



प्रो. अनिल डी. सहस्रबुद्धे  
अध्यक्ष  
Prof. Anil D. Sahasrabudhe  
Chairman



सत्यमेव जयते



अखिल भारतीय तकनीकी शिक्षा परिषद्  
(भारत सरकार का एक सांविधिक निकाय)  
(शिक्षा मंत्रालय, भारत सरकार)  
नेल्सन मंडेला मार्ग, वसंत कुंज, नई दिल्ली-110070  
दूरभाष : 011-26131498  
ई-मेल : chairman@aicte-india.org

ALL INDIA COUNCIL FOR TECHNICAL EDUCATION  
(A STATUTORY BODY OF THE GOVT. OF INDIA)  
(Ministry of Education, Govt. of India)  
Nelson Mandela Marg, Vasant Kunj, New Delhi-110070  
Phone : 011-26131498  
E-mail : chairman@aicte-india.org

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### Universal Human Values and Happiness Matrix Scheme

Sir/Madam,

This has further reference to the APH 2022-23, reference: page XXVII, HAPPINESS MATRIX SCHEME AND AICTE notification no: F.No. 1-29/CM/AICTE/2021.

The sessions on incorporating universal human values in education are ongoing. Happiness is a natural distillate of following universal human values and hence the Happiness Matrix Scheme is a way of evaluating the same.

It is AICTE's intention to support, promote and ensure happiness across all campuses and declare happiness rankings through YourOneLife (YOL) app and we seek whole hearted support to this initiative required in order to create, calibrate and celebrate happiness.

We reiterate that:

1. All the institutes, faculty and students shall download the app (YOL) and register.
2. The software will assess usage of the app by students. Those who wish to give a credit may do so.
3. The training and monitoring of the outcomes will be conducted through the inbuilt features of the software in a 'DIY-DoItYourself' manner and is designed to not burden the faculty of the institutions or universities. The software will carry out the monitoring process and appropriate assigned credit per student per Institution/university will be conveyed by the system to you.
4. YourOneLife is also a manual in the form of an e-book titled: Six-Sigma happiness published by the founder of YourOneLife is available online at [www.yol.one](http://www.yol.one). The book in story telling format in graphic and sequential art contains guidance and very engaging and fascinating happiness exercises. You are advised to download and circulate adequate copies of this book (1 copy for 250 students) and encourage the students to read it too. A link to this book from your libraries may also be included in the fresher kits for the upcoming fresh sessions.
5. Usage of this app by all will be treated not only as your commitment to happiness, it shall be monitored and help in releasing quarterly happiness rankings on national and regional levels with the annual rankings announced on the 20<sup>th</sup> March each year, that is celebrated worldwide as the World Happiness Day.
6. This will mark the biggest happiness impact not only in India but the world with over 7

6. *This will mark the biggest happiness impact not only in India but the world with over 7 million students driving it together.*
7. *I also encourage you to plan happiness fests in your college and share such activities held.*

*Your acknowledgement and revert to the above shall be taken on record as your affirmation to the cause of happiness."*

**Unquote**

Studies reveal that an average user's screen time on the phone is between 4.5-6 hours per day and it is growing. Nearly 80% of that time is wasted in random browsing that lends no value to the student or user. The app however arrests the randomness and lends meaning and substance to the student and the user.

You may contact for more details/clarifications, Mr Yogesh Kochhar [yogi@vol.one](mailto:yogi@vol.one)

Do also convey my best wishes and blessings to all your students and share this notification on your notice boards so that it reaches all students and encourages them to download the app.

Wishing you all happiness ahead.



Prof Anil D Sahasrabudhe