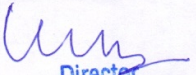


## ATTRIBUTE FACILITATED BY THE INSTITUTION

1. Tangible change noticed in conduct & behavior. n Better Attendance (average above 80%) in classes. n Minor offences reduced from 700 to 160 over last 5 yrs.
2. Major offences reduced from 95 to 35. n Proctorial committee rarely met during the last 03 semesters.
3. Reduction of food wastage in messes.
4. Ensuring cleanliness in the campus.
5. Moving from imposed discipline to Self Discipline.
6. Focused attention on academics by being good listeners.
7. Able to live with relationships rather than opposition with their fellow students and hence being responsive rather than reactive.
8. Ragging Free Campus.
9. Strong mentorship by senior students.
10. Increased involvement in all cultural societies run by students.
11. Observed to resolve problems by themselves.
12. Less carried away by deviations from external environment.
13. All desired to attend days' Level-1 workshops. n Desired such workshops may be arranged for their family members.

  
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# Personal Transformations

**Devansh Bhatnagar**  
EN, IVth year (Student)



## **My journey:**

It was when my first sem in the year 2017 was going to end I got to know about a 5-day workshop on 'Understanding Values and Relationship' resourced by 'Shri Gopal Babu' sir through one of the applied science faculty Ms Sweety Agarwal. It was held in our college. I attended the workshop in the full stretch, and by the last day, I got familiar with some words like natural acceptance, intention-competence. I understood somewhere that I am in good need to know more about values as I was able to grab and explore terms said in the workshop but still somewhere not able to relate such things in my life to a great extent. Then, my journey in the path of understanding the actual goal of human life started under Shri Gopal Babu's guidance. At first, I was really impressed and influenced by Sir's content in the first workshop. Now it was then I attended a series of 5 days workshop every time I used to find interesting learning about self exploration. Before I proceed with my further journey I want to share few words about 8 days workshop that I got the opportunity given to me by Shri Gopal Babu VE CELL Coordinator AKGEC to attend 8 Days workshop held by AKTU at IIT Kanpur taken by 'Shri Bhanu Pratap sir' and 'Shri Ganesh Bagaria sir' on topic 'Understanding Human Values

and Professional Ethics'. During this workshop, I got to explore my thoughts and all contradictions prevalent in my thought process and insights to discuss my thoughts in detail with a resourceful person.

Those eight days were found to be very effective in understanding basic aspirations of human life; human as a co-existence of the self and body; what is difference between their needs and how to fulfil the needs of both; what should be a right approach to our goals; Harmony of four levels of existence. Major of this content was somewhere in everyone's mind, but due to societal pressure, Pre-existing conditions, experiences, false influences distorts our thought process; consequently, our goals resulting in contradicting in our imaginations.

Later on, I attended a Refresher level workshop period of 8 days on 'same topic' taken by Shri Pankaj Sir at IIT Kanpur. From this, I got new dimensions or an aspect to approach in the process of self-exploration that I probably missed in earlier workshops.

As a result, I was interested in working for the activities of Value Education Cell, AKGEC established in the same year 2017. I was always encouraged and welcomed by Shri Gopal Babu sir



# Personal Transformations



and hence, as a student coordinator with all other members, we arranged various activities like survey of food wastage in hostel mess, Nature and Health Club to promote the right way to nurture body and environment. In 2018 we got the opportunity to attend the "International Conference Climate Jamboree" headed by professionals and industrial experts from every sphere of life to analyse degradation of the environment and ways to make it sustainable for future generations. Further, we arranged a village visit in the 2019 to observe conditions prevailing in the village at four levels (individual, family, society and Nature) and what we can contribute in any terms. Later, A drive was organised in our college to plant some medicinal trees and name them on a small board to spread awareness of the benefits of medicinal plants and their importance in daily life to get rid of synthetic medicines and chemicals.

Afterwards, in Covid scenario, we coordinated and arranged several webinars inviting Green Man Of India Shri Vijay Pal Baghel, remarking on the webinar we organised World Tree Day celebrated on 23rd August. I personally participated and planted a 4 feet neem tree in the park situated nearby our colony. We have been getting clearer vision regarding our goals, ethics and values in human existence day by day.

## **Personal transformation:**

### **At the level of Self :**

At the level of self, I find myself as much more awakened and enlightened within i.e related to my thought process and approach to do a task. As I observed, even my family members realized this change in me in four years of my graduation.

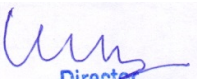
For example: Before attending any workshop, I used to be a little short-tempered in every situation and tend to panic. I never realised that getting angry is the

main outcome of contradictions in my thought process in relation to the outcome of a task whose thought has been running in my mind. If the result is favorable to me, then it makes me happy, and if it is unfavorable, it would be depressing for me. So, getting a sudden outburst of emotions on a momentary basis due to either excitement or certain unfavorable outcome was common. Slowly, with investing time on myself I observed how many times I got angry suddenly, later on I figured out the reason behind my sudden outburst and irritating nature. I found that most of the time, I was getting due to actions of related ones as I was of thought of bad intention of others. When I got to know it is competence that makes a difference else the intentions of every human is the same i.e to live happily continuously and mutually with everyone.

**Another example:** Workshop is impactful for my studies as I frequently used to influence fascinating and rich people, resulting in changing my goals every day; consequently, ended up doing nothing effective & growthful in my life till my first year. I also found most of my studies are marks oriented as a result of ending up doing competitions with fellow mates; which has got nothing productive as the race of becoming bigger than someone will never end in the ecosystem; there will always be someone bigger than us.

Hence, I realized and focused on my knowledge and excellence part rather than focusing on an outcome-oriented approach. Furthermore, I observed my ongoing desire, thoughts and expectations through self-observation. I found I was getting distracted or being swayed away by some thoughts while studying because three hours study stretched to 8-9 hours almost.

There was always a lack of focus and consistency with my tasks in daily life too. All this is my observation under guidance of Gopal sir. Henceforth I started

  
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noticing when I am getting carried away and how many times; by observing and doing this exercise on a daily basis, I improved my concentration and focus to great extent now.

I can see my performance easily after my first year and in my household responsibilities too. I can utilize my time effectively and observe my improved efficiency of doing tasks compared to earlier performance. I am able to prioritize tasks on a daily basis to realizing to human goals in the longer run.

**At the level of Body :**

I used to eat unhealthy oily food from streets and restaurants just to satisfy my cravings. All this we used to do just satisfies our temporary craving for taste pleasures. When I realized sensations are limited, the happiness we are getting after enjoying them is also limited and termed as excitement or temporary happiness. I also realized that this foodstuff is unhealthy and harmful for our taste buds and digestion system in the long run, so I started avoiding junks and all other activities like consuming synthetic medicines due to an uncultured lifestyle in situations of serious ailment. I knew that already but lack of realization and authentication in myself was a major drawback. With growth in myself I can clearly realize right utilization of my body as an instrument for fulfillment of program made for human aspirations and all actions of mine to nurture my body. Seeing difference of fulfilling needs of self and needs of body, coexisting, is my major observation.

**Transformation at the level of Family :**

At the family level I can see myself as an evolved and responsible human being who keeps maintaining balance between study and relations .

Earlier I used to have occasional rifts with my father or elder brother because I had an assumption that they don't want my welfare, and so they scold me or interrupt me. Even though I was at fault, I used to be shocked doubting their intentions and ended up with

arguments and, hence, most of the times my mind was disturbed because of the kind of relationship I was experiencing with my father and brother.

Later, instead of anger, I preferred to talk with patience and resolve the situation. As a result, we all came to a conclusion too, and our relationship grew better day by day.

This change was observed by my parents during my second year, as a result, I was getting many responsibilities related to household chores.

Once the Trust was established mutually among all my family members, I was allowed to visit and attend various workshops, seminars and conferences; that was even a whole lot of different experience for me .

It was like my parents wanted to attend the family workshop as they were impressed with minor changes in me while studying , eating , and doing various activities . Hence, Shri Gopal Babu sir felt the need to conduct family workshops for parents of students studying in our college and other colleges as well .


We are really grateful and thankful to Gopal Sir for introducing such eye opening content to us.

**Transformation at the level of society**

At the society level I can see and recognise my relation with every human being existing irrespective of their unfavourable actions due to their competency .

I can see myself helping the fellow students in my college improving their competency and helping them to realize their responsibility towards every level of existence. I encourage my friends to attend the workshop and coordinate various activities for awareness of Value Education Cell AKGEC.

I did mentoring of classes for my fellow mates and students of first, second and third years where I clarified their doubts related to technical subjects which they were not able to ask in regular classes.



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# Personal Transformations



I provided required feedback to the department to improve the teaching methods using smart classes, presentations and minor projects which enable them to practically realize theoretical concepts .

### **Transformation at the level of Nature:**

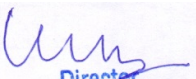
At the level of nature I realized all four orders of nature are interconnected by recognizing and fulfilling cyclic nature except human order, hence worth, I realized this and recognized my responsibility towards environment/ nature as a result of which on weekly basis, I participate in monthly plantation drives volunteered by NGOs in our localities .

I was also involved in solid waste management of waste generated especially during and Post Covid scenario ideas for developing a sustainable approach to segregate and process the waste by reusing plastics, recycling dry paper waste and safe treatment and disposal of medical waste. I also initiated the habit of up cycling dry waste and reducing organic waste by composting.

Also, I am working on a solar grid connected system employing multilevel inverters which can effectively reduce THD at injected grid currents. All this is aiming to a holistic approach using science and technology for sustainable and socio economic growth in rural India .

### **Peer's transformation:**

I can personally observe few significant changes in the behaviour of my fellow mates who also, along with me, got the opportunity to self-explore and evolve as human being realizing human goals, values, character and existence as a whole; To name a few seniors- Arun Maurya, Akash Srivastava, Akshat Srivastava some fellow mates Mudit Shekhar, Himanshu Srivastava, Arpit Tripathi. I really witnessed them moving ahead with significant changes in their way of interaction with their fellow beings and nature as well.

  
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# Personal Transformations

**Vasu Gupta**  
(ME, 4th year), Student



## **My Journey:**

As a technical student, I never focused on this subject (Human Values) until 2nd year of my engineering. But there was conflict in my thoughts and behavior, which I always wanted to resolve, but I could not discover the root of it. In my 2nd year of engineering, I came to know that VE Cell was organizing a 5 days' workshop on "Understanding Science of Relationship through Self-Exploration". And I thought to give it a try as it was just after college and 2 hours daily. After the very first day, I was so enthralled with the content and it made a significant impact on me, and after attending this workshop, I saw a huge change in myself, and it motivated me to attend some more workshops, so I joined the VE Cell team as a volunteer. After that, I attended an eight-day workshop on "Universal Human Values and professional ethics" organized by AKTU at Babu Banarasi Das Engineering College, Lucknow from 8th to 15th July 2019. After coming from Lucknow, nearly all my conflicts were resolved, and I started working on myself. After that, I attended a 5-day refresher workshop on "Practicing Awareness of Thoughts" in college itself from 5th to 9th August 2019. Now, I'm working as a Student Coordinator in VE Cell, AKGEC, and guiding students as a mentor.

## **Personal transformation:**

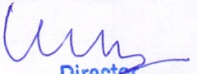
### **At the level of Self**

Earlier, before attending workshops, I was not aware of myself. I used to think of self and body as a single entity, but after attending various workshops and sessions, I realised that body is just an instrument of self. Self is the only doer, seer, and enjoyer, and needs of self are continuous, whereas body needs are just temporary. After this, I was able to distinguish easily between the self and the body in terms of needs, activities. All the needs of I (self), are respect, trust and can be called as Happiness, while the needs of the body are physical facilities and these two things are qualitatively different.

For example, Earlier I used to be stressed and tense as I could not recognise what is naturally acceptable to me. Others governed my thoughts as if I was living in *Dabav* or *Prabhav* but after knowing this content, my thoughts were governed by Natural acceptance, and that is my *Swabhav*.

### **At the level of Body:**

Earlier I used to select food on the basis of taste, but what our body needs is nutrition and taste should not be a deciding factor, so I started having nutrition-based food rather than taste based. Food is meant

  
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for nurturing and proper functioning of the body but these taste based foods(fast food) weaken our body parts and at the same time do not provide any proper nutrition.

I used to eat a lot of junk and fast food which were too oily and overcooked because at that time food used to be governed by taste but when I realized they are not fulfilling the needs of the body, I stopped taking those food items.

Earlier, I used to drink coke often when I used to be thirsty, but after understanding my body's needs, I stopped drinking cokes and turned for water and fruit juices.

#### **Transformation at the level of Family**

After ensuring the right understanding in self, I ensured harmony in my family with all my family members. Earlier I used to treat everyone differently in terms of respect but after attending these sessions I came to know the true definition of respect. From kids to elders, everyone needs respect, and it ultimately leads to happiness.

I never used to listen to my younger brothers because I used to think I was superior to them, and they should follow what I ordered. After gaining the knowledge of this subject I used to listen to them from their point of view.

Earlier I used to get involved in social media too much and was in search of happiness in that, but after grasping these contents I came to know that they are temporary happiness i.e. excitement and they'll end soon, so now I want to spend more time with my family members. Also, when I'm far away from them like in hostels, I call them daily.

#### **Transformation at the level of society**

I ensured a feeling of trust and feeling of being related to others in society through these contents. Before attending these workshops and sessions I treat different persons of society differently.

My actions in society were governed based on sects, caste, creed, etc. But after having knowledge of right

understanding and what is naturally acceptable to each one of us, I used to treat everyone with the same feeling, and now my ultimate goal in society is towards the undivided society based on this feeling of trust.

With right understanding, now I feel I am related to everyone in society and with this mindset, I try to maintain harmony with everyone.

#### **Transformation at the level of Nature**

At this level, I saw a big change in myself. As an individual, I tried to conserve and utilize natural resources in the right way.

As I understand all the four orders and how they are fulfilling each other, I realized that I'm creating disharmony with every other order.

From that day I try my best to utilize the things properly and use that amount only as per my needs.

Earlier, in summers, I used to fill my water bottles full and carry them to college but after few hours they used to get warm and then I used to throw them and refill that. After this content, I saw that I'm continuously wasting water so from that day onwards I used to fill only half bottle and carry with me. By the time it gets warm I have had completely utilize it.

#### **Peer's transformation:**

When I came back from an 8-day workshop from Lucknow, I told my friends about the content of UHVPE and they were so enthusiastic to know about it. I was so happy to share my learnings with my school friends Saurabh Singh Chauhan, Shivam Tripathi, and with my colleagues, Tushar Mittal, Anurag Yadav, Chinmay Verma, etc and they felt that this was also an important and much needed activity and so they also participated in various workshops in college.

It helped me a lot in discovering myself and with this valuable content, I'm able to face the challenges in my life made easier with the right understanding as I'm well aware of my natural acceptance.