13. Understanding Values in Human-Human Relationship

What are Human Relationships?

Human relationships are the interactions and emotional connections between people. Examples include relationships with parents, friends, teachers, and classmates.

Nine Universal Values in Relationships:

These are natural expectations we have from each other in relationships. They ensure mutual happiness.

Value	Meaning		
1. Trust	To be assured that the other person wants my well-being		
2. Respect	To recognize the value of the other person		
3. Affection	Feeling of care and concern		
4. Care	Expressing concern through actions		
5. Guidance	Helping the other person through right knowledge		
6. Reverence Feeling of deep respect and gratitude			
7. Glory	Seeing the good qualities in others		
8. Gratitude	Feeling thankful for help received		
9. Love	Complete acceptance without any condition		

Meaning of Justice:

Justice in relationships means ensuring these values are present. It involves:

- Recognizing the other person
- Fulfilling our role properly
- **Ensuring mutual happiness**

Justice = Recognition + Fulfillment → Mutual Happiness

14. Understanding the Meaning of Trust

What is Trust?

Trust means to be assured that the other person intends my well-being.

Example: Even if my friend makes a mistake, I know their intention wasn't to hurt me.

Intention vs. Competence:

Term	Meaning	Example
Intention	Desire to do the right thing	g A friend wants to help you pass the exam

Term Meaning Example

Competence Ability to do the right thing But they don't know the subject well

Everyone has the right intention, but may lack competence. We should focus on the intention to build trust, and support them to improve competence.

15. Understanding the Meaning of Respect

What is Respect?

Respect is recognizing the **value in every human being**. Every person has the same potential to understand, to love, to grow.

• Respect vs. Differentiation:

Respect Differentiation

Based on sameness Based on external factors

Eg: Everyone is equally valuable Eg: Judging people by caste, gender, money

Differentiation leads to ego, anger, and conflict.

Respect leads to harmony, understanding, and love.

Other Salient Values in Relationships:

- Gratitude: Being thankful (e.g., to parents, teachers)
- Affection: Natural care in family
- Care: Actions like helping when someone is sick
- Love: Acceptance without expectations

16. Understanding Harmony in Society

Society is a natural extension of the family. When harmony exists in relationships, it expands to society.

Four Human Goals for a Harmonious Society:

- 1. Resolution (Samadhan): Clarity and right understanding
- 2. **Prosperity** (Samriddhi): Feeling of having enough
- 3. Fearlessness (Abhay): Living without fear (based on trust)
- 4. **Co-existence** (Sahyog): Living in harmony with nature and others
- 🧠 If these are present in each family, society becomes peaceful and just.

17. Visualizing a Universal Harmonious Order

We must expand the sense of family to the whole world.

Undivided Society (Akhand Samaj):

No division by caste, religion, gender, or region

- Based on respect and justice
- All humans are part of one big family

Universal Order (Sarvbhaum Vyavastha):

- Living with mutual prosperity and fearlessness
- Every family → community → nation → world works together

Practice and Reflection in Daily Life

Family Relationships:

- Respect elders, care for siblings, help parents
- Don't judge parents for not using smartphones; understand their intention is love and care

Hostel/Institute as Extended Family:

- Share food, help in studies, celebrate festivals together
- Resolve fights through dialogue, not anger

Teacher-Student Relationship:

- Based on trust (teacher wants student's growth)
- Respect for both roles, open communication

Gratitude as Universal Value:

- · Thanking parents for upbringing
- Thanking teachers for knowledge
- Being kind to hostel mates who support you emotionally

MODULE 4: UNDERSTANDING HARMONY IN NATURE AND EXISTENCE

18. Understanding the Harmony in Nature

What is Nature?

Nature is everything around us that is not made by humans—trees, animals, rivers, air, soil, mountains, etc. It follows a certain **order** and **discipline**.

Harmony in Nature:

- Nature maintains balance on its own.
- Everything in nature supports everything else.
- Example: Trees give oxygen, animals breathe it in, and give out CO₂, which trees use again.
- Key Point: Nature functions in harmony without human interference.

Human Role:

Humans are not above nature but a part of it.

- When we live responsibly, nature stays balanced.
- When we exploit it, imbalance occurs (climate change, pollution).

19. Interconnectedness and Mutual Fulfilment among Four Orders of Nature

Nature exists in four orders (categories), all connected and dependent on each other:

Order	Description	Example
1. Physical Order	Non-living things	Soil, water, air, sunlight
2. Plant/Bio Order	Plants and trees	Trees, grass, crops
3. Animal Order	Animals (including humans in body aspect)	Dogs, cows, humans (body-wise)
4. Human Order	Human beings (with self-consciousness)	Humans (body + conscious self)

Mutual Fulfillment:

- Plants need soil (physical order), animals need plants.
- Humans need food (plants), fresh air (trees), and support animals (cows for milk, bees for pollination).
- Nature works on **mutual support**, not competition.

Recyclability and Self-regulation:

- Nature reuses everything.
 - Dead leaves become compost.
 - o Water evaporates, forms clouds, and returns as rain.
- Nothing is wasted in nature.
- It regulates itself without external help.

20. Understanding Existence as Coexistence of Mutually Interacting Units in All-Pervasive Space

What is Existence?

Existence = all that exists = nature + human beings + space.

All-Pervasive Space (Akash):

- Space is not empty—it holds and connects everything.
- It is always present, doesn't interfere but allows interaction.

• Coexistence:

- All units (plants, animals, humans) coexist peacefully in space.
- Each unit interacts naturally (e.g., sun and plants, humans and air).
- Key Idea: Nothing exists alone. Everything is related through coexistence.

21. Holistic Perception of Harmony at All Levels of Existence

A **holistic perception** means understanding how everything is connected—from the smallest plant to the entire universe.

Levels of Harmony:

- 1. Individual level Harmony between body and self
- 2. Family level Trust and respect in relationships
- 3. Society level Justice, cooperation, fearlessness
- 4. Nature level Living in balance with plants, animals, and resources
- 5. **Existence level** Realizing everything is connected in coexistence

Example:

When a person is healthy (individual level), they treat their family well → leads to a peaceful society →
doesn't exploit nature → supports overall harmony in existence.

Practice Session Topics (Real-Life Reflection)

Human as the Cause of Imbalance in Nature:

- Overuse of natural resources (mining, deforestation)
- Pollution (air, water, noise, soil)
- Excessive consumption and waste
- Use of harmful chemicals and non-recyclable plastics

Film Reference: "HOME" (2009)

- Shows how humans have damaged nature by:
 - Cutting forests
 - o Exploiting fossil fuels
 - Polluting oceans and air
- Reminds us that we are part of nature, not masters over it

Role of Technology:

- Positive Use: Renewable energy (solar, wind), water-saving methods, electric vehicles
- Negative Use: Industrial pollution, nuclear weapons, over-mechanization
- brace Conclusion: Technology is not bad—how we use it decides the impact.