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In 2010 Sandhu and his brother, both were claiming their right to a particular house property. He had decided to take legal action as soon as he returned after the workshop. During the workshops, the discussions on relationship, physical facility and prosperity drew Sandhu's attention to his situation. "I understood that relationship is more important than physical facility", "I calculated all the property I had, even without this house, was more than my requirement" and "I got a feel for the difference between prosperity and accumulation of physical facility". "Soon after I returned, I told my brother that he could have the disputed property all to himself (for me, this relationship is more important)", "My brother, my wife and others still do not understand, but we have at least not spoilt our relationship, which would definitely have happened had we taken legal action". In this case we can see that Sandhu has understood:

1. Relationship is more important than physical facility
2. Prosperity is the feeling of having more than required physical facility. It is not the same as accumulation of physical facility. I have to recognise my need for physical facility

**Sandhu** (name changed for confidentiality)

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"Self:- Before workshop I was thinking that only others are responsible for all the problems I am facing and due to which I filled with frustration for others which affect my personal life my relation with my family. Before workshop my thinking only confined to collect more and more physical facility whether I need them or not. I got to know that I don't actually need them but I am busy in collection of physical facility to gain respect from others. "

"After attending this workshop I develop a lot of patience in myself. Previously I used to react on anything which I don't agree with. But after workshop my reactions are changed to response."

"My Dad who is senior chief pharmacist in civil hospital, used to go sometimes on duty by cycle. I usually used to argue with him that u are on senior post and u should go by car to office, I was thinking that by going with car people respect more but after workshop I understand the co-existence with nature which is already known to my father. After that I never argue with him on this. This workshop helps to build the broken links with my family."

**Ms. Navneet Bhardwaj, Assistant Professor, SWIFT School of Pharmacy, Rajpura**

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“It was the first time when I realized the importance of self-evaluation. I was just living for the body i.e. Accumulation of wealth was my only aim. But after getting in touch with HVPE. I realized that body is just an instrument. Self is more important which is ignored everywhere. I fully understand the concept of health problems by just having Sanyam.

Then the most important concept of Relationships, which changes my attitude towards my relations. I resettle my broken relations. After understanding the whole concept of value education I implemented it everywhere.

The results were marvellous and life changing.

I want to share my personal experience of classroom. I made my students understand the concept of Health and Sanyam. They all were taking fast-food in the canteen during lunch break. But After understanding it they started bringing their own Tiffin boxes from home. So I found reforms at every step whenever I implemented the concepts of HVPE practically“.

**Ms. Simran, Asst. Prof., Tagore Instt. Of Management & Tech., Patran**

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“I no longer get angry on every problem, but feel pity about it and find myself happier than I ever was.”

**Ms. Rohini, Lecturer, RIMT- Mah. Aggarsen College, Mandi Gobindgarh**

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“I also turned attention to examine the state of my relationships. I focused first of all on slightly strained relations in our joint family. My brothers had bitterness about claim to ancestral landed property in the village which was in the exclusive possession of one of us; others have built houses in towns. I opened discussions with my four brothers, I being the eldest and parents no more, and after a few rounds of discussions, I succeeded to settle the issue which had taken very violent and unpleasant turn by involving even the police at one stage. I gave up my share in to although my wife remained initially a little reluctant to give up our claim. By now, she too has reconciled. The relations have been restored to the previous state of normalcy and warmth; I observed the happy change in behaviour of all members of family on the occasions when there were full family gathering.”

“I am happy to say that, on my request, my brother’s family in the village planted about 25-30 trees on our land. I plan to get approach road in my village repaired in the near future at my own expense. “

**Dr. K. C. Sharma, Professor, Dr IT Business School, Banur**

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" I used to have conflicts with my friends and family members; I have always seen this as a problem or it is been caused by others and I never blamed myself for the same."

"My comfort and discomfort is due to the thoughts that are going inside me."

**Ms. Prabhjot Kaur**, Faculty, BGIET, Sangrur

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"परिवार में व्यवस्था को समझने के लिए जो नौ भाव हैं, उनकी (विश्वास, सम्मान, स्नेह, ममता, वात्सल्य, श्रद्धा, गौरव, क्रतुज्ञता और प्रेम) पढ़ा और समझा कि अगर इन नौ भावों में जीया जाए तो परिवार और समाज में व्यवस्था बन जाएगी। समाज में व्यवस्था के लिए मानवीय व्यवस्था के जो 5 आयाम हैं उनको समझने के लिए कोशिश कर रहा हूँ। (शिक्षा-संस्कार, व्यवस्था-संयम, उत्पादन-कार्य, न्याय-सुरक्षा, विनिमय-कोष) और प्रकृति इकाइयों का समूह है, और इसकी भौतिक अवस्था और चैतन्य अवस्था को भी समझने कि कोशिश कर रहा हूँ। "

**Sanjiv Kumar Bajwa**, Faculty, Sri Sai Group

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"I have started believing in the inherent goodness of all human beings and started interacting with them in this light. I have decided to continue to make aware other people about this self-discovery tool"

**Er. Sukhwinder Singh**, Chairperson, Shaheed Udham Singh College of Engineering and Technology, Tangori

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"Many parents have shared with the faculty that their wards have started showing greater concern towards their family, relatives and the environment at large"

**Dr. Geetika Thapar**, Dean Academic Affairs, S.U.S.C.E.T., Tangori, Mohali

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"Earlier I used to have differences with my parents when they used to ask me to sit with them and talk to them for a while, but I being in teaching profession could not spare much time. I learnt life's very important lessons through the means of this workshop. Now, Life seems to have become very easy and simple. "

**Prof. Arunjit Singh Sarao**, (Mechanical Department), Jasdev Singh Sandhu Institute of Engineering and Technology

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"Before attending HVPE workshops, I thought that becoming a successful teacher should be the only goal of life but now I have understood that the only goal of life is continuous happiness and happiness is not an achievement but an internal feeling to

live in harmony with required physical facilities. For example: for happiness of my parents or any other person in my relation, happiness of me is important.”

I look forward to contribute in an even more focused manner to facilitate harmony at the level of (a) self, (b) family, (c) society and (d) nature. I can see that education is the best means to help people understand harmony and guide them toward harmony at all these levels. I am certain that with such an education, more families can live in harmony, then more communities and steadily, the entire society. I have understood my real role as a teacher – I stand committed to contribute towards an education that leads to human conduct.”

**Ms. Anuradha, A.P.,** Surya School of Business Management, Rajpura

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“I began exploring into myself for every thought and action I did. *Like over a conflict with a friend, I used to take long to initiate but exploring relationships and responsibility in relationship has helped me live-up many relationships.* Through the process of self-exploration I’ve been able to see the purpose of my life; to live a harmonious life with fellow human beings and nature”

“I’ve also realized that there is no chaos in existence; everything in nature is already in order except the human being. Everything in nature is already in order except human being. Resultantly much of the rush inside me is gone now. I am able to relate myself not with the projects I do but with my internal state of being. *I still think of doing projects but my focus remains more on ‘natural progression’ of steps to be taken*”

“I am more grounded towards 1) right understanding, 2) right living and 3) its advocacy”

“Human Education is the area I identify myself with”

**Mr. Jatinder Narula,** Assistant Registrar, Value Education Dept., P.T.U., Jalandhar

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“In family & Society- before this programme I was not interested in any matter i.e going on in my family I was not helping my mother in any household thing never ask my father whether he needs my help or not. And no matters with me about the society.

After this programme I am realized how important the relationships are in our life and I really start devoting time with my family and also started doing efforts for the upliftment of the society as well.”

**Ms. Zoohi Arora, A.P.,** Desh Bhagat Foundation group of Institutions, Moga

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“**In work,** my behaviour with my workers and business partners has changed a lot after understanding the distinction between intention and competence. Now I am also able to control my anger and irritations in the course of business.

**In Thinking,** Before attending the workshop I used to low sometimes and started avoiding relatives and colleagues. After Attended the workshop I realized the

coexistence of my body and self and thinking is an activity of myself. My comfort and discomfort is due to My thinking and improves my thinking after a lot.

**In family** after attending workshop there is lot of changes in my thinking and living of my life at family level. This has changed the entire living of my with family. Before attending the workshop I was to rude with my daughter. I totally made her materialism and I never thought about it but after attending the classes There is a lot of changes in my thinking and I improve a lot”

**“And In Last I want to say that all those things that I learnt from this workshop those changed my life a lot can’t be explain in words.....”**

**Mrs. Anchal Sharma**, Lecturer, D.I.M.T., Doraha

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**“Before the** workshop I always overreact to anything which is happening around me, I was very hyper and always think that “I am the only one who creates all types of problem for everyone”, due to all these I was caught in depression. But after attending the workshop I came to know about the intention & competence which helped me to overcome depression and added positive attitude in me.”

**Mr. Harpreet Singh**, A.P., D.I.P.S. Instt. Of Management, Jalandhar

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**“The best thing** I learned that the difference between intention and competency of the individuals. The most conflicts occur between individuals due to competency”

**Ms. Reetu Narang**, A.P., Doaba Khalsa Trust Group of Instt., Nawanshahr

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“Before attending the workshop I thought that wearing branded clothes having precious jewellery having each and every luxurious facility includes happiness and harmony in life but after attending the workshop I realized that no such thing can make a person’s life happy and in continuous happiness, helping others which are in need respecting and maintaining relationships are the key to happiness and harmony including self happiness we are also a part of the society and we are responsible for the betterment and the healthy society.”

**Ms. Neeru Malik**, Lecturer, Global College of Pharmacy, Anandpur Sahib

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“I also realized the importance of right understanding at every level of the living

### **Work**

I feel that I am more efficient now, at least I don’t sulk when a new duty or job is given to me, and I have been successfully able to apply the concept of right understanding in

my professional and personal life and it has been possible to deal with different problems in a much effective way. My relations have improved with my colleagues and this gives you a sense of responsibility satisfaction and respect.

### **Family**

My family had always been my priority, I love them, but after the workshop, I started to understand the meaning of family and its role in my life. I also started realizing my participation in my family. Now family means human relations to me. I feel that my family requires right thinking and right feelings at my end. Rather than expecting the feeling including trust, respect, etc from the family, I need to ensure the same at my level first. It is proving out to be very helpful in the ongoing process of ensuring harmony at the level of family. Finally I realized the importance of right understanding as being the core concept of human values and its great relevance in maintaining harmonious family relations.”

**Mr. Amandeep Batth**, A.P., Indo Global College of Engineering and Technology,  
Abhipur

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The major transformation in me that now I am not complaining any one. This is now understandable to me that my happiness and unhappiness is depending on me. Before the workshop I never feel that. I realize that if external environment is causing unhappiness, it means I am detached from myself. Detached from myself means not looking the role of myself in the existence. In other words there is lacking of Gyan.

Now I am teaching students in more relationship. I am accepting all, as they are.

**Dr. Rajeev Garg**, GZSCET, Bathinda

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Two year ago, myself and Prof Gagan Deep Sharma were assigned the duty by our college Principal to attend an eight-day workshop on “Human Values & Professional Ethics” sponsored by Punjab Technical University, Jalandhar at IIT, Kanpur.



I was visiting Kanpur for the first time and thought that this eight day academic program was good opportunity for me to visit different cities. I planned with my cousin who lives in Delhi to visit Agra, Lucknow, Kanpur and Delhi. Both of us boarded a train to Kanpur with a plan to spend these eight days like holidays.

In the train, we planned that we would attend the workshop only 3 days – one day for registration, second day and then on the last day to collect certificate.

On the first day, we went in formal dress to seminar hall but were surprised to see that why participants had removed their shoes on the entrance of the hall. When I was sitting in the hall I was not listening rather thinking how to skip the coming day of this program and had neither Idea nor interest in the content of the workshop. On that day, I found it difficult to sit for so long on the floor and was tired in the evening but still we decided to attend the second day as we found no one to mark our proxy attendance on the second day.

By the second day evening, questions of the participants and their answers started making some sense to me. I discussed with Gagan to attend the third day and then to skip the remaining days except the last day. On third day, when I was listening to Ganesh ji (Prof Ganesh Bagaria who was the facilitator for the workshop), I developed interest. I found that continuous happiness which Ganesh Ji was discussing is the same ‘Anand’, which I was looking for the last five years. The concept of continuous happiness was simple to understand for me and seemed more relevant to me.

Then it was shocking for me to listen to the proposal of relations in the family. In the workshop when questions of societal problems were asked and answered it was all new for me as at that time I only thought that having less wealth is only goal of humans. When I listened to the discussion with regard to coexistence of nature and beauty of natural farming, I started investigating the modern concept of seed production (hybrid) and the role of modern agricultural research.

After reaching back home, the proposal started spreading in my thoughts day by day. I started thinking about my responsibilities in the family and started enjoying my life. Two things started happening – one, my thinking on different aspects started change but my actions were still based on my old hobbits; and second – the people around me were having same perspective about me as before and their behavior towards me was unchanged. However, I continued to spread the proposal in my thinking. Slowly, I started losing interest in the unproductive works wherein I used to put a lot of my energy before. This happened naturally without any purposeful efforts towards the work. All my attention was on the thinking and understanding. After investigating in my own self for

six months, in December 2010 I realized that much of my unproductive works got dropped. I started feeling relieved and lighter and at the same time found that there is not much work to do for me.

Then we both visited Ganesh ji at MSSS Kanpur and I got answer that to understand and live in harmony I have to work a lot on my own self . This is the work which I am doing and enjoying my life since that day.

**Self:** Before the workshop my desire was to have more wealth and good political connections although I was a teacher by profession. My health was also not good due to my bad eating habits. This required me to think of accumulating huge amount of money and to devote much of my time to this accumulation. I used to do a lot of work to accumulate the money and to consolidate the 'relations' that I thought would contribute in this accumulation. In doing so, I had put a lot of stress on my body. In order to cure that stress, I was adopting other means of enjoyment like drinking, visiting restaurants, lots of newspaper reading and writing news with journalists (as part of my PR duties at the College) and also doing religious practices.

I was also practicing my religion and was devoting good time for the same but I was doing it only for me and not for the family. At that time, I thought that the purpose of religion is to get mukti alone. I was also under impression that religion and life are two different things and after doing some religious practices early morning, I was ethically free to do whatever I needed in order to ensure the accumulation of physical facilities.

After the workshop I started investigating own self in terms of the need for physical facilities (rather than blind accumulation) and I also realized the importance of my health. I understood that to maintain health I have to evaluate the sensations of my body. The new thing which entered my life was to observe one of my newly-discovered activities – DESIRE-THOUGHT-EXPECTATION.

When I analyzed my thoughts, I understood that earlier I was unaware (and unconscious/sub-conscious) for most of the time, but now my awareness had improved. As a result, I started remaining calm and comparatively more stable.





**Work:** My efficiency of doing my college duties has improved drastically since 2010. My old habit of postponing my official work till deadlines and forgetting my duties has vanished. The issue of remaining occupied (in thoughts as well as actions) with work all the time has got solved now. Now I find lot of time for my own self, health and my family. Trust of my boss is also improving in me in last two years and there

is a major improvement in my sharing with my principal and my colleagues.

**Family:** Earlier I felt that my duty towards family was to provide them more physical facilities, to make arrangements for their outing once in every six months, to provide education to my son by admitting him to good school and providing him playstation, sports kit, taking him to movie frequently. After the workshop, I started to understand the meaning of family and its role in my life. I also started realizing my participation in my family. Now family means human relations to me. I realize that my family requires right thinking and right feelings at my end. Rather than expecting the feeling including trust, respect, etc from the family, I need to ensure the same at my level first.

When I look back at my journey in the family over the last two years, I feel that initially my behavior was based on my own perspective of 'what is right' and 'what is wrong'. However, over the time, I have started to evaluate the situation of the family members before making any program. Most of the time for which I am not at my office, is spent with my family now. I sit with my son Manraj, play with him, talk with him about his school, answer his questions (that are so deep at times) and go out with him. The discussions between me and my wife (Prof Harpreet Kaur Uppal) are now about ourselves rather than about the work, relatives and others. All the three of us enjoy our meals, talks and outings like never before. This shift is proving out to be very helpful in the ongoing process of ensuring harmony at the level of family.

As a result of changes that took place in my behavior and work, my wife, son and father have attended the workshop on human values. I feel this shift in my family life is from painful phase to hormonal phase. Now I am happier in my family life.

**Future Plan:** The DESIRE-THOUGHT-EXPECTATION that has got accumulated inside myself, need to be investigated within. I am trying to be aware of this investigation most of the time. This endeavor of mine needs to continue in future also. The issues related to trust, respect and other feeling need to be evaluated and understood in my family and

other relations. The discussion about the proposal with the students and other community people shall continue on my part.

### **Prof Raminder Singh Uppal, Head, Department of CSE & IT (BBSBEC)**

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I came to know about the proposal of Human Values in June 2011 during an eight-day workshop organized by PTU at BBSBEC. I am in the process of understanding this in various aspects of life. My observations so far are as under.



#### **Thinking:**

*Before:* I used to think that people living around me do hatred, jealousy sort of things knowingly. I was not aware of the competence and intention of humans. No sooner than I had a conflict/argument with my relatives or colleagues, I started believing that it is the other party who is the root cause of the problem. I could not see any responsibility of myself in causing this problem. I further used to feel that no one understands me properly. Due to this type of thinking, I used to feel low sometimes and started avoiding relatives and colleagues. I also had belief that my comfort and discomfort is strongly dependent on situation and the behavior of people around me.

*After:* I am realizing the coexistence of my body and self. My thinking is an activity of my self. My comfort and discomfort is due to *Vichar* going on (my own thoughts). Lots of *Vichar* is always going in my self, which earlier I was not aware of. Now on discrete times in a day I can catch hold of my *Vichar*. This shift of paying attention on my own thinking took place after attending workshops on human values.

#### **Work:**

*Before:* I used to think of pending work while doing the work on hand. For example, while going to the market, I used to think of my kitchen work and also my research work (Laboratory work) that was pending. This type of thought process was always going in me resulting in fatigue. I always felt that I have unending work. I started believing that life had unending work and I started to miss the charm of life

*After:* I started understanding the real meaning of desires, thoughts and expectations while attending 8-day workshop on Human Values at IIT, Hyderabad. I further realized that my behavior with other people and my work with rest of the nature is driven by the desires, thoughts and expectations that are continuously going on in my self. This understanding channelized my behavior and work such that I started to live more happily than before. The second issue, which I could sort out as a result of this HVPE proposal was that I could evaluate the work before actually doing the same leading to my priorities being set right. Instead of thinking of future and past tasks, I can now concentrate on my job at hand.

#### **Family:**

After attending workshop there is sea change in the *vichar* and living of my husband Prof. R. S. Uppal. This has changed the entire living of all our family members. While on one hand, this increased the productivity of each one of us at our workplace, on the other hand sharing among the family members increased largely. I started discovering new thing called family after 12 year of my marriage. The change in the living of my husband with this education is the best gift from Ganesh ji to me and my son.

### **Society and my Future Plan:**

I feel that I have to work further on my own Desire-Thought-Expectation. I am discussing the proposal and facilitating my students, and relatives to attend workshops and practice Human values. In future, as things in life get placed better, I planned to devote more time for spreading this understanding in Punjab.

**Prof. Harpreet Kaur Uppal, Department of Chemistry BBSBEC** (*Wife of Prof R S Uppal*)

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Till today we were never taught anything like this so we never thought about deciding for ourselves. This subject develops understanding, which is very necessary... and should be introduced earlier at school level also.

**Amritshivraj Singh Chahal**, BBSBEC, CSE Group A4

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When I heard about this subject, I thought that it would be just free lectures. Actually, I think the child learns such things from his/her parents, but when I attended just three lectures of HV I felt that it is necessary for all of us... the teacher discusses with us his thoughts and ours... to achieve our real goal i.e. continuous happiness, we need not only facilities but we also need relations and understanding... I feel that I will understand a lot from the subject.

**Pardeep Kaur**, BBSBEC, CSE Group A4

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“No matter what a qualification, engineer, doctor etc. the thing to matter is “Am I a good human being”.

“Earlier I had very aggressive nature and I used to react rather than responding to situations but now at first, I analyse the complete situation then find out the reasons behind it. By doing this, I am able to solve my problems. I have started accepting my mistakes”

“I thought that my duty was to deliver lectures and make my students good engineers but now I learnt that my moral duty is make them good human beings [first]”

"I am able to do right evaluation of my professional life and I have maintained very good relationship with all my colleagues. I have good relationship with students also and it has brought a great improvement in their behaviour and responsibility towards their study. For Example, In 2011 there were 4 students of CSE 4<sup>th</sup> semester from Bihar who never attended classes and my perception was that they were non-serious for their careers but when I looked into the matter, I found that the reason behind their absence from classes was language barrier. They were not able to understand either English or Punjabi. Then I discussed this problem with all my colleagues and motivated them to spend more time on these students and they all agreed to do so. In the following semester, all the students scored more than 75% marks. From that time onwards I started spending my free time in counselling the students to identify the problems they were facing."

"I thought only my family members were part of my family but I clearly understand that whole world is my family."

**Mr. Navneet Choudhary**, H.O.D., Kings College, Barnala

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"By attending the classes (HVPE course) our students and teachers become more responsible and regular in classes"

**Dr. M.S. Dhanju**, Director, B.I.S. College of Engg.& Tech., Gagra, Moga

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"The students and faculty have better understanding of each other and both share each other concern in this classes"

**Tahir Sufi, Principal**, Chandigarh College of Hospitalty

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I come from the town Samana in Distt Patiala. I joined BBSBEC for pursuing my B.Tech (Mechanical Engineering) in 2008. The environment of the College gave me much more independence than my School. I felt as if I have been released from a jail. As a result, I started enjoying this 'freedom' and roaming around here and there by skipping my classes. At the School also, I was a very mischievous guy but such traits got amplified manifold in the College. I was not at all serious in the studies. So much so, that by the time my sixth semester result got declared, I had accumulated 're-appear' in 21 subjects already.

Since I was to return back home after completing the last year of my B.Tech and I had this many 're-appear' accumulated, I started feeling the burden of these fear-filled thoughts. The thoughts of returning home after four years, and that too without having the B.Tech degree in my hands, scared me like anything. I was so ashamed by these thoughts that I had only two options coming to my mind – (i) to commit suicide; or (ii) to run away from my College and my home.

I used to perform Sewa at the Dera Jyoti Saroop Sahib near Fatehgarh Sahib. Prof R S Uppal from my College also used to visit the dera quite frequently. Though I used to speak to Prof Uppal earlier also, it was towards the end of my sixth semester that he started discussing the 'goal of my life' with me. It was something, which I hadn't thought about really. However, it did shake my mind and I started thinking about the goal of my life. Few days later when I asked him to throw more light about this issue, he asked me to come to his office in free time. I visited his office and found Prof Gagan Deep Sharma also sitting there. Both of them talked to me about the goal of continuous happiness. I was amazed that how can the life be so simple and how can these two people be so relaxed while talking about their life and my life. This proved out to be a beginning and was followed by a number of informal meetings and discussions.

Inspired by this, I attended an eight-day workshop on 'Human Values and Professional Ethics' at BBSBEC from 22<sup>nd</sup> to 29<sup>th</sup> June 2011. The workshop carried further the issues, which Prof Uppal and Prof Gagan used to discuss with me. I got clarity about the purpose of education, which is to facilitate people to understand their goal of life as human beings. I also understood that the simple issues of life have been made complex by human beings themselves.

The ideas of the workshop started sitting fairly in me. I started making sense of my education and my responsibilities to my 'self', 'family', 'society' and 'nature'. A huge amount of nuisance started getting away. I started being more focused and the mischievous activities started being shun without any particular efforts from my side. All this was so very 'sehaj' (Natural).

In December 2011, I appeared in 19 (out of total 21) exams in which I had 're-appear' in addition to my regular exams of seventh semester. I was myself very surprised at the ease with which I was able to prepare for the exams. I didn't have any tension of the exams; rather I was trying to make sense of the concepts covered in the subjects. I was more focused on the placements of these concepts in the entire existence. The results of these exams were so very encouraging. I was myself surprised at the results in which I cleared 17 're-appear' exams besides clearing all my regular exams. This gave me a huge amount of confidence since I felt that the right understanding is the only light, which can show a path in darkness as well. I got rid of my fearful thoughts of committing suicide and running away from home and college. I have now accepted the responsibility to complete my life by working on the development of right understanding within my 'self'.

I passed out of the College in June 2012. After completing my B. Tech, I have turned entrepreneur and started my own business in agro-processing. In this business, I have decided to work with a goal to make more and more farmers understand prosperity, and help them walk the path of prosperity without disturbing the harmony in nature and existence.

**Vikramjeet Singh** (*Passed B.Tech in 2012 from BBSBEC, Attended three 2-day and one 8-day workshops at BBSBEC*)

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Before the workshop, I had only thing in my mind that luxurious life is important for me but after workshop I realized that physical facilities are not everything, rather continuous happiness is more important. In these recent holidays, I tried to spend more and more time with my family, which I usually didn't do before.

**Harvinder Kaur** (*B.Tech Second Year*)

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“I got a direction to live my life. There is more harmony in relationships in family and at work place. The real meaning of prosperity is now clear as I am satisfied of what I am having today. Now, at least I am not worried that I have Maruti-800 car and my colleague, friend or relative have a bigger car than me.”

**Mr. Ashutosh Sharma**, Asst. Prof., Rayat Inst. of Mgmt., Ropar

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I want to live life with satisfaction and continuous happiness. I want that all should be happy from me.

Views before and after attending the workshop:

- i. My sister got Fortuner Car on her marriage and there was setup in my mind that I should also get Fortuner Car but if this demand doesn't get fulfilled then I will definitely get upset but now I realised that these things are not much important in life. All these things give us the temporary happiness and now I am not expecting anything less than continuous happiness.
- ii. Whenever there was fight with anyone I always thought that why they hurt me but never think that it might be my mistake. But now I have started working on myself rather than others.
- iii. I was mad about suits whenever I go to market I always buy suits for me but recently when I go to market I bought a suit for my friend on her birthday but didn't buy anything for myself.

**Mandeep Kaur** (B. Tech. Third Year, attended two 2-day workshops conducted at BBSBEC)

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ये जो ज़रूरतों वाला भाग है, इसकेबारे में क्या महसूस किया ,किसी ने इसको जी कर देखा हो तो बतायें |  
एक लड़की ने बताया कि 7<sup>th</sup> को फ़ेशर पार्टी है| मैं अपने मम्मी-पापा से ज़िद कर रही थी किउसके लिए एक नया सूट लेना है |  
वर्कशॉप लगाने के बाद ये महसूस किया की अभी पीछे भैया की शादी में जो सूट लिया था ,वो तो क्लास में किसी ने नहीं देखा है –तो  
उसी को पहन सकते हैं |तो समृद्धि तो थी पहले से, पर समृद्धि क्या है इसको पहचाने नहीं थे |

**Shared by Dr. Gagandeep Sharma, HoD Management, BBSBEC**

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A student, Atul Rana, paid a lot of attention to his hair. Every month he would go to Chandigarh for his hair. He would get a new hair cut/hair colour according to the latest fashion. In this process he spent about Rs. 6000 / month. Sometimes he would argue for the amount at home. After the topic “self & body” was discussed in class, he said he understood that maybe this hair thing was not so important. Last time he got his hair done locally at Bhaddal for Rs 300. It is the understanding that being good is important, is valuable while just looking good is superficial. This learning is significant. Now he is able to pay more attention in class also.

**Shared by Gurseerat, IET Bhaddal**

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Reflection from the