



# 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: \_\_\_\_\_ Part: 1

## Work Book

For

UG PROGRAMS

Subject: Human Values & Holistic Living (HVHL)



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## Student Profile

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

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## Experiential Assignment: 1

**Tutorial Title:** Heroes.

**Tutorial Objective:**

- The main objective of this activity is to build a rapport with the students and get them to open up in the class.
- Also draw their attention towards their thinking process.

**Q 1:** Name the 5 people from your life (*among your family, friends, teachers, relations, acquaintances*) you admire.

Person name	Your relation with the person	Why do you admire that person?

**Q 2:** If you could interview them, what are the two questions you would want to ask?

**A. interview question 1:**





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## B. interview question 2:

**Self reflection:** write down some points that explain why you want to get the answers to those interview questions.

2. What you understand from the above exercise?

Teacher's Remarks:

Signature of faculty:

Expressed	Partially expressed	Did not express

"ना किसीसे आगे जानना है, ना किसीसे पीछे रहना है, पूर्णता के अर्थमें सहयोग लेना है सहयोग देना है.."

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## Experiential Assignment: 2

**Tutorial Title:** Know yourself.

**Tutorial Objective:**

- The main objective of this activity is to get to know each one of them better.
- Intention of getting to know their thoughts.

**Q 1:** fill the below questionnaire:-

- Your Name: \_\_\_\_\_
- What do you do for fun? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What would be your ideal vacation? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What is the most memorable activity you did with your family as a child? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What quality do you appreciate most in a friend? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What is the one characteristic you received from your parents that you want to keep, and one you wish you could change? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What is a good thing happening in your life right now? What makes it good? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





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- If you were told that you would succeed at everything you did and you would have all the resources to do it, what would you like to do in the next five years? \_\_\_\_\_

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**Self reflection:** write down some points that explain why you want to get the answers to those interview questions.

**Your learning outcome:**

**Teacher's Remarks:**

**Signature of faculty:**

Expressed	Partially expressed	Did not express

 - "जिसका सदुपयोग हो गया उसकी सुरक्षा हो गई . . ."

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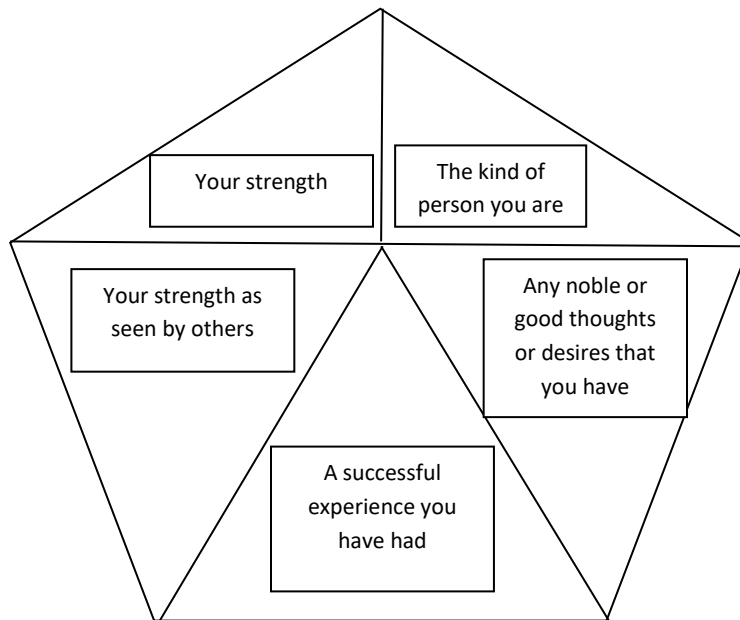
## Experiential Assignment: 3

**Tutorial Title:** Who am I (my strength and weakness).

**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:** draw the similar shape of given pentagon.



**Draw the shape and write appropriate answer**





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- For answering: be creative, think broadly and include little things.
- Write down your any two weakness or the things you wish you were better at or things you would like to change about yourselves.

Weakness 1:

Weakness 2:

- You can share your picture to other students and explain drawn or written in the five boxes and read at least one thing he/she wrote in the weakness.
- After each one of you are done explaining your pentagon, the rest of the students can take two minutes to ask questions or suggest other possible strengths.

*Q 2: how did you feel when you shared your strength?*

*Q 3: how did you feel when you shared your weakness?*

*Q 4: have you noticed any recent change in your beliefs or notions?*

Your learning outcome:

Teacher's Remarks:

Signature of Faculty:

Expressed	Partially expressed	Did not express

“हर मनुष्य सही करने का अवसर और साधन लेकर ही जन्मता है”

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## Experiential Assignment: 4

**Activity Title:** Human Being is the coexistence of self and body.

**Activity Objective:**

- 1) The purpose of this activity is to identify the correct need and activity of self and body.
- 2) Students can distinguish the need of self and body and they can gain the skill to fulfil that needs

**Q 1:** From the table given below identify the need or requirements.

Need/ Requirement	Related to self	Related to body	Related to both	Reason
Food				
Cloths				
Shoes				
Home				
Mobile				
Bike/Car				
Tasty food				
Branded cloths				
Luxurious home				
Trust				
Education				
Happiness				
Justice				
Relationship				
Balanced Environment				





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**Q 2: From the table given below identify the activities related to self or body.**

Activities	Related to self	Related to body	Related to self and body
Blood circulation			
Respiration			
Thinking			
Expectation			
Eating			
Talking			
Walking			
Desire			
Digestion			

- Your learning outcome:

**Teacher's Remarks:**

Expressed	Partially expressed	Did not express

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## Experiential Assignment: 5

**Activity Title:** My wardrobe

**Activity Objective:**

- 1) The main purpose of this activity is to educate the students about clothing for the protection of the body.
- 2) By understanding this purpose they are able to identify and decide with definiteness how much clothing they need.
- 3) Also, the objective is to draw their attention towards the source and process of cloth manufacturing and related environmental impacts if any.

**Q 1:** fill the details regarding your wardrobe in the given table. Short them into types observe and mark the winter, summer and monsoon clothing. Also, mark against each clothing its material and its source.

Clothing Wear outside home	Material	Source	I'd like to have more of this	Why?
Eg. Shirts/tops	Cotton	nature	Y	Different colours/design
Pants				
Salwars				
Kurtas				
Socks				
Wear at home	Material	Source	I'd like to have more of this	Why?
Shirts				
Pants				
T-shirts				
Shorts				





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Winter Clothing	Material	Source	I'd like to have more of this	Why?
Sweater				
Jackets				
Monsoon Clothing	Material	Source	I'd like to have more of this	Why?
Raincoat				
Jacket				

- You have the right amount of clothes that you need\_\_\_\_\_
- You don't have enough clothes. You need more\_\_\_\_\_
- You have more than necessary clothes\_\_\_\_\_
- **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





## Experiential Assignment: 6

**Activity Title:** Health and its importance

**Activity Objective:**

- 1) The purpose of this activity is to identify the role of body in fulfilment of human goal.
- 2) Students can observe the body's role and can able to pay attention towards its nurturing and protection keeping its health in focus.

**Q 1:** From the table given below identify how much time you spend for which activities

Activity	Time I spend throughout the day	Usefulness of activity			
		Nurturing of my body	Protection of my body	Useful for fulfilling human goal	It is just for my time-pass
Eating healthy food					
Playing games					
Wearing clothes and shoes					
Cleaning the home					
Doing exercise/yoga					
Watching T.V					
Playing sports					
Uploading selfie in social media					
Gossiping with friends					
Party with friends					
Discussion with my teachers/family					
Healthy sleep					
Use of mobile phone					
Getting angry on anyone					
Remaining stressed/depressed					





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**Q 2:- Count Number of activities given above and out of that how many activities is useful to you? (Count no. of activities fall under usefulness)**

**Q 3:- What do you think how much time of yours is spent upon nurturing and protection of your body?**


**Q 4:- Do you think health of your body is important? What changes you require in your life for having a good health?**

**Q 5:- which type of discussion with family/teachers can be helpful in fulfilling human goal/desire?**

- **Your Learning Outcome:**

**Teacher's Remarks:**

Expressed	Partially expressed	Did not express

 “संबंध है तो शोषण नहीं, शोषण है तो संबंध नहीं. . .”

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### Universal Human Values (UHV) Cell

Name of Student : \_\_\_\_\_

Enrolment No: \_\_\_\_\_ Academic Year: \_\_\_\_\_

Program: \_\_\_\_\_ Part: 2

## Work Book

For

UG PROGRAMS

Subject: Human Values & Holistic Living (HVHL)

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## Experiential Assignment: 1

**Tutorial Title:** The foundation value in a relationship.

**Tutorial Objective:**

- The main objective of this activity is to observe our intention and competence to fulfil our desire.

*Q 1: Verify the following four statements on the basis of intention:*

### Situation

Yes/No/?

- 1a. I always want to make myself happy.
- 2a. I always want to make others happy.
- 3a. Others always want to make themselves happy.
- 4a. Others always want to make themselves happy.

*Q 2: Now verify the following four statements on the basis of Competence:*

### Situation

Yes/No/?

- 1b. I am always able to make myself happy.
- 2b. I am able to always make others happy.
- 3b. Others are always able to make themselves happy.



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4b. The other is able to make myself always happy.

**Q 3: What is the difference between the above situations?**

**Q 4: In your day to day relationship with your friends, parents, siblings, teachers or neighbours, observe the following:**

1) Whenever there is a problem, do you doubt the other person's basic-desire (basic-intention) or their capability (competence)? Are you able to distinguish between these two – capability/apparent intention and basic-desire/basic-intention?

2) Similarly, are you able to distinguish between their basic-nature or swabhava and their qualities/properties? (The former is unchanging & the same for every human being, the latter changes, varies)

3) Do you evaluate other people & human interactions, based on what you 'like and don't like', or based on what is 'just & unjust' (likes-profit perspective or justice-order perspective)

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**Your learning outcome:**

**Teacher's Remarks:**

**Signature of faculty:**

Expressed	Partially expressed	Did not express

## Experiential Assignment: 2

**Tutorial Title:** 7 Human - Human relations.



**Tutorial Objective:**

- The main objective of this activity is to identify the definite relations between human to human.
- To understand the expectations belongs to those relationships.

**Guidelines:**

- In every relationship there are fixed feelings (expectations). We must understand these feelings and fulfil these feelings.
- Others' expectation from us is our responsibility and our expectations from others are their responsibility.
- If we do not understand our roles and responsibility we cannot fulfil others expectations and if others don't know their roles and responsibility they will not be able to fulfil our expectations.

**Q 1:** To understand our roles and responsibilities and to know our expectations we do the following exercise.

Sr. No.	Relationship with	Your expectations from this relationship	Ask what are their expectations from you
1	Mother/Father  <b>Registrar Atmiya University Rajkot</b>		



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2	Brother/Sister		
3	Friends		
4	Teachers		

**Q 2: Do you think the types of Relationships and expectations mentioned above are Universal? And these are the same everywhere in the world whether in US, Europe, Japan, South Africa and so on? How?**

  
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Teacher's Remarks:

Signature of faculty:

Expressed	Partially expressed	Did not express

## Experiential Assignment: 3

**Tutorial Title:** Respect - The Right Evaluation.

**Tutorial Objective:**

- The main objective of this activity is to identify the right evaluation.
- To understand the contribution in larger order.

*Q 1: What is your belief for respect?*

*Q 2: Is there any difference between respect and attention?*

*Q 3: Observe different people in surroundings and list down the bases of respect (on what base people respect other people)?*

1.

2.

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4.

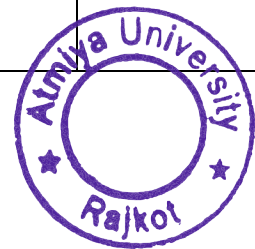
5.

6.

**Q 4: In the below table write down the 4 persons name whom you respect and the base of respect?**

Sr. No.	Name of the person whom you respect	Base of the respect				
		Appearance (Roop)	Strength (Bal)	Wealth (Dhan)	Position (Pad)	Internal respect
1						
2						
3						
4						

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Your learning outcome:  
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Teacher's Remarks:

Signature of faculty:

Expressed	Partially expressed	Did not express


## Experiential Assignment: 4

**Activity Title:** Identify the correct priority order for Human Being.

**Activity Objective:**

- 1) The main objective of this activity is to identify the correct priority order for Human Being.
- 2) Students can identify how much time he/she spends to fulfil the aspirations.
- 3) Students can identify the output. (Mutual Happiness and Mutual Prosperity)

**Q 1:** From the table below, give your opinions based on your learning.

Eg.	Right Understanding (RU), Relationship (R) Physical Facility (PF) or Other	Your Learning (Mutual Fulfilment or others) write in brief
<ul style="list-style-type: none"> <li>• The person who used chemicals or pesticides for farming.</li> </ul>		
<ul style="list-style-type: none"> <li>• The one who feels that the other is for my happiness and prosperity.</li> </ul>		
<ul style="list-style-type: none"> <li>• The resources of nature are limited and we must rightly utilize all the resources.</li> </ul>		
<ul style="list-style-type: none"> <li>• The one who nurtures my</li> </ul>		



body.		
<ul style="list-style-type: none"><li>I have clarity of all situations and there are no contradictions in me.</li></ul>		
<ul style="list-style-type: none"><li>I feel related to one or many.</li></ul>		
<ul style="list-style-type: none"><li>I understand my role in this existence/nature and contribute accordingly.</li></ul>		

*Q 2: What do you observe from the above table?*

*Q 3: Write down how we can ensure mutual happiness and mutual prosperity.*

- Your learning outcome:

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Teacher's Remarks:

Signature of faculty:

Expressed	Partially expressed	Did not express

## Experiential Assignment: 5

**Activity Title:** Prosperity or Accumulation.

**Activity Objective:**

- 1) From this activity students can identify how much monthly earning you require (minimum) and for this they can observe the skills to fulfil that need.
- 2) The purpose of this activity is to aware the students that the major issue today is one of over consumption and accumulation and not of lack of material things.
- 3) They realize that more variety does not necessarily mean more comfort or prosperity.

**Q 1: Do the exercise in your worksheet with given criteria**

1. Sit with your family and write down your daily, monthly and yearly expenses
2. Multiply daily expense with 365
3. Multiply monthly expense with 12
4. Keep yearly expense as it
5. Get the total of all the expenses to fulfil the yearly needs
6. Divide all expense by 12
7. You will get monthly expense of your family

● **For Example**

Sr. No	Need	Daily	Monthly	Yearly
1	Vegetables	50		
2	Light bill		1000	
3	College fees			25000





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4				
5				
		TOTAL (1)	TOTAL (2)	TOTAL (3)
		A = TOTAL (1 X 365)	B = TOTAL (2 X 12)	C = TOTAL (3)
TOTAL YEARLY EXPENSE (D) = A + B + C				
TOTAL MONTHLY EXPENSE = D/30				

- Write your observation whether your family is earning more than this, less than this or near to this?
- If your family is earning less than this monthly income then according to you what are the plans to increase the monthly income?
- If your family is earning more than this monthly income then what do you do with that extra income?
- What do you think, is the monthly expense limited or unlimited?
- If monthly income is enough for your family, then do you feel prosperity or still you feel that something is missing? Or do you think you need to earn more?

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How do you decide your requirements? According to your **needs** or according to your **desires (expectations)** (Eg. My need is one pair of shoes but my desire may be 100 pairs of shoes)

**Note:** below table is just to observe to assess accumulation in each of our homes. For this you have to make an exhaustive list of things at home with the following details: -

- Make a list of things that you have not used in the last one month (include things that are on display only)

Things	For what purpose you bought it
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- Will you use it in the next one month? Or at a future date? When?
- Do you think these things are fulfilling the purpose for which you bought them?
- Are these things helpful for maintaining other things in your home?
- Make a note against the thing if you consider it an accumulation or an asset?

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**Your learning outcome:**  
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Teacher's Remarks:

Signature of faculty:

Expressed	Partially expressed	Did not express

## Experiential Assignment: 6

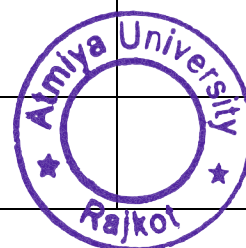
**Activity Title:** Harmony with the Nature.

**Activity Objective:**

- From this activity students can understand the holistic study of science and also interconnectedness between all the orders of nature.

**Q 1:** Find out the salient aspects in each order:

Order	Material	Plant/Bio	Animal	Human
Things (vastu)				
Activity (kriya)				
Innateness (dharma)				
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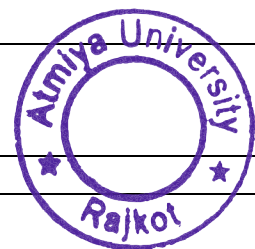
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(svabhava)				
Conformance (anu - sangiyta)				

**Q 2: Find out the appropriate Utility Values for following things:**

Things (Vastu)	Utility Values
Shelter	
Food	
Cloths	
Mobile	
T.V.	
Bike	
Shoes	
Watch	
Water	

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**Trees**

- **Your learning outcome:**

**Teacher's Remarks:**

**Signature of faculty:**

Expressed	Partially expressed	Did not express

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