

VALUE ADDED COURSE

Universal Human Value Cell and Department of Social Work Punjabi University, Patiala conducted Value Added Course on **Community Based Human Values** from **April 23, 2022 to May 25, 2022.**

Day-1

23.04.2022

Lecture on Human Values in Social Work Profession

Resource Person: Dr. Hardeep Kaur Prof. & Head Dept. of Social Work, Punjabi University, Patiala



Day-2

23.04.2022

Lecture on Importance of Social Norms and Values in Daily Life.

Resource Person: Dr. D. P Singh Professor, Department of Social Work, Punjabi University, Patiala

Department of Social Work
and
Unnat Bharat Abhiyan
in collaboration with
Universal Human Values Cell
Punjabi University Patiala
is organizing online lecture series under
Value added Course
Community Based Human Values
Topic: Importance of Social Norms and Values in Daily Life
Resource Person Professor D.P Singh
Date and Time 24.04.22, 10:00 am.

Day-3

30.04.2022

Lecture on Importance of Moral Values

Resource Person: S. Ajaib Singh Chatha Lawyer, Canada

Department of Social Work
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In collaboration with
Universal Human Values Cell, Punjabi University Patiala
Is organizing Online lecture Series Under
Value Added Course
Community Based Human Values
Topic: Importance of Moral Values
Date & Time: April 30, 2022, 8:00 am
Resource Person: Dr. Ajaib Singh Chatha
Chairman: Jagat Punjabi Sabha, Canada

Day-4

01.05.2022

Lecture on The Heartful Choices

Resource Person: Sister Manjula Verma Heartfulness Institute, Kanha Shanti Van, Telangana



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Topic: The Heartful Choices
Resource Person: Manjula Verma, Heartfulness Institute Kanha Shanti Vanam, Telangana
Date and Time: 01.05.22, 10:00 am.

Day-5

02.05.2022

Lecture on Social Values & Literature in English

Resource Person: Dr. Shivani Thakur Assistant Professor, Dept. of English, Distance Education, Punjabi University, Patiala



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Topic: Social Values and Literature in English
Date & Time: May 2nd, 2022, 10.00 am
Resource Person: Dr. Shivani Thakur
Department of English (Distance Education) Punjabi University,
Patiala.

Day-6

02.05.2022

Lecture on Understanding Human Values and its Role in Human Life

Resource Person: Dr. Jagroop Kaur Professor & Head Dept. of Political Science, Punjabi University, Patiala.



The screenshot shows a Zoom meeting interface. On the left, there is a presentation slide with the following text:

Department of Social Work and Unnat Bharat Abhiyan
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Punjabi University Patiala
is organizing online lecture series under
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Community Based Human Values

Topic: Understanding Human Values and its Role in Human Life

Date & Time May 3rd, 2022, 10.00 am

Resource Person: Professor Jagroop kaur (Head)
Department of Political Science, Punjabi University, Patiala.

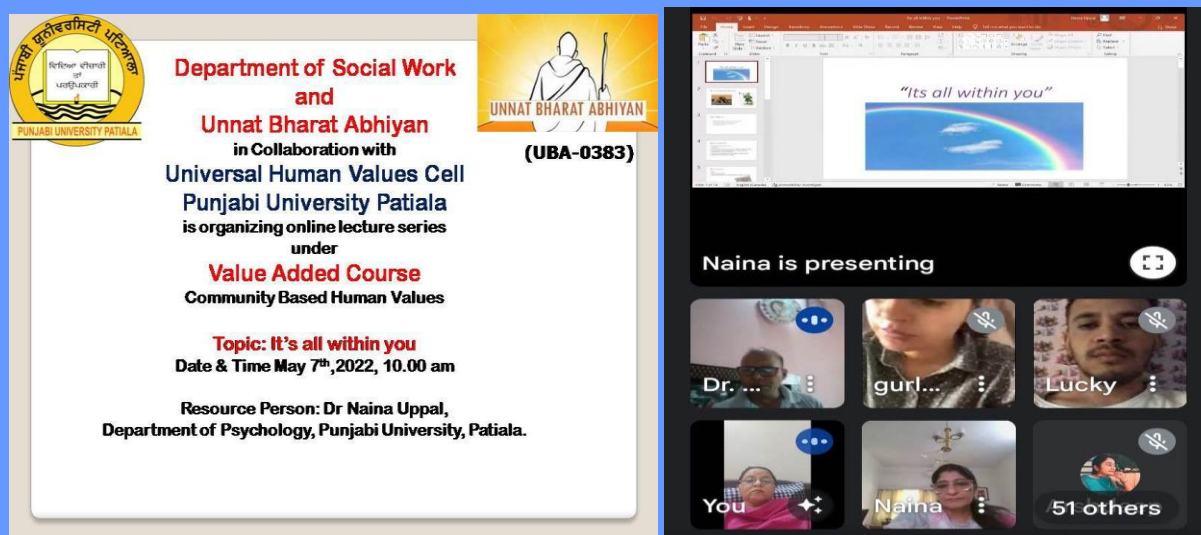
On the right, there is a grid of participants in the Zoom meeting. The participants are: Ravi Kaur, Jagroop kaur, Rajiv Kumar, Manpreet Kaur, and Harjot Singh. Below them are Gurmehar Singh, Ritu Sharma, and a group of 42 others.

Day-7

07.05.2022

Lecture on It's all within you

Resource Person: Dr. Naina Assistant Professor Dept. of Psychology, Distance Education, Punjabi University, Patiala



The screenshot shows a Zoom meeting interface. On the left, there is a presentation slide with the following text:

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Community Based Human Values

Topic: It's all within you

Date & Time May 7th, 2022, 10.00 am

Resource Person: Dr Naina Uppal,
Department of Psychology, Punjabi University, Patiala.

On the right, there is a grid of participants in the Zoom meeting. The participants are: Dr. Naina Uppal, gurl..., Lucky, You, Naina, and 51 others. The presentation slide is titled "It's all within you" and features a rainbow over a blue sky.

Day-8

08.05.2022

Lecture on Geriatric Care: Indian Perspective

Resource Person: Dr. A.G.K. Sinha Professor Dept. of Physiotherapy, Punjabi University, Patiala



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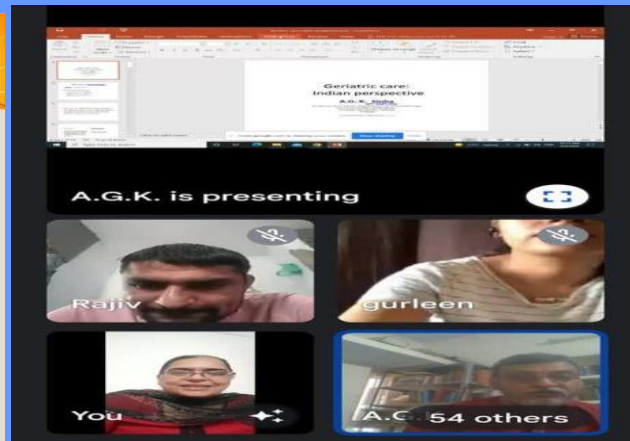
Topic Geriatric Care : Indian Perspective

Date & Time May 8th, 2022, 10.00 am

Resource Person: Professor AGK Sinha, Department of
Physiotherapy Punjabi University, Patiala.



(UBA-0383)




Day- 9

14.05.2022

Lecture on: (I). Role of Values in Mental Health
(II) Human Values in University Life

Resource Person: (I). Mr. Amandeep Singh Research Associate IIT Ropar
(II) Dr. Kewal Krishan Assistant Professor, Dept. of Defense Studies, Punjabi University, Patiala




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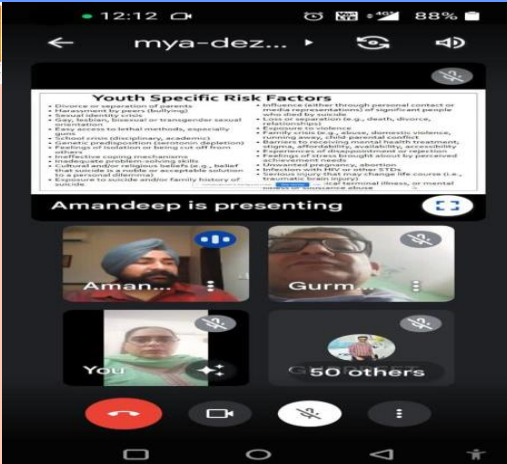
Topic: Human Values in University Life


- Resource Person: Dr. Kewal Krishan, Assistant Professor Dept. of Defense Studies, Punjabi University, Patiala

Date and Time 14.05.22, 10:00 am.



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Topic: Role of Values in Mental Health

Resource Person Amandeep Singh (Community Psychologist)

Date and Time 14.05.22, 10:00 am.



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Day-10

15.05.2022

Lecture on Laying Foundations of Self Compassion: An Experiential Learning Perspective

Resource Person: Ms. Priyadarshini Assistant Professor & Clinical Psychologist




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**Topic: Laying Foundations of Self Compassion: An
Experiential Learning**

Resource Person: Ms. Priyadarshini (Clinical Psychologist)

Date and Time 15.05.22, 10:00 am.









**UNNAT BHARAT ABHIYAN
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Self Compassion: How To Practice It?

- Appreciating The Whole Of Self- Circle of Life Exercise
- Accepting All of The Feelings- Developing A neutral View
- Self Compassionate Talk & Letter Writing
- Self Compassionate Assertiveness & Communication
- Self Compassionate Break

priyadarshni is presenting

 Jas...	 jasv...	 priy...
 You	 Gur...	 45 others

Day- 11

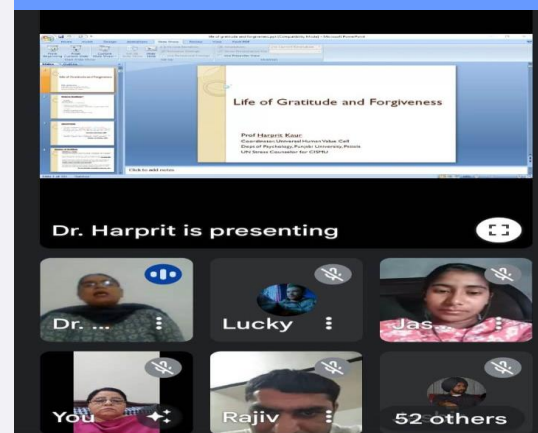
21.05.2022

Lecture on: (I) Universal Human Values in Human History
(II) Life with Forgiveness and Gratitude

Resource Person (I) Dr Karamjeet Kaur Malhotra Assitant Professor ,Department of Historical Studies, Punjabi University, Patiala
(II) Dr. Harprit Kaur Professor Dept. of Psychology, Punjabi University, Patiala

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Community Based Human Values
Title: Universal Human Values in Indian History
Resource Person:
Dr Karamjit Kaur Malhotra
Date & Time: 21.05.22 & 10:00-11:15 AM

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Community Based Human Values
Title: Life with Forgiveness and Gratitude
Resource Person:
Professor Harprit Kaur
Date & Time: 21.05.22 & 11:15-12:30 PM




Day-12


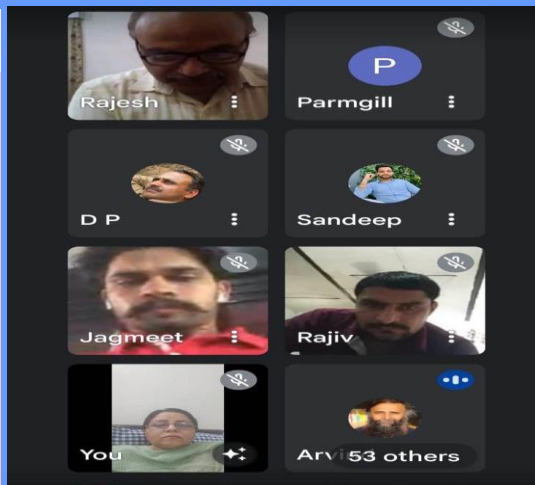

22.05.2022

Lecture on (I) Assessment of Universal Human Values (Part I)
(II) Human Values: Philosophical Approach

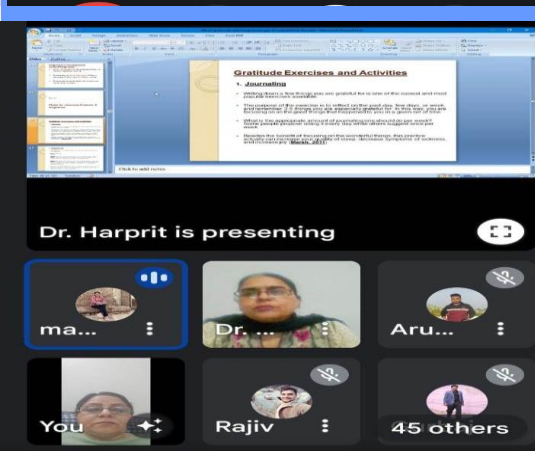

Resource Person: (I) Dr. Harprit Kaur Professor Dept. of Psychology, Punjabi University, Patiala
(II) Dr. Rajesh Head Dept. of Social Science/Sociology/History GNDU, Amritsar



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Community Based Human Values
Title: Assessment of Universal Human Values (Part-1)
Resource Person:
Professor Harprit Kaur
Date & Time: 22.05.22 & 10:15-12:30 PM



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Community Based Human Values
Date: 22.05.22
Presidential Address:
Professor Arvind
Vice Chancellor
Time: 10:15 AM
Resource Persons:
Professor Rajesh Kumar
Time: 10:30-11:30 AM
Professor Harprit Kaur
Time: 11:30-12:30 PM




Day-13


25.05.2022

Lecture on Assessment of Universal Human Values (Part II)


Resource Person: Dr. Harprit Kaur Professor Dept. of Psychology, Punjabi University, Patiala



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Community Based Human Values
Title: Assessment of Universal Human Values (Part-II)
Resource Person:
Professor Harprit Kaur
Date & Time: 25.05.22 & 10:15-12:30 PM



(UBA-0388)



Life of Gratitude and Forgiveness

Prof Harprit Kaur
Coordinator Universal Human Values Cell
Dept of Psychology, Punjabi University Patiala
LPU Series Coordinator for CSPEU

Dr. Harprit is presenting

Dr. ... Lucky Jas ... You Rajiv 52 others