

Need of value Education

1. character development - moral & ethical values sikhata hai, jo help kerti hai Bande ko distinguish karne ke lie right or wrong. yeh contribute karta hai strong & principled character Bande ka.
2. Social harmony - Value Education, individuals ko seekhati hai dusro ke prospective culture or beliefs ko. appriciate karna. or harmonious society Banana.
3. Responsible citizenship - Hamari Responsibility ko Batati hai towards Society & Environment. perfote kerti hai values like honesty, integrity, social responsibility. or Encourage Karti hai individual ko participate karne ke lie community & nation building.
4. Global citizenship - Global awareness or contribute kerti hai positively global community mein & address kerti hai global changes ko.
5. Stress Reduction - patience, Resilience & mindful in st se stress reduce hota hai.
6. Decision making skill - necessary skills develop hoti hai, ethical decision lene ke lie. various aspect of life mein. including personal, professional & social domains.
7. personal fulfillment - values contribute karta hai sense of fulfillment ko, jo indivols ko unke beliefs ke according action karne ki power deta hai, or yeh lead hota hai ek more meaningful & satisfying life.

Right understanding, Relationship & Physical facility -

- Human chahta hai ki continuous happiness & prosperity ke sath jie jo ki possible hai ensure karke Right understanding fulfilment in relationship, Physical facility in correct priority.

On the other hand, agr koi ~~hasi~~ physical facility ke sath je tha hai aapko or Right understanding & Right feeling nahi hai. Relationship mein to no unhappy feel karega. Or dusre ko bhi Karwayega, yeh First outcome hai.

2nd outcome is, agr kisi ko Right understanding missing hai to no apni physical need ko identify nahi kar paega. Or pher usko kitni bhi physical facility mil jaے kam hi lagegi, usko or chaire hogi, or yeh feeling jisme Hume lagta hai yeh sb kam hai, isko feeling of deprivation kehte hai, or dusre ko bhi deprived Rakhte hai.

two kinds of people

lack physical facility
→ unhappy
→ deprived.

having physical facility
→ unhappy
→ deprived.

→ agr person ke pass - Right understanding, Relationship & physical facility hai

outcome -

- (1) happiness (for ourselves & for others)
- (2) prosperity, & physical facility ko bhi smj pate hai.

Right understanding

(in the self)

right
Relationship
(with human being)
↓
Mutual happiness

(2nd Part)
Physical facility
(with rest of nature)
↓
Mutual prosperity

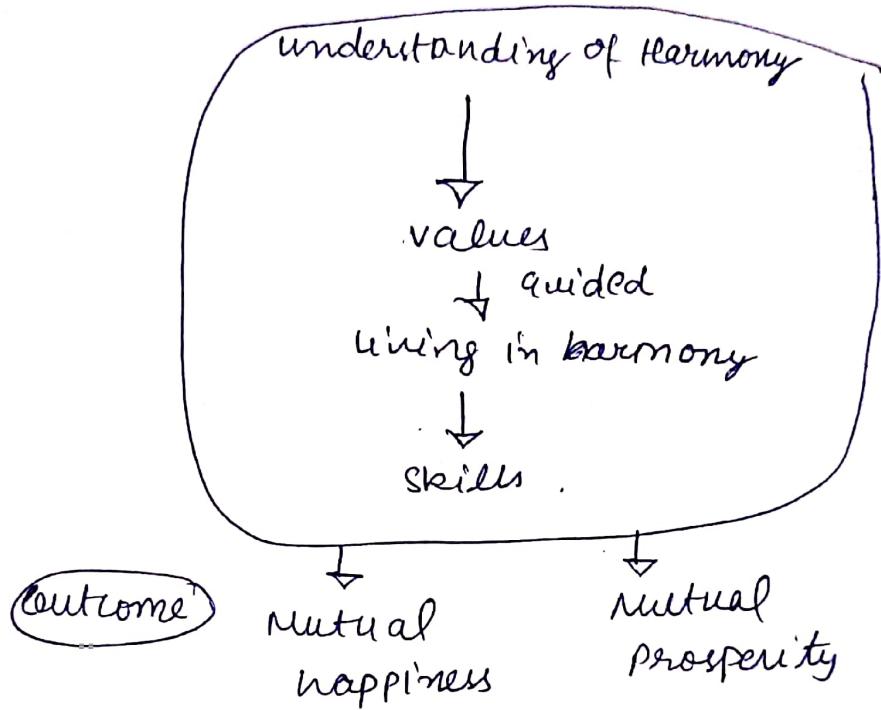
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Development of Human consciousness

Holistic development

Role of Education - Sanskar

- * Education develop karti hai Right understanding ke.
- * Sanskar - commitment, preparation or practice hai Right understanding ke saath jeene ki,



Human consciousness - living with continuous happiness & prosperity. Right understanding, & fulfilment in relationship & physical facility ensure Icarke

Holistic development - transformation hota

animal consciousness to animal consciousness.

isme Education sanskar aham Role nihata hai

Process of value Education -

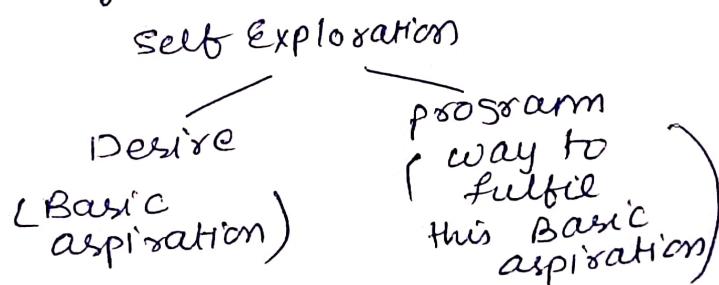
Self Exploration -

process nota hai jisme Reality ko dekhe hai
 apne Rights ke sath, apni investigation, observation
 or analysis se.
 is process se hum try karte hai yeh seekhne ke
 ki sach mein kya reality exists kerti hai or
 hamara participation uske ander,
 us participation ko values bolte hai.

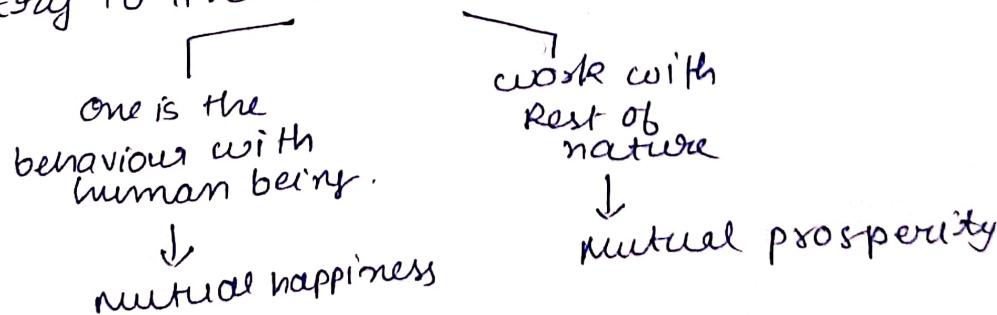
Steps

- 1) Natural acceptance.
 (agr naturally acceptable hai to, Right hai
 or nhi hai to wrong hai)

State of harmony \leftrightarrow state of happiness.



- 2) Experimental validation -
 try to live according to proposal.



Natural acceptance

- might depend on context
- accepting changes with reasons.
- Happens instinctively without trying
- More about going with flow

acceptance

- use widely in different situations
- Accept feeling without judgement
- willingly receive or acknowledge something
- Acceptance of others or their ideas

right understanding obtained through self exploration

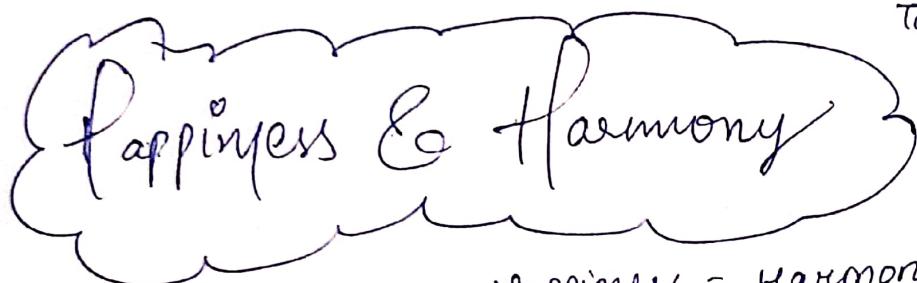
(a) assuring

(b) satisfying

co, universal

Time / space

individual



Happiness = Harmony

unhappiness = Disharmony.

happiness

- * The state or situation in which a person live if there is harmony / synergy in it, naturally acceptable to me to be in that state / situation.

unhappiness

if there is disharmony / contradiction in it, not naturally acceptable to be me in that state / situation

unhappiness = Disharmony .

~~short moment~~ = ex

short moment happiness = excitement.
(not sustainable)

harmonious, which can be continuous & sustainable
→ happiness

Prosperity -

- * feeling of having more than required physical facility.
- * Prosperity ko tathvi measure kar skte hai jab hume apni physical need pta ho. unki Quantity pta ho.
- * Flourishing, thriving, good fortune, & overall well being.

The needs of the self & Body -

- * Self happiness - feeling of respect leading to happiness.
- * Body - physical facility (Quantitative)
(Physion (Physio-chemical) (temporary))

Self & body alone alg cheez hai.

↓

Consciousness ka domain hai jo ki characterized ke ja skta hai by the activity of knowing, assuming, recognising, fulfilling.

Body - domain of material jibko self recognising & fulfilling ki activity.

Harmony in Self

Imagination

- Desire - activity of imaging.
- Thought - analysing based on comparing various possibilities to fulfil the desire.
- Expectation - power of activity of selecting based on tasting

→ Expressed to the world outside, in terms of behaviour with human being and work with rest of nature

Imagination → can be well organised, in harmony
→ Random mixture of harmony & contradiction.

Source of imagination -

1. Preconditioning
 - ↓
beliefs, notions, norms, ideas, views, goals etc.
prevailing in family, in society.
→ may influence our Imagination
2. Sensation
 - info which get from the body through - (i) sound, touch, sight, taste, smell.
3. Natural acceptance
 - inner voice / consciousness.
→ may or may not be predominant source of motivation currently.

Harmony of self with body -

Body as self organised system -

body as self organised system -
Body wonderful self organized system hai, isme
so many part hai or each part co exists karta hai
harmony mein other part ke saath.
Eyes well connected hai brain se, digestive system
synchronized hai, cell body or hamne inko connections
ko work karane ke lie kuch nhi karne padta.

Harmony of the self with the body
self Regulation & Health

self regulation & Health

- Self Regulation & Health

 - * The Responsibility of self towards the body in term of nurturing, protecting & rightly utilizing the Body by providing air, water, food, sunlight etc.
 - * protection is to ensure the continuity of body which includes safe guarding from favourable conditions.
 - * Right utilization → Body ke use Karna Apne khud ke purpose ke lie
 - * feeling of Responsibility towards Body is called feeling of self Regulation & its natural outcome is "health".

Programme for Self Regulation & Health

Nurturing -

- 1(a) Intake (b) Routine .
2(a) Physical labor (b) Exercise
3(a) Balancing intent (b) Balancing breath .
 Organ of body
4(a) Medicine (b) treatment

Harmony in the family -

Understanding Relationship

1. Relationship - is between one self (I_1) & other (I_2)
Relationship already exist Karti hai, isko construct nhi
Karma padta, bs samajna padta hai 😊
2. There are feelings in Relationship - in one self (I_1) & other (I_2).
Yeh gum hote hai jo feelings ko recognise karte hai,
Relationship ko samajne ke lie person ko khud ko or
feeling ko samjna zaruri hai.
3. Feelings can be Recognised (they are definite)
9 values/feeling hoti hai jo humne Samajni charee, or share
Karmi charee dusro ke sath.
 1. Trust (foundation value)
 2. Respect
 3. Affection.
 4. care
 5. Guidance
 6. Reverence
 6. Glory
 7. Gratitude
 9. love (complete)

4. Fulfilment of feelings in Relationship -
jab hum in 9 feeling ko naturally accept karte hai, khud
main or share karte hai, or dono un feelings ko ache
se snij pate hai to it leads to mutual hi happiness.
(Khud bhi Khush hona dursa ko bhi Rakha)
↳ main Bilkul nhi kerti. (Hahaha)

Aaj ki problem hai ke, hum khud ko Body snij rhi hai or
assume kar rhi hai. Relationship on the basis of body (feelings
pr nhi) islie fail ho jate hai. Aishto ko Samjane mein or
Good intentions ho he. Re baad bhi fail ho jate hai.
yeh Right feeling ke absence ki vjh se hota hai, or hum
in feelings ko dursa se lena/ ki expectations Rakhte hai,
milne
khud mein develop Karne ki jagah.

Trust -

↳ assured that the other intends to make me happy or prosperous.

- 1 (a) Do I want to make myself happy?
(b) Am I able to make myself happy?
- 2 (a) Do I want to make the other happy?
(b) Am I able to make the other always happy?
- 3 (a) Does the other want to make themselves happy?
(b) Is the other able to make themselves happy?
- 4 (a) Does the other want to make me happy?
(b) Is the other able to make me always happy?

Respect - Right Evaluation.

jab hum evaluate kie jate hai shi se, respected feel hota hai, otherwise disrespected

Disrespect can take place

over evaluation - more evaluating what it is

under evaluation - less evaluating what it is.

otherwise evaluation - evaluation for other than what it is.

minimum content of Respect - the other is similar to me,

1. our purpose is same
2. our program is same
3. our potential is same

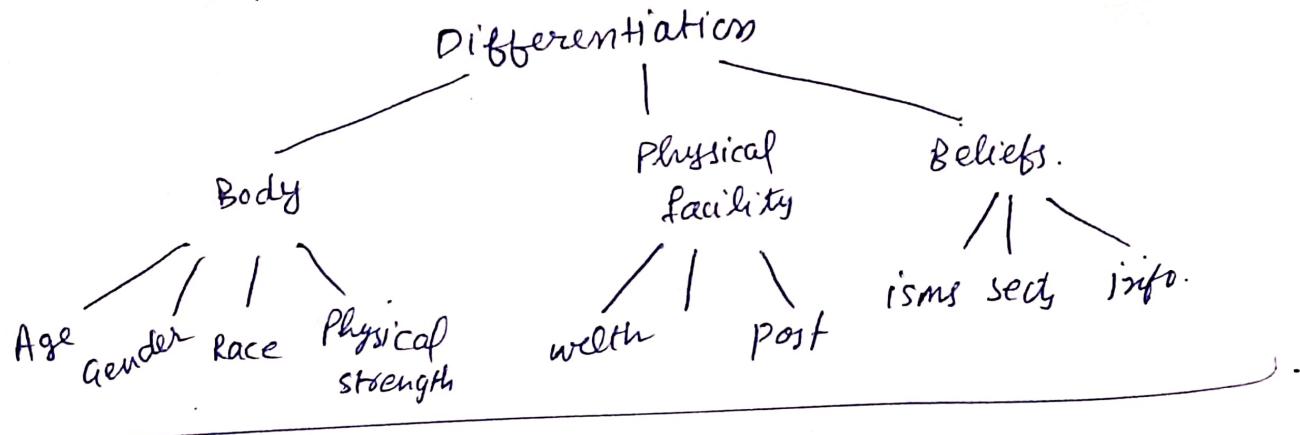
Disrespecting ↴ differentiation
↳ discrimination.

we thought human being = Body (judge karte hai age, gender, race & physical strength)

but what it is human being = Co-existence of self & body.

2) ~~EH रिटर्न है~~

Physical facility = happiness.
happiness = to be in state of harmony -



B:

Affection - being Related to the other
feeling of trust & respect are essential.
otherwise we feel opposed to each other.

Care - feeling of Responsibility & commitment for
nurturing & protection of the body of relative.

Guidance - feeling of Responsibility & commitment for
development of self by ensuring right understanding
right feeling in self of my relative

Reverence - feeling of acceptance for excellence,
effort for excellence (logo ki madad karna vaha pauchne ke lie)
effort for compitt (logo ko uksana, gussa dilana)

Glory - feeling of acceptance
for those who have made effort for Excellence.

Gratitude - feeling of acceptance for those who made effort
for my Excellence.

LOVE → being Related to all .

↳ starts from affection,
↳ Complete value .

↳ Expressed in the form of compassion .

Love → not something Based on sensation .

Infatuation - sensual pleasure becomes the major goal .

- condition
- long last till you are able to get sensation
hope of getting happiness ,
- temporary
- doesn't last for long .

Love - both the & - ve value with it virtue

- Represent human Kindness, compassion & affection .
- Represent how to behave, how we feel, it directs emotion
- it contains all the feelings (care, affection, trust, gratitude, Glory etc)

Justice in Relationship

↳ Recognition, fulfilment & evaluation of human-human relationship , leading to mutual happiness .

Recognition - Recognizing naturally acceptable feelings in relationship rightly .

Fulfilment -
(1) Make effort for mutual development
(2) Live with responsibility

Evaluation - verify ki feeling shi hai ki nhi
~~Keto alok raja~~ use dhang mein Express karna,
hamari shi feeling dusro ko pauchana .

Love → complete value hota hai , feeling of acceptance

Justic → Ensure Karta hai feeling ko khud mein or dusro
ko, jo ki mutual happiness provide Karta hai .