



ST. JOHN COLLEGE OF ENGINEERING AND MANAGEMENT

(A Christian Religious Minority Institution)

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Report on Universal Human Values Activity

Date: 04/09/2024

Date: September 4, 2024

Duration: 1 Hr

Activity: Word Reflection Session

Objective:

The primary objective of this activity was to promote and instill universal human values among the participants. The focus was on fostering a deeper understanding of these values and encouraging participants to reflect on how they can incorporate them into their daily lives.

Details of the Activity:

The activity involved a brief yet impactful "Word Reflection Session," where participants were invited to share their thoughts on a specific word related to universal human values. The chosen word for this session was "Empathy."

Participants were given a few moments to reflect on the word and then shared their insights and personal experiences related to empathy. This word was selected because it is a cornerstone of building harmonious relationships and understanding others' perspectives.

Key Points Discussed:

1. Definition of Empathy:

- Understanding and sharing the feelings of others.
- The importance of putting oneself in another person's shoes.

2. Personal Reflections:

- Participants shared stories from their lives where empathy played a crucial role in resolving conflicts or helping others.
- The impact of empathy on creating a supportive and inclusive environment was highlighted.



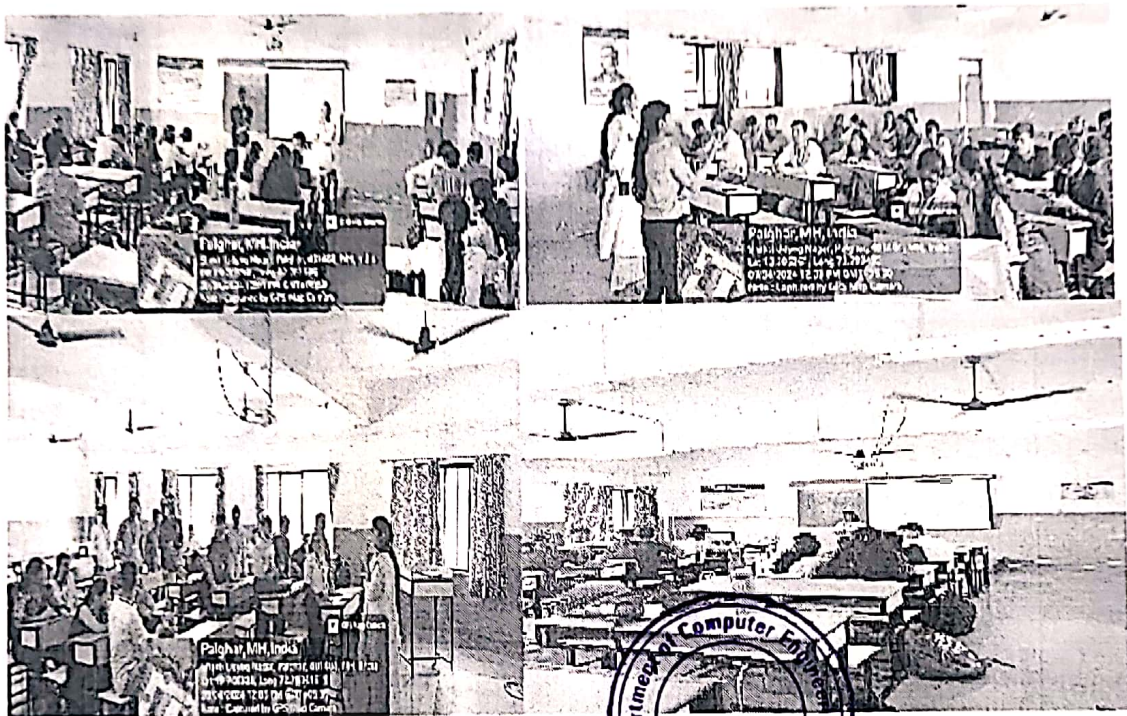
3. Application in Daily Life:


- Simple ways to practice empathy, such as active listening, being non-judgmental, and offering help without expecting anything in return.
- Encouragement to consciously practice empathy in personal and professional settings.

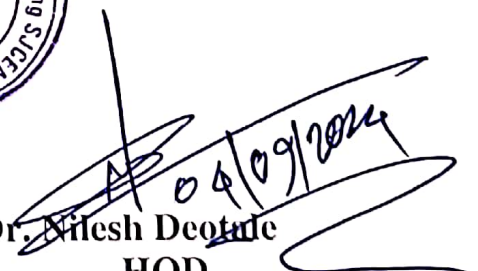
Conclusion:

The activity successfully engaged the participants and provided them with a platform to discuss and reflect on the value of empathy. It served as a reminder of the importance of universal human values in building a better, more understanding society. The session was well-received, with participants expressing a renewed commitment to practicing empathy in their daily interactions.

Photos:




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