



## Interdisciplinary Value Added Course

Inculcating Universal Human Values (UHV) for “Excellence-in-Totality”: From Theory to Practice

(August 17-23, 2022)

*Organized By*

**University Institute of Applied Management Sciences (UIAMS)**

**Panjab University, Chandigarh**

In collaboration with  
Heartfulness Institute

### **Course Director**

Prof. Upasna Joshi Sethi

### **Coordinators**

Dr. Arunachal Khosla

Dr. Naveen Kumar

### **Co-coordinators**

Ms. Manaswini

Mr. Arshdeep Singh

Mr. Ankush

### **Director UIAMS:**

Prof. Monika Aggarwal

### **Contact details:**

[soodmanaswini@gmail.com](mailto:soodmanaswini@gmail.com)

[arsh19n@gmail.com](mailto:arsh19n@gmail.com)

[ankushthathai.phd@gmail.com](mailto:ankushthathai.phd@gmail.com)

**Course Schedule**  
**(August 5-12, 2022)**

<b>Schedule Date/Time</b>	<b>6:00-7:00 am</b>	<b>9:00-11:00 am</b>	<b>11:00-12:00 pm</b>	<b>6:30-7:30 pm</b>
<b>17-08-2022</b> <b>(Wednesday)</b>	Practice Session 1	Inaugural	Feedback Session	Practice Session 2
		Session on course theme		
<b>18-08-2022</b> <b>(Thursday)</b>	Practice Session 1	Power of Thought “Sankalp sakti ka vikas”	Feedback Session	Practice Session 2
<b>20-08-2022</b> <b>(Saturday)</b>	Practice Session 1	Positive Thinking	Feedback Session	Practice Session 2
<b>21-08-2022</b> <b>(Sunday)</b>	Practice Session 1	Power of Pause	Feedback Session	Practice Session 2
<b>22-08-2022</b> <b>(Monday)</b>	Practice Session 1	Living in Present	Feedback Session	Practice Session 2
<b>23-08-2022</b> <b>(Tuesday)</b>	Practice Session 1	Khoji Bane – Be a Khoji	Feedback Session	Practice Session 2

**Registration Link:** <https://forms.gle/u3VRF3J1Tj1D8xDx6>

**Course certification will be provided to all successful participants (satisfying minimum attendance criteria)**



## PANJAB UNIVERSITY

University Institute of Pharmaceutical Sciences;  
Department of Education;  
University Institute of Applied Management Sciences;  
Department of Environment Studies;  
Department of Microbial Biotechnology &  
University Institute of Fashion Technology & Vocational Development  
in collaboration with  
*Heartfulness Educational Trust (HET)*



*Interdisciplinary Value added online course of 30 hr on*  
**Inculcating Universal Human Values (UHV) for “Excellence-in-Totality”:  
From Theory to Practice**

समग्रता में उत्कृष्टता के लिए सार्वभौमिक मानव मूल्य विकास :  
थ्योरी तथा प्रैक्टिस

**August 17 – 23, 2022**