



Universal Being-Values: An Intervention Inquiry



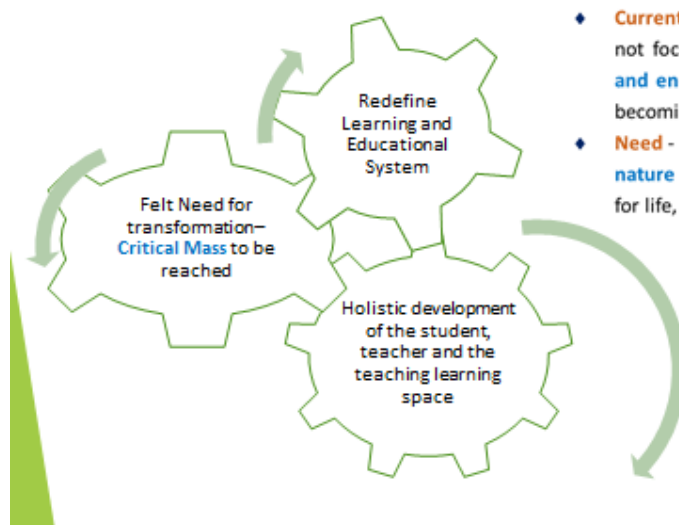
IMPRESS, ICSSR

SUSTAINABLE DEVELOPMENT GOALS



This is a project approved by the prestigious Ministry of Education’s Indian Council for Social Science Research’s Impactful Policy Research in Social Science (IMPRESS), executed by Faculty of IIT Madras.

Introduction & Need



- ◆ **Current system** - “partial education”; information overload, does not focus on **building faculties and capacities of body, intellect and energy**. The focus is on skills, knowledge, employability and becoming ‘successful’ in the world.
- ◆ **Need** - Enabling Faculty and Students to **discover one’s own inner nature and development of all rounded faculties**, prepare one for life, enable awareness of unique strengths and capabilities.

A deeper enquiry about who they are (their body, life energy, emotion, mind and spirit); and bring forth their uniqueness to accelerate collective progress of the society. This is done through enquiry and dialogue, theatre arts, axioms and building blocks of knowledge, experiential activities, games and real-time immersion projects.



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Proposed Course Content

S. No.	Session Title	Outline of the Session/Practices
1	Purnata cluster (Wholeness - Perfection - Completion)	Education, Life Goals, Human Values - the big picture; Developing wholesome perspectives, Critical Thinking
2	Swadharma cluster (Uniqueness - Aliveness - Richness - Self-sufficiency)	Finding one's life purpose and true nature; Strength-Based approach, Career Management, Self-actualizing qualities
3	Rtam cluster (Truth - Goodness - Beauty - Justice)	Self-awareness; Building Self-Esteem, Mindfulness, Reflection & Concentration; Contemplative Intelligence Moral & Ethical compass, Positivity and Emotional Management, Working Harmoniously with Others
4	Swabhava cluster (Simplicity - Effortlessness - Playfulness)	Creativity, Design Thinking, Learning through games

Total Sessions
(Online Mode)

8-10 sessions of
2 hours each

Starting at the
earliest convenient
dates from college

Resource Persons

IIT Madras
Faculty

Professional
Trainers

Student Profile

1st/2nd year
UG/PG students of
any discipline

Voluntary Basis Only
Atleast 40-50 in a
batch
