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Dr. Uppal has more than 22 years of teaching and research experience. He is PhD from Punjab Technical University. He completed Master's degree in Electronics and Communication from NIT Kurukshetra. He was awarded research grant under IPID4 program of German academic exchange service (DAAD) and Graduate Academy of Technical University (TU), Dersden. He has also received grants from DST under INSPIRE Scheme. His scientific specialization is the field of Wireless Sensor Networks, Soft Computing and Holistic Technologies.

Apart from his core professional experience, he is part of AICTE –SIP group undertaking student and faculty lead activities in the area of universal human values. He is working on Universal Human values since 2010 and self exploring to achieve continuity of happiness. He feels that self exploration have improved his professional, family and personal life in last decade. He is always keen to share this content with faculty and students

Presentation Summary

Harmony in the Human Being (Self and the Body)

The presentation share proposal on human needs, coexistence of self and body . The harmony within, knowing and assuming would be discussed in details. Existing problems and gross misunderstanding of humans where we believe that only physically facilities would give us peace and happiness would be explored. It would be dialogue rather than monolog. The presentation also discusses about how it is important for a human being to the Co-existence of the self and the body. The basic human aspiration is to stay in continuous happiness and prosperity. The basic assumption of happiness is to be in harmony i.e harmony in human being: self and body. For this one must undergo the process of self and exploration. This may include the process of 'need identification' at point of time and in terms of quantity (physical facilities). The needs of the Body cannot be fulfilled by Right Understanding, Right Feelings alone. The needs of the Self cannot be fulfilled by Physio-Chemical Things. Both type of needs have to be understood separately and have to be fulfilled separately. The presentation also discusses how one can become self aware and undertake the process of conscious self exploration for right understanding and self and need for living in harmony.