Impact of Social Media

Social

Political

+ve

-ve

# Ethics_SS Class 05
**25th June, 2024 at 9:00 AM**

**ABOUT THE LAST CLASS (09:01 AM )**
**SOCIALISATION  (09:03 AM)**
**IMPACT OF SOCIAL MEDIA**
**SOCIAL IMPACT:**

- **Positive Impact:**
- Strengthens ==social capital-== Unity in diversity.
- Addressing or bringing to light any malpractices. (Ex. Adarsh Srivastava)
- Social awareness and developmental skills (==Cultural capital==).
- Participative, Informed, and Active Citizenry.
- Economic empowerment- via Creation of more job opportunities.
- Generating Compassions (Ex. Crowdfunding).
- Democratisation of culture.  (i.e. it gives opportunity to share your culture, support your culture, promote your culture)
- Information Dissemination- Equality of opportunity concerning education availability, Accessibility, and affordability.
- Breaking the stereotype.
- A platform for creative expression.
- ~~Vocal and Local.~~   Vocal 4 Local.
- Social tolerance.
- It helps in addressing social isolation, and anxiety, especially during COVID.
- Mobilization of masses for a social cause.
- It helps in sensitization of the public concerning issues like the Uniform Civil Code, Homosexuality, LGBQT rights, etc.

- **Negative Impact:**
- Negative impact on physical and mental health.
- Early digital presence leads to the early attainment of the mobile maturity age.
- Radicalization of youth.
- In the name of anonymity, people indulge in ~~divent~~ deviant activity. Ex. Trolling, Cyberbullying, Deepfake, Etc.
- It creates an Echo-Chamber effect- It facilitates the one-sided accentuation of reality because ~~a~~ of which holistic perspective is not developed.
- Increase the tendency of procrastination.
- Emotionally charged ~~devise~~ divisive content and its amplification impacts peace and harmony.
- Behavioral addiction to social media due to which a lack of ability to focus anxiety, restlessness, etc.
- Social media leads to Social comparison leads to relative deprivation which increases the incidence of crime.
- Instant gratification. (Like Amazon to Blinkit)
- people have outsourced their identity to technology. (like waiting for people's reaction and thus lost their identity.)
- People seek validation from others ~~concerning~~ w.r.t their identity which depends on likes, Shares, and comments.
- The vulnerability of youth has increased due to increased FOMO (Fear of missing out).
- Depersonalization of social relationships. (Ex. Celebrating important days in the virtual world rather than the real).
- It leads to self-alienation.
- Media trials, a threat to privacy, increased westernization, and promotion of a secondary lifestyle.
- It negatively impacts the cognitive development of an individual.
- Prevalence of ~~hyperrelation~~ hyperreality. (Ex. Living in your own Disney land)
- Objectification and commodification of individuals.
- commercial exploitation of children via ~~reals~~ reels and vlogs.

## POLITICAL IMPACT(09:46 AM)

- **Positive impacts:**
- It gives voice to the voiceless.
- It provides a platform for constructive dissent.

*Role of Civil society.*
*Role of pressure group.*

- It acts as a link between govt and citizens which can help in establishing the legitimacy of the govt.
- Platform to provide policy inputs to the govt.
- It helps in drawing the attention of the govt towards the issues overlooked by them.
- It ensures transparency, accountability, and overall good governance.
- **Negative Impact**
- Fake News.
- paid. News.
- Propaganda.
- Hate speeches.
- Manipulating voting behavior.
- Aggravating identity politics.
- The polarization of youth is based on ideology.
- **Question:**
- Q1. Discuss the impact of social media on the political and social culture of society. (10 Marks.)
- Q2. "Social media is inherently is <sup>a</sup> selfish medium." What do you mean by the statement? discuss with an example. (Hint: even if we are doing good work then it is also we are promoting our ideology so it is inherently selfish so think in that way.)
- Q3. "The current internet expansion has instilled a different set of cultural values which are often in conflict with traditional values."

## RELIGION AS AGENT OF SOCIALISATION(10:02 AM)

- Religion is defined as a "unified system of belief and practices related to sacred things which binds people into one single moral community."
- **Role of religion:**
- 1. Religion helps in promoting harmony, solidarity, and collectivism by means of rituals, ceremonies, festivals, etc.
- 2. Functional jointness in the joint family despite structural disintegration. (bz during any festival everyone comes to their ancestral place.)
- It provides us with a sense of belongingness.
- Ex. It helps in resolving the ethical dilemma.
- 3. It gives us the courage to manage misery and frustration.
- 4. It enables us to accept life ^experiences as divinely pre-destined.
- 5. religion helps in answering unanswered questions.
- Ex. The proliferation of godmen, Spiritual deprivation among the educated upwardly mobile professional class, and Matters of death and life are still beyond the realms of science (Expression of COVID-19) ←Experiences
- 6. Religious teaching helps in shaping the goals of the individual's life. (Ex, Madhyam Marg in Buddhism, Path of Knowledge to achieve Kevalya in Jainism, etc).
- **Home assignment**:
- prepare contemporary relevance of teachings of Buddhism, Jainism, Sikhism, etc.

Stithpragya

- **Teachings of Bhagvat Geeta(10:19 AM)**
- 1. ~~Sthithpragnya~~ ( Emotional stability).
- Ex. In the backdrop of growing anxiety, stress, anger, hate speech, intolerance, and road rage, youth ~~used to~~ *choosing* die by suicide.
- 2. Philosophy of Nishkam karma
- It is relevant because it enables an individual to remain self-motivated such as in the backdrop of increasing competition and pressure to be successful the philosophy can help students to endure.
- 3. Priorities right over pleasure.
- Ex. Corruption, Addiction to gadgets, Mcdonalisation of food habits, Culture of consumerism.
- 4. Never give up on yourself (Endure amidst adversity)
- Ex. Arunema Sinha, Sandeep Singh, Yuvraj Singh, Thomas edition, JK Rowling, Freedom fighter, Savitri bai Phule, Honest Civil servants.
- 5. Value your blessings.
- Always be grateful for what you have because comparison is the enemy of all happiness.
- It is relevant in the backdrop of social media penetration.
- 6. Being good is the reward in itself.
- It is an end in itself, not a mean.
- Ex. Cultivating honesty, kindness, and Integrity are rewards in itself.
- 7. A negative attitude is the root cause of all problems.
- There is a saying attitude determines your altitude.

**ATTITUDE (10:36 AM)**

- Attitudes are defined as the readiness of the psyche to act or react in a situation.
- Attitude refers to the opinion/ perspective of the attitude holder towards the attitude object.
- Attitude is shaped through the process of socialization through the years.
- Attitude is never formed in a vacuum but it is a positive or negative evaluation of attitude objects.
- It is long-lasting and it involves both the subject(attitude holder) and the object (It can be a person, idea, event, object, political party, etc).
- Attitude is subjective because it depends upon the Individual.
- Co-existence of both positive and negative attitudes simultaneously. (i.e. attitude is ambivalent)
- Attitudes are held because they perform some function for the individual.
- Attitude is always communicated either verbally or non-verbally.
- Quotations ~~of~~ *on* t-shirts, status on the update, Insta Bio.
- Altitude confirms *to* the principle of consistency. (i.e. once we form an attitude then it is very difficult to change and remains consistent)
- "It is easier to prepare stronger children than ~~to repair~~ *repairing a* broken men".  (Brain storm on it)

Concept → Characteristics features

Components of attitude → Prejudice

Functions of attitude
> Need function
> Knowledge function
> Ego Defensive function
> Value Expressive function

attitude-behavior consistency

Social influence → Persuasion

- **Components of Attitude(11:03 AM)**
- **Note:** Please refer to the diagram from the class.
- 1. Cognitive:
- It refers to the belief of attitude holders (AH) towards attitude object (AO)
- 2. Affective
- It refers to emotion generated in AH towards AO.
- 3. Behaviour tendency.
- It refers to the range of actions AH wants to display with respect to AO.
- **Prejudice:**
- *It is a type of Attitude that is stereotyped, Emotions of hate and anger, and tendencies to violence or discrimination.*
- *Stereotype- Irrational, Overgeneralized, Overlooking individual differences.*
- *It can be positive or negative.*
- It is defined as a negative attitude towards a particular group.
- It is based on a stereotype and it is often associated with emotions of hate and Anger.
- Prejudice may get translated into discrimination.
- However, The behavioral component can be controlled by law. (but not emotions and stereotype)
- Throughout the history, there have been numerous examples -
- Apartheid in South Africa (Racial prejudice).
- persecution of Jews during nazi Germany (Based on ethnicity).
- Untouchability in India (Caste-based Prejudice)
- Discrimination faced by the LGBTQ community based on gender identity and sexual orientation.
  **TOPIC FOR NEXT CLASS: ATTITUDE CONTINUE**

-> By using law behavioral tendency can be stopped but cognitive(Belief) and affective(Emotions) can't be stopped.

# Q: Prepare 7 sins of Mahatma Gandhi. Discuss w.r.t contemporary society.

## Ans:

Mahatma Gandhi identified **"Seven Social Sins"** in his weekly newspaper *Young India* on **October 22, 1925**. These sins highlight moral and ethical corruption in society and remain highly relevant today.

# Gandhi's Seven Sins and Their Contemporary Relevance

### 1. Wealth Without Work

⬧ **Meaning**: Earning money without honest labour, such as through speculation, corruption, or inheritance without effort.
⬧ **Relevance Today**:

- The rise of **corporate fraud, tax evasion, and money laundering** reflects this sin.
- The growing **gap between the rich and the poor** shows how wealth accumulation without effort leads to inequality.
- Unethical business practices, such as Ponzi schemes, exploit people without real value creation.

### 2. Pleasure Without Conscience

⬧ **Meaning**: Seeking personal enjoyment without considering its impact on others.
⬧ **Relevance Today**:

- **Consumerism and materialism** have led to environmental destruction and exploitation of workers.
- **Substance abuse, gambling, and irresponsible social media behavior** harm individuals and communities.
- Unethical entertainment industries (e.g., violent video games, reality TV scandals) promote pleasure at the cost of morality.

### 3. Knowledge Without Character

⬧ **Meaning**: Using education and intelligence without moral integrity.
⬧ **Relevance Today**:

- Educated individuals engage in **white-collar crimes**, cybercrimes, and unethical scientific advancements.
- Politicians, scientists, and professionals misuse knowledge for **personal gain rather than social good**.
- The rise of **AI and deepfake technologies** raises concerns about ethical use of knowledge.

### 4. Commerce (Business) Without Morality

✦ **Meaning**: Conducting business without ethical practices or concern for social impact.
✦ **Relevance Today**:

- **Corporate greed, environmental exploitation, unfair labour practices** (e.g., sweatshops, child labour) reflect this sin.
- **Misinformation and false advertising** manipulate consumers.
- **Pharmaceutical and medical industries** sometimes prioritize profit over human well-being (e.g., price gouging of essential medicines).

### 5. Science Without Humanity

✦ **Meaning**: Using scientific advancements without ethical considerations.
✦ **Relevance Today**:

- The rise of **bioweapons, nuclear arms, and unethical AI** demonstrates the dangers of science without humanity.
- **Cloning, genetic modification, and AI-driven surveillance** pose moral dilemmas.
- The exploitation of scientific research for **military or corporate interests** raises ethical concerns.

### 6. Worship Without Sacrifice

✦ **Meaning**: Practicing religion without self-discipline, humility, or service to others.
✦ **Relevance Today**:

- **Religious extremism, intolerance, and violence** contradict the core teachings of love and peace in all religions.
- People use religion for **political gains and personal agendas** rather than spiritual growth.
- **Superficial religious practices** (e.g., grand rituals without helping the needy) show a lack of genuine faith.

### 7. Politics Without Principle

✦ **Meaning**: Engaging in politics without honesty, ethics, or service to the people.
✦ **Relevance Today**:

- **Corruption, nepotism, and power-hungry leadership** plague many governments.
- **Fake news, propaganda, and communal politics** mislead the public.
- **Lack of accountability and governance failures** harm democracy and social justice.

# Conclusion

Gandhi's **Seven Social Sins** serve as a timeless ethical guide for society. Addressing these issues can lead to a **more just, compassionate, and sustainable world**.

**Ans:**

## Netaji Subhash Chandra Bose –

**Teachings of Netaji Subhas Chandra Bose and Their Contemporary Relevance**

Netaji Subhas Chandra Bose was a **visionary nationalist, revolutionary leader, and advocate of strong, self-reliant governance**. His teachings focused on **patriotism, discipline, self-sacrifice, and social justice**, which remain highly relevant in today's world.

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# 1. Patriotism and Nationalism

♦ **Teaching**: Bose believed in **absolute dedication** to the nation and saw freedom as the highest goal. He urged Indians to sacrifice everything for their country's independence. His famous slogan:

*"Give me blood, and I will give you freedom!"*

♦ **Relevance Today**:

- Encourages **youth engagement in nation-building** and civic responsibilities.
- Promotes **unity beyond caste, religion, and regionalism** for a stronger India.
- Urges citizens to **protect the sovereignty** of the nation in a globalized world.

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# 2. Courage and Self-Reliance

⚜ **Teaching**: Bose emphasized **bold decision-making** and taking responsibility for one's destiny rather than relying on foreign powers. He led the **Indian National Army (INA)** despite limited resources.

⚜ **Relevance Today**:

- Inspires India's **"Atmanirbhar Bharat" (Self-Reliant India) initiative** to reduce dependence on foreign products.
- Encourages individuals to be **independent, proactive, and resilient** in overcoming challenges.
- Motivates **startups and entrepreneurs** to take risks and build a strong economy.

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# 3. Discipline and Strong Leadership

⚜ **Teaching**: Bose believed that discipline, dedication, and organization were key to achieving national goals. He instilled **military discipline** in the INA, proving that Indians could be strong leaders.

⚜ **Relevance Today**:

- Essential for **efficient governance, policymaking, and administration**.
- Promotes **work ethic and professionalism** in every field.
- Encourages **ethical leadership** in politics, business, and education.

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# 4. Secularism and Unity Beyond Religion

⚜ **Teaching**: Bose rejected communal divisions and envisioned an **inclusive India** where Hindus, Muslims, Sikhs, and others fought together for freedom.

⚜ **Relevance Today**:

- Crucial for **maintaining communal harmony** in a diverse country like India.
- Promotes **tolerance and inclusivity** in society, reducing religious conflicts.
- Helps counter **political and social polarization** in the modern era.

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# 5. Women's Empowerment

⚜ **Teaching**: Bose strongly supported **gender equality**. He formed the **Rani Jhansi Regiment**, the first all-women combat force in India.

⚜ **Relevance Today**:

- Encourages **women's participation in politics, defense, and leadership roles**.
- Supports **equal opportunities in education, employment, and social rights**.
- Strengthens the **fight against gender discrimination and violence**.

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# 6. Social Justice and Economic Equality

⚐ **Teaching**: Bose was influenced by **socialist ideals** and wanted economic policies that benefited the poor, workers, and farmers. He opposed capitalism that exploited people.

⚐ **Relevance Today**:

- Supports **welfare policies for marginalized communities**.
- Strengthens **labor rights, fair wages, and social security**.
- Encourages **responsible corporate practices** and sustainable development.

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# 7. Global Vision and Strategic Alliances

⚐ **Teaching**: Bose believed in **international cooperation** to strengthen India's position. He sought alliances with Germany and Japan during World War II to fight British rule.
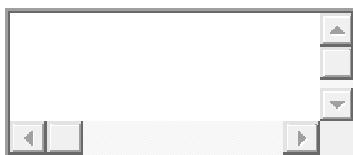
⚐ **Relevance Today**:

- Essential for **India's foreign policy and global diplomacy**.
- Encourages **bilateral and multilateral ties** to boost trade, security, and technology.
- Promotes a **strong defense and strategic vision** for national security.

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# Conclusion

Netaji's teachings remain **highly relevant** in modern India. His ideals of **self-reliance, patriotism, discipline, gender equality, secularism, and social justice** serve as guiding principles for individuals, policymakers, and leaders. By embracing these values, India can move towards a **stronger, more united, and self-sufficient future**.

🔥 *"It is blood alone that can pay the price of freedom. Give me blood, and I will give you freedom!"* — **Netaji Subhas Chandra Bose.**

# Swami Vivekananda –

**Teachings of Swami Vivekananda and Their Contemporary Relevance**

Swami Vivekananda (1863–1902) was a great spiritual leader, philosopher, and reformer who played a key role in spreading Indian philosophy and values globally. His teachings, deeply rooted in Vedanta, emphasize **self-confidence, service to humanity, and national regeneration**.

# 1. Faith in Oneself

⬦ **Teaching**:

- "Believe in yourself, and the world will be at your feet."
- He emphasized **self-confidence** as the foundation of success and self-realization.

⬦ **Relevance Today**:

- In a world where **self-doubt and mental health issues** are rising, his message encourages **self-belief and resilience**.
- Helps youth overcome **fear of failure, societal pressure, and low self-esteem**.

# 2. Strength as the True Religion

⬦ **Teaching**:

- "Strength is life, weakness is death."
- He believed that **physical, mental, and spiritual strength** are essential for individual and national progress.

⬦ **Relevance Today**:

- Encourages people to develop **inner strength, discipline, and courage** in the face of challenges.
- Promotes **fitness and well-being**, countering the modern sedentary lifestyle.

# 3. Unity of All Religions (Religious Tolerance)

⬦ **Teaching**:

- "Different religions are like different rivers leading to the same ocean."
- He promoted **harmony among religions**, emphasizing that **all faiths lead to the same truth**.

- Vital in today's world, where **religious intolerance and communal conflicts** exist.
- Encourages **peaceful coexistence, interfaith dialogue, and respect for all beliefs**.

# 4. Service to Humanity as the True Worship

⬥ **Teaching**:

- "They alone live who live for others; the rest are more dead than alive."
- Advocated **selfless service (seva)** as the highest form of spirituality.

⬥ **Relevance Today**:

- Encourages **social service, volunteering, and corporate social responsibility (CSR)**.
- Addresses issues like **poverty, inequality, and environmental sustainability**.

# 5. Education for Character Development

⬥ **Teaching**:

- "Education is the manifestation of the perfection already in man."
- He believed education should **not just be about book knowledge but also about character building and practical wisdom**.

⬥ **Relevance Today**:

- Highlights the need for **value-based education** in schools to teach **ethics, leadership, and social responsibility**.
- Encourages **skill development** for employability rather than just theoretical knowledge.

# 6. Women Empowerment

⬥ **Teaching**:

- "There is no chance for the welfare of the world unless the condition of women is improved."
- He believed in **equal rights for women** and their role in shaping society.

⬥ **Relevance Today**:

- Supports **gender equality, women's education, and leadership roles** in society.
- Addresses issues like **women's safety, economic independence, and social justice**.

# 7. Nationalism and Youth Empowerment

- **✥ Teaching**:

  - "Arise, awake, and stop not till the goal is reached."
  - He believed **youth** were the key to building a strong and progressive India.

- **✥ Relevance Today**:

  - Inspires youth to actively participate in **nation-building, innovation, and social change**.
  - Encourages responsible citizenship and **fighting against corruption and injustice**.

# Conclusion

Swami Vivekananda's teachings remain timeless and offer **practical solutions** to modern challenges, including **personal growth, social harmony, education, women's rights, and national development**. His message continues to inspire people globally to **lead a life of purpose, strength, and service to humanity**. 🚀

## Dr. APJ Abdul Kalam –

   Dr. **A.P.J. Abdul Kalam**, known as the *Missile Man of India* and the *People's President*, was an inspiring scientist, teacher, and visionary leader. His teachings continue to guide young minds, professionals, and policymakers.

# Key Teachings of Dr. A.P.J. Abdul Kalam and Their Contemporary Relevance

### 1. Dream Big and Work Hard

**✥ Teaching**: *"Dream is not that which you see while sleeping, it is something that does not let you sleep."*
**✥ Relevance Today**:

  - Inspires **youth to set ambitious goals** and work persistently toward success.
  - Essential in an era of **startups, innovation, and technological advancements**.
  - Encourages **risk-taking and perseverance** in competitive fields like AI, space exploration, and entrepreneurship.

### 2. Importance of Education and Knowledge

⬦ **Teaching**: *"Learning gives creativity, creativity leads to thinking, thinking provides knowledge, and knowledge makes you great."*
⬦ **Relevance Today**:

- In the **digital age**, continuous learning is key to personal and professional growth.
- The rise of **online education and e-learning platforms** aligns with his belief in lifelong learning.
- Encourages **scientific temperament** and curiosity among students.

## 3. Integrity and Leadership

⬦ **Teaching**: *"If you want to shine like a sun, first burn like a sun."*
⬦ **Relevance Today**:

- Urges **leaders in politics, business, and society** to lead with honesty and dedication.
- Important in tackling **corruption, unethical practices, and lack of accountability**.
- Inspires **youth to take leadership roles** with a sense of responsibility.

## 4. Science and Innovation for Nation-Building

⬦ **Teaching**: *"Science is a beautiful gift to humanity; we should not distort it."*
⬦ **Relevance Today**:

- Encourages **scientific research, space exploration, and AI advancements** for national development.
- Advocates using **technology for social good**, such as clean energy, healthcare, and education.
- Promotes **Make in India and Atmanirbhar Bharat** (self-reliant India).

## 5. Self-Reliance and Economic Growth

⬦ **Teaching**: *"A developed India by 2020 was my dream."*
⬦ **Relevance Today**:

- His vision aligns with **India's push for economic self-sufficiency** and global leadership.
- Encourages **entrepreneurship, skill development, and technological advancements**.
- His focus on **rural development** through sustainable agriculture and small-scale industries remains crucial.

## 6. Spirituality and Humility

⬦ **Teaching**: *"Man needs difficulties in life because they are necessary to enjoy success."*
⬦ **Relevance Today**:

- Helps in **mental resilience and emotional well-being**, especially in the fast-paced modern world.

- His spiritual values promote **peace, tolerance, and unity** in a diverse society.
- Encourages **ethical decision-making** in personal and professional life.

## 7. Youth Empowerment and Social Responsibility

⬥ **Teaching**: *"The youth need to be enabled to become job generators from job seekers."*
⬥ **Relevance Today**:

- Encourages **skill development, entrepreneurship, and innovation**.
- Stresses the importance of **ethical responsibility in careers** like politics, corporate jobs, and science.
- His belief in **youth as agents of change** remains relevant in today's world.

# Conclusion

Dr. A.P.J. Abdul Kalam's teachings continue to **inspire individuals and shape India's progress**. His emphasis on **education, innovation, leadership, and integrity** provides a roadmap for **building a better society and a developed nation**. His vision for India remains a guiding force in today's rapidly changing world.

# Q: Prepare teachings of Buddhism, Jainism, Sikhism and its relevance in contemporary society.

## Ans:

### Buddhism –

# Teachings of Buddhism and Their Relevance in Contemporary Society

Buddhism, founded by **Gautama Buddha** in the 5th-6th century BCE, offers a philosophy of life based on **wisdom, compassion, and self-awareness**. Its teachings remain highly relevant in today's fast-paced, stressful, and materialistic world.

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# Key Teachings of Buddhism

## 1. The Four Noble Truths

### ♦ **Teaching**:

- **Dukkha (Suffering)**: Life is full of suffering.
- **Samudaya (Cause of Suffering)**: Desire, attachment, and ignorance cause suffering.
- **Nirodha (End of Suffering)**: Suffering can be overcome by eliminating cravings.
- **Magga (Path to Liberation)**: Following the **Eightfold Path** leads to enlightenment.

### ♦ **Relevance Today**:

- Helps people deal with **stress, anxiety, and emotional pain** in a chaotic world.
- Encourages **mindfulness and detachment** from material possessions, reducing greed and consumerism.

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## 2. The Noble Eightfold Path *(Right View, Right Intention, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness, Right Concentration)*

♦ **Teaching**: A moral and ethical guide to leading a balanced life.

♦ **Relevance Today**:

- Promotes **ethical living** in business, politics, and personal life.
- Encourages **mindfulness (Right Mindfulness)**, now widely used in stress management and therapy.
- Fosters **tolerance and non-violence**, crucial in a world struggling with conflicts and divisions.

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## 3. Ahimsa (Non-Violence)

♦ **Teaching**: One should avoid harming any living being through thoughts, words, or actions.

♦ **Relevance Today**:

- Promotes **peace and harmony** in a world dealing with wars, terrorism, and communal violence.
- Supports **environmental conservation and animal rights**.

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## 4. Impermanence (Anicca)

♦ **Teaching**: Nothing is permanent; everything changes over time.

♦ **Relevance Today**:

- Helps individuals accept **uncertainty and change** in careers, relationships, and life situations.
- Encourages **resilience and adaptability** in the face of challenges.

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## 5. The Law of Karma (Cause and Effect)

⬥ **Teaching**: Our actions (karma) determine our future experiences. Good deeds bring positive outcomes; bad deeds bring suffering.

⬥ **Relevance Today**:

- Encourages **personal responsibility** and ethical behavior.
- Promotes **justice and fairness** in society.

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## 6. Meditation and Mindfulness

⬥ **Teaching**: Meditation helps develop inner peace, clarity, and self-awareness.

⬥ **Relevance Today**:

- **Mindfulness practices (Vipassana, Zen meditation)** are used for mental well-being, reducing stress, anxiety, and depression.
- Enhances **focus and productivity**, helping professionals and students perform better.

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## 7. Simplicity and Detachment from Materialism

⬥ **Teaching**: True happiness comes from inner peace, not material possessions.

⬥ **Relevance Today**:

- Helps people deal with **consumerism and materialism**, which often lead to stress and dissatisfaction.
- Encourages **minimalism and sustainable living**.

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# Conclusion

Buddhism's teachings on **compassion, mindfulness, non-violence, and ethical living** remain highly relevant in today's world. By applying these principles, individuals can lead **happier, more meaningful lives**, and society can move towards **peace, sustainability, and justice**.

# Jainism –

**Teachings of Jainism and Their Relevance in Contemporary Society**

Jainism, an ancient Indian religion, emphasizes **non-violence, truth, self-discipline, and spiritual liberation**. Founded on the teachings of **Lord Mahavira (599–527 BCE)**, Jain philosophy advocates ethical living and harmony with nature.

# Key Teachings of Jainism and Their Contemporary Relevance

## 1. Ahimsa (Non-Violence)

⬧ **Teaching**: Jainism promotes absolute non-violence (*ahimsa*), not just in actions but also in thoughts and words. It discourages harm to any living being.
⬧ **Relevance Today**:

- Encourages **peaceful coexistence and conflict resolution** in a world troubled by wars, terrorism, and violence.
- Promotes **veganism and vegetarianism**, addressing concerns over animal cruelty and environmental sustainability.
- Supports **compassion in daily life**, leading to stronger human relationships.

## 2. Satya (Truthfulness)

⬧ **Teaching**: Always speak the truth, but in a way that does not harm others.
⬧ **Relevance Today**:

- Encourages **honesty in personal and professional life**, reducing corruption and misinformation.
- Promotes **media ethics and responsible journalism** in the age of fake news and propaganda.
- Helps build **trust in relationships, businesses, and governance**.

## 3. Asteya (Non-Stealing)

⬧ **Teaching**: Do not take anything that does not belong to you, including ideas, resources, or property.
⬧ **Relevance Today**:

- Helps in **reducing corruption, theft, and corporate fraud**.
- Encourages **intellectual honesty**, preventing plagiarism and copyright infringement.
- Promotes **ethical business practices and fair trade**.

### 4. Brahmacharya (Celibacy or Self-Discipline)

✦ **Teaching**: Control desires and maintain self-discipline in thoughts and actions.
✦ **Relevance Today**:

- Helps manage **addictions to technology, consumerism, and materialism**.
- Promotes **mental well-being and mindfulness**, reducing stress and anxiety.
- Encourages **ethical conduct in relationships and personal life**.

### 5. Aparigraha (Non-Possessiveness or Minimalism)

✦ **Teaching**: Avoid attachment to material possessions and live a simple life.
✦ **Relevance Today**:

- Promotes **minimalism and sustainable living**, reducing overconsumption and waste.
- Addresses **climate change and environmental degradation** by discouraging excessive resource use.
- Encourages **charity and social responsibility**, reducing economic inequality.

### 6. Anekantavada (Multiplicity of Perspectives)

✦ **Teaching**: Truth and reality are complex; different viewpoints can exist. One must respect and understand multiple perspectives.
✦ **Relevance Today**:

- Encourages **tolerance and religious harmony**, reducing communal conflicts.
- Helps in **constructive debates and open-minded discussions** in politics, business, and education.
- Promotes **critical thinking and inclusivity**, countering extremism and rigid ideologies.

# Conclusion

The teachings of Jainism offer valuable lessons for **peaceful living, sustainability, ethical conduct, and mental well-being**. In a world facing **violence, climate change, corruption, and intolerance**, Jain principles provide a **timeless roadmap for a just and compassionate society**.

# Sikhism –

### Teachings of Sikhism and Their Relevance in Contemporary Society

**Sikhism**, founded by **Guru Nanak Dev Ji** in the 15th century, is based on principles of **equality, service, devotion to God, and righteous living**. The teachings of Sikhism, as enshrined in the **Guru Granth Sahib**, remain highly relevant in today's world.

# 1. Oneness of God (Ik Onkar) & Religious Tolerance

⬥ **Teaching**: Sikhism teaches **monotheism**, emphasizing that there is **one universal God** for all humanity. It promotes **respect for all religions**.

⬥ **Relevance Today**:

- Helps in fostering **interfaith harmony and peace** in a world divided by religious intolerance.
- Encourages **coexistence and respect** among people of different faiths.
- Counters **extremism and religious conflicts**.

# 2. Equality and Social Justice

⬥ **Teaching**: Guru Nanak preached that **all humans are equal**, regardless of caste, gender, or race. Sikhism rejects **discrimination** and supports equal opportunities for all.

⬥ **Relevance Today**:

- Supports **gender equality** in workplaces, leadership, and education.
- Challenges **caste-based and racial discrimination**, promoting inclusivity.
- Encourages **women's empowerment** and equal rights in society.

# 3. Honest Living (Kirat Karni)

⬥ **Teaching**: Sikhs are encouraged to **work hard and earn an honest livelihood**, without exploitation or corruption.

⬥ **Relevance Today**:

- Promotes **ethical business practices** and fairness in employment.
- Helps counter corruption, black money, and **unethical corporate practices**.
- Encourages **dignity of labor** and self-reliance.

# 4. Sharing with Others (Vand Chakna)

⬥ **Teaching**: Sikhs are taught to **share their earnings** with the less fortunate through charity and community service.

⬥ **Relevance Today**:

- Encourages **corporate social responsibility (CSR)** and philanthropy.
- Reduces **poverty and hunger** through initiatives like langars (community kitchens).
- Promotes **compassion and social welfare programs**.

# 5. Selfless Service (Seva)

⬥ **Teaching**: Sikhism emphasizes **serving humanity selflessly**, without expecting rewards.

⬥ **Relevance Today**:

- **Volunteerism in disaster relief**, healthcare, and education can uplift society.
- Counters **selfishness and materialism**, fostering a sense of community.
- Sikh **Gurdwaras continue to provide free meals (langar)** worldwide, inspiring global humanitarian efforts.

# 6. Standing Against Oppression

⚜ **Teaching**: Sikh history is filled with examples of **standing against injustice and tyranny**, from Guru Arjan Dev Ji to Guru Gobind Singh Ji.
⚜ **Relevance Today**:

- Encourages people to fight for **human rights and social justice**.
- Inspires movements against **racism, gender discrimination, and exploitation**.
- Promotes **bravery and moral courage** to stand up for truth.

# 7. Meditation and Spiritual Growth (Naam Japna)

⚜ **Teaching**: Sikhs believe in **meditating on God's name** to develop inner peace and wisdom.
⚜ **Relevance Today**:

- Helps in reducing **stress, anxiety, and depression** in the modern world.
- Promotes **mindfulness and spiritual well-being**.
- Encourages **moral and ethical living** through self-awareness.

# Conclusion

The teachings of **Sikhism** are **universal, practical, and deeply relevant** in today's world. They provide a strong foundation for **tolerance, social justice, honesty, and community service**, making society more **compassionate and ethical**. By following these principles, individuals and nations can work towards a more **harmonious and just world**.

# Sanatan –

# Origin of Sanatan Dharma and Its Teachings

### 1. Origin of Sanatan Dharma

**Sanatan Dharma**, often referred to as **Hinduism**, is one of the world's oldest spiritual traditions. The term *Sanatan* means **"eternal"**, and *Dharma* means **"righteous path or duty"**. Unlike other religions with a single founder or scripture, **Sanatan Dharma evolved over thousands of years** through sacred texts, sages, and philosophical traditions.

- **Ancient Roots**: Traces its origins to the **Vedic period (1500–500 BCE)** in the Indian subcontinent.
- **Sacred Texts**: The **Vedas, Upanishads, Bhagavad Gita, Ramayana, and Mahabharata** form the foundation.
- **No Single Founder**: Developed through the teachings of **Rishis (sages)** and spiritual masters over time.
- **Flexible and Inclusive**: Accommodates various beliefs, rituals, and practices, making it one of the most diverse traditions.

## 2. Core Teachings of Sanatan Dharma and Their Relevance

### A. Concept of Dharma (Righteousness and Duty)

⚶ **Teaching**: Dharma refers to an individual's moral and ethical duties based on their role in society.
⚶ **Relevance Today**:

- Encourages **honesty, fairness, and integrity** in personal and professional life.
- Helps maintain **social harmony and ethical governance**.
- Teaches **responsibility towards family, society, and the environment**.

### B. Karma (Law of Action and Consequence)

⚶ **Teaching**: *"As you sow, so shall you reap."* Every action (karma) has consequences in this life or the next.
⚶ **Relevance Today**:

- Promotes **personal accountability** and discourages wrongdoing.
- Encourages **compassion and selfless deeds** to create positive karma.
- Teaches the importance of **hard work and ethical living**.

### C. Moksha (Liberation from the Cycle of Birth and Death)

⚶ **Teaching**: The ultimate goal of life is **moksha**, or liberation from material bondage and union with the divine.
⚶ **Relevance Today**:

- Encourages **spiritual growth and inner peace** through meditation and self-realization.
- Helps people find **meaning beyond material success**.
- Guides individuals toward **detachment from ego and desires**.

### D. The Four Purusharthas (Goals of Life)

Sanatan Dharma outlines four objectives for a balanced life:

1. **Dharma** (Righteousness) – Fulfilling moral duties.
2. **Artha** (Wealth) – Earning and managing wealth ethically.
3. **Kama** (Desires) – Enjoying pleasures within ethical boundaries.
4. **Moksha** (Liberation) – Attaining spiritual enlightenment.

⚜ **Relevance Today**:

- Encourages **a balanced approach to life**, integrating work, family, and spirituality.
- Helps individuals avoid **material obsession while still fulfilling responsibilities**.

### E. Vasudhaiva Kutumbakam (The World is One Family)

⚜ **Teaching**: The idea that all humans are interconnected and should live in harmony.

⚜ **Relevance Today**:

- Promotes **global peace and unity**, reducing racism, casteism, and discrimination.
- Encourages **environmental protection and sustainable living**.
- Inspires acts of **charity and social service**.

### F. Ahimsa (Non-Violence and Compassion)

⚜ **Teaching**: Sanatan Dharma upholds **ahimsa (non-violence)** as a fundamental principle.

⚜ **Relevance Today**:

- Encourages **peaceful conflict resolution** instead of war and aggression.
- Promotes **animal welfare and environmental consciousness** (vegetarianism, eco-friendly practices).
- Inspires **leaders like Mahatma Gandhi, Nelson Mandela, and Martin Luther King Jr.** to adopt non-violent movements.

### G. Yoga and Meditation (Union of Body, Mind, and Spirit)

⚜ **Teaching**: Sanatan Dharma emphasizes **yoga, meditation, and mindfulness** for a holistic lifestyle.

⚜ **Relevance Today**:

- Helps in **stress management, mental clarity, and physical health**.
- Encourages **mindfulness and emotional well-being**.
- Has gained **global recognition**, with International Yoga Day being celebrated worldwide.

## Conclusion

Sanatan Dharma is not just a religion but a **way of life** that promotes **universal values, self-discipline, ethical living, and spiritual growth**. Its teachings remain highly relevant today, offering guidance on **peaceful coexistence, self-improvement, and global harmony**. By integrating these principles, individuals and societies can create a more **just, compassionate, and sustainable world**.

# Islam –

The teachings of **Islam**, as outlined in the **Qur'an** (the holy book) and the **Hadith** (the sayings and actions of the Prophet Muhammad, PBUH), encompass a comprehensive way of life, covering everything from spirituality to social, economic, and political matters. Islam provides a moral and ethical framework for its followers, emphasizing justice, compassion, and personal accountability.

## Core Teachings of Islam and Their Relevance in Contemporary Society

### 1. Belief in the Oneness of God (Tawhid)

⬥ **Teaching**: *"There is no god but Allah"* (Qur'an 47:19).

- Tawhid is the fundamental belief in the **absolute oneness of God** and serves as the foundation of Islam.
  - ⬥ **Relevance Today**:
- Encourages **spiritual unity and clarity** in a world often divided by religious, national, and sectarian identities.
- Promotes **monotheism as a unifying force** in societies that may be experiencing conflicts based on religious differences.

### 2. Justice and Equality (Adl and Ihsan)

⬥ **Teaching**: *"Indeed, Allah commands you to uphold justice..."* (Qur'an 16:90).

- **Justice** is a core value in Islam, and it calls for fairness in all matters, including social, economic, and political spheres.
  - ⬥ **Relevance Today**:
- Islam's emphasis on **social justice** speaks to the needs of modern societies grappling with **inequality, racial discrimination**, and **human rights issues**.
- Encourages **equality of all human beings**, including respect for women's rights, rights of minorities, and the fair treatment of the poor.

### 3. Compassion and Charity (Zakat and Sadaqah)

⬥ **Teaching**: *"The example of those who spend in the way of Allah is like a seed of grain which grows seven ears; in each ear there are a hundred grains."* (Qur'an 2:261).

- Islam emphasizes **compassion**, and helping others, particularly through **charity (zakat)** and **voluntary donations (sadaqah)**.
  - ⬥ **Relevance Today**:

- **Poverty, inequality**, and **economic disparity** are pervasive issues globally. Islam's mandate for charity can be applied today through social welfare programs and **poverty alleviation** initiatives.
- **Compassion** remains vital in **interpersonal relationships**, fostering a culture of **empathy, support, and community**.

## 4. Peace and Non-Violence (Islam means Peace)

⬥ **Teaching**: *"And if they incline to peace, then incline to it also..."* (Qur'an 8:61).

- The root word of "Islam" is **"salam,"** which means **peace**. Islam advocates peace in both personal conduct and in relations with others.
  - ⬥ **Relevance Today**:
- In the context of ongoing **global conflicts**, **terrorism**, and **interfaith tensions**, Islam's call for **peaceful coexistence and diplomacy** is particularly significant.
- Encourages **non-violent resistance**, and **conflict resolution**, which can be applied in areas facing both **domestic and international disputes**.

## 5. Respect for Knowledge and Education

⬥ **Teaching**: *"Read! In the name of your Lord who created..."* (Qur'an 96:1).

- Islam places a strong emphasis on the pursuit of **knowledge**. The very first word revealed in the Qur'an was "Iqra" (read), highlighting the importance of **education**.
  - ⬥ **Relevance Today**:
- In today's world of **technological advancements, global connectivity**, and **rapid information exchange**, Islam's call for the **pursuit of knowledge** aligns with the need for continuous **education**, especially in science, technology, and ethics.
- Promotes **intellectual development** while discouraging ignorance, which is critical in combating **misinformation**, **extremism**, and **social prejudice**.

## 6. The Importance of Family and Social Bonds

⬥ **Teaching**: *"And We have enjoined upon man [care] for his parents. His mother carried him with hardship upon hardship..."* (Qur'an 31:14).

- Islam emphasizes strong **family values**, with respect for parents, caring for the elderly, and maintaining **family ties**.
  - ⬥ **Relevance Today**:
- In a time when **individualism** is on the rise and **family structures** are changing, Islam's emphasis on **family bonds** can help strengthen **societal stability**.
- **Respect for elders**, **care for children**, and **family welfare programs** resonate in today's efforts to address **mental health**, **elderly care**, and **youth empowerment**.

## 7. Accountability in the Hereafter (Akhirah)

⬥ **Teaching**: *"Every soul will be [held] in pledge for what it has gained."* (Qur'an 74:38).

- Islam teaches that every individual will be held accountable for their deeds in the **Hereafter**, reinforcing personal responsibility and moral accountability.
    - ⬦ **Relevance Today**:
- In contemporary society, where ethical behavior is often questioned in both public and private spheres, Islam's emphasis on **accountability in the afterlife** encourages **ethical conduct, honesty, and responsibility**.
- It promotes **good governance**, **business ethics**, and **social justice**, encouraging people to act with **integrity and fairness**.

### *8. Personal Development and Self-Discipline (Tazkiyah)*

⬦ **Teaching**: *"Indeed, Allah does not change the condition of a people until they change what is in themselves."* (Qur'an 13:11).

- Personal development, self-reflection, and self-discipline are central to Islamic practice. **Self-purification (Tazkiyah)** involves **striving for good character**, mindfulness, and moral improvement.
    - ⬦ **Relevance Today**:
- In a world filled with distractions and **mental health challenges**, Islam's call for **self-discipline, patience, and self-improvement** provides guidance for **mental well-being** and **personal growth**.
- Encourages a holistic approach to life, including **spiritual, emotional**, and **physical well-being**, promoting balance in daily living.

# Conclusion

The teachings of Islam are deeply relevant in contemporary society. They address the **moral, social, and spiritual** challenges of modern life, emphasizing **peace, justice, knowledge**, and **personal responsibility**. In a rapidly changing world with growing issues of **inequality, conflict, environmental challenges**, and **technological disruption**, the principles of Islam provide a framework for building a more **compassionate, just, and balanced world**. Islam's emphasis on **individual responsibility, social justice**, and **ethical conduct** is more crucial now than ever in fostering a harmonious and sustainable global society.