

**MET's Institute of Engineering  
Bhujbal Knowledge City, Adgaon, Nashik  
Department of First Year Engineering**

**Name of the program:** 3- Day faculty Development Program “ Universal Human Values-I”

**Date:**30/01/2026

**Time:**9.00 to 6.00pm

**Day 1:** Friday

**Venue:** Room No.602  
IOE,MET,BKC

**Activity Coordinator:** Dr.Pradnya S Raut (LPC 1)

**Event Coordinator:**  
Dr.Manisha Shinde (LPC 2)  
Dr.Sharad Nirgude  
Dr.Priti Lahane  
Dr.Ranjana Dahake  
Mrs.Kirti Kulkarni  
Mrs.Bhagyshree Tile  
Mrs.Nilima Ambekar  
Mr.Shekhar Shinde

**Resource Person:** Mrs.Aparajita Singh

**No. of Registered Participants:** 78

**No. of Attendee Participants:** 56

### Objectives of the Course

1. To help Participants understand the concept of human values and ethics
2. To develop self-awareness and right understanding
3. To promote harmony within oneself, family, society, and nature
4. To encourage responsible and value-based decision making

The objective of Day 3 of the UHV FDP was to help participants understand the concept of **harmony at different levels of living**, namely **individual, society, nature, and existence**, and to recognize how right understanding leads to a peaceful, sustainable, and mutually fulfilling life. The session focused on expanding the understanding of harmony beyond the individual level and emphasized the interconnectedness of **human beings, society, nature, and the entire existence**. Through discussions and examples, the resource person explained how imbalance at any level leads to conflict, exploitation, and environmental degradation.

### 1. Harmony in Society

Harmony in society refers to **mutual happiness and trust among human beings**. The session highlighted that society is a network of relationships such as family, community, and nation.

- The basic human aspiration is **continuous happiness and prosperity**.
- Harmony in society is achieved through **right understanding**, not through rules or force.
- **Trust (Vishwas)** and **Respect (Samman)** are the foundation of all relationships.
- Values like **justice, cooperation, fearlessness, and compassion** help in building a harmonious society.
- When individuals live with correct values, society becomes **organized, peaceful, and inclusive**.

**Participants understood that social harmony begins with the individual's right understanding and right conduct, which naturally extends to family and society.**

## 2. Harmony in Nature

Harmony in nature means **coexistence and mutual fulfillment among all natural entities**.

- Nature consists of **four orders**: material, plant/bio, animal, and human.
- Every entity in nature follows a **natural order and balance**.
- Humans often disturb this harmony due to **overexploitation and greed**.
- Sustainable living is possible only when humans act as **nurturers of nature**, not exploiters.
- Proper use, protection, and enrichment of natural resources ensure **environmental balance**.

The session emphasized the need for **sustainable development** and environmentally responsible behavior to maintain harmony in nature.

## 3. Harmony in Existence

Harmony in existence refers to the **coexistence of all entities in the universe**.

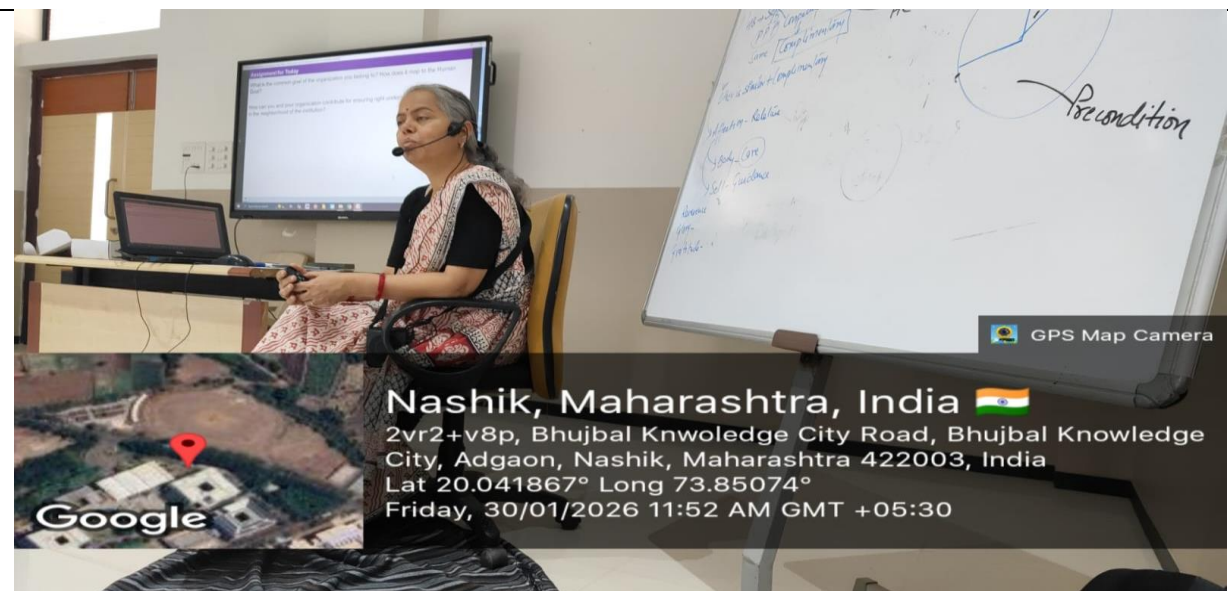
- Existence is a **coexistence of units and space**.
- All units are interconnected and mutually fulfilling.
- There is **no conflict in existence** except where humans intervene wrongly.
- Understanding coexistence helps remove fear, competition, and insecurity.
- This perspective leads to **holistic living and universal peace**.

Participants gained clarity that harmony at the existential level brings **acceptance, gratitude, and a sense of belonging** to the entire universe.


### Conclusion:

The Day 3 session of the UHV FDP provided deep insights into the concept of **harmony at multiple levels**—society, nature, and existence. The session concluded that **right understanding in individuals** is the key to achieving harmony everywhere. By living with values and recognizing coexistence, human beings can ensure **lasting peace, prosperity, and sustainability**.

- Harmony starts from the **self** and expands outward.
- Social and environmental issues are rooted in **lack of right understanding**.
- Universal Human Values provide a **practical framework** for harmonious living.





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