



Kot Bhalwal, Jammu



Lesson Plan No. 1.1	Course Name: Universal Human Values Topic: Concept and need for value education, Introduction to Value Education, Right Understanding, Relationship and Physical Facility	Course No.: UGVAC-205
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Objectives	At the end of the lesson the student shall be able to: a. To understand the concept of holistic development. b. To explore the role of education in fostering holistic development. c. To examine the importance of value education in holistic development. d. To engage in self-exploration as a process for value education.
Teaching Aids (if any)	a. Video b. Use of Nearpod tool for online quiz
Teaching Development	Introduction (5 minutes) - Ask questions. Discuss how education plays a vital role in fostering holistic development. Development (30 minutes) - Explain that holistic development aims for a balanced and integrated approach to personal growth. Discuss the need for value education in society, emphasizing its role in shaping individuals into responsible citizens. - Explain that self-exploration involves reflecting on one's beliefs, values, strengths, weaknesses, and aspirations. - Exercise (5 minutes) – Highlight examples of how educational institutions can support holistic development through extracurricular activities, counselling services, and a supportive learning environment. Emphasize the importance of ongoing self-exploration and value development in achieving holistic development. Use Nearpod to collect responses and discuss the answers.
Closure	- Summarize the Lesson Learning Outcomes and get affirmation from students on these. - Suggested Reading https://sim.edu.in/wp-content/uploads/2019/09/I-YEAR-I-SEMESTER-HVPE-STUDY-MATERIAL.pdf



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Model Institute of Engineering & Technology (Autonomous) Lesson Plan

	3. Homework: Assign students to continue their self-exploration by setting personal goals related to values development and holistic growth. Spend 5 minutes to wrap up and consolidate the learnings
Evaluation	1. Reflective Questions (What, Why, Who?). Allow students to answer and discuss. 2. Nearpod Quiz Spend 5 minutes to evaluate student assimilation of the lesson contents



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Lesson Plan No. 1.2	Course Name: Universal Human Values Topic: Holistic Development and the Role of Education, Understanding Value Education, Self-exploration as the Process for Value Education	Course No.: UGVAC-205
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Objectives	At the end of the lesson the student shall be able to: a. To understand the concept of holistic development. b. To explore the role of education in fostering holistic development. c. To examine the importance of value education in holistic development. d. To engage in self-exploration as a process for value education.
Teaching Aids (if any)	a. Video b. Use of Nearpod tool for online quiz
Teaching Development	1. Introduction (5 minutes) - Ask questions. Discuss how education plays a vital role in fostering holistic development. 2. Development (30 minutes) Explain that holistic development aims for a balanced and integrated approach to personal growth. Discuss the need for value education in society, emphasizing its role in shaping individuals into responsible citizens. Explain that self-exploration involves reflecting on one's beliefs, values, strengths, weaknesses, and aspirations. 3. Exercise (5 minutes) – Highlight examples of how educational institutions can support holistic development through extracurricular activities, counselling services, and a supportive learning environment. Emphasize the importance of ongoing self-exploration and value development in achieving holistic development. Use Nearpod to collect responses and discuss the answers.
Closure	1. Summarize the Lesson Learning Outcomes and get affirmation from students on these. 2. Suggested Reading https://aktu.ac.in/hvpe/PDF%20Presentations/PDF%20English%20Presentation/HVPE%200.1%20Holistic%20Dev%20&%20Role%20of%20Edu.pdf



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	3. Homework: Assign students to continue their self-exploration by setting personal goals related to values development and holistic growth. Spend 5 minutes to wrap up and consolidate the learnings
Evaluation	1. Reflective Questions (What, Why, Who?). Allow students to answer and discuss. 2. Nearpod Quiz Spend 5 minutes to evaluate student assimilation of the lesson contents



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Lesson Plan No. 1.3	Course Name: Universal Human Values Topic: Continuous Happiness and Prosperity – the Basic Human Aspirations, Practice Session PS2 Exploring Human Consciousness,	Course No.: UGVAC-205
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Objectives	At the end of the lesson the student shall be able to: a. To understand the concept of continuous happiness and prosperity as fundamental human aspirations. b. To explore the concept of human consciousness and its role in achieving happiness and prosperity. c. To engage in practice session PS2: Exploring Human Consciousness.
Teaching Aids (if any)	1. Video 2. Use of Nearpod tool for online quiz
Teaching Development	1. Introduction (5 minutes) - Ask questions. Discuss the concept of mindfulness and its role in cultivating awareness and presence in daily life. 2. Development (30 minutes) Discuss how societal, cultural, and personal factors influence our understanding of happiness and prosperity. Discuss practical strategies for integrating mindfulness practices into daily life to promote continuous happiness and prosperity. 3. Exercise (5 minutes) – Emphasize the importance of self-awareness, mindfulness, and conscious living in achieving lasting happiness and prosperity. Use Nearpod to collect responses and discuss the answers.
Closure	1. Summarize the Lesson Learning Outcomes and get affirmation from students on these. 2. Suggested Reading https://fdpsi.aicteindia.org/UHV%20II%20Teaching%20Material/UHV%20II%20Lecture%201%20-%20Understanding%20Value%20Education%20v5.pdf Spend 5 minutes to wrap up and consolidate the learnings
Evaluation	1. Reflective Questions (What, Why, Who?). Allow students to answer and discuss. 2. Nearpod Quiz



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	Spend 5 minutes to evaluate student assimilation of the lesson contents
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Lesson Plan No. 1.4	Course Name: Universal Human Values Topic: Happiness and Prosperity – Current Scenario, Method to Fulfil the Basic Human Aspirations.	Course No.: UGVAC-205
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Objectives	At the end of the lesson the student shall be able to: a. To analyze the current scenario of happiness and prosperity in society. b. To explore methods to fulfill basic human aspirations for happiness and prosperity.
Teaching Aids (if any)	a. Video b. Use of Nearpod tool for online quiz
Teaching Development	1. Introduction (5 minutes) - Ask questions. Define happiness as a state of well-being and contentment, and prosperity as the state of flourishing or thriving in various aspects of life. 2. Development (30 minutes) Explore factors contributing to happiness and prosperity, such as economic conditions, social relationships, health, and environmental sustainability. Discuss common challenges or obstacles that individuals and communities face in achieving happiness and prosperity in the modern world. Introduce various methods and strategies to fulfill basic human aspirations for happiness and prosperity. 3. Exercise (5 minutes) – Discuss the role of social connections, community engagement, and meaningful relationships in promoting well-being and fulfilment. Use Nearpod to collect responses and discuss the answers. https://fdpsi.aicteindia.org/UHV%20II%20Teaching%20Material/UHV%20II%20Lecture%205%20%20Happiness%20and%20Prosperity%20%E2%80%93%20Current%20Scenario%20v3.pdf
Closure	1. Summarize the Lesson Learning Outcomes and get affirmation from students on these. 2. Homework: Assign students to continue their self-exploration by setting personal goals related to values development and holistic growth. Spend 5 minutes to wrap up and consolidate the learnings
Evaluation	3. Reflective Questions (What, Why, Who?). Allow students to answer and discuss. 4. Nearpod Quiz



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	Spend 5 minutes to evaluate student assimilation of the lesson contents
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Lesson Plan No. 2.1	Course Name: Universal Human Values Topic: Understanding Human being as the Co-existence of the Self and the Body,	Course No.: UGVAC-205
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Objectives	At the end of the lesson the student shall be able to: a. To explore the concept of human beings as the co-existence of the self and the body. b. To understand the relationship between the self and the body in shaping human experiences and identity..
Teaching Aids (if any)	a. Video b. Use of Nearpod tool for online quiz
Teaching Development	1. Introduction (5 minutes) - Ask questions. What is the idea that human beings are not only physical bodies but also possess a sense of self or consciousness. 2. Development (30 minutes) Explain that the self encompasses thoughts, emotions, beliefs, values, and personal identity, while the body is the physical vessel through which the self-interacts with the external world. Discuss the significance of understanding the co-existence of the self and the body in comprehending human experiences and behaviors. Explain how the self-shapes the body through thoughts, beliefs, and behaviors, such as self-care practices and lifestyle choices. 3. Exercise (5 minutes) – Encourage students to reflect on their own experiences and how their sense of self and bodily sensations interacts in various situations. Use Nearpod to collect responses and discuss the answers.
Closure	1. Summarize the Lesson Learning Outcomes and get affirmation from students on these. 2. Suggested Reading https://epgp.inflibnet.ac.in/epgpdata/uploads/epgp_content/S001610/P001792/M025678/ET/1513852854Module3.pdf Spend 5 minutes to wrap up and consolidate the learnings
Evaluation	3. Reflective Questions (What, Why, Who?). Allow students to answer and discuss.



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	4. Nearpod Quiz Spend 5 minutes to evaluate student assimilation of the lesson contents
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Lesson Plan No. 2.2	Course Name: Universal Human Values Topic: Distinguishing between the Needs of the Self and the Body	Course No.: UGVAC-205
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Objectives	At the end of the lesson the student shall be able to: a. To understand the distinction between the needs of the self and the needs of the body. b. To explore how meeting these needs contributes to overall well-being.
Teaching Aids (if any)	a. Video b. Use of Nearpod tool for online quiz
Teaching Development	1. Introduction (5 minutes) - Ask questions. What is the distinction between the needs of the self (psychological, emotional, and social) and the needs of the body (physical). 3. Development (30 minutes) Discuss the needs of the body, which are primarily physical in nature. Discuss the needs of the self, which include psychological, emotional, and social needs. 3. Exercise (5 minutes) – Provide examples and encourage students to identify and discuss their own psychological, emotional, and social needs Use Nearpod to collect responses and discuss the answers.
Closure	1. Summarize the Lesson Learning Outcomes and get affirmation from students on these. 2. Suggested Reading https://fdp-si.aicte-india.org/UHV%20II%20Teaching%20Material/UHV%20II%20Lecture%208%20-%20HB%20Needs%20of%20Self-Body%20v1.pdf Spend 5 minutes to wrap up and consolidate the learnings
Evaluation	3. Reflective Questions (What, Why, Who?). Allow students to answer and discuss. 4. Nearpod Quiz Spend 5 minutes to evaluate student assimilation of the lesson contents



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Lesson Plan No. 2.3	Course Name: Universal Human Values Topic: Practice Session PS4 Exploring the difference of Needs of Self and Body, The Body as an Instrument of the Self,	Course No.: UGVAC-205
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Objectives	At the end of the lesson the student shall be able to: a. To deepen understanding of the distinction between the needs of the self and the needs of the body. b. To explore the concept of the body as an instrument of the self.
Teaching Aids (if any)	a. Video b. Use of Nearpod tool for online quiz
Teaching Development	1. Introduction (5 minutes) - Ask questions. What is the difference between the needs of the self and the needs of the body, and understanding the body as an instrument of the self. 2. Development (30 minutes) revisiting the concept of needs of the self and needs of the body discussed in previous lessons. Discuss how individuals use their bodies to express themselves, communicate, and engage in various activities. 3. Exercise (5 minutes) – list various needs under each category, considering both basic and higher-level needs. Use Nearpod to collect responses and discuss the answers.
Closure	1. Summarize the Lesson Learning Outcomes and get affirmation from students on these. Spend 5 minutes to wrap up and consolidate the learnings
Evaluation	a. Reflective Questions (What, Why, Who?). Allow students to answer and discuss. b. Nearpod Quiz Spend 5 minutes to evaluate student assimilation of the lesson contents



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Lesson Plan No. 2.4	Course Name: Universal Human Values Topic: Understanding Harmony in the Self, Harmony of the Self with the Body.	Course No.: UGVAC-205
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Objectives	At the end of the lesson the student shall be able to: a. To explore the concept of harmony within the self. b. To understand the importance of harmony between the self and the body for overall well-being.
Teaching Aids (if any)	a. Video b. Use of Nearpod tool for online quiz
Teaching Development	1. Introduction (5 minutes) - Ask questions. What is the the meaning of harmony, emphasizing balance, coherence 2. Development (30 minutes) Discuss the interconnectedness between the self and the body, emphasizing the impact of physical well-being on mental, emotional, and spiritual health 3. Exercise (5 minutes) – Facilitate a discussion on the body-mind connection, exploring how thoughts and emotions can manifest as physical sensations and vice versa. Use Nearpod to collect responses and discuss the answers.
Closure	1. Summarize the Lesson Learning Outcomes and get affirmation from students on these. 2. Suggested Reading https://fdp-si.aicte-india.org/download/FDPTeachingMaterial/3-days%20FDP-SI%20UHV%20Teaching%20Material/Day%202%20Handouts/UHV%203D%20D2-S1B%20Und%20Human%20Being%20-%20Prosperity%20_%20Health.pdf Spend 5 minutes to wrap up and consolidate the learnings
Evaluation	1. Reflective Questions (What, Why, Who?). Allow students to answer and discuss. 2. Nearpod Quiz Spend 5 minutes to evaluate student assimilation of the lesson contents



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Lesson Plan No. 3.1	Course Name: Universal Human Values Topic: Harmony in the Family – the Basic Unit of Human Interaction	Course No.: UGVAC-205
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Objectives	At the end of the lesson the student shall be able to: a. To understand the importance of harmony in the family as the basic unit of human interaction. b. To explore strategies for fostering harmony and improving communication within the family unit.
Teaching Aids (if any)	a. Video b. Use of Nearpod tool for online quiz
Teaching Development	1. Introduction (5 minutes) - Ask questions. What is the the importance of the family unit as the foundation of society and human interaction 2. Development (30 minutes) Define harmony in the context of family relationships, highlighting aspects such as mutual respect, effective communication, conflict resolution, and support. Discuss the benefits of a harmonious family environment for the well-being of all its members. 3. Exercise (5 minutes) – Discuss the importance of effective communication in fostering harmony within the family. Introduce active listening techniques, assertive communication, and conflict resolution strategies. . Use Nearpod to collect responses and discuss the answers.
Closure	1. Summarize the Lesson Learning Outcomes and get affirmation from students on these. Spend 5 minutes to wrap up and consolidate the learnings
Evaluation	a. Reflective Questions (What, Why, Who?). Allow students to answer and discuss. b. Nearpod Quiz Spend 5 minutes to evaluate student assimilation of the lesson contents



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Lesson Plan No. 3.2	Course Name: Universal Human Values Topic: The Foundational Value in Relationship,	Course No.: UGVAC-205
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Objectives	At the end of the lesson the student shall be able to: a. To explore the importance of foundational values in building and maintaining healthy relationships. b. To identify and understand the key foundational values that contribute to strong relationships.
Teaching Aids (if any)	a. Video b. Use of Nearpod tool for online quiz
Teaching Development	1. Introduction (5 minutes) - Ask questions. Explain that foundational values are the fundamental principles or beliefs that form the basis of healthy and meaningful relationships 2. Development (30 minutes) Discuss the significance of each identified value and its role in fostering strong and resilient relationships. 3. Exercise (5 minutes) – Explore the significance of each value in promoting healthy relationships, and discuss practical examples of how these values can be applied in various relationship contexts. Use Nearpod to collect responses and discuss the answers.
Closure	1. Summarize the Lesson Learning Outcomes and get affirmation from students on these. 2. Suggested Reading https://fdp-si.aicte-india.org/UHV%20II%20Teaching%20Material/UHV%20II%20Lecture%2014%20-%20Trust%20v2.pdf Spend 5 minutes to wrap up and consolidate the learnings
Evaluation	1. Reflective Questions (What, Why, Who?). Allow students to answer and discuss. 2. Nearpod Quiz Spend 5 minutes to evaluate student assimilation of the lesson contents



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Lesson Plan No. 3.3	Course Name: Universal Human Values Topic: 'Respect, as the Right Evaluation	Course No.: UGVAC-205
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Objectives	At the end of the lesson the student shall be able to: a. To explore the concept of respect as a foundational value in relationships. b. To understand how respect influences our evaluation of others.
Teaching Aids (if any)	a. Video b. Use of Nearpod tool for online quiz
Teaching Development	1. Introduction (5 minutes) - Ask questions. Explain the significance of respect in fostering positive and healthy interactions with others 2. Development (30 minutes) Discuss specific behaviors that demonstrate respect in various relationship contexts (e.g., listening attentively, valuing others' opinions, showing empathy). 3. Exercise (5 minutes) – Use Nearpod to collect responses and discuss the answers.
Closure	1. Summarize the Lesson Learning Outcomes and get affirmation from students on these. Spend 5 minutes to wrap up and consolidate the learnings
Evaluation	a. Reflective Questions (What, Why, Who?). Allow students to answer and discuss. b. Nearpod Quiz Spend 5 minutes to evaluate student assimilation of the lesson contents



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Lesson Plan No. 3.4	Course Name: Universal Human Values Topic: ‘Understanding Harmony in the Society, Vision for the Universal Human Order. Respect, as the Right Evaluation	Course No.: UGVAC-205
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Objectives	At the end of the lesson the student shall be able to: a. To explore the concept of harmony in society and its importance for collective well-being. b. To envision and discuss a universal human order based on principles of harmony and cooperation.
Teaching Aids (if any)	a. Video b. Use of Nearpod tool for online quiz
Teaching Development	1. Introduction (5 minutes) - Ask questions. Explain the concept of visionary thinking and its importance in imagining and creating a better future. 2. Development (30 minutes) Discuss the concept of harmony in society, defining it as a state of peaceful coexistence, mutual respect, and cooperation among individuals and communities. 3 Exercise (5 minutes) – Use Nearpod to collect responses and discuss the answers.
Closure	1. Summarize the Lesson Learning Outcomes and get affirmation from students on these. 2. Suggested Reading https://fdp-si.aicte-india.org/UHV%201%20Teaching%20Material/D4-S2%20A%20Und%20Society%20July%2023.pdf Spend 5 minutes to wrap up and consolidate the learnings
Evaluation	1. Reflective Questions (What, Why, Who?). Allow students to answer and discuss. 2. Nearpod Quiz Spend 5 minutes to evaluate student assimilation of the lesson contents