

## **Module 1: Need, Basic Guidelines, Content and Process for Value Education**

### **1. Purpose and Motivation for the Course (Recap of UHV-I)**

Purpose:

The main purpose of this course is to help students:

- Understand themselves better.
- Live a happy and meaningful life.
- Build harmonious relationships with family, society, and nature.

Motivation:

- Today, many people are facing stress, depression, and confusion in life.
- This course helps us understand the root cause of our problems and find practical solutions.
- It motivates students to be responsible human beings, not just successful professionals.

UHV-I Recap:

In Universal Human Values Part 1 (UHV-I), we discussed:

- Human values such as love, respect, honesty, and trust.
- The importance of harmony in the self, family, society, and nature.
- Developing the right understanding through self-exploration.

### **2. Self-Exploration – What is it? Its Content and Process**

What is Self-Exploration?

Self-exploration means studying yourself, your thoughts, and your behavior to understand who you are and what you truly want.

Content of Self-Exploration:

- Understanding human purpose (happiness and prosperity).
- Knowing the human values that guide our decisions.
- Differentiating between what is temporary and what is permanent.

Process of Self-Exploration:

It uses two important tools:

- a) Natural Acceptance: It is the inner voice in all of us that tells us what is right. Example: We naturally accept trust, not doubt.
- b) Experiential Validation: It means checking whether something is true in our own life. If we experience peace, happiness, and satisfaction after doing something, then it is valid.

### **3. Continuous Happiness and Prosperity – Basic Human Aspirations**

Human Aspirations:

Every human being wants two things in life:

- a) Happiness (Sukh): It is the state of satisfaction, peace, and joy.
- b) Prosperity (Samriddhi): It means having enough physical resources to take care of oneself and family.

Difference:

- Happiness is related to the mind (inner world).
  - Prosperity is related to the body (external world).
- Both are necessary and should be balanced for a complete and fulfilling life.

### **4. Right Understanding, Relationship, and Physical Facility**

These are the three basic requirements for a human being:

1. Right Understanding (in Self): It means knowing the truth about self, life, and existence.
2. Relationship (with Others): It means living with mutual respect, trust, and harmony in family and society.
3. Physical Facility (for Body): It means having food, shelter, clothes, and comfort.

Correct Priority:

1. First: Right Understanding → guides our behavior.

2. Second: Relationship → based on understanding.
3. Third: Physical Facility → used with right understanding.

If we reverse the order, we face problems like conflict, stress, and competition.

## 5. Understanding Happiness and Prosperity Correctly

Today's Situation:

- People focus more on physical facilities (money, gadgets, luxury).
- Less attention is given to relationships and inner peace.
- This leads to problems like depression, loneliness, and family issues.

Correct Understanding:

- Happiness and Prosperity are complementary.
- Physical goods can't bring lasting happiness.
- True happiness comes from right understanding and harmonious relationships.

Critical Appraisal:

- Over-dependence on technology and consumerism causes dissatisfaction.
- We need a balance between material success and inner fulfillment.

## 6. Method to Fulfil Human Aspirations: Harmony at All Levels

To achieve happiness and prosperity, we need to live in harmony at 5 levels:

- a) Individual Level (Self): Develop right understanding through self-exploration.
- b) Family Level: Maintain trust, love, and respect.
- c) Society Level: Live with justice, equality, and fearlessness.
- d) Nature Level: Use resources wisely and protect the environment.
- e) Existence Level: Understand coexistence and live with the whole.

Practice Sessions: Natural Acceptance in Human Beings

Natural Acceptance means:

- Inner desire for harmony, not conflict.
- It helps us choose rightly, not based on temporary liking or disliking.

Examples:

- Everyone naturally accepts truth, not lies.
- We want to live with trust, not suspicion.

Conclusion:

By practicing self-exploration and understanding natural acceptance, we can live responsibly with harmony in our relationships, society, and nature.

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## Module 2: Understanding Harmony in the Human Being – Harmony in Myself

### 7. Understanding Human Being as a Coexistence of the Sentient 'I' and the Material 'Body'

A human being is not just a body. We are a combination of:

- 'I' – the conscious self (also called the mind, self, or soul).
- 'Body' – the physical structure made of material.

✓ 'I' is:

- The true self that thinks, feels, understands, and decides.
- Invisible and non-material.

✓ Body is:

- A material part that is visible and made of physical elements (like bones, skin, etc.).


✦ Coexistence:

- The 'I' and the Body live together but are different in nature.

- 'I' uses the body as an instrument to interact with the outside world.

Example: When you decide to write something (decision by 'I'), your hand moves (action by body).


## 8. Understanding the Needs of Self ('I') and Body – Happiness and Physical Facility

 'I' needs:

- Happiness, peace, love, respect, knowledge.
- These are non-material needs (can't be fulfilled by physical things).

 Body needs:

- Food, clothes, shelter, medicine.
- These are material needs.

 Common Mistake: We try to satisfy happiness (need of 'I') using physical goods, but it doesn't work.


 Right Approach:

- Fulfill the needs of both 'I' and Body in the right way.
- Inner peace through understanding; physical needs through proper resources.

## 9. Understanding the Body as an Instrument of 'I' ('I' being the Doer, Seer, and Enjoyer)

 Role of 'I':

- Doer: Decides what to do.
- Seer: Observes and understands experiences.
- Enjoyer: Experiences pleasure, pain, peace, etc.

 Role of Body:

- Follows the instructions of 'I'.
- Acts as a tool or machine.

Example: If 'I' feels hungry, it tells the body to eat. The body responds by picking up food.

 Conclusion:


'I' is the master. The body is the servant.

## 10. Understanding the Characteristics and Activities of 'I' and Harmony in 'I'


Activities of 'I' include:

- Desiring (what to do?)
- Thinking (why to do?)
- Selecting (how to do?)

When all these are guided by right understanding, there is harmony in 'I'.

 Disharmony occurs when:

- Confusion in thoughts.
- Desires based on outside influence (TV, social media).

 Harmony in 'I':

- Clear understanding of needs.
- Decision based on universal human values.

Example: You choose honesty over cheating even if it's difficult—this shows harmony in 'I'.

## 11. Understanding the Harmony of 'I' with the Body: Sanyam and Health

 Sanyam:

- Right understanding and self-regulation of 'I'.
- Knowing the body's needs and not misusing it.

 Health:

- The condition where the body works efficiently.
- Health is maintained when 'I' takes care of the body properly.

### Correct Appraisal of Physical Needs:

- Understand what is truly needed (food, shelter, clothes).
- Avoid over-consumption and luxury addiction.

### Prosperity:

- Feeling that we have enough for ourselves and to share with others.
- Comes when we rightly assess our needs and can fulfill them.

### Accumulation:

- Collecting excess material goods without need.
- Leads to competition, insecurity, and stress.

### Difference between Prosperity and Accumulation:

#### **Prosperity**

Based on need

Brings satisfaction

Helps in sharing

Supports harmony

#### **Accumulation**

Based on greed

Brings insecurity

Leads to selfishness

Causes competition/conflict

## **12. Programs to Ensure Sanyam and Health**

To ensure harmony between 'I' and the Body, we need regular programs:

For Sanyam:

- Practice self-reflection and self-discipline.
- Keep desires under control.
- Live with human values (truth, love, peace).

For Health:

- Regular exercise.
- Balanced and timely diet.
- Proper rest and sleep.
- Cleanliness and hygiene.

### Difference:

Health programs focus on preventing problems (wellness), while dealing with disease is reactive (treatment after illness).

Practice Session (Exam Points to Include):

### Reflect on the role others play in making material goods available to me:

- Example: Farmer grows wheat, workers process it, truck drivers deliver it, shopkeepers sell it.
- This shows interdependence and encourages gratitude.

### Identify from your life:

- Think of how your clothes, books, or food reached you.
- Use this to realize the value of harmony with society and nature.

### Program for ensuring health vs dealing with disease:

- Health: Yoga, nutrition, regular routine.
- Disease: Doctor, medicine, rest after illness.
- Prevention is better than cure.

### Conclusion:

A human being is complete only when there is:

- Harmony in 'I' (right thoughts, right desires),
- Harmony between 'I' and Body (self-discipline and good health),
- Fulfillment of both non-material and material needs.