


 <b>ATMIYA UNIVERSITY</b>	NAAC – Cycle – 1 AISHE: U-0967	
	Criterion 3	R, I & E
	KI 3.6	M 3.6.1

3.6.1	Outcomes of extension activities in the neighborhood community in terms of impact and sensitizing the students to social issues and holistic development, and awards received if any during the last five years (Showcase at least four case studies to the peer team)
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## Happiness Meet Session 75

### Let's Understand the "GOD/Is hwar/Alla h"




**Facilitator: Jay A. Patel**

**Date: 4/10/2022, Tuesday Time:8:00 AM**

**Venue: Video Room, Central Library.**


**Organized By- UHV Cell  
Atmiya University**



## Happiness Meet Session 74

### Book: Divya Path

(Source: Madhyasth Darshan, Sah-Ashtitvavad)



**Facilitator: Paras P. Kalariya**

**Date: 3rd October 2022, Mon.**

**For Seniour Students(book Study - Divya Path)**

**= Time:2:30 PM to 4:00 PM**

**Venue: Central Library, Maker Space.**

**Organized By- UHV Cell  
Atmiya University**






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NAAC – Cycle – 1  
AISHE: U-0967

Criterion 3

R, I & E

KI 3.6

M 3.6.1



## Happiness Meet Session 73 Let's Understand the "GOD/Is hwar/Alla h"



Facilitator: Jay A. Patel

Date: 3/10/2022, Monday Time:7:30 AM

Venue: Video Room, Central Library.

Organized By- UHV Cell  
Atmiya University



## Happiness Meet Session 69

### Continuous Happiness



Facilitator: Jay A. Patel

Date: 20/9/2022, Monday Time:7:30 AM

Venue: Maker Space, Central Library.

Organized By- UHV Cell  
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AISHE: U-0967

Criterion 3

R, I & E

KI 3.6

M 3.6.1



## Happiness Meet Session 67

### Continuous Happiness



Facilitator: Vishal G. Chhaya

Date: 16/9/2022, Friday Time: 2:15 PM

Venue: Central Library, Video Room



Organized By- UHV Cell  
Atmiya University



## Happiness Meet Session 66

### Continuous Happiness



Facilitator: Jay A. Patel

Date: 13/9/2022, Tuesday Time: 7:30 AM

Venue: Central Library, Video Room



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 <b>ATMIYA UNIVERSITY</b>	NAAC – Cycle – 1 AISHE: U-0967	
	Criterion 3	R, I & E
	KI 3.6	M 3.6.1



## Happiness Meet Session 65

### Continuous Happiness



Facilitator: Jay A. Patel

Date: 12/9/2022, Monday Time: 7:30 AM

Venue: Central Library, Video Room

Organized By- UHV Cell  
Atmiya University



## Happiness Meet Session 64

### Continuous Happiness



Facilitator: Jay A. Patel

Date: 9th September 2022, Friday.

For New Students = Time: 2:15 PM

Venue: Central Library, Video Room

Organized By- UHV Cell  
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NAAC – Cycle – 1  
AISHE: U-0967

Criterion 3

R, I & E

KI 3.6

M 3.6.1



**Happiness Meet  
Session 63**

## Book: Divya Path

(Source: Madhyasth Darshan, Sah-Ashtitvavad)



Facilitator: Paras P. Kalariya

Date: 6th September 2022, Tue.

For Seniour Students(book Study - Divya Path)

= Time:3:30 PM to 5:00 PM

Venue: Central Library, Maker Space.

**Organized By- UHV Cell  
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**Happiness Meet  
Session 62**

## Book: Divya Path

(Source: Madhyasth Darshan, Sah-Ashtitvavad)



Facilitator: Paras P. Kalariya

Date: 4th September 2022, Sat.

For Seniour Students(book Study - Divya Path)

= Time:10:00 AM to 11:30 AM

Venue: Central Library, Maker Space.

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NAAC – Cycle – 1  
AISHE: U-0967

Criterion 3

R, I & E

KI 3.6

M 3.6.1



**Happiness Meet  
Session 61**

## **Book: Divya Path**

(Source: Madhyasth Darshan, Sah-Ashtitvavad)



**Facilitator: Paras P. Kalariya**

**Date: 3rd September 2022, Sat.**

**For Seniour Students(book Study - Divya Path)**

**= Time:7:00 AM to 8:30 AM**

**Venue: Central Library, Maker Space.**

**Organized By- UHV Cell  
Atmiya University**



**Happiness Meet  
Session 60**

## **Continuous Happiness**



**Facilitator: Jay A. Patel**

**Date: 3rd September 2022, Saturday.**

**For New Students = Time: 8:00 AM**

**Venue: Central Library, Video Room**

**Organized By- UHV Cell  
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NAAC – Cycle – 1  
AISHE: U-0967

Criterion 3

R, I & E

KI 3.6

M 3.6.1



**Happiness Meet  
Session 59**

## Book: Divya Path

(Source: Madhyasth Darshan, Sah-Ashtitvavad)



Facilitator: Paras P. Kalariya

Date: 2nd September 2022, Fri.

For Seniour Students(book Study - Divya Path)

= Time:2:15 PM to 3:15 PM

Venue: Central Library, Maker Space.

**Organized By- UHV Cell  
Atmiya University**



**Happiness Meet  
Session 58**

## Continuos Happiness



Facilitator: Jay A. Patel

Date: 2nd September 2022, Fri.

For New Students = Time:2:15 PM

Venue: Central Library, Video Room

**Organized By- UHV Cell  
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NAAC – Cycle – 1  
AISHE: U-0967

Criterion 3

R, I & E

KI 3.6

M 3.6.1



**Happiness Meet  
Session 56**

**Expectations In  
Friend Relationship**



Facilitator: Paras Kalariya

Date: 5/8/2022, Friday Time:2:15 PM

Venue: UHV Board Room, in front of UHV Cell,  
B-wing, 3rd floor.

**Organized By- UHV Cell  
Atmiya University**



**Happiness Meet  
Session 55**

**Continuous Happiness**



Facilitator: Paras Kalariya

Date: 5/8/2022, Friday, Time:8-9 AM

Venue: Video Room- Central Library

**Organized By- UHV Cell  
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	Criterion 3	R, I & E
	KI 3.6	M 3.6.1



## Happiness Meet Session 54

### Expectations In Parents-Children Relationship



Facilitator: Jay A. Patel  
Date: 22/7/2022, Friday Time: 2:15 PM  
Venue: UHV Board Room, in front of UHV Cell,  
B-wing, 3rd floor.

Organized By- UHV Cell  
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## Happiness Meet Session 55

### Expectations In Brother-Sister/Brother/Sister Relationship



Facilitator: Jay A. Patel  
Date: 29/7/2022, Friday Time: 2:15 PM  
Venue: Central Library Video Room.

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AISHE: U-0967

Criterion 3

R, I & E

KI 3.6

M 3.6.1



**Happiness Meet  
Session 48**

**Expectations In A Relationships**



Facilitator: Jay A. Patel

Date: 1st June 2022, Wed. Time:2:30 PM

Venue: Central Library, Video Room

Expectation

Relation

**Organized By- UHV Cell  
Atmiya University**



**Happiness Meet  
Session 47**

**Expectations In A Relationships**



Facilitator: Jay A. Patel

Date: 31 May 2022, Tue. Time:2:15 PM

Venue: Central Library, Video Room

Expectation

Relation

**Organized By- UHV Cell  
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	Criterion 3	R, I & E
	KI 3.6	M 3.6.1



**Happiness Meet  
Session 46**

**Feeling in relationship - Glory,  
Gratitude and Love**



Facilitator: Jay A. Patel  
Date: 24 May 2022, Tue. Time: 2:15 PM  
Venue: Central Library, Video Room



**Organized By- UHV Cell  
Atmiya University**



**Happiness Meet  
Session 45**

**Feeling in relationship - Affection,  
Care, Guidance, Reverance**



Facilitator: Jay A. Patel  
Date: 19 May 2022, Thu. Time: 2:15 PM  
Venue: Central Library, Video Room



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	Criterion 3	R, I & E
	KI 3.6	M 3.6.1



**Happiness Meet  
Session 44**

**Feeling in relationship  
Affection, Care and Guidance**



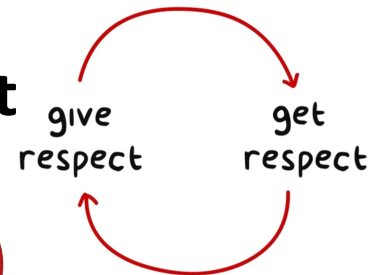
**Facilitator: Ankit K. Kalariya**  
Date: 5 May 2022, Thu. Time: 2:15 PM  
Venue: Central Library, Video Room

**Organized By- UHV Cell  
Atmiya University**



**Happiness Meet  
Session 43**

**Feeling in  
Relationship-Respect  
Part-2**



**Facilitator: Paras P. Kalariya**  
Date: 29 April 2022, Fri. Time: 2:15 PM  
Venue: Central Library, Video Room

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NAAC – Cycle – 1  
AISHE: U-0967

Criterion 3

R, I & E

KI 3.6

M 3.6.1



**Happiness Meet  
Session 41**

# Feeling In Relationship

Question-Answer and Sharing Session



Facilitator: Jay A. Patel

Date: 15 April 2022, Fri. Time: 2:15 PM

Venue: Central Library, Video Room



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Atmiya University**



**Happiness Meet  
Session 40**

# Feeling In Relationship

Facilitator: Paras P. Kalariya

Date: 7 April 2022, Thu. Time: 2:15 PM

Venue: Central Library, Video Room



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Criterion 3

R, I & E

KI 3.6

M 3.6.1



**Happiness Meet  
Session 39**

## **Affection, Care & Guidance in Relationship**



**Facilitator: Paras P. Kalariya**

**Date: 31 Mar 2022, Thu. Time:2:15 PM**

**Venue: Central Library, Video Room**



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**Happiness Meet  
Session 38**

## **Affection, Care & Guidance in Relationship**



**Facilitator: Jay A. Patel**

**Date: 30 Dec 2021, Thu. Time:2:15 PM**

**Venue: Central Library, Video Room**



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Criterion 3

R, I & E

KI 3.6

M 3.6.1



**Happiness Meet  
Session 36**

# Respect in Relationship



Facilitator: Jay A. Patel

Date: 14 Dec 2021, Tue. Time: 2:15 PM

Venue: Central Library, Video Room

**Organized By- UHV Cell  
Atmiya University**



**Happiness Meet  
Session 35**

# Who am I? (Part-2)



Facilitator: Jay A. Patel

Date: 20-9-2021, Mon. Time: 4:30 PM

Link: <http://bit.ly/Happinessmeet>

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	Criterion 3	R, I & E
	KI 3.6	M 3.6.1



**Happiness Meet  
Session 34**

# Who am I?



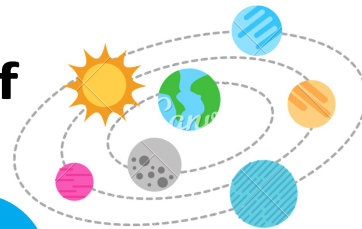
**Facilitator: Jay A. Patel**  
**Date: 15-9-2021, Wed. Time:5 PM**  
**Link: <http://bit.ly/Happinessmeet>**

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**Happiness Meet  
Session 33**

# Let's Explore the Interconnectedness of Existence (Part-3)



**Facilitator: Jay A. Patel**  
**Date: Sep 6, 2021, Monday Time:5 PM**  
**Link: <http://bit.ly/Happinessmeet>**

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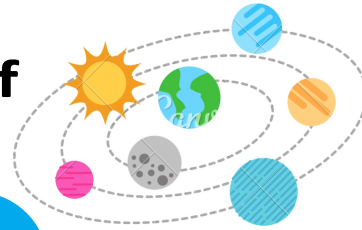


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	Criterion 3	R, I & E
	KI 3.6	M 3.6.1



**Happiness Meet  
Session 32**

**Let's Explore the  
Interconnectedness of  
Existence (Part-2)**



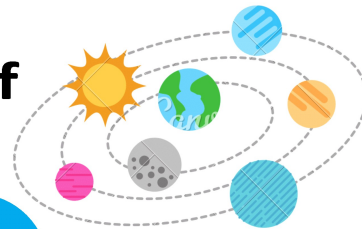
**Facilitator: Jay A. Patel**  
**Date: Aug 8, 2021, Sunday Time: 10 AM**  
**Link: <http://bit.ly/Happinessmeet>**

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**Happiness Meet  
Session 31**

**Let's Explore the  
Interconnectedness of  
Existence**



**Facilitator: Jay A. Patel**  
**Date: July 25, 2021, Sunday Time: 10 AM**  
**Link: <http://bit.ly/Happinessmeet>**

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Criterion 3

R, I & E

KI 3.6

M 3.6.1



**Happiness Meet  
Session 30**

**Let's Explore the  
expectation in  
employer - employee  
relation.**



**Facilitator: Jay A. Patel**

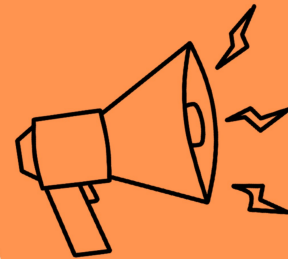
**Date: July 11, 2021, Sunday Time: 10 AM**

**Link: <http://bit.ly/Happinessmeet>**

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**अ भ  
(Sharing & Q&A Session)**



**Facilitator: Jay A. Patel**

**Date: July 17, 2021, Sat Time: 5:30 PM**

**Link: <http://bit.ly/Happinessmeet>**

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AISHE: U-0967

Criterion 3

R, I & E

KI 3.6

M 3.6.1



**Happiness Meet  
Session 29**

**Let's Explore the  
expectation in  
Teacher-Student relation**



**Facilitator: Jay A. Patel**

**Date: July 4, 2021, Sunday Time: 10 AM**

**Link: <http://bit.ly/Happinessmeet>**



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**Happiness Meet  
Session 26, 27**

**पुनर्वतन**



**Facilitator: Jay A. Patel**

**Date: June, 25 & 26, 2021, Time: 5 PM**

**Link: <http://bit.ly/Happinessmeet>**



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NAAC – Cycle – 1  
AISHE: U-0967

Criterion 3

R, I & E

KI 3.6

M 3.6.1



## Happiness Meet Session 70

### Continuous Happiness



Facilitator: Jay A. Patel

Date: 23/9/2022, Friday Time:2:15 PM

Venue: Video Room, Central Library.



**Organized By- UHV Cell  
Atmiya University**



## Happiness Meet Session 71

### Let's Understand Relation in completeness



Facilitator: Vishal Chaya, Jay Patel

Paras Kalariya

Date: 13 April 2023, Thu.

Time: 2:00 PM to 3:30 PM

Venue: Central Library, video room, Ground Floor.

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AISHE: U-0967

Criterion 3

R, I & E

KI 3.6

M 3.6.1



## Happiness Meet Session 72

### Harmony in Nature



Facilitator: Vishal Chhaya

Date: 01/10/2022, Saturday

Time: 7:30AM to 9:20AM

Venue: Video Room, Central Library.

**Organized By- UHV Cell  
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	Criterion 3	R, I & E
	KI 3.6	M 3.6.1



## SUMMARY REPORT

[Happiness Meet sessions]

Organized by CVMS cell, Atmiya University

Date: 10-4-2020

Facilitator: Mrs. Khyati Joshi, CVMS Cell Member

No. of participants:- 30

### About the Session:

Happiness meet is an initiative taken by the CVMS Cell to encourage the curious students of different faculties of Atmiya University, to explore the content of Madhyasth Darshan more deeply after attending 5 days student induction programme. This session has been arranged weekly after college hours and it is conducted by faculties of CVMS Cell. Topic of the session is being planned according to the flow of the subject and it is communicated well in advance to the



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 <b>ATMIYA UNIVERSITY</b>	<b>NAAC – Cycle – 1</b> <b>AISHE: U-0967</b>	
	<b>Criterion 3</b>	<b>R, I &amp; E</b>
	<b>KI 3.6</b>	<b>M 3.6.1</b>

students through whatsapp group. In the session of two hours various topics related to individual identity, thought process, feeling in relationships and topics related to the religious and spiritual quest is discussed. Students verify the content on their own basis, solve their doubts and resolve their issues.

**Session Topic:-**

How thoughts make a life easier. Session was conducted online at the time of covid impact. Session was conducted on how thought process impacts the mind positively and negatively and how can we manage it. Students were able to gain advantages related to study and concentration.



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AISHE: U-0967

Criterion 3

R, I & E

KI 3.6

M 3.6.1



**SUMMARY REPORT**

**[Happiness Meet sessions]**

**Organized by CVMS cell, Atmiya University**

**Date:- 12-6-2020**

**Facilitator: Ankit Kalariya, CVMS Cell Members**

**Topic :- Anger is not only the option**

**Time:- 1-2 hours per week**

**No. of participant:- 44**

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### **About the Session:**

Happiness meet is an initiative taken by the CVMS Cell to encourage the curious students of different faculties of Atmiya University, to explore the content of Madhyasth Darshan more deeply after attending 5 days student induction programme. This session has been arranged weekly after college hours and it is conducted by faculties of CVMS Cell. Topic of the session is being planned according to the flow of the subject and it is communicated well in advance to the students through whatsapp group. In the session of two hours various topics related to individual identity, thought process, feeling in relationships and topics related to the religious and spiritual quest is discussed. Students verify the content on their own basis, solve their doubts and resolve their issues.

### **Session Details:-**

Glimpses: -



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**Criterion 3**

**R, I & E**

**KI 3.6**

**M 3.6.1**

**Feedback of the Students/Faculties/Parents: -**



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AISHE: U-0967

Criterion 3

R, I & E

KI 3.6

M 3.6.1



**SUMMARY REPORT**

**[Happiness Meet sessions]**

**Organized by CVMS cell, Atmiya University**

**Date:- 27-9-2020**

**Facilitator: Vishal Chaaya, CVMS Cell Members**

**Topic:- How Decisions are made**

**No. of participants:- 26**

**About the Session:**

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Happiness meet is an initiative taken by the CVMS Cell to encourage the curious students of different faculties of Atmiya University, to explore the content of Madhyasth Darshan more deeply after attending 5 days student induction programme. This session has been arranged weekly after college hours and it is conducted by faculties of CVMS Cell. Topic of the session is being planned according to the flow of the subject and it is communicated well in advance to the students through whatsapp group. In the session of two hours various topics related to individual identity, thought process, feeling in relationships and topics related to the religious and spiritual quest is discussed. Students verify the content on their own basis, solve their doubts and resolve their issues.



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Criterion 3

R, I & E

KI 3.6

M 3.6.1

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NAAC – Cycle – 1  
AISHE: U-0967

Criterion 3

R, I & E

KI 3.6

M 3.6.1



**SUMMARY REPORT**

[Happiness Meet sessions]

Organized by CVMS cell, Atmiya University

Date:- 18-10-2020

Facilitator: Ankit Kalariya, CVMS Cell Members

Session topic: - Play with anger

No. Of participants:- 50

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	<b>Criterion 3</b>	<b>R, I &amp; E</b>
	<b>KI 3.6</b>	<b>M 3.6.1</b>

### About the Session:

Happiness meet is an initiative taken by the CVMS Cell to encourage the curious students of different faculties of Atmiya University, to explore the content of Madhyasth Darshan more deeply after attending 5 days student induction programme. This session has been arranged weekly after college hours and it is conducted by faculties of CVMS Cell. Topic of the session is being planned according to the flow of the subject and it is communicated well in advance to the students through whatsapp group. In the session of two hours various topics related to individual identity, thought process, feeling in relationships and topics related to the religious and spiritual quest is discussed. Students verify the content on their own basis, solve their doubts and resolve their issues.



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Criterion 3

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KI 3.6

M 3.6.1



**SUMMARY REPORT**

**[Happiness Meet sessions]**

**Organized by CVMS cell, Atmiya University**

**Date: - 25-10-2020**

**Facilitator: - Ankit Kalariya, CVMS Cell Members**

**Session topic: - Win over anger**

**No. Of participants: - 45**

**Mode of conduct: - Online**

**Registrar**

**Atmiya University, Rajkot-Gujarat-India**

**Atmiya University  
Rajkot**

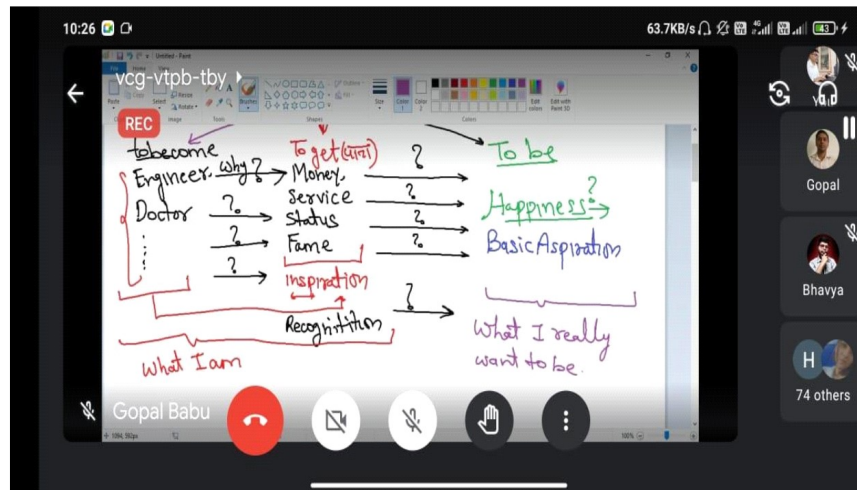




**About the Session:**

Happiness meet is an initiative taken by the CVMS Cell to encourage the curious students of different faculties of Atmiya University, to explore the content of Madhyasth Darshan more deeply after attending 5 days student induction programme. This session has been arranged weekly after college hours and it is conducted by faculties of CVMS Cell. Topic of the session is being planned according to the flow of the subject and it is communicated well in advance to the students through whatsapp group. In the session of two hours various topics related to individual identity, thought process, feeling in relationships and topics related to the religious and spiritual quest is discussed. Students verify the content on their own basis, solve their doubts and resolve their issues.

**Glimpses:**



**Registrar**

Atmiya University, Rajkot-Gujarat-India

**Atmiya University  
Rajkot**





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**Registrar**

Atmiya University, Rajkot-Gujarat-India

**Atmiya University  
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AISHE: U-0967

Criterion 3

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**SUMMARY REPORT**

[Happiness Meet sessions]

Organized by CVMS cell, Atmiya University

Date: - 10-11-2020

Facilitator: - Paras Kalariya, CVMS Cell Members

Session topic: - Win over anger

No. Of participants: - 38

Mode of conduct : - Online

**About the Session:**

**Registrar**

Atmiya University, Rajkot-Gujarat-India

**Atmiya University  
Rajkot**





Happiness meet is an initiative taken by the CVMS Cell to encourage the curious students of different faculties of Atmiya University, to explore the content of Madhyasth Darshan more deeply after attending 5 days student induction programme. This session has been arranged weekly after college hours and it is conducted by faculties of CVMS Cell. Topic of the session is being planned according to the flow of the subject and it is communicated well in advance to the students through whatsapp group. In the session of two hours various topics related to individual identity, thought process, feeling in relationships and topics related to the religious and spiritual quest is discussed. Students verify the content on their own basis, solve their doubts and resolve their issues.

Glimpses: -



**Registrar**

Atmiya University, Rajkot-Gujarat-India

**Atmiya University  
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**Atmiya University  
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**SUMMARY REPORT**

**[Happiness Meet sessions]**

**Organized by CVMS cell, Atmiya University**

**Date: - 13-12-2020**

**Facilitator: Jigar Ratnottar, CVMS Cell Members**

**Session topic: - Discover Yourself**

**No. Of participants: - 72**

**Registrar**

**Atmiya University, Rajkot-Gujarat-India**

**Atmiya University  
Rajkot**



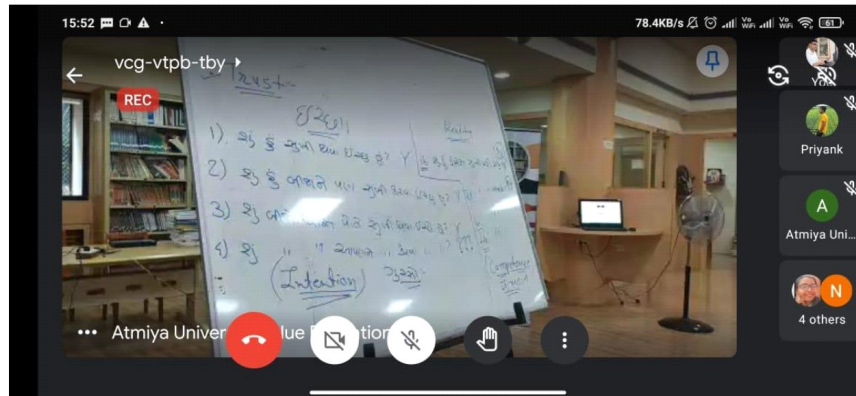




**About the Session:**

Happiness meet is an initiative taken by the CVMS Cell to encourage the curious students of different faculties of Atmiya University, to explore the content of Madhyasth Darshan more deeply after attending 5 days student induction programme. This session has been arranged weekly after college hours and it is conducted by faculties of CVMS Cell. Topic of the session is being planned according to the flow of the subject and it is communicated well in advance to the students through whatsapp group. In the session of two hours various topics related to individual identity, thought process, feeling in relationships and topics related to the religious and spiritual quest is discussed. Students verify the content on their own basis, solve their doubts and resolve their issues.

**Glimpses: -**



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**ATMIYA  
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AISHE: U-0967

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**SUMMARY REPORT**

[Happiness Meet sessions]

Organized by CVMS cell, Atmiya University

Date: - 21-12-2020

Facilitator: Jigar Ratnottar, CVMS Cell Members

Session topic: - Knowing is enjoying

No. Of participants: - 72

**About the Session:**

**Registrar**

Atmiya University, Rajkot-Gujarat-India

**Atmiya University  
Rajkot**





Happiness meet is an initiative taken by the CVMS Cell to encourage the curious students of different faculties of Atmiya University, to explore the content of Madhyasth Darshan more deeply after attending 5 days student induction programme. This session has been arranged weekly after college hours and it is conducted by faculties of CVMS Cell. Topic of the session is being planned according to the flow of the subject and it is communicated well in advance to the students through whatsapp group. In the session of two hours various topics related to individual identity, thought process, feeling in relationships and topics related to the religious and spiritual quest is discussed. Students verify the content on their own basis, solve their doubts and resolve their issues.

Glimpses: -



Feedbacks:-

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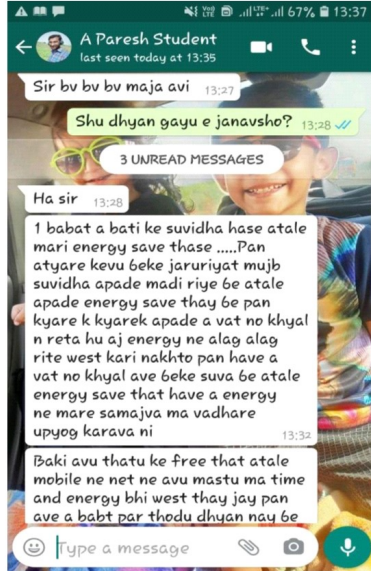
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AISHE: U-0967

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Atmiya University, Rajkot-Gujarat-India

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**SUMMARY REPORT**

**[Happiness Meet sessions]**

**Organized by CVMS cell, Atmiya University**

**Date :- 27-12-2020**

**Facilitator : Gopal Babu Sir , Expert Faculty, UHV,AICTE**

**Session topic: - What I want to be**

**No. Of participants :- 50**

**About the Session:**

Happiness meet is an initiative taken by the CVMS Cell to encourage the curious students of different faculties of Atmiya University, to explore the content of

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**Atmiya University, Rajkot-Gujarat-India**

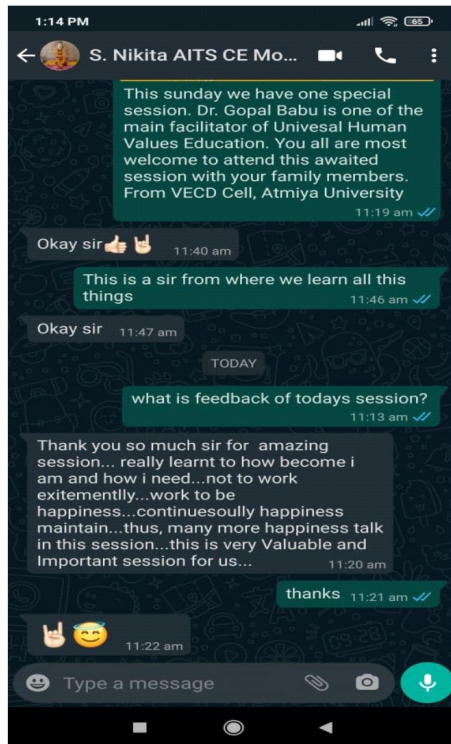
**Rajkot**



 <b>ATMIYA UNIVERSITY</b>	<b>NAAC – Cycle – 1</b> <b>AISHE: U-0967</b>	
	<b>Criterion 3</b>	<b>R, I &amp; E</b>
	<b>KI 3.6</b>	<b>M 3.6.1</b>

Madhyasth Darshan more deeply after attending 5 days student induction programme. This session has been arranged weekly after college hours and it is conducted by faculties of CVMS Cell. Topic of the session is being planned according to the flow of the subject and it is communicated well in advance to the students through whatsapp group. In the session of two hours various topics related to individual identity, thought process, feeling in relationships and topics related to the religious and spiritual quest is discussed. Students verify the content on their own basis, solve their doubts and resolve their issue.

**Feedback of the Students/Faculties/Parents: -**




**Registrar**  
**Atmiya University**  
 Rajkot-Gujarat-India  
**Rajkot**



 <b>ATMIYA UNIVERSITY</b>	<b>NAAC – Cycle – 1</b> <b>AISHE: U-0967</b>	
	<b>Criterion 3</b>	<b>R, I &amp; E</b>
	<b>KI 3.6</b>	<b>M 3.6.1</b>



**ATMIYA UNIVERSITY**

(Established under the Gujarat Private University Act 11, 2018)

Yogidham Gurukul, Kalawad Road, Rajkot - 360005, Gujarat (INDIA)

**SUMMARY REPORT**

**On**

**Happiness Meet sessions**

**Organized by CVMS cell, Atmiya University**

**Year: February 2022 to March 2022**

**Facilitator: CVMS Cell Members**

**No. of Sessions – 12**

**Time: - 2 hours per week**



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 <b>ATMIYA UNIVERSITY</b>	<b>NAAC – Cycle – 1</b>	
	<b>AISHE: U-0967</b>	
	<b>Criterion 3</b>	<b>R, I &amp; E</b>
	<b>KI 3.6</b>	<b>M 3.6.1</b>

### About the Session:

Happiness meet is an initiative taken by the CVMS Cell to encourage the curious students of different faculties of Atmiya University, to explore the content of Madhyasth Darshan more deeply after attending 5 days student induction programme. This session has been arranged weekly after college hours and it is conducted by faculties of CVMS Cell. Topic of the session is being planned according to the flow of the subject and it is communicated well in advance to the students through whatsapp group. In the session of two hours various topics related to individual identity, thought process, feeling in relationships and topics related to the religious and spiritual quest is discussed. Students verify the content on their own basis, solve their doubts and resolve their issues.

### Session Details: -

Sr. No.	Topic Name	Conducted By	Date	No. Of Participants
1)	Expectation in parents-children relationship	Mr. Jay Patel	19/05/2021	20
2)	Expectations in Brother-sister Relationship	Mr. Jay Patel	16/05/2021	15
3)	Continuous Happiness	Mr.Paras Kalariya	03/05/2021	20
4)	Expectation in Friendship	Mr.Paras Kalariya	28/04/2021	17
5)	Let's understand the God/ISHwar/Allah Part-1	Mr. Jay Patel	25/04/2021	15
6)	Continuous Happiness	Mr.Paras Kalariya	17/04/2021	10
7)	Continuous Happiness	Vishal Chaaya	07/04/2021	12



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Atmiya University, Rajkot-Gujarat-India

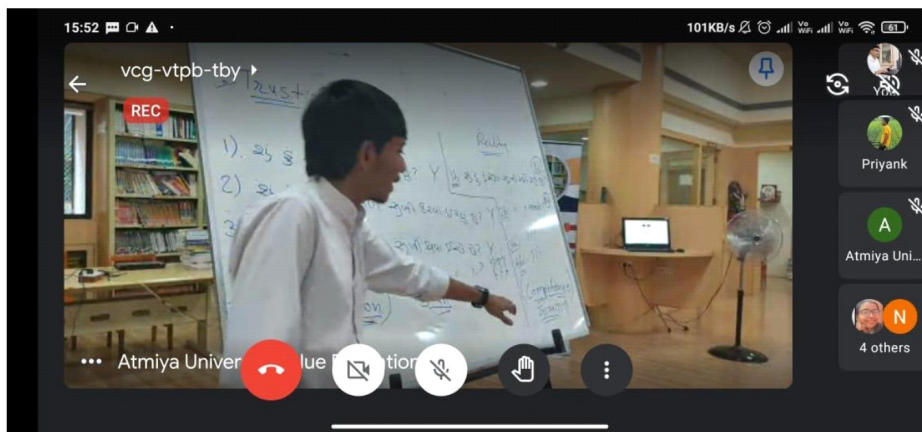
**Atmiya University  
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8)	Continuous Happiness	Vishal Chaaya	05/04/2021	10
9)	Book Divyapath	Mr.Paras Kalariya	19/03/2021	16
10)	Harmony in Nature	Mr. Jay Patel	01/03/2021	16
11)	Let's Understand The God,Ishwar,Allah	Mr. Jay Patel	22/2/2021	15
12)	Book Divyapath	Mr.Paras Kalariya	14/2/2021	15

Glimpses: -



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**SUMMARY REPORT**

**[Happiness Meet sessions]**

**Organized by CVMS cell, Atmiya University**

**Year: June 2021 to May, 2022**

**Facilitator: CVMS Cell Members**

**No. of Sessions – 29**

**Time:- 1-2 hours per week**

**Registrar**

Atmiya University, Rajkot-Gujarat-India

**Atmiya University  
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 <b>ATMIYA UNIVERSITY</b>	<b>NAAC – Cycle – 1</b>	
	<b>AISHE: U-0967</b>	
	<b>Criterion 3</b>	<b>R, I &amp; E</b>
	<b>KI 3.6</b>	<b>M 3.6.1</b>

**Session Details :-**

Sr.No.	Topic Name	Conducted By	Date	No. Of Participants
1	Punravartan"- Revision Session-1	Jay patel	31/05/2022	20
2	Punravartan"- Revision Session-2	Jay patel	24/05/2022	25
3	Punravartan"- Revision Session-3	Jay patel	19/05/2022	31
4	Let's Explore the expectation in Teacher-Student Relationship	Jay patel	5/5/2022	25
5	"Abhivyakti"-Sharing and Q&A Session	Jay patel	08/05/2022 (morning)	24
6	Let's Explore the expectation in Employer-Employee Relationship	Jay patel	08/05/2022 (evening)	26
7	"Abhivyakti"-Sharing and Q&A Session	Jay patel	21/04/2022	20
8	Let's Explore the Interconnectedness of Existence-1	Jay patel	15/04/2022	15
9	Let's Explore the Interconnectedness of Existence-2	Jay patel	10/04/2022 (morning)	17
10	Let's Explore the Interconnectedness of Existence-3	Jay patel	10/04/2022 (evening)	12
11	"Who am I?"	Jay patel	31/03/2022	11
12	"Who am I?" Part-2	Jay patel	06/01/2022	10
13	Respect in Relationship	Jay patel	30/12/2021	15
14	Affection,Care & Guidance in Relationship"	Jay patel	14/12/2021	19
15	Affection,Care & Guidance in Relationship-2"	Mr.Paras Kalariya	03/12/2021 to 03/12/2021	20
16	Feeling in Relationship-1	Mr.Paras Kalariya	04/11/2021 to 04/11/2021	21
17	Feeling in relationship-2	Jay patel	07/11/2021 to 07/11/2021	22



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 <b>ATMIYA UNIVERSITY</b>	<b>NAAC – Cycle – 1</b>	
	<b>AISHE: U-0967</b>	
	<b>Criterion 3</b>	<b>R, I &amp; E</b>
	<b>KI 3.6</b>	<b>M 3.6.1</b>


18	feeling in relationship "Respect"	Mr.Paras Kalariya	01/10/2021	15
19	feeling in relationship Affection,Care & Guidance Part-1	Mr. Ankit Kalariya	07/10/2021	10
20	Affection,Care & Guidance and Reverence in Relationship" Part-2	Jay patel	20/09/2021	10
21	Glory, Gratitude and love Feeling in relationship	Jay patel	15/09/2021	14
22	Expectation in relationships-Part-1	Jay patel	05/09/2021	12
23	Expectation in relationships-Part-2	Jay patel	08/08/2021	10
24	Expectation in relationships-Part-3	Jay patel	25/7/2021	12
25	Prosperity-part-1	Jay patel	17/7/2021	9
26	Prosperity-part-2	Mr. Ankit Kalariya	02/07/2021	10
27	Prosperity-part-3	Mr.Paras Kalariya	27/6/2021	15
28	Happiness & Prosperity	Jay patel	26/6/2021	11
29	Happiness & Prosperity	Jay patel	09/06/2021	10

**Glimpses: -**

 **Happiness Meet Session 47**


**Expectations In A Relationships** ➔ **Expectation**

**Relation** ➔




Facilitator: Jay A. Patel  
Date: 31 May 2022, Tue, Time:2:15 PM  
Venue: Central Library, Video Room

Organized By- UHV Cell  
Atmiya University

 **Happiness Meet Session 46**

**Feeling in relationship - Glory, Gratitude and Love**




Facilitator: Jay A. Patel  
Date: 24 May 2022, Tue, Time:2:15 PM  
Venue: Central Library, Video Room

Organized By- UHV Cell  
Atmiya University

 **Happiness Meet Session 45**

**Feeling in relationship - Affection, Care,Guidance,Reverance**




Facilitator: Jay A. Patel  
Date: 19 May 2022, Thu, Time:2:15 PM  
Venue: Central Library, Video Room

Organized By- UHV Cell  
Atmiya University

 **Happiness Meet Session 44**

**Feeling in relationship Affection, Care and Guidance**




Facilitator: Ankit K. Kalariya  
Date: 5 May 2022, Thu, Time:2:15 PM  
Venue: Central Library, Video Room

Organized By- UHV Cell  
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Happiness Meet  
Session 41

**Feeling In Relationship**  
Question-Answer and Sharing Session




Facilitator: Jay A. Patel  
Date: 15 April 2022, Fri. Time:2:15 PM  
Venue: Central Library, Video Room

Organized By- UHV Cell  
Atmiya University

Happiness Meet  
Session 40

**Feeling In Relationship**



Facilitator: Paras P. Kalariya  
Date: 7 April 2022, Thu. Time:2:15 PM  
Venue: Central Library, Video Room

Organized By- UHV Cell  
Atmiya University

Happiness Meet  
Session 39

**Affection, Care & Guidance in Relationship**



Facilitator: Paras P. Kalariya  
Date: 31 Mar 2022, Thu. Time:2:15 PM  
Venue: Central Library, Video Room

Organized By- UHV Cell  
Atmiya University

Happiness Meet  
Session 38

**Affection, Care & Guidance in Relationship**




Facilitator: Jay A. Patel  
Date: 30 Dec 2021, Thu. Time:2:15 PM  
Venue: Central Library, Video Room

Organized By- UHV Cell  
Atmiya University

Happiness Meet  
Session 36

**Respect in Relationship**




Facilitator: Jay A. Patel  
Date: 14 Dec 2021, Tue. Time:2:15 PM  
Venue: Central Library, Video Room

Organized By- UHV Cell  
Atmiya University

Happiness Meet  
Session 35

**Who am I? (Part-2)**



Facilitator: Jay A. Patel  
Date: 20-9-2021, Mon. Time:4:30 PM  
Link: <http://bit.ly/Happinessmeet>

Organized By- UHV Cell  
Atmiya University

Happiness Meet  
Session 34

**Who am I?**



Facilitator: Jay A. Patel  
Date: 15-9-2021, Wed. Time:5 PM  
Link: <http://bit.ly/Happinessmeet>

Organized By- UHV Cell  
Atmiya University

Happiness Meet  
Session 33

**Let's Explore the Interconnectedness of Existence (Part-3)**



Facilitator: Jay A. Patel  
Date: Sep 6, 2021, Monday Time:5 PM  
Link: <http://bit.ly/Happinessmeet>

Organized By- UHV Cell  
Atmiya University

Happiness Meet  
Session 32

**Let's Explore the Interconnectedness of Existence (Part-2)**



Facilitator: Jay A. Patel  
Date: Aug 8, 2021, Sunday Time:10 AM  
Link: <http://bit.ly/Happinessmeet>

Organized By- UHV Cell  
Atmiya University

Happiness Meet  
Session 31

**Let's Explore the Interconnectedness of Existence**



Facilitator: Jay A. Patel  
Date: July 25, 2021, Sunday Time:10 AM  
Link: <http://bit.ly/Happinessmeet>

Organized By- UHV Cell  
Atmiya University

**Registrar**

Atmiya University, Rajkot-Gujarat-India

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 <b>ATMIYA UNIVERSITY</b>	<b>NAAC – Cycle – 1</b> <b>AISHE: U-0967</b>	
	<b>Criterion 3</b>	<b>R, I &amp; E</b>
	<b>KI 3.6</b>	<b>M 3.6.1</b>

Happiness Meet  
Session 30

Let's Explore the expectation in employer - employee relation.



Facilitator: Jay A. Patel  
Date: July 11, 2021, Sunday Time: 10 AM  
Link: <http://bit.ly/Happinessmeet>

Organized By- UHV Cell  
Atmiya University

Happiness Meet  
Session 29

अभिव्यक्ति  
(Sharing & Q&A Session)



Facilitator: Jay A. Patel  
Date: July 10, 2021, Sat Time: 5 PM  
Link: <http://bit.ly/Happinessmeet>

Organized By- UHV Cell  
Atmiya University

Happiness Meet  
Session 28

Let's Explore the expectation in Teacher-Student relation



Facilitator: Jay A. Patel  
Date: July 4, 2021, Sunday Time: 10 AM  
Link: <http://bit.ly/Happinessmeet>

Organized By- UHV Cell  
Atmiya University

Happiness Meet  
Session 26, 27

पुनरावर्तन



Facilitator: Jay A. Patel  
Date: June, 25 & 26, 2021, Time: 5 PM  
Link: <http://bit.ly/Happinessmeet>

Organized By- UHV Cell  
Atmiya University




**Registrar**  
Atmiya University, Rajkot-Gujarat-India  
**Atmiya University**  
**Rajkot**





**ATMIYA  
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NAAC – Cycle – 1  
AISHE: U-0967

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**Registrar**

Atmiya University, Rajkot-Gujarat-India

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Rajkot**



 <b>ATMIYA UNIVERSITY</b>	<b>NAAC – Cycle – 1</b> <b>AISHE: U-0967</b>	
	<b>Criterion 3</b>	<b>R, I &amp; E</b>
	<b>KI 3.6</b>	<b>M 3.6.1</b>



**ATMIYA UNIVERSITY**

(Established under the Gujarat Private University Act 11, 2018)

Yogidham Gurukul, Kalawad Road, Rajkot - 360005, Gujarat (INDIA)

**SUMMARY REPORT**

**On**

**Happiness Meet sessions**

**Organized by CVMS cell, Atmiya University**

**Year: June 2022 to May 2023**

**Facilitator: CVMS Cell Members**

**No. of Sessions – 5**

**Time: - 2 hours per week**



**Registrar**

**Atmiya University, Rajkot-Gujarat-India**

**Atmiya University  
Rajkot**



 <b>ATMIYA UNIVERSITY</b>	<b>NAAC – Cycle – 1</b>	
	<b>AISHE: U-0967</b>	
	<b>Criterion 3</b>	<b>R, I &amp; E</b>
	<b>KI 3.6</b>	<b>M 3.6.1</b>

### About the Session:

Happiness meet is an initiative taken by the CVMS Cell to encourage the curious students of different faculties of Atmiya University, to explore the content of Madhyasth Darshan more deeply after attending 5 days student induction programme. This session has been arranged weekly after college hours and it is conducted by faculties of CVMS Cell. Topic of the session is being planned according to the flow of the subject and it is communicated well in advance to the students through whatsapp group. In the session of two hours various topics related to individual identity, thought process, feeling in relationships and topics related to the religious and spiritual quest is discussed. Students verify the content on their own basis, solve their doubts and resolve their issues.

### Session Details: -

Sr. No.	Topic Name	Conducted By	Date	No. Of Participants
1)	Expectation in parents-children relationship	Mr. Jay Patel	13/04/2023	20
2)	Expectations in Brother-sister Relationship	Mr. Jay Patel	03/02/2023	15
3)	Continuous Happiness	Mr.Paras Kalariya	29/07/2022	20
4)	Expectation in Friendship	Mr.Paras Kalariya	22/07/2022	17
5)	Let's understand the God/ISHwar/Allah Part-1	Mr. Jay Patel	04/07/2022	15

Glimpses: -



**Registrar**

Atmiya University, Rajkot-Gujarat-India

**Atmiya University  
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NAAC – Cycle – 1  
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Attendance Sheet

**Registrar**

Atmiya University, Rajkot-Gujarat-India

**Atmiya University  
Rajkot**







ATMIYA GROUP OF INSTITUTIONS  
UHV CELL, RAJKOT



**Happiness Meet**

7:30 to 9:15 am

Session No: 65	Topic: Conti. Happiness	Venue: Lib. video Room		
Resource Person: Jay Patel	Date: 12/9/22			
Sr No	Name of Student	Dept.	Mobile	Signature
1	Gohil Apakeshaha J.	B.Sc Chem	9228847555	[Signature]
2	Chopda Rudhika V	B.Sc Micro	8330303367	[Signature]
3	Ruchi Sharma	B.Sc Micro	8160116650	[Signature]
4	Gohil Garvatoibai N.	B.Sc Micro	9137127555	[Signature]
5	Jadega Harshabai G.	B.Sc Micro	7984630991	[Signature]
6	Kataria Sunitanki M.	B.Sc Micro	9558228683	[Signature]
7	Peorjani Purva P.	B.Sc Micro	9537352299	[Signature]
8	Kareem Muger M.	B.Sc Chem	7936986692	[Signature]
9	olakiya kalpesh H	B.Sc Micro	8260274338	[Signature]
10	Jedaw Abhishek	B.Sc Micro	8140882036	[Signature]
11	Jashi Dhruven I.	B.Sc Micro	9313523802	[Signature]
12	lipi Vekawiya	B.Sc Micro	9327037229	[Signature]
13	Nisarg Padaria	B.Sc Micro	8849821023	[Signature]
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## ATMIYA GROUP OF INSTITUTIONS UHV CELL, RAJKOT



### Happiness Meet

Session No: 63	Topic: Book Pathem (Dinji Path)	Venue: video zoom	Date: 06-09-22	
Resource Person: parmas p. kalesiyel.				
Sr No	Name of Student	Dept.	Mobile	Signature
1	Mangraitya Trushel	B.Pharm	7353219025	[Signature]
2	Movaniya Rajyanshu	B.Pharm	7487020928	[Signature]
3	Mhs) Invel	B.Sc	9825115551	[Signature]
4	Karam Mera	B.Sc	7096986692	[Signature]
5	Nisami Masadiya	B.Tech(CE)	9426639555	[Signature]
6	Shingala Jenisha	B.Pharm	8849968875	Jenni
7	Sojitra Nany	B.Sc	9726235740	[Signature]
8	Gohil Apakhaba	B.Sc	7228814555	[Signature]
9	Parakh Khushi	B.Tech(CE)	9054055403	[Signature]
10	Gohil Hemamshi T.	B.Sc.	9054185624	[Signature]
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	<b>Criterion 3</b>	<b>R, I &amp; E</b>
	<b>KI 3.6</b>	<b>M 3.6.1</b>



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**SUMMARY REPORT**

**On**

**Happiness Meet sessions**

**Organized by CVMS cell, Atmiya University**

**Year: June 2022 to May 2023**

**Facilitator: CVMS Cell Members**

**No. of Sessions – 5**

**Time: - 2 hours per week**



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	<b>Criterion 3</b>	<b>R, I &amp; E</b>
	<b>KI 3.6</b>	<b>M 3.6.1</b>

### About the Session:

Happiness meet is an initiative taken by the CVMS Cell to encourage the curious students of different faculties of Atmiya University, to explore the content of Madhyasth Darshan more deeply after attending 5 days student induction programme. This session has been arranged weekly after college hours and it is conducted by faculties of CVMS Cell. Topic of the session is being planned according to the flow of the subject and it is communicated well in advance to the students through whatsapp group. In the session of two hours various topics related to individual identity, thought process, feeling in relationships and topics related to the religious and spiritual quest is discussed. Students verify the content on their own basis, solve their doubts and resolve their issues.

### Session Details: -

Sr. No.	Topic Name	Conducted By	Date	No. Of Participants
1)	Expectation in parents-children relationship	Mr. Jay Patel	13/04/2023	20
2)	Expectations in Brother-sister Relationship	Mr. Jay Patel	03/02/2023	15
3)	Continuous Happiness	Mr.Paras Kalariya	29/07/2022	20
4)	Expectation in Friendship	Mr.Paras Kalariya	22/07/2022	17
5)	Let's understand the God/ISHwar/Allah Part-1	Mr. Jay Patel	04/07/2022	15

Glimpses: -



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Attendance Sheet

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ATMIYA GROUP OF INSTITUTIONS  
UHV CELL, RAJKOT



**Happiness Meet**

7:30 to 9:15 am

Sr No	Name of Student	Dept.	Mobile	Signature
1	Gohil Apakeshaha J.	B.Sc Chem	9228847555	[Signature]
2	Chopda Rudhika V	B.Sc Micro	8330303367	[Signature]
3	Ruchi Sharma	B.Sc Micro	8160116650	[Signature]
4	Gohil Garvatoibai N.	B.Sc Micro	9137127555	[Signature]
5	Jadega Harshaba G.	B.Sc Micro	7984630991	[Signature]
6	Kataria Sunitanki M.	B.Sc Micro	9558228683	[Signature]
7	Peorjani Purva P.	B.Sc Micro	9537352299	[Signature]
8	Kareem Muzen M.	B.Sc Chem	7936986692	[Signature]
9	olakiya kalpesh H	B.Sc Micro	8260274338	[Signature]
10	Jedaw Abhishek	B.Sc Micro	8140882036	[Signature]
11	Jashi Dhruven I.	B.Sc Micro	9313523802	[Signature]
12	lipi Vekawiya	B.Sc Micro	9327033239	[Signature]
13	Nisarg Padaria	B.Sc Micro	8849821023	[Signature]
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ATMIYA GROUP OF INSTITUTIONS  
UHV CELL, RAJKOT  
Happiness Meet

Session No: 63 Topic: Book Pathem (Dinju Path) Venue: video zoom Date: 06-09-22  
Resource Person: parnez p. kalesiyel

Sr No	Name of Student	Dept.	Mobile	Signature
1	Mangraitya Trushel	B.Pharm	7353219025	[Signature]
2	Movaniya Palyanshu	B.Pharm	7487020928	[Signature]
3	Mhs) Invel	B.Sc	9825115551	[Signature]
4	Karam Mera	B.Sc	7096986692	[Signature]
5	Nisami Masadiya	B.Tech(CE)	942663955	[Signature]
6	Shingala Jenisha	B.Pharm	8849968875	Jenni
7	Sojitra Nancy	B.Sc	9726235740	[Signature]
8	Gohil Apakhaba	B.Sc	7228814555	[Signature]
9	Parakh Khushi	B.Tech(CE)	9054055403	[Signature]
10	Gohil Hemamshi T.	B.Sc.	9054185624	[Signature]
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## Report

### Students' Clubs

**Name of the Club: Happiness**

**Date: 13/1/2024**

**Main Coordinator: Khyati joshi**

**Time: 11:50 am to 1:40 pm**

**Venue: B-wing, 2nd Floor, Class-no-246**

**No. of Students present: 5**

#### **Description of the Club Activity carried out:**

Students discussed their concerns and willingness to join the club. They shared their experiences of HVHL workshops and what they are expecting from the club.

#### **Some Visual Glimpses of the event:**

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**ATMIYA UNIVERSITY**

**Report**

**Students' Clubs**

**Name of the Club: Happiness**

**Date: 2/3/2024**

**Main Coordinator: Khyati Joshi**

**Time: 11:50 am to 1:40 pm**

**Venue: B-wing, 2nd Floor, Class-no-246**

**No. of Students present: 6**

**Description of the Club Activity carried out:**

Discussed about what is happiness and continues happiness.

**Outcome:**

Students were able to share their thoughts on what they mean by happiness and is there continuity seen.

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॥ सुहृदं सर्वभूतानाम् ॥

**happiness club**

Day : Every Saturday  
Time : 11:50 to 1:40  
Venue : Class room no 246,  
B wing, 2nd floor

Club event on 2nd March  
“What is happiness and continues  
happiness”

**Organized By**  
CVMS Cell  
Atmiya  
University

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**Universal Human Value (UHV) Cell**  
**Faculty Of Engineering And Technology**  
**And**  
**School Of Diploma Studies**  
**Implementation Of Student Mentorship Program**

**1. List of Student Mentors**

Sr. No	Name	Designation	Department
1	Mr. Vijay Dandwani	Ass.Prof	SODS UHV Cell
2	Mr. Ankit Kalariya	Ass.Prof	FOET Comp.
3	Mr. Jay Patel	Ass.Prof	FOET UHV Cell
4	Mr. Govind Vagadiya	Ass.Prof	FOS IC
5	Mr. Paras Kalariya	Ass.Prof	FOET IT
6	Mr. Jigar Ratnotar	UHV Cell Coordinator	SODS UHV Cell
7	Mr. Vishal Chhaya	Lecturer	SODS-Mech
8	Mr. Darshan Jani	HOD	FOET IT
9	Dr. Manhar Kagathara	Associate Dean	SODS
10	Mrs. Bhumika Zalavadiya	HOD	SODS Comp.
11	Dr. Shital Tank	HOD	Library and Learning Centre
12	Mr. Rohit Raval	Lecturer	SODS Mech
13	Mr. Pritesh Joshi	Lecturer	SODS-Auto
14	Mr. Yuvraj Kanchva	Ass. Prof	FOET -Mech
15	Mrs. Khyati Joshi	Ass.Prof	FOET-IT

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	<b>AISHE: U-0967</b>	
	<b>Criterion 3</b>	<b>R, I &amp; E</b>
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## 2. Mentorship Report

Number of Students -312

Number of batches -15

Number of faculty mentors -15

### List of topics discussed during Academic Year 2021-22

<u>Session. No</u>	<u>Topics</u>	<u>Aspirations and Issues</u>	<u>Basic Realities (Underlying Harmony)</u>
1	Purpose and motivation of the course	Getting to know purpose of the course	Self-exploration
2	Identifying the fundamental questions of the life	Individual academic, career... Expectations of family, peers, society, nation...	Basic human aspirations Need for a holistic perspective Role of UHV
3	Exploring the fundamental human desires (happiness & prosperity)	Identify common human goal	Basic human aspirations Need for a holistic perspective Role of UHV
4	Program to fulfil the fundamental human desires	Complementarity of Academic goal, career goal and Holistic goal of human life.	Basic human aspirations Need for a holistic perspective Role of UHV
5	Understand the method of study: listen & reflect	Self-exploration exercise	Self-exploration
6	The process of self-exploration based on natural acceptance	Understanding innate capability	Self-exploration
7	Through critical thinking how we validate our understanding	Validation by natural acceptance and experiential validation	Self-exploration
8	Understanding human being is coexistence of self and body	Understanding emotional and physical aspirations	Harmony in the human being
9	Getting to know myself better-based on ability of imagination & the freedom of action	Area of freedom and choice to getting better	Harmony in the human being
10	Understand the needs of self and body	Role of physical facility and relationship	Harmony in the human being

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11	Understand the activities of self and body	Importance of Understanding to take Conscious decision.	Harmony in the human being
12	Understand the knowing, assuming, recognition & fulfilling	Ability of understanding, Go beyond assuming	Harmony in the human being
13	How our thoughts affect by our assumptions	Assumption leads to Partantrata	Harmony in the human being
14	Understanding the order with the body	Importance of health, issues, diet, exercise, medicine	Harmony of the Self and Body Mental and physical health
15	Current appraisal of the health at the level of individual, family and society	Healthy life style	Harmony of the Self and Body Mental and physical health
16	Introduction to relationship and its state today	Feelings in relationship	Harmony in relationship Feelings of trust, respect... gratitude, glory, love
17	Understanding trust	Differentiate Intention and competence	Harmony in relationship Feelings of trust
18	Human to human relationships	Types of relationship	Harmony in relationship
19	Understanding respect	Right evaluation, Under Evaluation and Over Evaluation.	Harmony in relationship Feelings of respect
20	Art of living in family	Common goal and program based on fundamental human goal	Harmony in relationship
21	Understanding the order in human society	Identify different programs at society, Justice, education,	Harmony in the society
22	Understanding the four orders	Understanding the interconnectedness and complementarity in nature.	Harmony in nature/existence
23	Self-regulation in nature	Randomness or order in nature	Harmony in nature/existence
24	Living complimentary with natural laws	Participation of human order with rest of the order.	Harmony in nature/existence
25	The four dimensions of nature's property	Understanding the hidden connection in the nature.	Harmony in nature/existence

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26	The role of human being for nature's harmony	Requirement of Understanding to balance the nature.	Harmony in nature/existence
27	Sum Up	Review role of education Need for a holistic perspective	Information about UHV-II course, mentor and buddy
28	Self-evaluation and Closure	Sharing and feedback	

• Glimpses of session notes from student.



• Extra sessions for interested students

We have identified few students who are interested to understand deeply the concepts of UHV. We have offered them one more weekly session known as “Happiness Meet” apart from weekly mentoring session.

Happiness meet conducted till Now -48

Happiness meet conducted last Year – 22

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Few Glimpses of Happiness Meet

**Online session of Happiness Meet**

**Link:**

<https://youtube.com/playlist?list=PLLTOnUzE592RwSD9JhNev6kDLgWunnNs>

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• **Workshops for Interested Students**

<b>Date</b>	<b>Conducted by</b>	<b>No. Participants</b>	<b>Venue</b>
4 <sup>th</sup> to 9 <sup>th</sup> Octo-2021	Mr. Jay Patel	50	Atmiya University
20 <sup>th</sup> to 24 <sup>th</sup> Dec-2021	Mr. Ankit Kalariya	40	Atmiya University



Few glimpses of Workshop

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### 3. Feedback of Students

Number of Students -312

Number of batches -15

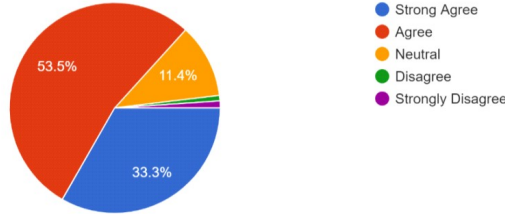
Number of faculty mentors -15

#### Online feedback collection link:

<https://docs.google.com/forms/d/1FrSrZG1Dx6SjISWg3pKcWbt7IK4BayFaxOrqxthWq1A/edit>

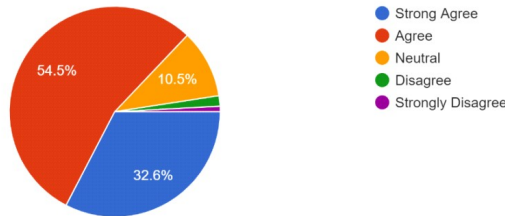
1. The content discussed in HVHL/WESL subject is helping to understand the current issues surrounding us and also give the vision to overcome th...ે તેને કેવી રીતે દૂર કરી શકાય તેની દ્રષ્ટિ પણ આપે છે).

1,680 responses



2. Activities/Assignments/Tutorials discussed in HVHL/WESL workbook are good to understand the goal of human life. (HVHL/WESL ની વર્કબુક્માં જે Act...શાવેલ છે તે માનવ જીવનના ધ્યેયને સમજવામાં સહાયક છે.

1,680 responses



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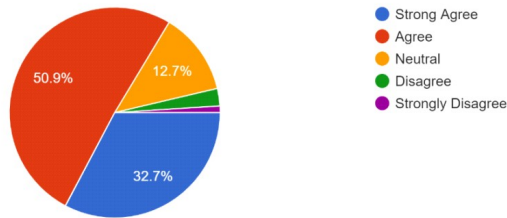






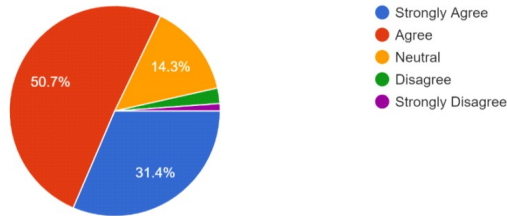
3. After attending HVHL/UHV content you can clearly identify the needs of self (emotional) and body (physical). HVHL ના લેકચર બાદ તમે સરળતાથી ... આવશ્યકતા અને શરીરની આવશ્યકતાને સમજી શક્યા છો.

1,680 responses



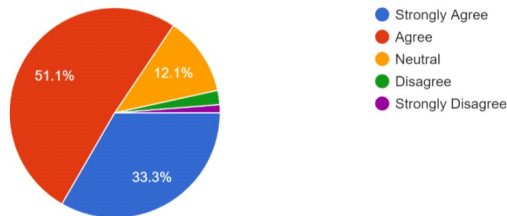
4. The content of HVHL/WESL is useful to understand issues related to relationship and help to overcome these issues.

1,680 responses



5. Faculty of HVHL/WESL was able to increase your understanding regarding various points of life.

1,680 responses



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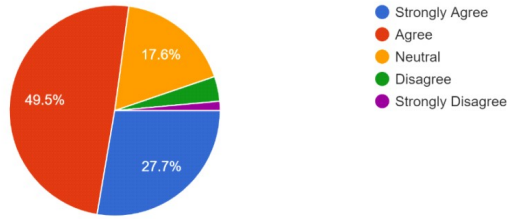
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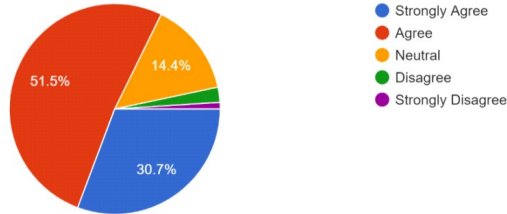
6. HVHL/WESL content is more effective in Workshop form as compare to lecture form?  
(HVHL/WESL વિષય લેક્ચર કરતાં વર્કશોપ માં વધારે અસરકારક છે?)

1,680 responses



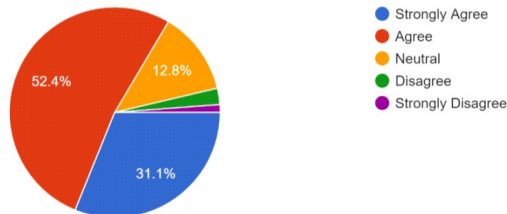
7. After attending HVHL/WESL lectures, I am able to conclude that "what to do?" question is having greater priority than "how to do?" question in life.(HVHL... પ્રશ્ન એ "કેવી રીતે કરવું?" કરતાં વધુ અગ્રતા ધરાવે છે.)

1,680 responses



8. HVHL/WESL subject improved my way of leaving in family.(HVHL/WESL વિષયે કુટુંબમાં રહેવાની મારી રીત સુધારી છે.)

1,680 responses



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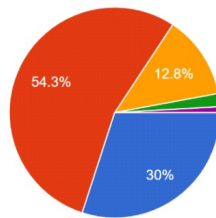
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9. The content we discussed in HVHL/UHV/WESL is important for me and others? it address our life issue somewhere? (આપણે HVHL/UHV/WESL માં ચર્ચા કરે... તે ક્યાંક આપણા જીવનના મુદ્દાને સંબોધિત કરે છે?)

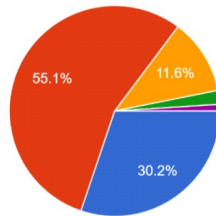
1,680 responses



- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

10. Activities/Assignments/Tutorial discussed in HVHL/WESL workbook are help us to introspect our self? (HVHL/WESL વર્કબુકમાં ચર્ચા કરેલ પ્રવૃત્તિઓ/ટ્યુટોરીયલ આપણને આત્મનિરીક્ષણ કરવામાં મદદ કરે છે?)

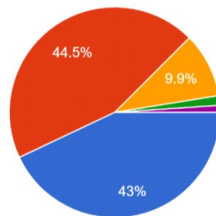
1,680 responses



- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

11. faculty of HVHL/WESL well behaved with you during lecture session and help you to understand reality of life. (HVHL/WESL ના ફેકલ્ટીએ વ્યાખ્યાન સત્...કર્ચુ અને તમને જીવનની વાસ્તવિકતા સમજવામાં મદદ કરી.)

1,680 responses



- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

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	<b>Criterion 3</b>	<b>R, I &amp; E</b>
	<b>KI 3.6</b>	<b>M 3.6.1</b>

## NEWS



### Report on

"UHV Buddy Program"

**Patron – P. P. Tyagvallabh Swamiji,**  
**Secretary, Sarvodaya Kelavani Samaj**  
**Chief Convenor – Dr. D. D. Vyas,**  
**Vice Chancellor – Dr. Shiv Kumar Tripathi**  
**UHV Cell Coordinator – (Dr.) Jigar Ratnottar,**  
**Organizer –UHV cell, Atmiya University, Rajkot**

#### About the Event:

We officially started *UHV buddy program* since September 2020. We also named it as *happiness meet*, so the name itself clears the purpose of sole program. During this time due to corona we conducted this session via online mode. Initially students are not comfortable to share with their fellow students so, it was in hybrid mode, which means it is conducted by students as well as teachers/mentors of UHV cell. We hosted approximately 35+ sessions online and rest of the session offline.

The sessions are started with summary of previous session. And then we took the topics from introductory workshops. Apart from students some faculties from pharmacy, electronics, IT department and library department also participants in these sessions.

These sessions are arranged by keeping in mind that students get involved more and they participate in UHV related activities voluntarily and happily. The other aim of the program is to make them aware about basic aspiration and human goal. The feedback and sharing of the students shows these as an outcome in students. Many students also come for counseling and in-depth discussion of the topics apart from this program time.

The students who share these topics are also get more insights of topics and they shared that due this our relation with junior students become more matured and we become more familiar with each other. These students share also technical skills of their faculties and thus making them more enrich and sensible towards education.



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## NEWS

Generally we conduct the offline sessions in UHV cell and video room of central library at our campus. Occasionally these students also do some societal activities like teaching poor children, cloth distribution, tree plantation and arranging UHV awareness sessions with their family and friends.

### Glimpses of the Event



**Students sharing during session**



**Students sharing during session**

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KI 3.6

M 3.6.1

## NEWS



Session Moment



Session Moment

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**NEWS**



Students sharing during session



Students sharing during session

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**NEWS**



**Students sharing during session**



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	<b>Criterion 3</b>	<b>R, I &amp; E</b>
	<b>KI 3.6</b>	<b>M 3.6.1</b>

**NEWS**


Some invites of the program:


**Happiness Meet**  
**Session 46**

**Feeling in relationship - Glory, Gratitude and Love**



Facilitator: Jay A. Patel  
Date: 24 May 2022, Tue. Time:2:15 PM  
Venue: Central Library, Video Room



Organized By- UHV Cell  
Atmiya University


**Happiness Meet**  
**Session 31**


**Let's Explore the Interconnectedness of Existence**




Facilitator: Jay A. Patel  
Date: July 25, 2021, Sunday Time:10 AM  
Link: <http://bit.ly/Happinessmeet>



Organized By- UHV Cell  
Atmiya University


**Happiness Meet**  
**Session 47**

**Expectations In A Relationships**



Facilitator: Jay A. Patel  
Date: 31 May 2022, Tue. Time:2:15 PM  
Venue: Central Library, Video Room

**Expectation**

↔

**Relation**

Organized By- UHV Cell  
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**Happiness Meet**  
**Session 40**

**Feeling In Relationship**



Facilitator: Paras P. Kalariya  
Date: 7 April 2022, Thu. Time:2:15 PM  
Venue: Central Library, Video Room



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AISHE: U-0967**

**Criterion 3**

**R, I & E**

**KI 3.6**

**M 3.6.1**

## NEWS

### List of buddy

Buddy name	Department	Mo	Parent Mo
Anadakat Prem Nileshbhai	IT	7405539000	7046099999
Bera Kelisha Alpeshbhai	IT	9537055297	9824452092
Chadasaniya Sanket Hiteshbhai	IT	8320580003	9909028099
Kuriya Hiren Chamanbhai	IT	9978066806	9925454470
Lathigara Dixit Sureshbhai	IT	6354027327	9879253131
Dave Dev	CE	6355359905	-
Mahek Modi	CE	8128336029	-
Vibhuti Maru	Civil	9104446268	9714717989
Rucha Deskar	Civil	7043019645	9428200514
Kelvin J. Umaretiya	Mechanical	9662330588	9925157458

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**NEWS**

**Student Feedback**

We got feedback in various formate some of them are personal on mobile,some are written and some are via google forms.

**WhatsApp Chat with S. Nikita AITS CE Mo...**

This sunday we have one special session. Dr. Gopal Babu is one of the main facilitator of Univesal Human Values Education. You all are most welcome to attend this awaited session with your family members.  
From VECD Cell, Atmiya University  
11:19 am ✓✓

Okay sir 🙌👍 11:40 am

This is a sir from where we learn all this things 11:46 am ✓✓

Okay sir 11:47 am

TODAY

what is feedback of todays session? 11:13 am ✓✓

Thank you so much sir for amazing session... really learnt to how become i am and how i need...not to work exitemently...work to be happiness...continuesouly happiness maintain...thus, many more happiness talk in this session...this is very Valuable and Important session for us... 11:20 am

thanks 11:21 am ✓✓

🙌👍 11:22 am

**WhatsApp Chat with Hetvi Student**

OK sir 18:51

🙏 20:44 ✓✓

TODAY

How's todays session? 13:23 ✓✓

3 UNREAD MESSAGES

Sir it was very fabulous session I attended full session I liked and also learned many things like needs of self and needs of body 17:43

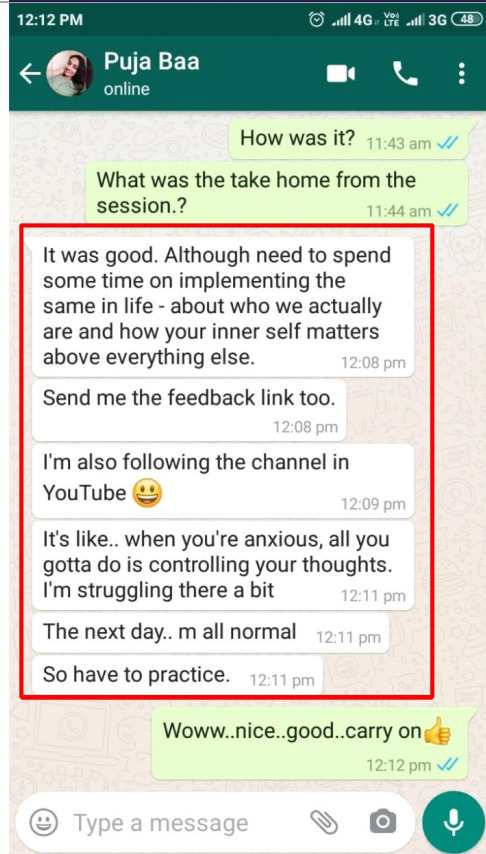
My family also attended this session and they are happy to see that this type of self improvement course is going on in our college. 17:47

Thank you for making me part of it sir 17:47





**NEWS**



Was the session useful for your life?

10 responses



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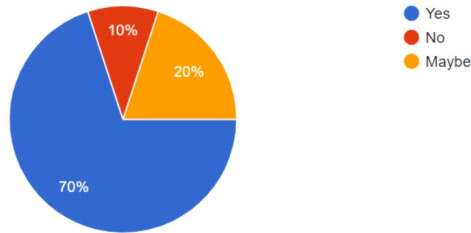




**NEWS**

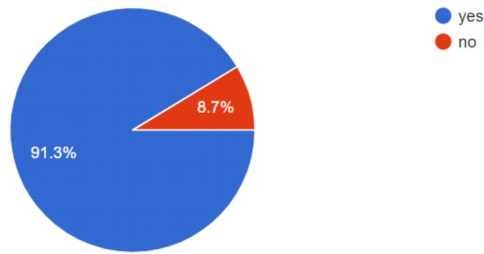
Do you think anger comes due to my unaware thought and Incorrect Evaluation?

10 responses



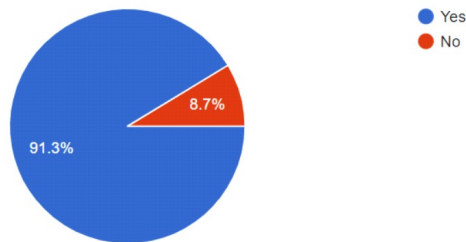
Do you think goals must be inlined with self, family,society and nature?

23 responses



Do you think to have continuous thoughts according to your natural acceptance?

23 responses



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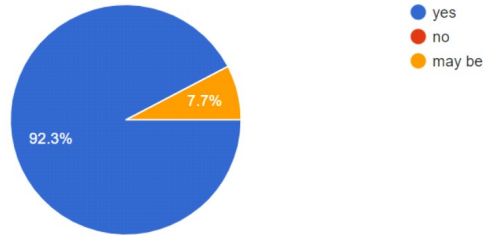




## NEWS

3. after the session can you distinguish the diffence between self and body?

13 responses



4. anything you want to share (about session or other)

13 responses

It's a very useful for life & study

Session is very interested for me and it was very useful

The session brought a lucid answer to some of the questions which remained unanswered for a long time in life.

This session provided me a simple and very clear understanding of human being which helps me to understand myself better.

Nothing to add just one thing the session was very good and useful for me. I learn something very useful and something new.

This session is very useful for me

No

It is very good initiative

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FEED BACK

NAME: Gohil Hemanshi T.

I am attend Regularly buddy program Run by senior students. I learn to buddy program, Relation at life is most important. Things are important but not more then our relation between othet. Buddy program is help for me, they help to know our life to better then me. Thank you!

Feedback

Sidapora shrotri B.

I regularly attend buddy programme run by senior students. From buddy programme I knew about the universal human value and also it continue through a DHV cell. DHV cell is very helpful for me. It is beneficial for my self & connect to the self. Through help of DHV and buddy programme I can solve my difficulties. So DHV cell is using doing best work in ~~best~~ University.

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Feedback

Name - Poojanshu Bhasratbhai Moraniya

I regularly attend buddy programme run by senior students. From buddy programme I knew about the universal human value and also it continue through a UHV cell. UHV cell is very helpful for me. It is beneficial for my self and connect to the self. Through help of UHV and buddy programme I can solve my difficulties. So, UHV cell is doing best work in our University.

Feedback

Mangroliya Trushil C.

I regularly attend buddy programme run by senior students and UHV cell. I knew about the universal human value. So I regularly attend UHV cell and connect the my self. UHV cell is very useful in continue Happiness. UHV cell is connect the person to every person. very useful to connect the Nature.

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Feedback

Name :- Grelani Nancy Madhwanbhai.

I regularly attend buddy programme run by senior students. From buddy programme I came to know that life and relations are more important than materialistic things. We should value our natural resources given by earth and do not waste it.

Feed back.

NAME:- PARESH K. KANDORIYA

I Regularly attend buddy Programme Run By Senior Students and UHV Cell. अपने College का Study को साथ मुझे UHV Cell को साथ जीवन विद्या को साथ सुझाव हुआ और आज Atmiya में College बाद में निर्वाह साथ सुझाव का उत्साह रहना और अपनी जीवन में UHV Cell की समझ में आने विद्या को जीवन में देखना और समझी हुई को Apply करने का उत्साह भी आज की रूप रहे हैं कि निर्वाह UHV Cell कि भूतकाल ही जाती है।  
अपनी जीवन कि बात विषय को जीवन को हुई गुण को विवेक मिलना और कार्य पुरानी को साथ ऊँचा समाधान मिलना।  
UHV Cell को सभी member को और Buddy Programme को कभी न भूलना ही है।





Macradhyer Nisimi A

I knew about the Universal Human Value  
I also it continue through a UHV cell. UHV cell is  
very helpful for me. I learn in happiness meet  
Relationship our life is most important, & things are  
important but not more than our relation between other  
I can solve my difficulties. so UHV cell is doing  
best work in our university

Thank you

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Feedback

Mustafa Bhaomal

I have attended regular UHV session. It have huge impact on my ~~life~~ personal life. In beginning it ~~was~~ seemed impractical but with time I learnt the way. It has been very helpful & enlightening. I have shared this all ~~st~~ knowledge with my family and they ~~have~~ also have developed interest ~~in~~ in themselves. At last I'll say I love buddy program.

Thank You.

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Nathwani Jash

Feedback

I regularly attend UHV session. Attending is connected to my self. It is very usefull for continuous happiness. Through UHV I can solve my difficulties. In this our life is more important than other's. It is run by senior students & UHV cell. University & UHV cell doing best work.

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