

## Summary of Chapter-1

Chapter-1, Understanding Value Education explains value education importance. It also explained the overall goal for fulfilling life.

It arose two important questions - What to do? , How to do? and explained their priority in life. Skills train us to ~~for~~ to how to do any task, but Value Education is important for What to do? Without knowing What to do, we can't learn or shouldn't learn how to do.

Value Education claims to provide correct identification of Goals and Complete development of Individual & Its environment.

Complete development is divided into Individual, Family, Society and Nature development. It explained how they are interdependent.

It explained about Beliefs and how to evaluate it. Some time, It might get influenced by someone or something. It might be biased and wrong. So We should remove them.

It then explained Competence which can be ethical or unethical. It ended with the final goal of Value Education i.e. Self-exploration.



My this week time utilisation:-

12.30/1.00 - 8.00/7.30  $\Rightarrow$  Sleep (7hrs)  $\therefore$  49 hrs

9.00/9.30 - 12.30/1.00  $\Rightarrow$  lectures (~~3~~ 4hrs)  $\therefore$  28 hrs

\* 8.00 - 9.00  $\Rightarrow$  Grooming + Mess (1hr)  $\therefore$  7hr

1.00 - 2.00  $\Rightarrow$  To Self (Sleep / Game) (1hr)  $\therefore$  7hrs

2.00 - 5.00  $\Rightarrow$  Int / habs (3hrs)  $\therefore$  21 hrs

5.30 - 7.00  $\Rightarrow$  Sports (1.5 hrs)  $\therefore$  10.5 hrs

7.00 - 9.30  $\Rightarrow$  To Self (Diary / Games) (2.5hrs)  $\therefore$  17.5 hrs

9.30 - 12.30  $\Rightarrow$  Study (Revise) (3hrs)  $\therefore$  21 hrs

# To Self for mind - Games / Diary writing (3.5  $\approx$  4 hrs)

For Body (9.5  $\sim$  10 hrs)

For Productivity (10 hrs)