

Universal Human Values (UHV)

Overview

The Mechanical Engineering Department, MET's Institute of Engineering, Nashik, offers a focused, hands-on internship/training program on **Universal Human Values (UHV)**. This **four-week (25-day)** internship is designed for engineering students. Universal Human Values internship focuses on ethics, personal development, social responsibility, and values-based leadership rather than technical skills..

Internship / Training Highlights and Core Module

1. Understanding Universal Human Values

- Definition of UHV : Core values like truth, honesty, integrity, compassion, and respect
- Relevance of UHV in personal and professional life.
- Difference between societal norms, ethics, and universal values

2. Self – Exploration and Personal Growth

- Self-awareness and reflection exercises.
- Identifying personal strengths, weaknesses, and biases.
- Developing emotional intelligence and empathy.

3. Ethical Decision-Making

- Importance of ethical reasoning in engineering and technology.
- Case studies of ethical dilemmas in professional settings.
- Frameworks for making value-based decisions.

4. Interpersonal Skills & Relationships

- Communication with respect, clarity, and sensitivity.
- Teamwork, collaboration, and conflict resolution.
- Building trust and maintaining professional integrity.

5. Social Responsibility & Sustainability

- Understanding societal and environmental impact of engineering work.
- Role of engineers in promoting sustainable and responsible innovation.

- Volunteering, community engagement, and leadership in social initiatives.

6. Stress Management & Work-Life Balance

- Techniques for mindfulness, meditation, and self-regulation.
- Balancing academic, personal, and professional responsibilities.
- Cultivating resilience and a positive attitude.

7. Values in Professional Life

- Honesty and accountability in engineering projects.
- Respect for colleagues, clients, and society at large.
- Integrating UHV in leadership and organizational culture.

8. Practical Activities During Internship

- Workshops, group discussions, and reflective journaling.
- Role-playing ethical scenarios or case studies.
- Community service projects or sustainability initiatives.
- Presentations on value-based learning experiences.

9. Outcomes of UHV Internship

- Stronger self-awareness and ethical reasoning.
- Improved interpersonal skills and teamwork abilities.
- Enhanced understanding of social and environmental responsibilities.
- Ability to apply values in professional and personal decision-making.

10. Eligibility and Internship Details

Detail	Specification
Department	Mechanical Engineering Department, MET's Institute of Engineering, Nashik
Internship Area	Mechanical Engineering Department
Duration	4 Weeks (25 days in the month of January/ February 2026)
Working Mode	Offline
Working Hours	2 – 4 Hours per day
No. of Students	12
Eligibility	All branches of Engineering (2nd Year, 3rd Year & Final Year) students.
Pre-requisites	Not Required
Last Date to Apply	30 December 2025

11. Expected Learning Outcomes

- **To develop self-awareness and clarity of core human values** through reflective practices, thereby fostering personal integrity and responsible thinking.
- **To enable the application of ethical decision-making** in real-life and engineering contexts through case studies, with emphasis on societal responsibility, sustainability, and professional ethics.
- **To enhance essential life and workplace skills** such as effective communication, teamwork, empathy, stress management, and the practical integration of values into daily behavior.

12. Deliverables and Evaluation

- Successful completion of the boot camp/ internship will earn participants a Certificate of Completion from the Mechanical Engineering Department, MET Bhujbal Knowledge City, Nashik..



Dr.S.K.Nirgude

Internship/Training/Boot camp Coordinator



Dr.S.D.Kalpande

H.O.D