

UNIVERSAL HUMAN VALUES

UNIT - 01

VALUE EDUCATION

- Character oriented education that teaches basic values and ethnic values in one's psyche is value based education. The subject that allows us to understand what is valuable for happiness is called value education.

IMPORTANCE OF VALUE EDUCATION

- One can examine and control various choices he/she makes
- Understand needs and visualize goals.
- Remove confusion and contradiction
- Utilize technological inventions correctly.
- Values form our basis and anchor for thoughts, behavior and actions.
- Values in individuals ensure happy and harmonious society.

FUNDAMENTAL VALUES OF HUMAN BEINGS

- i) Right Conduct
- ii) Peace
- iii) Truth
- iv) Love
- v) Non-violence

RIGHT CONDUCT

- Self help skills : care of possession, diet, hygiene, posture, appearance
- Social skills : Good behavior, Good manners, Good relationship
- Ethical skills : courage, confidence, respect, responsibility

PEACE

- Attention
- Concentration
- Gratitude
- Self-control
- Calmness
- Equality
- Patience
- Discipline
- Tolerance
- Understanding
- Acceptance

TRUTH

- Fairness
- Honesty
- Justice
- Reason
- Enquiry
- Self-analysis

LOVE

- Care
- Sacrifice
- Forgiving
- Acceptance
- consideration
- sharing
- dedication

NON - VIOLENCE

- Psychological : loyalty, morality, compassion, concern
- Social : acceptance of other cultures and religions, equality, justice, harmlessness

VALUE DOMAIN

Understanding human aspiration or what is really valuable for a human being. [What to do ?]

SKILL DOMAIN

Subject which enables us to learn skills is called skill development. It enables us to learn skills like science, technology, management, for fulfilling our aspiration. [How to do ?]

- Present education system is skill-biased with emphasis on science and technology, without base of values. Skill can only help provide means to achieve what is considered valuable. Skill biased learning has lead to crises at individual, societal and environmental level.

GUIDELINES FOR VALUE EDUCATION

- Universal : should be universally applicable to all human beings at all time and place. Values should not change according to creed, rationality, etc.
- Rational : should be reasonable, should not be based on blind beliefs. It has to be able to answer related questions. Cannot be a set of do's and don'ts.
- Natural and Verifiable : 'naturally acceptable', and there should be every provision in nature for its fulfilment. Should be experimentally verifiable and not based on assumptions.

- All encompassing : should cover all dimensions (thought , behavior , work, understanding) and levels (individual , family , society & nature)
- Leading to harmony : should promote harmony among human beings and nature.

CONTENT OF VALUE EDUCATION

- Value of an entity is its participation in the larger order
eg : piece of chalk is a unit. and classroom is a larger order. Chalk is used to write for the functioning of the classroom.
- Value of a human being is its participation in the larger order.
eg : Role in living with another human being is to ensure a feeling of mutual respect, which also gives mutual satisfaction.
- Value of a human being is to ensure mutual fulfillment. mutual fulfillment starting with themselves and extending to family and society.

therefore, content has to be all encompassing , i.e
 → It has to cover all dimensions of human being.
 → It has to cover all levels of human living

PROCESS OF VALUE EDUCATION

- Human values can be understood by the process of self-discovery.
- There is natural acceptance for values in a human being. One has to discover or become aware of them.
- When one is not able to decide on rights, they are being programmed by someone else, they try to implement it, accept it and start materialising them.

SELF EXPLORATION

- process to find out what is valuable to us by investigating ourselves.
- What is right and true has to be judged within oneself.
- To find if our aspirations and what we want to be are one and the same or not. If not same it means that they are leading a life against natural acceptance and cannot live happily.
- To discover something innate, invariant and universal to all humans which resolve confusions and contradictions.

CONTENT OF SELF EXPLORATION

1. Desire, Goals and Aspirations
2. The program : what is the program to actualize the above.

PURPOSE OF SELF EXPLORATION

- help identify
 - > innateness [Svava]
 - > self - organization [Svaatantrata]
 - > self - expression [Swarajya]
- It is a process of
 - > self evolution & self - investigation
 - > knowing oneself & their reason for existence
 - > recognizing relationships & fulfilling it.
 - > knowing human conduct & character
 - > being in harmony with oneself & others.

PROCESS OF SELF EXPLORATION

- do not assume proposal to be true or false
- verify it.
- do not accept it nor reject it on basis of scriptures or others.

Verify proposal
on natural acceptance



Experimental validation
leads to

- mutual happiness with humans
- mutual prosperity with nature.

Test and
live accordingly

- acceptance
- assurance
- universality with time, space & individual

NATURAL ACCEPTANCE

- process of seeing and observing everything then using your inner conscience to get answers from within, to learn and absorb everything good, without changing our identity.
- Does not change with time or age - remains invariant - natural acceptance for trust or respect does not change.
- Does not depend on place - desire for respect does not change with place.
- Does not depend on beliefs or past - eg: we may believe that money is the most important thing but we know that money alone cannot make us happy
- Is always there within us
- It is the same for all - Each of us, have our own lifestyles and beliefs. Purpose of all human desires and achievements are based on a common goal, like the need to be happy, respected and cared for.

EXPERIMENTAL VALIDATION

- Process that infuses direct experience with learning environment.
- most of what we know about ourselves is not only through our opinion but also because of others see us.
- Our beliefs are validated by situations or outcomes.

SVATVA , SWATANTRATA , SWARAJYA

1. SVATVA - innateness of self

- natural acceptance of harmony

- "innate" means originating in or derived from the mind
- is in an individual from birth
- realise difference between, what we are and what we really want to be.

2. SWATANTRATA - self organized

- being in harmony with oneself.

- when we identify innateness we establish a dialogue with our conscience, it enables us to become self-organised

3. SWARAJYA - self expression & self extension.

- living in harmony with others.

- when we start living with harmony, it expresses itself through behaviour towards others and our work, which leads to a healthy participation with our surroundings.

→ when we start exploring svatva, we attain swatantrata and swarajya.

→ It gets rid of false notions, contradictions, dilemma and compulsions.

→ living in harmony with oneself will allow us to help others
i.e attaining swatantrata will lead to swarajya

PRE - CONDITIONING

- condition developed by beliefs.
- we have assumptions about something, which comes from what we see, hear or read around us.
- our desires, thoughts and selections are also based on this.
- we spend an entire life accumulating desires that are not ours and try fulfilling them.
- As a result, desire and thought from what we really want are always in conflict leading to dissatisfaction and unhappiness.

eg: we believe money and position bring respect and happiness. we start living by this condition and try to achieve it. we experience disharmony within ourselves. However, through natural acceptance, we see what we are and what we really want to be. we understand this and pave way to harmonious living.

ASPIRATIONS

- are goals, ambitions and desires that a person dreams to achieve.
- are future oriented driven by conscious or unconscious motivations.
- they are either built from a little influence or from strong persuasion.
- they maybe short, medium or long - term aspirations.
- some aspire for better life, while some strive for specific transformative social changes.

- Basic aspiration is to lead a happy life.
- Aspirations are centered around health, family, philanthropy and personal development.

- success
- serving society - philanthropy.
- money and fame - respect and comfort.

CONTINUOUS HAPPINESS AND PROSPERITY

- Along with happiness, we aspire for fulfillment of physical facilities
- Physical facilities are material things we use
- Having physical facilities gives us a feeling of prosperity.

Exploring Happiness And Prosperity :

Happiness : being in harmony, synergy in situations we live in. State of liking.
eg - trust, respect, confidence

Unhappy : lack of harmony and synergy.
state of dislike.
eg - disrespect, failure, doubt

Prosperity - having more physical facilities than required.
- since need for physical facilities is limitless, prosperity cannot be assured

wealth : physical thing, means having money, physical facilities or both.

- In the modern world desire for physical facilities are limitless.
- physical facilities are no longer seen as objects fulfilling bodily needs.
- People often fail to distinguish wealth and prosperity
- we work for wealth, without realizing that the basic feeling of prosperity is to have a feeling of enough.
- we need to accept that wealth is a part of prosperity but not prosperity itself
- It is anti-ecological & anti-people, and threatens human survival.

People are categorized into 3 categories :

1. S V D D - Sadhaan Viheen Dukhi Daridra
materially deficient, unhappy & deprived
 - those who do not have physical facilities are unhappy and deprived
2. S S D D - Sadhaan Sampunn Dukhi Daridra
materially affluent or strong, unhappy & deprived
 - those who have physical facilities yet are unhappy & deprived.
3. SSSS - Sadhaan Sampunn Sukhi Samridha
materially adequate, happy & prosperous

- Prosperity is more acceptable as wealth is a part of it. happiness is being achieved by maximizing accumulation of physical facilities.
- One 'has wealth' but feels 'deprived', cause they do not share it.

How Human living is affected because of false notions on Happiness.

- Individual level : depression, stress, insecurity, loneliness, psychological disorders.
- Family level : breaking of family, divorce, conflicts, dowry, wasteful expenditures in functions, family feud.
- Society level : genocide, naxalism, ethnic struggles, wars, terrorism
- Nature : pollution, deforestation, global warming.

BASIC REQUIREMENT FOR FULFILLMENT OF ASPIRATIONS

→ Priority

- Right Understanding in oneself
- Relationship - mutual happiness
- physical facility - mutual prosperity

RIGHT UNDERSTANDING

- utilize intelligence effectively
- decides how we work for physical facilities and maintain relationships

GOOD RELATIONSHIP

- Interpersonal relationships that a person builds

PHYSICAL FACILITIES

- includes physiological needs and necessities that provides comfort.
- right understanding will enable us to work out our requirements and correctly distinguish between wealth and prosperity.
- physical facility does not have any impact on relationships and right understanding is what is important.

PHYSICAL FACILITIES ARE A NECESSARY BUT NOT COMPLETE FOR HUMANS BUT ARE COMPLETE FOR ANIMALS

Animals : need physical facility to survive and take care of their body

eg: Cow will look for food, it finds grass, will sit in leisure and chew. As long as they have physical facilities they are fine.

They do not have any other desire like peaceful society or MBA degree.

Humans : facilities are not complete by themselves to fulfill our needs. we have other needs & plans, watch a movie, read a book, go to college, spend time etc. and list is endless.

ANIMAL AND HUMAN CONSCIOUSNESS

- living and working only for physical facilities is living with Animal Consciousness.
- working for right understanding, followed by relationship and physical facility is living with Human Consciousness
- There is a need for transformation from Animal Consciousness to Human consciousness, which can be done by working on right understanding and value based living. eg: Dog & food

- Right living or sanskar is the ability to live in harmony at all 4 levels. It focuses on Right understanding coming to a solution of samadhaan to ensure content to work towards happiness & prosperity.

- Happiness & prosperity are not related
- Prosperity only helps to remain in state of happiness.
- beggar can lead a happy life but a king has wealth but can never be happy and is greedy.

Symptoms Of A Happy Person.

- Life with Integrity : have your own beliefs and values.
- embrace living : concentrate energies present rather than worrying about future
- Express Gratitude : Being grateful and showing gratitude is going to lead to a satisfactory life.
- Work satisfaction : find satisfaction in everything they do.
- Enjoy harmonious relationships
- not afraid of change
- Enjoy simple things in life

DIFFERENT LEVELS OF HUMAN BEINGS

- There are 4 levels of living :

- Living in myself
- Living in family
- Living in society
- Living in nature

→ Living In Myself

- our thoughts, desires and choices is what makes us unique.
- Inner world co-exists with our body
- understanding self is important as we mostly assume things about us based on conditions we are subjected to since childhood.
- Testing our beliefs and verifying it through natural acceptance is important.

→ Living In Family

- includes parents, siblings, friends, classmates ...
- set of people we interact with on a daily basis.
- we understand ourselves better, when we end up understanding our relationships.
- understanding their expectations helps us live in harmony

→ Living In Society

- composed of all people that we come into contact with.
- we are directly or indirectly dependent on them
- It involves interdependencies related to food, clothing, housing, etc.
- as we understand ourselves and family better, we begin to understand society better

→ Living In Nature

- eco-system is necessary for survival of individual, family and society.
- should nurture in order to engage in a relationship that leads to mutual fulfilment.