



Mangalmay Institute of Management Technology
Greater Noida (U.P.)



MANGALMAY
INSTITUTE OF MANAGEMENT TECHNOLOGY

Greater Noida



ADD ON
CERTIFICATION PROGRAM
on

**UNIVERSAL HUMAN VALUES: Our existence as an
Individual , Family , Society and Universe**

BBA 1st Year students

Date: 11th September, 2023 to 5th October, 2023
Time: 2:00 PM - 4:00 PM | Venue: Room No 201, B Block

Coordinator:
Mr. Vivekanand



Resource Person
Mr. Vipul Garg

Toll-Free : 1800 103 3797 | www.mangalmay.net.in
Plot No. 8 & 9, Knowledge Park-II, Greater Noida, Delhi-NCR, India



Date: 5th September, 2023

NOTICE

MIMT is organizing an Add-on certification course on "UNIVERSAL HUMAN VALUES: Our existence as an Individual, Family, Society and Universe" starting from **11th September, 2023** in Room No 201, Block B, MIMT. This is to inform that all BBA 1st Year students of the Management Department can enroll for the same.

The details of the certification is given below:

Program Details :-

Date: 11th September, 2023 to 5th October, 2023
Time: 2:00 PM - 4:00 PM
Venue: Room No 201, B Block, MIMT
Participants: Students of BBA 1st Year
Resource Person: Mr. Vipul Garg
Coordinator: Mr. Vivekanand
Registration: Interested students can give their names to the coordinator latest by 8/09/23

Associate Dean
MIMT

CC to:

Principal, MIMT

IQAC, MIMT

HODs/Coordinators

Faculty Members

Student Notice Board

Office File



Syllabus

(30 Hours)

Module 1: Introduction to Value Education and Human Aspirations (10 Hours)

Session 1: Introduction to Value Education, Right Understanding, Relationship, and Physical Facility

- Overview of value education
- Importance of right understanding
- Role of relationships and physical facilities in value education

Session 2: Understanding Value Education

- Definition and significance
- Goals and objectives of value education

Session 3: Self-Exploration as the Process for Value Education

- Concept and methodology of self-exploration
- Role of self-exploration in understanding values

Session 4: Continuous Happiness and Prosperity – the Basic Human Aspirations

- Defining happiness and prosperity
- Relationship between happiness, prosperity, and value education

Session 5: Happiness and Prosperity – Current Scenario

- Analysis of current societal scenario
- Challenges in achieving continuous happiness and prosperity

Module 2: Fulfilling Human Aspirations and Understanding Harmony (8 Hours)

Session 6: Method to Fulfill the Basic Human Aspirations

- Steps and strategies for fulfilling human aspirations
- Role of value education in achieving human aspirations

Session 7: Harmony in the Human Being, Understanding Human Being as the Co-existence of the Self and the Body

- Concept of harmony within human beings
- Co-existence of self and body

Session 8: Distinguishing between the Needs of the Self and the Body



- Different needs of self and body
- Prioritizing and balancing these needs

Session 9: The Body as an Instrument of the Self

- Understanding the role of the body
- Relationship between self and body

Module 3: Ensuring Harmony and Health (6 Hours)

Session 10: Understanding Harmony in the Self

- Exploring inner harmony
- Techniques to achieve self-harmony

Session 11: Harmony of the Self with the Body

- Achieving harmony between self and body
- Impact of self-body harmony on overall well-being

Session 12: Programme to Ensure Self-Regulation and Health

- Developing self-regulation practices
- Health programs to support harmony

Module 4: Harmony in Relationships and Society (6 Hours)

Session 13: Harmony in the Family and Society, Harmony in the Family – the Basic Unit of Human Interaction

- Importance of family harmony
- Strategies to foster harmony within the family

Session 14: Trust – the Foundational Value in Relationship

- Defining and understanding trust
- Building and maintaining trust in relationships

Session 15: Respect – as the Right Evaluation

- Concept of respect in relationships
- Practicing respect as a foundational value



Schedule

Session	Content	Time	Date
S 1	Introduction to Value Education, Right Understanding, Relationship and Physical Facility	2:00 PM - 4:00 PM	11th September, 2023
S 2	Understanding Value Education	2:00 PM - 4:00 PM	12th September, 2023
S 3	Self-exploration as the Process for Value Education	2:00 PM - 4:00 PM	13th September, 2023
S 4	Continuous Happiness and Prosperity – the Basic Human Aspirations	2:00 PM - 4:00 PM	14th September, 2023
S 5	Happiness and Prosperity – Current Scenario	2:00 PM - 4:00 PM	15th September, 2023
S 6	Method to Fulfill the Basic Human Aspirations	2:00 PM - 4:00 PM	18th September, 2023
S 7	Harmony in the Human Being, Understanding Human Being as the Co-existence of the Self and the Body	2:00 PM - 4:00 PM	20th September, 2023
S 8	Distinguishing between the Needs of the Self and the Body	2:00 PM - 4:00 PM	21st September, 2023
S 9	The Body as an Instrument of the Self	2:00 PM - 4:00 PM	22nd September, 2023
S 10	Understanding Harmony in the Self	2:00 PM - 4:00 PM	25th September, 2023
S 11	Harmony of the Self with the Body	2:00 PM - 4:00 PM	26th September, 2023
S 12	Programme to ensure self-regulation and Health	2:00 PM - 4:00 PM	27th September, 2023
S 13	Harmony in the Family and Society, Harmony in the Family – the Basic Unit of Human Interaction	2:00 PM - 4:00 PM	29th September, 2023
S 14	'Trust' – the Foundational Value in Relationship	2:00 PM - 4:00 PM	3rd October, 2023
S 15	'Respect' – as the Right Evaluation	2:00 PM - 4:00 PM	4th October, 2023
	Assessment	2:00 PM - 3:00 PM	5th October, 2023



	Report
Name of Activity	UNIVERSAL HUMAN VALUES: Our existence as an Individual , Family , Society and Universe
Date	11th September, 2023 to 5th October, 2023
Venue	Room No 201, B Block, MIMT
Organised by	Management Department
Participation by	BBA 1st Year students
No. of Participants	33
Resource Person	Mr. Vipul Garg
Activity Convener	Mr. Vivekanand
Objective	<p>The objective of this activity is to provide a comprehensive understanding of value education and its significance in fostering continuous happiness and prosperity. The activity aims to explore the essential aspects of human life, including right understanding, harmonious relationships, and adequate physical facilities, and how they contribute to overall well-being. Participants will engage in self-exploration, differentiate between the needs of the self and the body, and learn methods to achieve inner harmony and balance. The activity also focuses on promoting trust and respect in relationships, ensuring harmony within the family and society, and implementing programs for self-regulation and health. Through interactive discussions and a Q&A session, participants will deepen their understanding of these concepts and learn practical approaches to apply them in their daily lives.</p>
Content	<p>Day 1: Introduction to Value Education, Right Understanding, Relationship, and Physical Facility</p> <p>On the first day, the session provided an overview of value education, emphasizing its significance in personal and societal development. Participants learned about the importance of right understanding, which involves perceiving reality accurately and making decisions that reflect true human values. The role of relationships in value education was discussed, highlighting how healthy and meaningful relationships contribute to overall well-being. Additionally, the session covered the necessity of physical facilities, ensuring that basic material needs are met to support a</p>



balanced and harmonious life. Through interactive discussions and examples, participants gained a foundational understanding of how these elements interconnect to form the basis of value education.

Day 2: Understanding Value Education

The second day delved into the definition and significance of value education. Participants explored the goals and objectives of value education, focusing on its role in fostering a well-rounded, ethical, and harmonious life. The session discussed how value education aims to develop critical thinking, empathy, and responsible behavior in individuals. By examining various educational frameworks and methodologies, participants understood how value education can be integrated into different aspects of life, including personal development, professional conduct, and societal interactions. Case studies and real-life examples illustrated the transformative impact of value education on individuals and communities.

Day 3: Self-Exploration as the Process for Value Education

On the third day, the concept and methodology of self-exploration were introduced as essential components of value education. Participants learned how self-exploration involves introspection and reflection to understand one's values, beliefs, and motivations. The session highlighted the role of self-exploration in uncovering inherent values and aligning actions with these values. Techniques such as journaling, meditation, and reflective dialogues were discussed to facilitate the self-exploration process. Through guided exercises and discussions, participants experienced firsthand the benefits of self-exploration in gaining clarity and direction in their personal and professional lives.

Day 4: Continuous Happiness and Prosperity – the Basic Human Aspirations

The fourth day's session focused on defining happiness and prosperity as fundamental human aspirations. Participants explored the relationship between these aspirations and value education. The session emphasized that true happiness and prosperity are achieved through the fulfillment of both material and non-material needs. By discussing philosophical perspectives and practical examples, participants understood how continuous happiness and prosperity are interconnected with living a value-driven life. Interactive activities helped participants reflect on



their own definitions of happiness and prosperity and how they can align their actions to achieve these goals.

Day 5: Happiness and Prosperity – Current Scenario

On the fifth day, participants analyzed the current societal scenario concerning happiness and prosperity. The session highlighted the challenges and obstacles in achieving continuous happiness and prosperity in modern society. Issues such as materialism, stress, and societal pressures were discussed, along with their impact on individual well-being. Participants engaged in group discussions to identify common challenges they face in their own lives and brainstormed potential solutions. The session concluded with a focus on the importance of value education in addressing these challenges and fostering a more balanced and fulfilling life.

Day 6: Method to Fulfill the Basic Human Aspirations

The sixth day's session provided steps and strategies for fulfilling basic human aspirations. Participants learned about the role of value education in achieving these aspirations by aligning actions with core human values. The session discussed practical approaches such as goal setting, prioritization, and ethical decision-making. Participants engaged in exercises to identify their personal aspirations and develop action plans to achieve them. Through group discussions and case studies, they gained insights into how value education can guide them in fulfilling their aspirations while maintaining harmony and integrity.

Day 7: Harmony in the Human Being, Understanding Human Being as the Co-existence of the Self and the Body

On the seventh day, the focus was on understanding harmony within human beings, specifically the co-existence of the self and the body. Participants explored the concept of inner harmony and how it impacts overall well-being. The session discussed the interrelationship between the self (mind, emotions, consciousness) and the body (physical needs, health). Techniques for achieving harmony, such as mindfulness and balanced living, were introduced. Participants engaged in reflective exercises to assess their own state of harmony and identified areas for improvement. By the end of the session, they had a clearer understanding of how to foster harmony within themselves.

Day 8: Distinguishing between the Needs of the Self and the Body



The eighth day focused on distinguishing between the needs of the self and the body. Participants learned to identify and prioritize these needs to maintain balance and well-being. The session discussed the different types of needs – physical, emotional, mental, and spiritual – and how they interrelate. Practical exercises helped participants evaluate their current fulfillment of these needs and develop strategies to address any imbalances. Through discussions and examples, participants understood the importance of addressing both self and body needs to achieve holistic well-being and harmony.

Day 9: The Body as an Instrument of the Self

On the ninth day, participants explored the role of the body as an instrument of the self. The session emphasized the importance of maintaining the body in good health to support the self's aspirations and activities. Topics covered included the relationship between physical health and mental well-being, the impact of lifestyle choices on health, and practices for nurturing the body. Participants engaged in discussions and activities to reflect on their own health practices and identify areas for improvement. By the end of the session, they had a deeper appreciation of the body's role in achieving overall harmony and well-being.

Day 10: Understanding Harmony in the Self

The tenth day's session focused on exploring inner harmony and techniques to achieve self-harmony. Participants learned about the importance of aligning thoughts, emotions, and actions to create a harmonious inner state. Techniques such as meditation, mindfulness, and self-reflection were introduced to help participants cultivate inner harmony. Through guided exercises and discussions, participants experienced the benefits of these techniques in reducing stress, enhancing clarity, and fostering inner peace. By the end of the session, they had practical tools to continue their journey towards self-harmony in their daily lives.

Day 11: Harmony of the Self with the Body

On the eleventh day, participants focused on achieving harmony between the self and the body. The session discussed the impact of self-body harmony on overall well-being and the importance of a balanced approach to health and lifestyle. Participants explored practices such as balanced nutrition, regular physical activity, and mental relaxation techniques. Through interactive



activities and discussions, they identified ways to integrate these practices into their routines. By the end of the session, participants had a clearer understanding of how to maintain harmony between the self and the body to support holistic health.

Day 12: Programme to Ensure Self-Regulation and Health

The twelfth day introduced participants to self-regulation practices and health programs that support harmony. Participants learned about the concept of self-regulation and its role in maintaining balance and well-being. The session discussed various self-regulation techniques, such as time management, stress management, and emotional regulation. Participants also explored health programs and practices that promote physical and mental health. Through practical exercises and discussions, they developed personalized self-regulation plans and health routines. By the end of the session, participants were equipped with strategies to enhance their self-regulation and overall health.

Day 13: Harmony in the Family and Society, Harmony in the Family – the Basic Unit of Human Interaction

On the thirteenth day, the session focused on the importance of harmony within the family as the basic unit of human interaction. Participants learned about the role of family harmony in fostering overall well-being and societal harmony. The session discussed strategies to foster harmony within the family, such as effective communication, mutual respect, and shared responsibilities. Participants engaged in discussions and activities to reflect on their own family dynamics and identify ways to enhance harmony. By the end of the session, they had practical insights and tools to improve family relationships and create a harmonious home environment.

Day 14: Trust – the Foundational Value in Relationship

The fourteenth day's session delved into the concept of trust as the foundational value in relationships. Participants learned about the importance of trust in building and maintaining healthy relationships. The session discussed ways to build and nurture trust, such as honesty, reliability, and empathy. Participants engaged in activities to assess the level of trust in their own relationships and identify areas for improvement. Through discussions and real-life examples, they gained a deeper understanding of the role of trust in fostering strong, supportive, and enduring relationships.



	<p>Day 15: Respect – as the Right Evaluation</p> <p>On the fifteenth day, participants explored the concept of respect in relationships and its importance as a foundational value. The session discussed the meaning of respect and how it can be practiced in daily interactions. Participants learned about the impact of respect on relationship quality and overall well-being. Practical exercises and discussions helped participants reflect on their own behavior and identify ways to demonstrate respect in their relationships. By the end of the session, participants had a clearer understanding of the importance of respect and practical strategies to incorporate it into their interactions.</p>
Assessment	<p>At the end of the UNIVERSAL HUMAN VALUES: Our existence as an Individual , Family , Society and Universe course there was a MCQ assessment assigned to assess the understanding level of the students.</p>
Outcome of Activity	<p>At the end of the course, participants:</p> <ol style="list-style-type: none">1. Understand Value Education: Gain a thorough understanding of value education and its role in fostering ethical and moral development.2. Achieve Right Understanding: Develop the ability to attain right understanding, nurturing harmonious relationships and ensuring adequate physical facilities for a fulfilling life.3. Engage in Self-exploration: Utilize self-exploration techniques to enhance self-awareness and align personal values with actions.4. Pursue Continuous Happiness and Prosperity: Recognize and strive to fulfill the basic human aspirations of continuous happiness and prosperity.5. Differentiate Needs of Self and Body: Clearly distinguish between the needs of the self and the body, fostering a holistic approach to well-being.6. Promote Harmony in Relationships: Foster trust and respect in relationships, ensuring harmony within the family and society.7. Implement Health Programs: Apply practical methods to ensure self-regulation and maintain physical and mental health.8. Cultivate Inner and Outer Harmony: Achieve harmony within the self and with the body, leading to a balanced and fulfilling life.



List of Beneficiaries

S. No	Roll Number	Student Name	Registered
1	230992010200	ABHAY KUMAR CHAUDHARY	Registered
2	230992010208	ABHISHEK KUMAR	Registered
3	230992010218	ADITYA GUPTA	Registered
4	230992010225	AJAY BHATI	Registered
5	230992010260	ANURAG JHA	Registered
6	230992010264	ARPIT SIWACH	Registered
7	230992010269	ASHISH	Registered
8	230992010280	AYUSH PANDEY	Registered
9	230992010325	HARSHITA SINHA	Registered
10	230992010338	ILIYAS RAZA	Registered
11	230992010351	KASIF ALI	Registered
12	230992010355	KESHAV TANWAR	Registered
13	230992010376	MANISH BIDHURI	Registered
14	230992010389	MEHAR KUMAR	Registered
15	230992010410	NANDAN RAI	Registered
16	230992010411	NANDINI GAUR	Registered
17	230992010413	NEHA CHAUHAN	Registered
18	230992010435	NYAYIR LOMBI	Registered
19	230992010439	PARVEEN	Registered
20	230992010445	PIYUSH CHOUDHARY	Registered
21	230992010447	PRADEEP BHATI	Registered
22	230992010466	PRIYANSHU SHUKLA	Registered
23	230992010478	RAJU KUMAR	Registered
24	230992010487	RISHAV KUMAR SINGH	Registered
25	230992010491	RITIK	Registered
26	230992010517	SAKSHAM BHATI	Registered
27	230992010529	SATYAM	Registered
28	230992010533	SHAHNAWAZ ALAM	Registered
29	230992010536	SHASHIKANT KUMAR	Registered
30	230992010555	SIMRAN KUMARI	Registered



31	230992010569	SURAJ KUMAR	Registered
32	230992010572	SUYASH YADAV	Registered
33	230992010579	TUSHAR CHAUHAN	Registered

Status of Students for Add on certificate of UNIVERSAL HUMAN VALUES: Our existence as an Individual , Family , Society and Universe:-

S. No	Roll Number	Student Name	Registered	Status
1	230992010200	ABHAY KUMAR CHAUDHARY	Registered	Completed
2	230992010208	ABHISHEK KUMAR	Registered	Completed
3	230992010218	ADITYA GUPTA	Registered	Completed
4	230992010225	AJAY BHATI	Registered	Completed
5	230992010260	ANURAG JHA	Registered	Completed
6	230992010264	ARPIT SIWACH	Registered	Completed
7	230992010269	ASHISH	Registered	Completed
8	230992010280	AYUSH PANDEY	Registered	Completed
9	230992010325	HARSHITA SINHA	Registered	Completed
10	230992010338	ILIYAS RAZA	Registered	Completed
11	230992010351	KASIF ALI	Registered	Completed
12	230992010355	KESHAV TANWAR	Registered	Completed
13	230992010376	MANISH BIDHURI	Registered	Completed
14	230992010389	MEHAR KUMAR	Registered	Completed
15	230992010410	NANDAN RAI	Registered	Completed
16	230992010411	NANDINI GAUR	Registered	Completed
17	230992010413	NEHA CHAUHAN	Registered	Completed
18	230992010435	NYAYIR LOMBI	Registered	Completed
19	230992010439	PARVEEN	Registered	Completed
20	230992010445	PIYUSH CHOUDHARY	Registered	Completed
21	230992010447	PRADEEP BHATI	Registered	Completed
22	230992010466	PRIYANSHU SHUKLA	Registered	Completed
23	230992010478	RAJU KUMAR	Registered	Completed
24	230992010487	RISHAV KUMAR SINGH	Registered	Completed
25	230992010491	RITIK	Registered	Completed



26	230992010517	SAKSHAM BHATI	Registered	Completed
27	230992010529	SATYAM	Registered	Completed
28	230992010533	SHAHNAWAZ ALAM	Registered	Completed
29	230992010536	SHASHIKANT KUMAR	Registered	Completed
30	230992010555	SIMRAN KUMARI	Registered	Completed
31	230992010569	SURAJ KUMAR	Registered	Completed
32	230992010572	SUYASH YADAV	Registered	Completed
33	230992010579	TUSHAR CHAUHAN	Registered	Completed

PROFILE OF THE RESOURCE PERSON

Mr. Vipul Garg

Mr. Vipul Garg is a UHV expert. He has significant experience in the area. His core areas are Finance, Accounts, Student Focus, Strong Ethics, striving for Excellence, Social Development, Motivational Speaker, Career counselor and more.

Academically He has post-graduated from CCS University, Meerut. He has earned certificates as a UHV Consultant & Executive. He is also certified in Career Counselling.



Photograph Glimpses



Mr. Vipul guiding students on the Harmony in the Human Being, Understanding Human Being as the Co-existence of the Self and the Body.



Students learning the difference between the Needs of the Self and the Body.

Sample Certificate



Mangalmay Institute of Management Technology
Greater Noida (U.P.)



CERTIFICATE

It is to certify that **Mr./Ms. AANYA SINGH** of **BBA 1st year** has successfully completed **32 hours** certification course on **“UNIVERSAL HUMAN VALUES: Our existence as an Individual , Family , Society and Universe”** from **11/09/2023 to 05/10/2023** organized by Mangalmay Institute of Management & Technology, Greater Noida.

VICE CHAIRMAN
Mangalmay Group of
Institutions

IQAC Coordinator
Mangalmay Institute of
Management & Technology

PRINCIPAL
Mangalmay Institute of
Management & Technology



Sample Assessment



Mangalmai Institute of Management Technology
Greater Noida (U.P.)



Course: BBA
hour

10/20
21/10/2023
Time: 1

ADD-ON COURSE QUIZ

Course Name: Universal Human Values: Our existence as an Individual, Family, Society and Universe

Name - Nandan Rai Roll no - 230992010410 Invigilator Sign - [Signature]
Batch - 2022-24 Date - 05/10/2023 Semester - 4th

General Instructions: All questions are compulsory. Each question will carry '1' mark and there is no 'Negative Marking'

1. Human Life is lived at four levels: Individual, Family, and Society and
(a) Nature (b) Nurture (c) World (d) Universe
2. What is self-exploration?
(a) Process of dialogue between what you are and what you want to be
(b) Process of self-evolution through self-investigation
(c) Process of knowing oneself
(d) All of the above
3. Value education deals with...
(a) What is universally valuable to all of us
(b) What is conducive to our individual and collective of us
(c) Enables to be in harmony with ourselves, others and the rest of nature
(d) All of the above
4. Self-Exploration demands examination and of our belief again and again
(a) Validation (b) Presentation (c) Demonstration (d) Representation
5. Beliefs come to us from....
(a) what we read (b) what we see
(c) what parents and friends talk about (d) All of the above
6. There is a need to supplement
(a) Technical Education with science
(b) Technical Education with History



- (c) Technical Education in Politics
(d) Technical Education with value education
- 7 Technology is the only means to achieve what is considered.....
(a) Valuable for science (b) Valuable for technology
(c) Valuable for humans (d) None
- 8 Any course content on value education needs to be
(a) Universal (b) Rational (c) Natural (d) All of above
- 9 When we live with a correct understanding of values we feel
(a) Deprived (b) Frustrated (c) Happy (d) Unhappy
- 10 Following are the basic guidelines for value education except.....
 (a) Universal (b) Personal (c) Rational (d) Natural
- 11 Value Education enables us to.....
(a) To understand our needs
(b) Visualize our goals correctly
(c) Indicate the direction for their fulfilment
 (d) all of above
- 12 One of the basic desires of every human being is to be always.....
 (a) Happy (b) Sad (c) Laugh (d) Earn money
- 13 ... is the basic unit of any human society
(a) Group (b) Individual (c) Nature (d) Society
- 14 Value and Skills should go hand in hand
 (a) True (b) False (c) cannot tell (d) Wrong question
- 15 Present Education system gives more value to skills
(a) True (b) False (c) cannot tell (d) None of the above
- 16 Value education should be universally applicable to all human beings at all times and in all places
 (a) True (b) False (c) not possible (d) both a and b



~~17~~ Value education should be Natural and verifiable means

- (a) Intellectual and Informative
- (b) Naturally accepted and experimentally verified
- (c) both a and b
- (d) none

18 Value of an entity is

- (a) Physical Facility (b) Prosperity
- (c) Its participation in the larger order of which it is part
- (d) both a and b

~~19~~ are as Basic Human Aspirations

- (a) Money (b) Relationship without money
- (c) Physical Facility (d) Continuous Happiness and Prosperity

20 Right Understanding and relationships lead to

- (a) Mutual Happiness (b) Mutual Prosperity
- (c) Both a and b (d) All are wrong