



ATMIYA UNIVERSITY

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

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

ATMIYA UNIVERSITY

A Place to Learn, A Chance to Grow with Divinity

Universal Human Values (UHV) Cell

Name of Student : _____

Enrolment No: _____ Academic Year: _____

Program: _____ Semester: 1

Work Book

For

PG PROGRAMS

Subject: Wisdom & Ethics for Success in Life (WESL)



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Student Profile

Full Name:	
Contact Number: (Home/Mobile)	
Residential Address:	
Date of Birth:	
Hobbies:	
Your Strength:	
Goal in your Life:	

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Experiential Assignment: 1

Tutorial Title: My short term and long term Goal.

Tutorial Objective:

- The main objective of this activity is to build a capacity to think about their goals.
- Also draw their attention towards the basis or the reason for their expectation.

Q 1: fill the details in the give worksheet

Goals	Material	Emotional (related to relationship)	Intellectual	Within 6 months	Basis (Source)	Timeline





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Q 2: Think about your goals and write about whether their goals are desires, vision, expectations or purpose (purpose of living).

Q 3: If you were asked - “are your goals or expectations right or wrong, what points would you considered to make this decision?”

Your learning outcome:

Teacher’s Remarks:

Signature of faculty:

Expressed	Partially expressed	Did not express

“दुसरे की अयोग्यता से प्रभावित ना होना ही मेरी योग्यता है..”

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Experiential Assignment: 2

Tutorial Title: The fundamental human desires.

Tutorial Objective:

- The main objective of this activity is to draw the attention of students to their aspirations/desires.
- Also they can identify the right way to fulfil those aspirations.

Q 1: Meet with the 8 people from given professions and with the help of them fill the table.

Person name	Profession	Why did they have that desire?	What do they get from that desire?	What do they currently feel from that desire?
	Doctor			
	Engineer			
	Govt Class 1 or 2 officer			
	Farmer			





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	Teacher			
	Business man			
	Entrepreneur			
	Artist			

Q 2: After reviewing column 5 of the above table, what are your observations?

Q 3: How can you relate yourself with the given table?

- Your learning outcome:

Teacher's Remarks:

Signature of faculty:

Expressed	Partially expressed	Did not express

“संबंध में भाव दिखते है तो किसीकी सनते है. वर्ना सजाते है..”

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Experiential Assignment: 3

Tutorial Title: The need for knowledge/wisdom.

Tutorial Objective:

- The main objective of this activity is for students to understand that the fundamental human desires can be fulfilled by the resolution within.

Q 1: *Let's explore the questions and give your opinions.*

- Where do we need 'Understanding' or 'Wisdom'?

Ans:

- Who lives?

Ans:

- Who becomes happy or sad?

Ans:

- Who has complete or incomplete views or beliefs?

Ans:

- Who retains assumptions or preconditions?

Ans:

- Who has to understand?

Ans:

- We have to first study

Ans:

Q 2: *where are our attentions today?*

- in self

Ans:

- in family

Ans:

- in society

Ans:





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- in nature

Ans:

Q 3: Ask yourself the following

- Do I want conflicts or contradictions within myself?
- Do I want conflicts or contradictions in family?
- Do I want conflicts or contradictions in society?
- Do I want conflicts or contradictions with nature?

Q 3: What is naturally accepted to you? Why?


- Do I desire conflict/contradiction in some aspects of my life? OR,
- Do I desire to only avoid conflict/contradiction in any aspects of my life? OR,
- Do I desire harmony/synergy in every aspect of my life?

Why:

- **Your learning outcome:**

Teacher's Remarks:

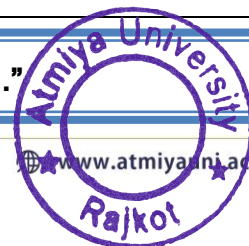
Signature of Faculty:

Expressed	Partially expressed	Did not express
		

“बच्चे हमारे व्यवहार का आयना है..”

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Experiential Assignment: 4

Activity Title: Understanding Human Beings.

Activity Objective:

- The objective of this activity is to examine ourselves and how we are, in actuality.
- Students can also easily differentiate the needs and activities of self and body.

Q 1: Given your opinions in below table:

<i>Needs</i>	<i>Mental</i>	<i>Bodily</i>
Happiness, peace		
Food, water, juice		
Curiosity		
Clothes, jackets		
Knowledge		
Shelter, housing		
Medicines		
Love		
Shoes		
Respect		
Car, bike		
Trust		
Security		
Confidence		
Glasses		
Balance		
Success		
Goodness		





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Q 2: Given your opinions in below table regarding characteristics of human needs:

<i>Characteristic</i>	<i>Mental</i>	<i>Bodily</i>
Material in nature		
Not material in nature		
Varies with time		
Not varies with time		
Cannot be bought with money		
Can be bought with money		
Can be seen by eyes, have form		
Cannot be seen by naked eyes		
Have weight		
Not continuously required		
Fulfilled by physio-chemical things		
Don't have weight		
Fulfilled by right understanding/right feelings		

Q 3: Give the examples of Intentional activities where both mental (self) and body are involved:

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Q 4: Give the examples of Automatic activities- no direct participation of the self.

Q 5: Give the examples of Intentional activities where only the self is involved.

- **Your learning outcome:**

Teacher's Remarks:

Expressed	Partially expressed	Did not express

 “जो जिसके पास है वो उसे बांटेगा ही..”

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Experiential Assignment: 5

Activity Title: My actions are based on my preferences.

Activity Objective:

- The main objective of this activity is to identify their choices or selections (their likes or dislikes) with respect to following – taste, smell, sound, clothing, form.

Q 1: fill the worksheet

<i>Based on</i>	<i>Choices</i>	<i>Like</i>	<i>Health</i>	<i>Profitable/ Less expensive</i>
<i>Taste</i>				
<i>Smell</i>				
<i>Sound</i>				
<i>Clothing</i>				
<i>Form</i>				





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Q.2: Write honestly about your analysis about your choices as possible.

Q.3: Write the name of two people whom you most appreciate (could be from your family, friends or society) and why (what is it that you admire about the person?)

A. Name of the person you admire: _____

What you admire about him or her:

B. Name of the person you admire: _____

What you admire about him or her:

- **Your learning outcome:**

Teacher's Remarks:

Signature of faculty:

Expressed	Partially expressed	Did not express

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Experiential Assignment: 6

Activity Title: Consumer or Producer.

Activity Objective:

- The purpose of this activity is to understand the prosperity and it is ensured from working with nature.
- Students can easily understand that the contribution is a must to achieve the human goal.

Q 1: From the table given below fill the details honestly.

Make a list of all things you consume/use in a day	Which of these things can you make/produce yourself	Can you make it yourself or do you need help? If yes, how many people do you need?	If you can't produce them, do you at least have the knowledge of how to produce them?	Would you call yourself a consumer or a producer?
vegetables				
oil				
telephone				





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- Did you find that there will always be some consumers and some producers?
- Can all families be producers of some kind or the others? Or this is impossible.
- Should there be more producers than consumers or vice versa?
- Is there any value in being a producer?
- Do you feel happy about the fact that you are only a consumer and don't produce anything?
- **Your Learning Outcome:**

Teacher's Remarks:

Expressed	Partially expressed	Did not express

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Experiential Assignment: 1

Tutorial Title: Documentary: Self Image - The Amazing, Absolute key to all personal growth.

Tutorial Objective:

- The main objective of this activity is to identify their strength and the kind of person they are.
- Also they can find noble or good thoughts or desires that they have.

Q 1: after watching documentary, do you think that by changing your appearance your self-image will change? If yes, then in what way and if no, why?

Q 2: how much of your self-image is influenced by the way you look (physical appearance) and how much is free of it?

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Q 3: if you change your appearance – will people’s behaviour towards you change? Why? What about the people you live with all the time (family, close friends)?

Q 4: do you think there is a part of yourself that is really true – that won’t change?

Your learning outcome:

Teacher’s Remarks:

Signature of faculty:

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Experiential Assignment: 2

Tutorial Title: Feelings in relationship.

Tutorial Objective:

- The main objective of this activity is to identify the definite feelings in relationships.

Q 1: When do you feel afraid of somebody, and when do you feel assured? Why?

Q 2: How do we know the other person's intentions are?

Q 3: Why do people have poor competence?

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Q 4: Do you want to be related to the other or be against the other? What is your Natural Acceptance?

- **Your learning outcome:**

Teacher's Remarks:

Signature of faculty:

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Experiential Assignment: 3

Tutorial Title: Relation (संबंध) and Exhortation (संबोधन).

Tutorial Objective:

- The main objective of this activity is to identify the definite expectations in relationships.
- How to evaluate the values in relationship.

Q 1: How many relations are there in one family?

Q 2: When Exhortation (संबोधन) is fulfilled in Relationship?

Q 3: What is the real meaning of mother? When the exhortation mother is fulfilled?

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Q 4: What is the real meaning of Friend-Friend relationship? When it is completed?


Q 5: Whom we accept as a Teacher? Which is the main feeling in teacher for the student?

Q 6: Mention the expectation between the relationship between you and your parents?

- Your learning outcome:

Teacher's Remarks:

Signature of Faculty:

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Experiential Assignment: 4

Activity Title: Understanding Values in relationship

Activity Objective:

- The main objective of this activity is that student can live accordingly the definite values in relationship.
- They can experience the justice by fulfilling those definite values.

Q 1. Give two incidents from your experience where you have not experienced mutual fulfilment (Ubhay Tripti). Analyze briefly why this happened?

a. *You felt dissatisfied, other was satisfied.*

b. *You felt satisfied, other was dissatisfied.*

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Q 2. Give an example where you helped someone by sacrificing the fulfilment of your need. Why did you do it? How did you feel? (Your example involves other than your parents or immediate family members).

- **Your learning outcome:**

Teacher's Remarks:

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Experiential Assignment: 5

Activity Title: Understanding harmony in Nature.

Activity Objective:

- The objective of this activity is that student can explore the complimentarity between all orders of nature.

Q 1. Give three examples from nature (one from each, material order, plant order and animal order) showing that the conduct of those three orders is definite.

Q 2. Discuss how there is a harmony among the different orders.

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Q 3. Define the pollution in terms of content discussion with you, also define the types of pollutions.

Q 4. What are the options in front of humankind to avoid the pollution? What will be your contribution to achieve pollution free world?

- Your learning outcome:

Teacher's Remarks:

Signature of faculty:

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Experiential Assignment: 6

Activity Title: Self introspection.

Activity Objective:

- The purpose of this activity is to experience the overall purpose of the discussed course.
- They can realize that the journey to understand the existence is started from the self.

Q 1. Choose any TWO advertisements. For each Ad., answer the following questions:

- a. Give a short description of that Ad.
- b. Is the Ad. Describing the quality of the product, or trying to take the advantage of your temptations and insecurities? Explain how?
- c. What underlying beliefs does it end up planting in its viewers? Analyze and discuss in depth.

Ad 1:

Ad 2:

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Q 2. Identify TWO activities related with yourself which you are doing under 'Competition' and describe them. Suggest ways to convert them into 'Excellence'.

Q 3. What is your responsibility towards the following and how would you fulfill it:

- Health of your body
- Hostel wing/House
- Studies
- Facilities you use (water, electricity, computers)
- Nature around you

- Your Learning Outcome:**

Teacher's Remarks:

Expressed	Partially expressed	Did not express
		

