

REPORT  
WORKSHOP ON  
**UNIVERSAL HUMAN VALUES AND PERSONAL TRANSFORMATION**  
**May 12-14, 2016**

In a meeting of the IQAC St Joseph's college, Darjeeling held in the office of the IQAC of the college on Saturday, December 12, 2015, under agenda 4 (AOB) had proposed and resolved for a **three days talk on Human Values** to be held during May 2016. As a response to that the IQAC organised a three days workshop on **Universal Human Values and Personal Transformation**. The Workshop was conducted by Rev. Ven Lungten Gyatsho, Director, Institute of Language and Culture Studies, Trongsa, Royal University of Bhutan, who specializes on issues of happiness, ethics and economics, during May 12-14, 2016 at the College Conference Hall. A brief overview of the Workshop is as follows:



**Learning Objectives**

The Purpose of the workshop was to facilitate understanding of basic human aspiration and its fulfilment through human society.

**Expected Outcome (Short Term)**

1. Clarity of the proposal of human society and commitment for it
2. Clarity to explore the meaning of values in life
3. A sense of prosperity – by identifying the definite need for physical facility
4. Attention toward human relationship – with family, subordinates, colleagues, seniors and all citizens
5. Increased self discipline & sense of responsibility, reduced need for enforcement by fear/incentive

**Methodology (Process)**

Proposals about the basic principles of human existence were shared for discussion by the facilitator. These proposals were for Self-Exploration by the participants. Participants were expected to:

- a) Discuss
- a) Self-verify the proposals on the basis of their own Natural Acceptance
- b) Validate the proposals in Living
- c) Self-Exploration leading to Self-Evolution.

### **What the Orientation was NOT about**

The orientation was not a course on moral science. It did not tell the participants DOs and DONTs. It did not tell the participants what they should become, or what they should do. It only sought to connect participants with their Self and encouraged them to seek answers within their selves.



### **Overview of the 3-Day Orientation**

The basic human aspiration is continuity of happiness and prosperity. This is facilitated and ensured through human society. To ensure human society, it is essential to have an understanding of the basic reality. That is, understanding:

1. Oneself
2. Other human beings as well as the rest of nature/existence
3. One's living with other human beings as well as living with rest of nature/existence leading towards
  - a. Mutual happiness (justice) in behaviour with human beings and
  - b. Mutual prosperity in work with rest of nature

This orientation program is a set of proposals about the basic human reality. These proposals follow the four guidelines, indicated below:

- **Universal:** Whatever is proposed needs to be universally applicable to all human beings and be true at all times and all places. It should not depend on sect, faith, religion, belief, creed, nationality, race, gender, etc.
- **Rational:** The content should be amenable to logical reasoning, not be based on blind beliefs.



- **Verifiable:** The participant should be able to verify the values by checking with one's own experience, and is not asked to believe just because it is stated in the course.
- **Leading to Harmony:** Values have to enable one to live in peace and harmony within oneself as well as with others (human being and rest of nature).



The schedule of the workshop was as follows:

**Day 1: 12-May-2016**

09:00 – 10:30 AM	Session 1-	Introduction - Basic Human Aspiration & its Fulfillment
10:30 – 11:00 AM	<b>TEA BREAK</b>	
11:00 – 12:30 PM	Session 2-	Holistic Development
12:30 - 13:30 PM	<b>LUNCH BREAK</b>	
13:30 – 15:00 PM	Session 3-	Understanding Happiness
15:00 – 15:30 PM	<b>TEA BREAK</b>	
15:30 – 17:00 PM	Session 4	Understanding Human Being as Coexistence of Mind and Body


**Day 2: 13-May-2016**

09:00 – 10:30 AM	Session 5-	Understanding the Self (mind)
10:30 – 11:00 AM	<b>TEA BREAK</b>	
11:00 – 12:30 PM	Session 6-	Understanding Trust
12:30 - 13:30 PM	<b>LUNCH BREAK</b>	
13:30 – 15:00 PM	Session 7-	Understanding Respect
15:00 – 15:30 PM	<b>TEA BREAK</b>	
15:30 – 17:00 PM	Session 8-	Understanding Human Family -Justice

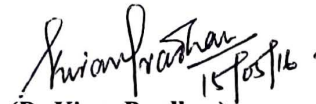
**Day 3: 14-May-2016**

9:00 – 10:30 AM	Session 9-	Understanding Human Society
10:30 – 11:00 AM	<b>TEA BREAK</b>	
11:00 – 12:30 PM	Session 10-	Understanding Human Society Continue
12:30 - 13:30 PM	<b>LUNCH BREAK</b>	
13:30 – 15:00 PM	Session 11-	Understanding the provision in Nature and Existence
15:00 – 15:30 PM	<b>TEA BREAK</b>	
15:30 – 16:30 PM	Session 12-	Sum Up

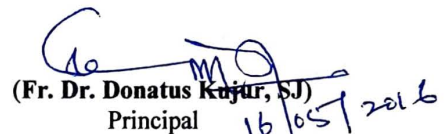
The workshop was attended by over 187 participants, including college teachers, teachers from neighbouring institutions like Salesian College, Sonada, Southfield College, Darjeeling, Sonada Degree College, North Bengal St Xavier's College, Jalpaiguri, and Loyola College of education, Namchi, Sikkim. At the end of the workshop The coordinator thanked the members for their support in conducting a workshop on Universal Human Values and Personal Transformation. The House also thanked the College, the IQAC, and the Resource Person of the Workshop on Human values for his contribution.

  
(Dr Padam Nepal)  
15-5-16  
Convenor of the Workshop

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