

SIP Modules:

Each module is briefly described below. The guidelines and resources available for each module are also included.

SIP Module 1: Universal Human Values I (UHV I) 22 hours

The course is designed with the purpose of helping students in developing a holistic perspective about life. The teaching methodology adopted is self-reflective in nature and encourages dialogue between the student and the faculty. It opens the space for the student to explore his/her role (value) in all aspects of living – as an individual, as a member of a family, as a part of the society and as a unit in nature. The course and its vision of inculcating the universal human values paves the way for self-exploration and greater understanding and coherence of the universality of human existence. Through this process of self-exploration, students can discover the values intrinsic in them.

It gets the students to explore themselves and allows them to experience the joy of learning, stand up to peer pressure, take decisions with courage, be aware of relationships with colleagues and supporting staff in the hostel and department, being sensitive to others, etc. This is the core or foundation module of the Student Induction Program (SIP). It is meant to draw attention of the student to broader issues of life and augment the development of their understanding or perspective about life holistically, in all its dimensions. After all, it is the understanding which is at the base of deciding what is valuable in life, what are one's values. In turn, these values decide one's behavior and work; and therefore, the quality of their life. Hence, the course covers aspects of life ranging from the individual to the society, it sheds light on the different kinds of interpersonal relationships and delves into the intricacies of human ambition and the role we play as part of nature and it also reminds us that through all our aspirations and the efforts we make to fulfil them, one thing that holds great importance throughout is our health.

The detailed objectives of the UHV module (UHV-I) are as follows:

- To help the student to see the need for developing a holistic perspective of life.
- To sensitise the student about the scope of life – individual, family (inter-personal relationship), society and nature/existence.
- Strengthening self-reflection.



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- To develop more confidence and commitment to understand, learn and act accordingly.

Methodology:

- A self-reflective methodology of teaching is adopted. It facilitates understanding through self-exploration. The dialogue starts between the faculty and the student.
- It opens the space for the student to explore his/her role (value) in all aspects of living – as an individual, as a member of a family, as a part of the society and as a unit in nature.

Through this process of self-exploration, students are able to discover the values intrinsic in them.

Session No.	Topic Title	Aspirations and Issues	Basic Realities (underlying harmony)
1	Welcome and Introductions	Getting to know each other	Self-exploration
2 and 3	Aspirations and Concerns	Individual academic, career... Expectations of family, peers, society, nation... Fixing one's goals	Basic human aspirations Need for a holistic perspective Role of UHV
4 and 5	Self-Management	Self-confidence, peer pressure, time management, anger, stress... Personality development, self-improvement...	Harmony in the human being
6 and 7	Health	Health issues, healthy diet, healthy lifestyle Hostel life	Harmony of the Self and Body Mental and physical health
8, 9, 10 and 11	Relationships	Home sickness, gratitude towards parents, teachers and others Ragging and interaction Competition and cooperation Peer pressure	Harmony in relationship Feelings of trust, respect... gratitude, glory, love
12	Society	Participation in society	Harmony in the society
13	Natural Environment	Participation in nature	Harmony in nature/existence
14	Sum Up	Review role of education Need for a holistic perspective	Information about UHV-II course, mentor and buddy
15	Self-evaluation and Closure	Sharing and feedback	Director PTVA's Institute of Management Chitrokar Kalyan Marg, Behind M. L. Dhanukar College, Vile Parle (E), Mumbai 400 057.