



ACTIVITY REPORT

EXPERT LECTURE DELIVERED

1.	Name of Activity (Title)	Expert Lecture on “Universal Human Values”
2.	Type of Activity (FDP/Lecture/Technical/conference etc.)	Expert Lecture
	Name of department/ Section/ cell conducting the activity	Faculty of Infomatics & Computing(In Induction Program)
3.	In coordination with (if any)	NIL
4.	Date of conduct	10.09.2025
5.	Name of Activity Coordinator (s)	Dr. Ashlesha, Dr. Rashmi, Dr. Manvi
6.	Amount Spent	
7.	Funding/ grant from (University/ Industry/ UGC/ AICTE/ DST/ TEQIP/ Outside Society/ agency/others (mention)	University
8.	Target audience	First Year Students of Computer Engineering and Computer Applications
9.	No. of beneficiaries	450
10.	Name of Outside guests	Ms. Neeru
11.	Any other information	Nil

Expert Lecture on “Universal Human Values” organized at J.C. Bose University

An expert lecture on **Universal Human Values** was conducted by **Brahma Kumari Neeru** on **10th September 2025** as part of the Induction Program. The session aimed to introduce students to the foundational principles of human values and ethics, emphasizing the importance of self-awareness, empathy, truthfulness, and responsibility in both personal and professional life. Brahma Kumari Neeru explained that values are inner strengths that help individuals remain stable and composed under challenging circumstances. She discussed the practical application of universal values in daily decision-making and encouraged participants to introspect before acting by asking themselves simple guiding questions such as—*Is it truthful? Is it respectful? Is it necessary?*

The lecture also included an interactive segment where participants engaged in a short **guided meditation** to experience mindfulness and emotional regulation firsthand. Through this, students learned the importance of maintaining inner peace and clarity amidst external pressures. The session concluded with a **Q&A discussion**, where concerns about applying ethical principles in real-world scenarios were addressed. Participants appreciated the calm and



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(Department of Computer Applications)

reflective nature of the session and expressed a desire for more such interactive workshops focusing on conflict resolution and value-based living.

Overall, the lecture by Brahma Kumari Neeru was **insightful and impactful**, helping students understand that Universal Human Values are not just moral concepts but practical tools for personal growth and harmonious coexistence. It was recommended that similar sessions be organized regularly and that follow-up workshops or reflection activities be integrated into the induction program to sustain learning and application.