

VALUE EDUCATION CELL - VE CELL
BABU BANARASI DAS
NORTHERN INDIA INSTITUTE OF TECHNOLOGY
AKTU UHVPE FDP (LEVEL-1) @ BBDNIIT
January 10th – 17th, 2018

DAY-1-JANUARY 10, 2018-REPORT



Value education is rooted in Indian philosophy and culture and ingrained in every tradition of Indian culture. Educational institutions play a significant role in the promotion of value. The Vedas and Upanishads form the source of inspiration for value education. In the Vedic period, In Ashram education, the Guru insists his sishya to follow certain values throughout his life. Socialist, Secular, Democratic, Justice, Liberty Equality, Fraternity, Dignity of the individuals and integrity of the nation are the ideal conditions in the Constitution. Our values in life must draw their inspiration from these ideals. University education commission 1948-49 mentioned the various aspects of morality as: loyalty, courage, discipline, self-sacrifice and spirituality.

The Secondary Education Commission 1952-53 laid special emphasis on the following values in the formation of character of the students:

- Efficiency
- Good Temper
- Cooperation
- Integrity
- Discipline

As all of us know that Value Education is the Key to all further Education. The inculcation of values in an individual is imperative for an individual as well as for society. The main forbearers of this education are teachers, who can pass on the torch of values to their students. To equip the Faculty members in the tools of value education, an 8 day long Faculty Development Programme was started under the auspices of AKTU from 10th Jan-17th Jan. 2018, at Babu Banarasi Das Northern Indian Institute of Technology in which faculty of over 60 affiliated colleges took part. The Inaugural session began with a welcome address delivered by the Head of Department of Humanities & PC, BBDNIIT, Dr. Laxmi Vajpeyi, who is also the convener of the Value Education Cell of the college, welcomed all the participants and made them aware of the goals and objectives of the Programme. She also introduced the dignitaries who had come from IIT Kanpur to address the session. Dr. Pankaj Singh from Maharana Pratap College Kanpur also spoke on the occasion and he called upon people from the audience who had attended the programme in previous years to share their experiences. Among the speakers were Dr. Pooja Singh, Dr. Arti Mishra, Mr. Ravi Gupta and Mr. Ajay Bajpai. They talked about their experiences at the programme and also about how it had helped them to see things in a different perspective.

After that Dr. V. K.Singh, Director(Engg) of the BBDNIIT, Lucknow addressed to all the participants. First of all he welcomed to all the Facilitators and Participants in the college and ensures to provide support at personal level. He also noted the importance of values in our life. He said that our values are important because they help us to grow and develop. The decisions we make are a reflection of our values and beliefs, and they are always directed towards a specific purpose. That purpose is the satisfaction of our individual or collective (organizational) needs. Session II started with the facilitator, Dr. Pankaj Singh stressing the

need for value education. We need value education to inculcate in ourselves and others a sense of how to do things. Today, Technical Education and scientific enquiry have progressed considerably, but there is a tremendous loss of values among people. Skills are not dangerous by themselves, but proper utilization of skills is necessary for the harmonious development of an individual and society. Value education helps us in understanding life skills needed to lead a harmonious existence. Dr, Pankaj emphasizes the need for the right understanding of the rules of living and the competence to live our life amiably with others. The third session began with an important note and was that what is valuable for us. When we use a holistic approach in Decision making then it is possible that our decisions become universal. And when they become universal it will be possible for us to find a frame of reference for ourselves which will not change due to space, time or the individual. The fourth session progressed with discussing the differences between Value Education and Moral Education. The session also became highly interactive with the participation of the participants while understanding the process of Value Education. The process of Value Education lays stress on a dialogue getting established within our own selves and says that the process is a Proposal which should be verified for Mutual happiness and Mutual prosperity.

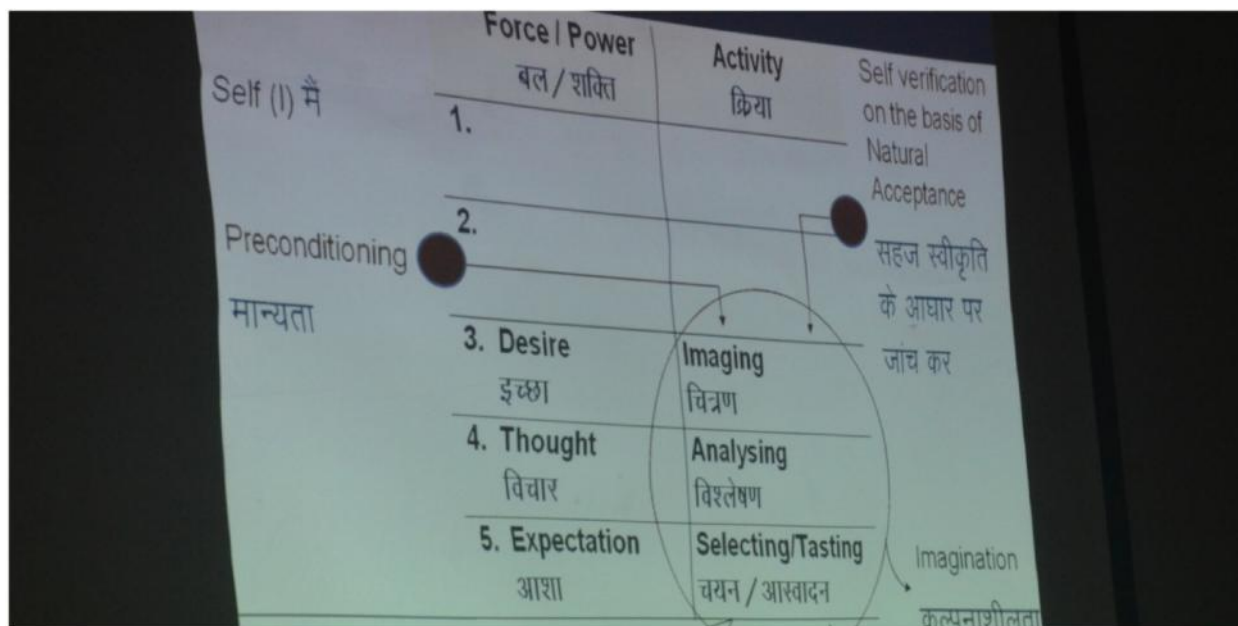
DAY-2-JANUARY 11, 2018-REPORT



If Day 2 began with Dr. Pankaj Singh raising a question in whether Human relationship is important or not. He further suggested that we need to check ourselves and what we want needs to be examined. Thoughts were raised towards physical facilities and fulfillment in relationship. It came to be known that for human beings not only physical facilities but also relationships are important and to achieve this we need to develop Right Understanding. The session began with understanding happiness and happiness was equal to harmony. The discussion then progressed towards exploring what is naturally acceptable to us. For continuity in happiness we need to understand life at four levels. Session 3 was addressed by Dr. Akhilesh Verma who took the participants through the Story of Stuff. After viewing the video the participants were asked about their understandings of the story and it was found that there is substantial amount of unhealthy production of consumer items and the over indulgence of media and marketing was changing the entire dynamics of consumerism. Session 4 was taken by Dr. Pankaj and Human being was understood as a co existence of the Self and the Body. It was seen that the requirements of the self and the body are different and both need to be fulfilled. This session saw the participants being divided into three groups. Group 1 was facilitated by Dr. Hitendra Nath Chaubey, Group 2 was facilitated by Dr.

Akhilesh Verma and Group 3 was facilitated by Dr. Laxmi Vajpayee. The participants were asked to summaries and share their thoughts on their sessions conducted in the past two days.

DAY-3-JANUARY 12, 2018-REPORT



The day started by recapitulating the previous day's activities. Our Facilitator then talked to us about Harmony in the Self. The self is a set of four activities: Desire, Thought and Expectation. These get manifested in the self by Imaging, Analyzing and Selecting or Tasting. Further, we came to know that the activities are determined by three factors namely, Pre conditioning and sensations. But if we analyze everything on the basis of sensations, then the answers that we arrive at would not be stable. Our desires should be based on our natural acceptance. When we do it as per others, we remain dependent; on the other hand, when we do it as per our natural acceptance, it results in independence. Our Facilitator told us about the difference between Reaction and Response. Whenever we analyze things based on our pre-conditioning or past experiences, it always results in a reaction, which in turn

results in disharmony. On the contrary, when we judge on the basis of our natural acceptance, it results in happiness because it gives me control over things and situations. The three manifestations namely, Imaging, Analyzing and Selecting are the main parameters for happiness. If done through natural acceptance they give happiness, if done on the basis of sensations and pre-conditioning, they result in discord. The session started with an Activity. Our Facilitators asked us to make a list of our desires and wants. They categorized every desire on the basis of the Needs of the Body and Needs of the Self. It was observed that most of our needs are related to the self viz., Good health, Respect, Meaningful life, serving parents etc. A few were related to self and Body and still fewer related to only the Body. Our Facilitators then gave us the insight that all our needs related to our self, but our collective efforts are directed in catering only to the needs of our body. Our efforts need to be given in the correct direction. We can fulfill the needs of the self with the help of Right Understanding. Our imagination should be directed onto the correct path, based on our natural acceptance of things. The session started with the topic Harmony in the Body. The needs of our body is materials, and can be fulfilled by material needs, But the needs of our self is different. The Self (I) of a person and his body are in constant communication with each other. Waves from our Body reach 'I' through sensations, which are a medium of information for the self. Further, we came to know that the Body is just an instrument of the 'self'. The 'self' is responsible for the upkeep of the body. This is '*Sanyam*' which is done through Nutrition, Protection and proper utilization. There are nine ways to ensure '*Swasthya*' namely, *Ahaar, Vihaar, Shram, Vyayaam, Asan, Pranayam, Aushadhi & Chikitsa*. The facilitators talked about the feeling of Prosperity which is the feeling of having more than required Physical Facilities. This happens when either we have them or when we feel that we can earn them through hard work. Session 4 ended with the topic of Harmony in the Family, where we were taken to understand the feelings for the other self. These feelings are: Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude and Love. Trust means 'to be assured'. It is a surprise when we talk about our trust for others we are confident that we want to make him happy. But when we are asked whether the other also wants to make us happy, we do not agree to that. This is because we judge ourselves on the basis of our Intention and the others on the basis of their competence. This results in discord and disharmony within and among people.

DAY-4-JANUARY 13, 2018-REPORT



Session 1 of day 4 was addressed by Dr. Pankaj. The participants were introduced to the feeling of Trust. Trust is the fundamental base of any relationship and without trust it is not possible to imagine a relationship. The focus of the participants was taken towards trust and how one can understand trust. It was observed that trust is unconditional and continuous and for us to progress the number of people in our circle of trust should increase. In session 3 Dr. Akhilesh Verma took the participants through the video Right here/ Right now. The participants were asked about their observations and it was found that whether the cycle is of happiness or is of sadness it passes on from one person to another and is continuous. The session addressed by Dr. Pankaj took the participants to another feeling which was Respect. We normally live in a state of differentiation and due to this it becomes difficult to address the feeling of Respect. The participants were divided into three groups for sharing and discussion session. Group 1 was facilitated by Dr. Pankaj, Group 2 by Mr. Akhilesh Verma and Group 3 by Dr. Laxmi Vajpayee.

DAY-5-JANUARY 14, 2018-REPORT



The day started by recapitulating the main points of the previous day and then our facilitators continued further the discussion on Harmony in the Family. The feelings of Affection, Care and Guidance were introduced. Affection is accepting other as one's relative. Lack of Affection results in Opposition, hatred and jealousy among people. Care is the feeling of Responsibility towards the body of my relative. Guidance is the feeling of responsibility towards the self of my relative so that the self develops Right understanding and Responsibility. Our Facilitators told that Right feeling can be ensured with Right Understanding. When one becomes a source for these feelings, one is able to maintain harmony within oneself and others. There is a reason as to why there is a lack of values among children. The main problem today is that we only think of the other as body and forget the needs of the self. The aim of Happiness is being fulfilled with Physical facilities and this leaves the people feel unsaturated. Reverence is the feeling of Acceptance for Excellence. 'Excellence' is different from 'special' in that it is all inclusive and believes in mutual cooperation. The inspiration which we get from the object of worship is Worship. We worship our deities and people who inspire us. Glory is the feeling for those who have made effort for excellence. Gratitude is the feeling for those who have made effort for my excellence. Our Facilitators gave clarity about some concepts. We do not always need expression to show our feelings. Expression, of any kind is secondary. They explained the feelings of Love which is to accept everybody as my relative. It is the feeling of being related to all. It extends to even the minutest particle of the universe. We see this particle as

me, and do not differentiate between anybody Our Facilitator showed us step by step, about what is wrong with today's upbringing and education. The lack of proper understanding and feelings result in children look for acceptance through sensations. This results in opposition, a feeling of revolt inside a child. When he sees his elders and notices the variation between what they preach and what they practice, he becomes disillusioned. This continues for his entire lifetime making a vicious circle which is very hard to break. The role of Education in this context is very important.

Video Session:

The Participants were shown a video on the Basic Human Feelings and the role of Education. The main theme of the video was the depiction of all the nine feelings and it was shown through the example of 'Hiwre Bazaar', Ahmadnagar District, Maharashtra, which was literally in ruins some years back, but which has been turned into a haven and a model to emulate due to the effort of some people there. The village is an excellent example of Trust, camaraderie and mutual respect for each other.

DAY-6-JANUARY 15, 2018-REPORT



The session progressed with what is the target of humans. How does one reach to gross a misunderstanding which leads to disharmony in the society? Discussion led to news related by reports given by FAO. It was appalling to see the amount of wastage in the society. Discussion was about human order dimensions and five dimensions were discussed here. With this reference shiksha sanskaar and sanyam and swastha were discussed here. Karya and utpaadan were discussed here and how our production activities are leading to resources depletion and pollution. The discussion was about suraksha and nyaya in our society. Vinimay and kosh were also discussed here.

DAY-7-JANUARY 17, 2018-REPORT



This was the second last Day of the Programme. It started with the usual recapitulating of the lesson of the previous day. Our facilitators then told us that an undivided society is based on Self (I). Right evaluation of the Self leads to Self Confidence and Right evaluation of the other leads to Respect. They reminded us of the Programme for Health which constituted of *Aahar*, *Vihaar*, *Shram*, *Vyayaam*, *Asan*, *Pranayam*, *Aushadhi* and *Chikitsa*. If we do not pay attention to our *Ahaar*, *Vihaar* (Routine) and *Shram*(Labour) then we have to resort to taking medicines and in extreme cases, surgery. The participants were shown a documentary video named 'An Inconvenient Truth', which showed the effect of Global Warming on Planet earth. It spoke of disastrous consequences, if we, as inhabitants of this planet, do not take responsibility for it. This session started with the introduction of the topic 'Harmony in Nature'. Our total competence rests on our being a source of all the nine feelings. Nature is a collection of independent units namely, Plant order, Material Order, Animal order, Human order. The first three are mutually helpful among themselves and towards humans, but humans are not in harmony with them. Humans, in their competition for more and more physical facilitates are harming nature. Nature has the capability to subsist on its own. It has scope for human betterment too. We just have to let it follow its own course. The Chapter on 'Harmony in Existence' was opened. All existence is in the form of units that exist in space,

they are submerged in space. Every unit recognizes and fulfils its existence in space. When we understand the entire existence, we are able to ascertain our place in it. Humans have problems in imagination and hence, in the right understanding. When every unit is submerged in space and when we are able to recognize my relation with every other unit, live in fulfillment and the feeling of Love, this is the realization of truth.

DAY-8-JANUARY 18, 2018-REPORT



The session closed with the sharing of experiences of participants, in groups. The concept of positive thoughts and the concept of 'space' were taken up again and the queries of participants were solved. This was the concluding day of the 8 day long workshop. It started with our Facilitators telling us of the day's schedule. A Recapitulation of the past seven days was done, the content was summed up and queries and doubts were duly answered. The rest of the day went in the Sharing and Feedback activity. The Participants were called on the dais one by one, to share their experiences and give their feedback of the Conference. Almost all the participants had had some revealing facts about the changes in their attitude and thinking, the key concepts which had affected them, from the first day till the last day of the conference. A Feedback Form was also distributed and information was collected.

In the end, the gathering was addressed by Dr. V.K.Singh, Director, BBDNIIT. Dr. Singh congratulated to all participants as well facilitators to successful completion of the FDP. He said that everyone has to be patient in his or her life and patience is the single source to manage all the problems in life. He also emphasized that patience is the key to manage all your relations in the life either personal or professional. Many problems arise nowadays in every one's life due to lack of patience. He also motivated the Value education team of the college with his inspiring words.

The Vote of Thanks was delivered by the Local Coordinator of FDP Dr. Laxmi Vajpeyi. Certificates and photographs were also given out.