Kumar Vunnamutla and the resource persons, pointing their clear explanations and engaging presentation style. Attendees appreciated the focus on real-life case studies, which provided valuable insights into the effectiveness of holistic approaches in addressing various health concerns. Some participants mentioned feeling inspired to make positive changes to their diet and lifestyle habits after attending the session.

### Faculty Coordinators

Dr. K. Geetha,  
Mrs. S.S. Priyadharshini.

### Resource Persons

Mrs. Revathi Prasad,  
Mrs. Viji Muthumari,  
Mrs. Kavitha Vinod,  
Mrs. Swapna Rajaram.

No. of Participant: 175



## >>> UHV CELL ACTIVITIES

### TREE PLANTATION

DEPARTMENT OF NETWORKING AND COMMUNICATIONS, KTR CAMPUS, SRMIST  
MARCH 08, 2024

#### 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 at The Prem Illa-Home, we aim to create a positive impact on the environment while also supporting the well-being of the residents.

#### Participants' Engagement

A total of 35 students, who are undergoing UHV – II this semester volunteered for this activity, and we are proud to say that this Tree Plantation activity at the special location of "The Prem Illam Home," which caters to mentally and physically challenged girls, made the students so satisfied and happy which lead to harmony in each self. We planted different variety of fruit saplings, and additionally, students actively participated by sweeping and cleaning the scattered twigs in the area. Moreover, they engaged in cutting the vegetables that was being prepared for our lunch. It was a wonderful opportunity to contribute to the environment and extend our support to a noble cause. This initiative holds significant importance as it aligns with our commitment to fostering harmony with both nature and society. By planting trees at The Prem Illa-Home, we aim to create a positive impact on the environment while also supporting the well-being of the residents.

#### Impact /Feedback from the participants

Sister Lourde, In charge of the Prem Illam took a moment to express their sincere gratitude for organizing the recent tree plantation event at Prem Illam home. The sister 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.



#### Faculty Coordinators

Dr.V.Hemamalini,  
Associate Professor -NWC  
Dr.P.Supraja,  
Associate Professor-NWC

#### Venue

The Prem Illam - Home for Mentally and  
Physically Challenged Children,  
Maduranthagam TK, Chengalpattu Dt.

#### Collaborating Department

NSS Cell

No. of Volunteers

35





## WORKSHOP ON SAVE OUR PLANET

DEPARTMENT OF MECHANICAL ENGINEERING, KTR CAMPUS, SRMIST  
MARCH 12, 2024



### Objective of the Event

The event's objective was to emphasize value-based living and to understand the value of nature and to be in harmony with nature. The art competition on the "Save Our Planet" event was organized to enlighten the young minds of our nation to conserve water, choose sustainable, shop wisely, educate, plant a tree, reduce, reuse, and recycle.

### Brief Description about the Event

This event made the students think and use their creativity in pictorial drawing representations of saving our planet. The students participated with enthusiasm showing their creativity and architect thinking capability skills. Thus, the students understood the values of sustainable development goals and their measures.

### Participants' Engagement

Students brought the required colouring materials and the event started in their classrooms after a formal talk about the event rules and other details. After 2 hours and 30 minutes, the internal jury members evaluated the drawings made by the children and the importance of it. In the end, the results were announced by the team, and the meritorious certificates to the school children were awarded. The Headmistress congratulated the children for their participation and their interest in this event. With a thanksgiving note, the event got over with a group photograph of the entire team of "Save Our Planet".



#### Faculty Coordinators

Dr. I. Infanta Mary Priya,  
Dr. R. Senthil,  
Dr. V. Raghavendra Rao,  
Dr. Vamsi Krishna

#### Venue

Govt. Middle School, Thenmelpakkam,  
Chengalpattu

#### No. of Participants

56 (V, VII, VII standard students)

### Impact /Feedback from the participants

Value-based activities like this made them think of protecting the planet and the survival of human beings on Earth. It not only taught them about creative aspects 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



### WORKSHOP ON HUMAN VALUES & PROFESSIONAL ETHICS

DEPARTMENT OF AEROSPACE ENGINEERING, KTR CAMPUS, SRMIST

APRIL 24, 2024

#### Objective of the Event

The objective of this workshop is to foster an understanding and appreciation of human values and professional ethics, emphasizing their importance in shaping behavior, decision-making, and organizational culture.

#### Brief Description about the Event

This event was focussed to explore the core human values that guide our thoughts, actions, and interactions in both personal and professional spheres. Our workshop delves into the intrinsic principles that shape our beliefs, attitudes, and behaviors, fostering a deeper understanding and appreciation of the universal values that unite us as human beings. The complexities of ethical decision-making, behavior, and responsibility within professional settings, and strategies to navigate ethical challenges with integrity and confidence will also be emphasised.

The Inaugural Session started at 9.15 am, Dr.L.R.Ganapathy Subramanian, Professor & Head, Department of Aerospace Engineering addressed the session and welcomed the expert speakers and participants. Dr.K.Saravanakumar emphasised the need to understand and appreciate human values and professional ethics, their importance in shaping behavior, decision-making, and organizational culture. Few of the Program Highlights were interactive sessions and value-based activities. We express our gratitude to UHV cell for their cooperation and active support in making this program a success.

Dr.P.Supraja discussed about the basic aspiration in life, the process of self-exploration within us and appreciation of the core human values of compassion, integrity, and respect. Mr.P.Priyanand discussed about the knowledge, skills, mindset, and tools to foster a culture of ethics, integrity, and responsibility in students' professional roles and organizations. He also brainstormed with students to make a positive impact on their workplace.

#### Impact/Feedback from the participants

The feedback from the participants were overwhelmingly positive. They expressed their appreciation towards the expert speakers for interacting during the session and advising the students. They shared their experience on self-exploration process. They realized that UHV can transform their way of living and face challenges in daily lives. Overall, the students' feedback reflected their gratitude for the event impacting on their personal growth of students.



#### FACULTY COORDINATORS

Dr. K. Saravanakumar,  
Asst Professor, Aerospace Engineering

#### KEY NOTE SPEAKERS

Dr. P. Supraja,  
UHV University Coordinator,  
Associate Professor,  
Department of NWC, SRMIST

Mr. P. Priyanand,  
Career Development Centre,  
Faculty of Engineering & Technology, SRMIST

#### NO. OF PARTICIPANTS

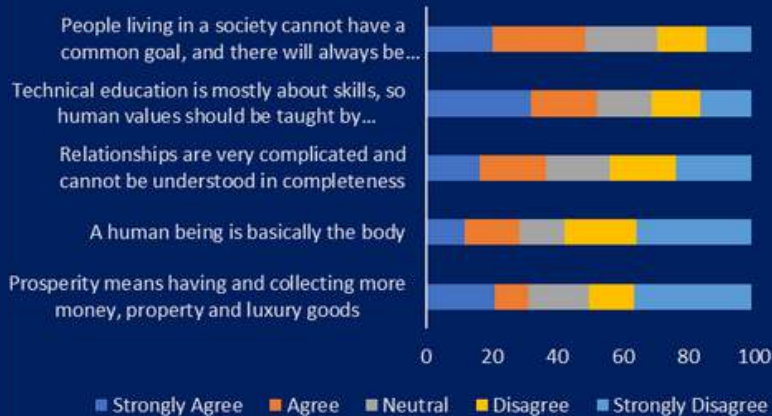
45+

(Students/ Research Scholars/ Teaching & Non-Teaching faculties)



## PARTICIPANTS RESPONSE - UHV INTRODUCTORY FDP

### FACULTY RESPONSES



### TAKE AWAY OF THE PARTICIPANTS FROM FDP



Learnt the importance of self exploration, self evaluation, natural acceptance, etc  
-Prof. K. Duraivelu, Professor, Mechanical Engineering, SRMIST.

Have to work for a transformation from more of physical facility to Right Understanding, Relationship and Physical facility  
-Dr. JESSY SUJANA G, Assistant Professor, Computer Science and Engineering, SRMIST.

The workshop instilled a deep understanding of universal human values, encouraging their integration into daily life for a positive and ethical outlook. Emphasis on enhanced interpersonal skills, grounded in values like empathy and respect, aimed at fostering harmonious relationships.  
-Dr. S. JAHIRA PARVEEN, Assistant Professor, Faculty of Management, SRMIST.

"Understanding relationship with others and nature, understand difference between self and body, understand harmony in family and extend to a undivided society  
-Dr. John Deva Prasanna D S , Asst Professor, Data Science and Business Systems, SRMIST.

I should know the human values and maintain good relationships with fellow human beings and achieve harmony in myself as well as family and society . I have to love myself first.  
-Dr. Elamathiyan E, Assistant Professor, Career Guidance, SRMIST.

Respect towards my kids. To avoid under evaluation and otherwise evaluation. Gratitude to everyone and helping myself and colleagues towards excellence.  
-Mr. ANAND M, Assistant Professor, Computing Technologies, SRMIST.



## FACULTY FEEDBACK - HOLISTIC HUMAN HEALTH - I FDP

The five days FDP provided many unknown information and very meaningful insights of Healthy Self , Healthy Body and Healthy Environment. Also I learnt about the proper and correct intakes of food, air, water and Sunlight and many more about home medicines and therapies which we can implement for Holistic Health.

- Dr.Hemamalini V, Associate Professor, NWC, SRMIST.

It was a different experience. I learnt that health is 1.Not hindering the natural process of body, 2. Proper intake of food, 3. Proper intake of water, 4. Holistic approach. I came to program with no expectations as I never attended such programs

-Dr.J.Ramya Rachel, Assistant Professor of Psychiatry, SRM MCH & RC, SRMIST.

I was initially not aware of this program, one of colleague was telling me about this. She was the main reason who made me attend this FDP. It was a multidimensional concept....so interesting session, very informative. I firstly learnt the way to differentiate the body and self . My main 3 take aways are firstly to have a circadian rhythm, secondly, from today I have started having a daily routine health tracker, thirdly, are the ways to balance stress and sleep in a beautiful way. Having connection of body and self.

-Dr. Subicha T S, Assistant professor, College of Physiotherapy, SRMIST.

I learnt the following. My self and body are co existence. Type of my body construction-vata pitta kapha. Circadian rhythm and based on it our lifestyle cycle. Sleep pattern and quality. Water intake and quantity. More about exercises food and life style changes. Allowing self to decide for the body

-Aarthi E, Assistant Professor, Computer Science, Faculty of Science and Humanities, SRMIST.

My take aways are. 1. Wellness and wellbeing for all 2. I am responsible for my health 3. Could able to see how much I have disturbed the harmony of the body, So i will make effort to stay healthy before i show the way.

This program is the extensive coverage of whole health of the body and this is the first kind of program i am attending for the health, very much satisfied

-Supraja P, Associate Professor, Networking and Communications, SRMIST.

I learnt about the Day night cycle,food recommendations and the indications of disharmony

-Mouriya S, Lecturer, Anesthesiology, SRM MCH & RC, SRMIST.

- (i) Learned to OBSERVE myself,
- (ii) Learned about INTAKE of air, food, light,
- (iii) Constitution of humans

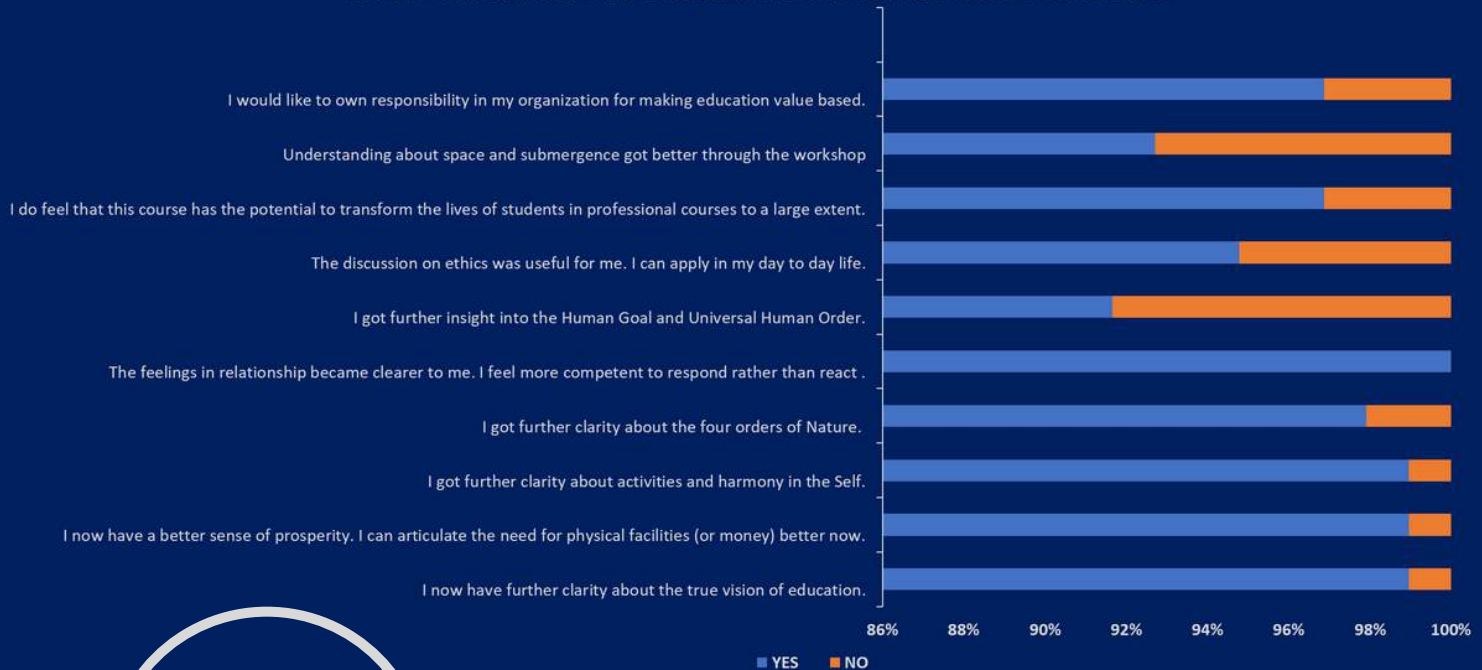
-Dr. E VIJAYARAGAVAN, Associate Professor, Mechanical Engineering, SRMIST.





## PARTICIPANTS RESPONSE - UHV II FDP

STACKED BAR CHART SHOWING FREQUENCY OF FACULTY RESPONSES IN PERCENTAGE



> 90%

FACULTIES WERE  
ABLE TO DEVELOP  
A GOOD LEVEL OF  
CLARITY ON  
THE TOPICS DISCUSSED

We cannot control what's happened, what's happening and what will happen. So, try to live in harmony with positive thoughts and go with a flow in our life. Nothing is the issues. Only the problem is in our thoughts  
--- Dr. R. Priyanka

The workshop provided valuable insights into the dynamics of personal growth and self-awareness. By exploring various activities and reflecting on my own experiences, I've gained a deeper understanding of achieving inner harmony and balance --- Dr. Ilankadhir M

In order to have a systematic approach, I need to have a systematic and organised imagination. This will help me exist in harmony with in. When the self is in harmony with in, it would be easy to attempt to guide anybody towards the path of harmony --- Dr. Pushpanjali Sampathkumar

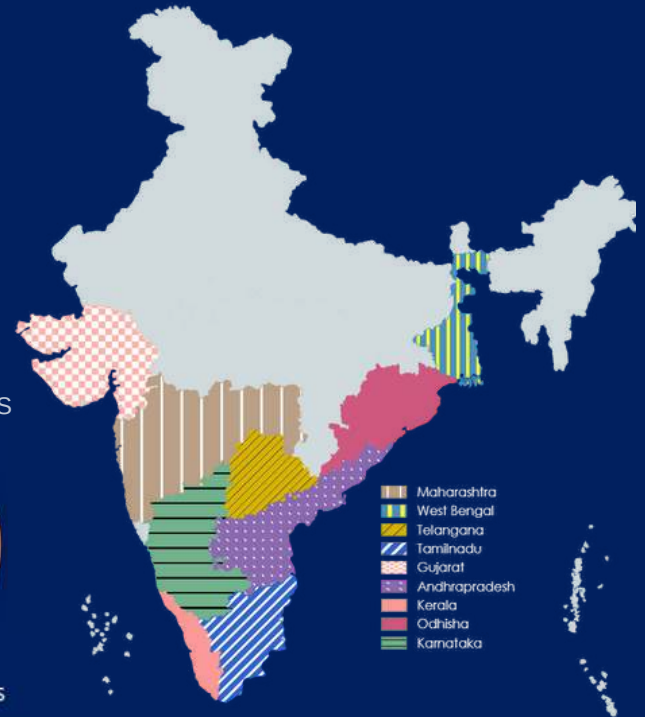
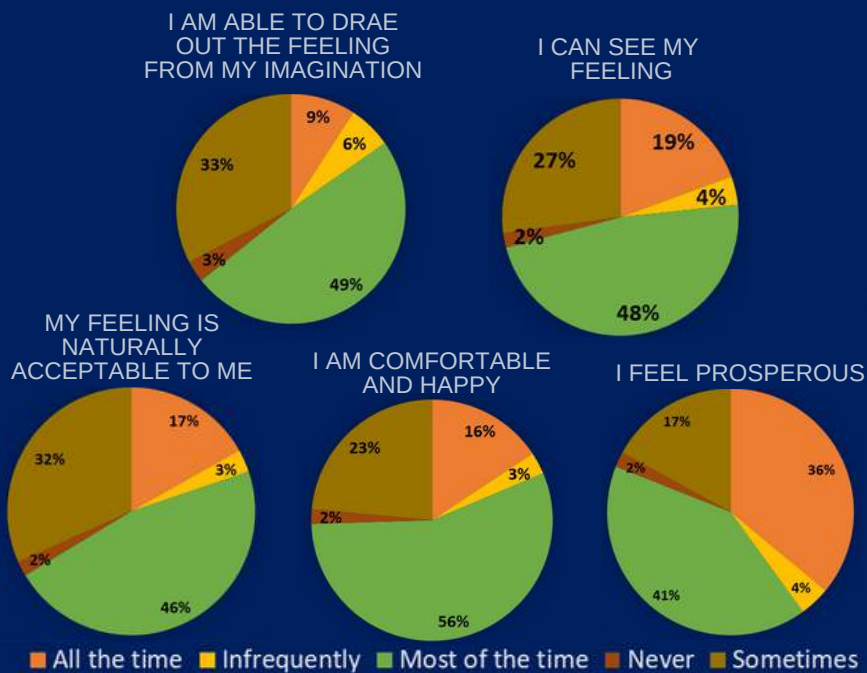
Understanding the balance and harmony within oneself is essential for overall well-being and personal growth, family growth and society growth --- Dr. Gopirajan PV

When I understand myself properly I never ever doubt on others intention. I change my perspective to see the world. Everything was already in the right direction. I have the confusion. But now I have the clarity  
--- Ms. Murugeshwari. P



## PARTICIPANTS RESPONSE - UHV III FDP

### PARTICIPANT REFLECTIONS ABOUT THEMSELVES AFTER THE FDP



### FEW OF THE KEY TAKEAWAYS FROM THE PARTICIPANTS....

- 1) Ability to observe the submergence of units in the space.
- 2) Ability to observe the Imagination (Desires, Thoughts and Expectations).
- 3) Being more compatible and harmonious with other humans.
- 4) Basic Human Aspirations are Continuous Happiness and Prosperity.
- 5) Space is all-pervasive. All the units are energized in Space.

1. Central is central of co-existence
2. Body is used as an instrument as and when required
3. Understanding the co existence
4. Feeling of co existence
5. Living in co existence

I understood that each and every human being in this world is coexistence of Self and Body, and body is just a material and nothing to do with it. Only Self is the central part of this Existence which is one among the co-existence in this nature. As a HB self should have the Right Understanding that each human being in this existence is a co-existence which has self that is continuous for ever . We need to see things according to Natural Acceptance without Assumption and any pre-conditioning. By doing this we will be imbibing the knowing part which leads to right understanding, right thoughts and right relationship with all the other human being. Once I am in Right Understanding and Observe everything right around me, I would attain the state of Harmony and Realization in co-existence.

We have to introspect on what is happening to our inner self and our journey is not achieving just happiness but bliss and superbliss



# MY INNER EVOLUTION

I started my Universal Human Values(UHV) journey in the year 2018. UHV I & II was through online mode, in which I didn't have much impact though I followed few. But still the inquisitiveness of learning the content in depth was running in my mind. F2F UHV II and UHVIII has brought many changes in me.

1. I started thinking about the Self, Relationship and Nature/Co-existence. I started asking questions to myself, so many dialogues were running within me. Before UHV, I was very adamant and an egoistic person, never giving up on things, never understanding anybody and was living with full of assumptions, preconditioned myself before talking to someone. Now I could realise that I have to work with a feeling of relationship within, as well as, I need to improve within myself to understand other self.

2. Moving towards the physical facility I realised that it is a part of my life but it is not life. The changes I could see in myself is that, I rightly utilize the physical facility whichever is applicable and not overloaded with the same.

3. Nowadays instead of reacting I started responding which my son and husband could say that I have changed a lot after UHV.

4. I could see the other with the feeling of relationship and not with opposition. Whatever others say about me, I could observe myself and also I can focus on myself. I can keep myself in others situation and respond without any irritations, assumptions, jealous and so on. My journey will continue lifelong and want to explore. It will not only stop within me, it will go with my family members, friends and also I will participate in larger order to bring small changes that I can make for others.



**Vijayashree.T,**  
**Assistant Professor,**  
**Career Development Centre,**  
**Faculty of Engineering and Technology,**  
**KTR Campus, SRMIST.**





# VALUE

UHV has become an integral part of my life. Though we follow values from our childhood we need to wake up our own self then and there continuously for harmonious life . By knowing myself with the right understanding and natural acceptance , a lot of differences have occurred around me , i.e., I am happy to share that others are getting along with me better.

Young generation need \*Right Understanding\* with value education to bring harmony in life .

Though we have money, we lack true happiness. Although technically qualified, the younger generation is unable to face tough situations. There is SOMETHING lacking. This SOMETHING can be fulfilled by value education based technical education.

Values form the basis for all our thoughts, behaviours and actions. Once we know what is valuable to us, these values become the basis, the anchor for our actions.



**Shanmugapriya S,**  
**Assistant Professor - Senior Grade,**  
**Dept. of Electrical and Electronics Engineering**  
**,Faculty of E&T - KTR,**  
**SRMIST.**

# MY PERSPECTIVE ON HEALTH

Attending the Holistic Human Health faculty development program from February 23rd to 27th, 2024, at SRMIST, Kattankulathur campus was a remarkable experience. Organized meticulously by the UHV team, the five-day event comprised four sessions daily, from 8:30 am to 4:00 pm, interspersed with engaging activities and thought-provoking assignments.

Throughout the program, it became evident that human health extends beyond mere physical well-being, encompassing the harmony of the Self. Sessions were interactive and reflective, fostering collective engagement and introspection.

We delved into universal health principles, understanding the diverse constitutions of our bodies, and embracing recommendations for holistic well-being. Topics spanned from daily and seasonal routines to exercise, posture, and breathing techniques. Moreover, we learned to discern early signs of bodily disharmony and adopt methods to restore balance. Integral to our learning was the recognition of the relationship between personal health and the health of our environment—be it our family, society, or nature.

Personally, the workshop was transformative. My perspectives on nutrition, hydration, and breathing underwent profound shifts. The carefully curated diet over the five days nourished us. The workshop provided a great opportunity to move with participants from different domains and facilitated meaningful interactions. It was an enriching experience that left a lasting impact on my approach to holistic health. My sincere thanks to all the resource persons and the dedicated organizing team.



**Dr. C.K.Swetha Ramani, MBBS, MD.**  
**Associate Professor,**  
**Dept. of Anaesthesiology,**  
**SRM MCH RC, KTR Campus,**  
**SRMIST.**



# MY PERSONAL TRANSFORMATION

My personal transformation & lifestyle change after attending Holistic Human Health...

## 1. First Lifestyle change - Breakfast, Lunch and Dinner

Breakfast: Dry Fruits smoothy, ABC juice, coconut water, green smoothy, seasonal Fruits, boiled vegetables. Lunch: minimum 4 colors in plates : Green leafy Currys, any color vegetables, Brown rice or millet rice , curd and rasam. Dinner before 7pm: Mixed & boiled vegetables, salad or Brown chapathi with more veggies. Snacks- homemade only - SAY NO to highly processed food.

## 2. Second lifestyle change - Incorporating morning & evening microhabit routine

Yoga & meditation for 20mins & walking or cycling 20mins. To balance whole Health = BODY(Physical Health) + MIND (Mental Health) + HEART (Emotional Health)+ Soul (Spiritual Health)

*Quotes : We think Health is about doing big things but Health is not about doing big things, it's about doing the smaller things consistently.*

## 3. Third lifestyle change: Creating awareness among the students & friends

What is real & natural foods their benefits? What is fried , very heavy processed, unnatural foods their drawbacks?

*Quotes: Pay the " FARMER " now or else pay the " PHARMA " Later*

## 4. Fourth Lifestyle change: Taking treated water instead of plain water

Adding ingredients like spices , herbals or leaf into water - soak overnight & boil in morning = Treated Water

*Quotes: All big things come from small beginnings. The seed of every microhabit is a single and tiny decision can change entire life pattern of the healthy person life journey.*



**Dr. P.C. Karthika,**  
Assistant Professor,  
Dept. of Physics & Nanotechnology,  
SRMIST, KTR.





## MY ENRICHING EXPERIENCE

The holistic human health workshop began with a warm welcome from the facilitators. The facilitators introduced the concept of holistic health, explaining its principles and how it differs from conventional medicine.

We learned about the importance of considering the whole person—body and self—in the pursuit of health and well-being. This included identifying our emotions, understanding their impact on our behavior, and learning strategies to manage them effectively. Also explained about the harmony which is a fundamental principle in holistic health, referring to the balance and alignment of various aspects of an individual's life and being. It encompasses physical, mental, emotional, and spiritual dimensions, aiming for a state where all parts work together seamlessly.

This was followed by a meditation practice that helped us connect with our spiritual selves. We discussed the importance of establishing daily routines that promote well-being and learned about different self-care practices such as mindfulness, and healthy sleep habits.

We had an engaging presentation on the role of diet in maintaining health and discussed different dietary approaches, the benefits of whole foods, and practical tips for healthy eating. We learned about various herbs and their healing properties.

To conclude, the holistic human health workshop was an enlightening and transformative experience. It provided a comprehensive understanding of holistic health and equipped us with practical tools and techniques to enhance our well-being.



**Dr. P.Kala. MD.DCP,  
Professor,  
Department of Pharmacology,  
SRM MCH & RC, KTR, SRMIST.**

## >>> TESTIMONIAL FROM STUDENTS



The course's comprehensive approach to human values was among its most notable features. The course instructors showed a sincere enthusiasm for advancing universal human values along with a thorough comprehension of the subject. I learned a lot about the value of empathy, compassion, and integrity in both personal and professional settings throughout the course.

The course also offered practical methods for cultivating and advancing universal human values in daily life. I gained practical abilities that I can use to improve my relationships and make a constructive contribution to society.

Apart from its academic content, the course promoted a sense of collaboration and respect between the participants. We were able to form deep connections and learn from each other's varied viewpoints and experiences thanks to the small group discussions and collaborative tasks.



Shrija Ravi,  
3rd year,  
B.Tech, Nanotechnology,  
KTR, SRMIST.

My experience in the Universal Human Values was a highly enlightening one which showed me how unique yet similar we all are and how we must join hands to march towards the same goal.

Discussions were held out by eminent professors of our institute, who have seen way more of the world than we have, yet they came very much down to the earth in their interactions with us and called themselves co explorers on this journey, instilling the value of humility.

Topics like peer pressure and the building of trust and reverence for excellence as well as the social and environmental goals that we have were ones that I particularly enjoyed as they touched upon facets of life which I was curious about.

This initiative taken by the MHRD, AICTE and most vitally by SRM University in bringing value added education to students is a truly novel idea and is a must have in every classroom all across the country.



M BERNICE ESTHER,  
2nd year MBBS,  
SRM MCH & RC,  
KTR.

## >>> TESTIMONIAL FROM STUDENTS



In the present context, our mainstream education has lopsided in knowledge acquisition and skill implementation, this made students like us to run behind the marks and forget the actual purpose of learning.

The UHV programme helped me create a room to see the need for developing holistic perspective of learning, which would not only enable us to prepare for academic success but also to face the challenges of living, discover and understand the innate value of ourselves in every aspect of life.

In the generation where the value dimension has been languishing, the UHV programme helped me in developing self-reflection, reinforce the commitment towards understanding myself, responsibility towards family, society and nature and live accordingly



Renisha Kiruba S,  
MBBS-II,  
SRM MCH & RC,  
KTR

By the end of the course I have majorly understood the difference between response, reaction and started the practice of responding to a situation rather than reacting. This changed the way I deal with my problems and made me a better person.

I have also understood the importance of mutual happiness and actual meaning of trust, respect in a relationship. This helped me in developing my relationships with my friends, family and nature; which led to continuous happiness.

I have become more aware of myself and my surroundings (family, society, nature) ; have become more responsible in life, and better in handling problems with sustainable solutions, while keeping human relationships and human nature in mind.

I found the course really helpful during the process and would continue to implement my learnings from the course in leading a better life.



Nerella Kathyayani,  
3rd year,  
B.tech, Nanotechnology,  
KTR, SRMIST.



## >>> TESTIMONIAL FROM STUDENTS



Greetings everyone, I am Om Patel. Apart from the academic studies in our 2nd and 3rd semesters, our institute introduced an AICTE mandatory course of UHV. It was divided as UHV-I and UHV-II for the 2nd and 3rd semesters respectively. UHV dealt with basic human emotions and feelings but as we dug deeper we learned how emotions fluctuate and what are the root cause of it. The things that were always in our conscious were finally out in words. As a personal learner, I did enjoy the part where we learned to regulate all kinds of emotions and their source, and how empathy and integrity play an important role in day-to-day activities. Now when my emotions fluctuate I do know the exact source of those emotions so rather than panicking out I assess the conditions better. I am much more confident in my dealings with interactions as now I am sure of what I feel.



Om Patel,  
3rd year,  
B. Tech, Nanotechnology,  
KTR, SRMIST.

It felt the main goal of this course is to make us understand that happiness is one common goal every human being shares and help us understand how to achieve it, here are my experiences.

On day one lecturer helped explains about the difference between self and body, we also learnt about self exploration which is important to understand our emotions better, they thought us how material things will not give us true happiness and the importance of maintaining good relationship with our friends and family. The next day we learnt about peer pressure and the importance of making our own identity, importance of self respect.

On day three sir explained how we can potentially be connected to everyone around us through gratitude, he also explained how both love and hate can be spread to everyone with the help of a really well made short film.

On the last day we learnt about the importance of nature and our environment.

This course has help me learn a lot of life lessons a lot of which I will surely use in real life.



Ujjith Kesamneni,  
MBBS-II,  
SRM MCH RC,  
KTR.

## UHV TEAM WITH THE LEADERSHIP TEAM OF SRMIST

### WITH THE HONORABLE VICE CHANCELLOR

UHV III FDP, MAY 2024



**FROM LEFT TO RIGHT** - 1. Shri. Ganesh Bagaria, Member NC-UHV, AICTE, 2. Prof. C. Muthamizhchelvan, Vice Chancellor, SRMIST, 3. Sh. Umesh Namdev Jadhav, Member NC-UHV, AICTE, 4. Shri. Rajul Asthana, Vice Chairman, NC-UHV, AICTE

### WITH THE HONORABLE PRO VICE-CHANCELLOR (MEDICAL)

HOLISTIC HUMAN HEALTH (HHH) - I FDP, FEBRUARY 2024



**FROM LEFT TO RIGHT** - 1. Dr.P.Supraja, Asso. Prof, NWC, University Coordinator UHV, ET, KTR, SRMIST, 2. Dr.Sathyanarayanan V., Prof. of Pharmacology, Associate Dean – Student Affairs, SRM MCHRC, 3. Prof. (Dr.) Nitin M Nagarkar. Dean (Medical), SRMIST, 4. Shri. Rajul Asthana, Vice Chairman, NC-UHV, AICTE, 5. Dr. Sharmila Asthana, MBBS, MD Pediatrics, UHV Resource Person, 6. Lt Col (Dr) A. Ravi Kumar, Pro Vice-Chancellor (Medical), SRMIST, 7. Dr. Mirunalini.G, Asso.Prof, Anaesthesiology, UHV Coordinator Medical, SRMIST.

## UHV TEAM WITH THE LEADERSHIP TEAM OF SRMIST

### WITH THE RESPECTED REGISTRAR

UHV-III FDP, MAY 2024



**FROM LEFT TO RIGHT** - 1. Dr. Infanta Mary Priya, Asso. Prof, Mech Eng, UHV UCC, ET, KTR, SRMIST, 2. Mrs. Kavitha.S Asst Prof. CDC, ET, SRMIST, 3. Dr. P. Supraja, Asso. Prof, NWC, University Coordinator UHV, ET, KTR, SRMIST, 4. Ms. J. Lalithashri VP IHM, SRMIST, 5. Prof. Veeragoudhaman T.S. Dean Physiotherapy, SRMIST, 6. Dr. Albert Antony Raj S, Deputy Dean S&H, SRMIST, 7. Dr. A. Duraisamy, Dean S&H, SRMIST, 8. Shri. Rajul Asthana, Vice Chairman, NC-UHV, AICTE, 9. Shri. Ganesh Bagaria, Member NC-UHV, AICTE, 11. Dr. S. Ponnusamy, Registrar, SRMIST, 12. Prof. Dr. Shenbagaraman V.M., Prof of Systems and Chairperson-Education Programs, MBA, SRMIST, 13. Dr. Vijayakumar Dean School of Electrical and Electronic Engineering, SRMIST, 14. Dr. Sathyanarayanan V., Prof. of Pharmacology, Associate Dean – Student Affairs, SRM MCHRC, 15. Dr. Prithviraj.R, Asst Prof ECE, SRMIST, 16. Dr. Preetha.M, Asst Prof, CDC, SRMIST, 17. Dr. Vijayashree, Asst Prof, CDC, SRMIST..

### WITH THE RESPECTED ADDITIONAL REGISTRAR (MSL)

HOLISTIC HEALTH FDP, FEB 2024



**FROM LEFT TO RIGHT** - 1. Dr. Sharmila Asthana, MBBS, MD Pediatrics, UHV Resource Person, 2. Dr. Mirunalini.G, Associate Professor Anaesthesiology, UHV Medical coordinator, SRM MCHRC, 3. Dr. T. Mythili, Additional Registrar (MSL), SRMIST, 4. Dr. Lalitha. R, Observer for the FDP, Dept of Humanities, R.M.K Engineering college, Chennai.



## UHV TEAM WITH THE LEADERSHIP TEAM OF SRMIST

**WITH THE RESPECTED DEAN ENGINEERING AND TECHNOLOGY**  
**UHV-II FDP, APRIL 2024**



**FROM LEFT TO RIGHT** - 1. Mr. Pradeeshwaran. V, Research Scholar, UHV volunteer, SRMIST, 2. Dr. Infanta Mary Priya, Asso. Prof, Mech Eng, UHV UCC, ET, KTR, SRMIST, 3. Sh. Umesh Namdev Jadhav, Member NC-UHV, AICTE, 4. Dr. T.V.Gopal, Dean Engineering and Technology, KTR, SRMIST, 5. Prof. Dr. Gowri Shankar Rao, Observer FDP, Vel Tech University, Chennai, 6. Mrs. Lipika, Co facilitator FDP, Director Bhooshala, UHV member, 7. Dr. P. Supraja, Asso. Prof, NWC, University Coordinator UHV, ET, KTR, SRMIST.

**WITH THE RESPECTED DEAN, MEDICAL COLLEGE HOSPITAL AND RESEARCH CENTER**  
**UHV-III FDP, MAY 2024**



**FROM LEFT TO RIGHT** - 1. Dr. P. Supraja, Asso. Prof, NWC, University Coordinator UHV, ET, KTR, SRMIST, 2. Dr. Mirunalini.G, Asso. Prof, Anaesthesiology, UHV Coordinator Medical, SRMIST, 3. Dr. Sathyanarayanan V., Prof. of Pharmacology, Associate Dean – Student Affairs, SRM MCHRC, 4. Prof. (Dr.) Nitin M Nagarkar, Dean (Medical), SRMIST, 5. Shri. Ganesh Bagaria, Member NC-UHV, AICTE, 6. Shri. Rajul Asthana, Vice Chairman, NC-UHV, AICTE,

## UHV TEAM WITH THE LEADERSHIP TEAM OF SRMIST

### WITH THE RESPECTED DEAN RESEARCH

UHV-III FDP, MAY 2024



**FROM LEFT TO RIGHT** - 1. Dr.Prithiviraj.R, Asst Prof ECE, SRMIST, 2. Sh. Umesh Namdev Jadhav, Member NC-UHV, AICTE, 3. Dr. Kumar Sambhav, Director, UPID, Noida, UHV Resource person, 4. Dr. Bernaurdshaw Neppolian, Dean Research, 5.Shri. Ganesh Bagaria, Member NC-UHV, AICTE, 6.Shri. Rajul Asthana, Vice Chairman, NC-UHV, AICTE, 7. Dr. Sharmila Asthana, MBBS, MD Pediatrics, UHV Resource Person, 8. Shri. Deepesh A, Member NC-UHV, Subcommittee RC (SWR), 9. Dr.P.Supraja, Asso.Prof, NWC, University Coordinator UHV, ET, KTR, SRMIST.

### THE RESPECTED DEAN, SCHOOL OF BIOENGINEERING THE RESPECTED DIRECTOR - INTERNATIONAL RELATIONS THE RESPECTED DEPUTY DIRECTOR, DIRECTORATE OF STUDENT AFFAIRS UHV-III FDP, MAY 2024



**FROM LEFT TO RIGHT** - 1.Dr.M.Vairamani Dean, School of Bio Engineering, SRMIST, 2. Dr.P.Supraja, Asso.Prof, NWC, University Coordinator UHV, ET, KTR, SRMIST, 3. Shri. Ganesh Bagaria, Member NC-UHV, AICTE, 4. Mr. Lakshmi Narasimhan, Director - International Relations, SRMIST, 5. Dr. Prince Kalyanasundaram, Deputy Director, Directorate of Student Affairs, SRMIST.





## GLIMPSES OF UHV INTRODUCTORY FDP

BY VALUE EDUCATION CELL, SRMIST







## GLIMPSES OF HOLISTIC HUMAN HEALTH (HHH) - I

FDP BY UHV CELL SRM MEDICAL COLLEGE AND  
VALUE EDUCATION CELL, SRMIST







## GLIMPSES OF UHV - II FDP

BY VALUE EDUCATION CELL, SRMIST





## GLIMPSES OF UHV - III FDP

BY VALUE EDUCATION CELL, SRMIST







## GLIMPSES OF DEPARTMENTAL OUTREACH ACTIVITIES

IN COLLABORATION WITH VALUE EDUCATION CELL, SRMIST







## GLIMPSES OF DEPARTMENTAL OUTREACH ACTIVITIES

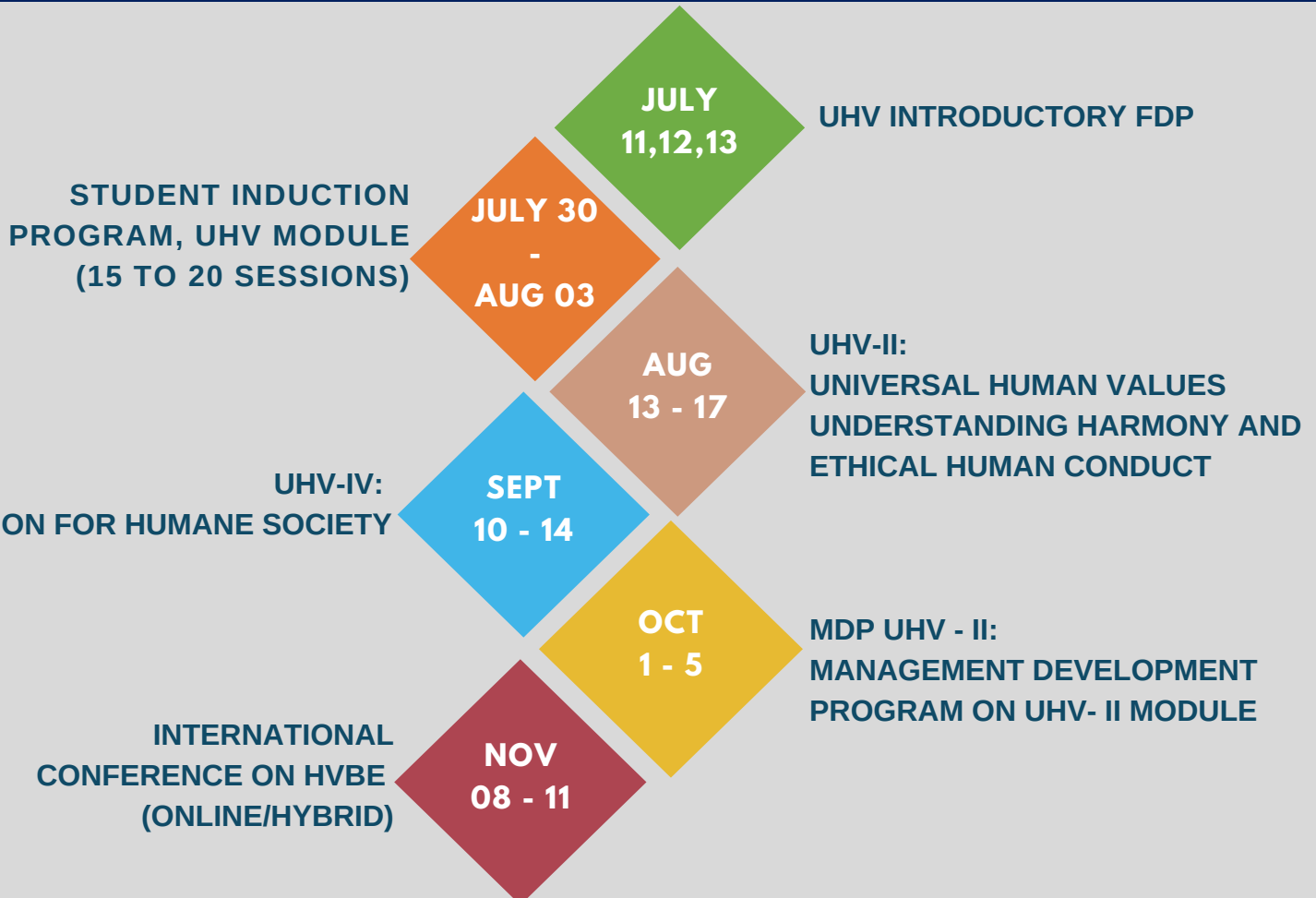
IN COLLABORATION WITH VALUE EDUCATION CELL, SRMIST



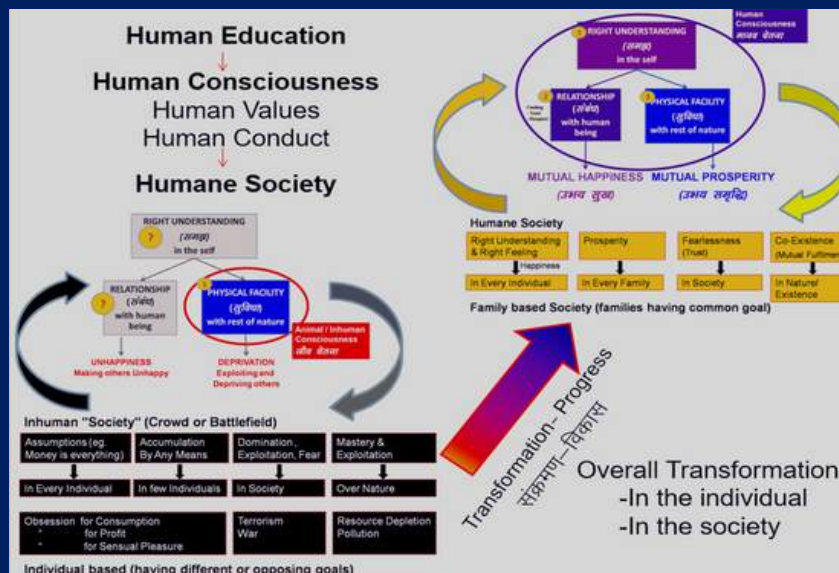
# UPCOMING EVENTS

## UPCOMING EVENTS FROM VALUE EDUCATION CELL

JULY 2024 - DECEMBER 2024



**SRMIST IS COMMITTED TO HOLISTIC VALUE BASED EDUCATION  
LET US WORK TOWARD THE TRANSFORMATION**





## IMPORTANT LINKS TO UHV ACTIVITIES

### 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/>

### Weekly Follow-up meeting in English (Every Saturday 02.00pm to 04.30pm)

<https://zoom.us/j/92273904605?pwd=OXFQLzFRK2lkSDZnS0srVjhBaGhJdz09>

### Weekly Follow-up meeting in English (Every Sunday 03.00pm to 05.30pm)

<https://zoom.us/j/98085355444?pwd=U3RoVkIRtZU0MTBIQXhkc1phV0d3Zz09>

### Combined Monthly meeting in English (Sunday 03.00pm to 05.30pm)

[https://zoom.us/webinar/register/WN\\_hSlqNnOaTVSTS2l-3uTBcw](https://zoom.us/webinar/register/WN_hSlqNnOaTVSTS2l-3uTBcw)

## THE EDITORIAL TEAM - SRM SYNERGY



#### CONTENT EDITOR

Dr. V. Hemamalini, Associate Professor,  
Dept. of Networking and Communication,  
E&T, SRMIST, KTR



#### PROOF EDITOR

Dr. P.C. Karthika, Assistant Professor,  
Dept. of Physics & Nanotechnology,  
SRMIST, KTR.



#### DESIGN EDITOR

Dr. R. Prithiviraj, Assistant Professor,  
Dept. of Electronics and Communications,  
E&T, SRMIST, KTR



#### EDITOR - SRM SYNERGY

Dr. G. Mirunalini, Associate Professor,  
Dept. of Anesthesiology, SRM MCH RC,  
SRMIST, KTR.





**SRM**  
INSTITUTE OF SCIENCE & TECHNOLOGY  
Deemed to be University u/s 3 of UGC Act, 1956

# JAN - JULY 2024

# SRM

# SYNERGY

BI-ANNUAL NEWSLETTER  
VOLUME 2, ISSUE 1



**NEWSLETTER**

**The Value Education Cell**  
**SRMIST**

