

UHV Unit – 1

Introduction to Value Education:

Value Education is an integral aspect of holistic education that aims to develop an individual's character, ethical reasoning, and a sense of responsibility towards oneself and society. It goes beyond academic knowledge and focuses on instilling core values that guide individuals in making informed decisions and leading a purposeful life.

Need for Value Education:

1. **Moral Development:** Value education fosters moral development by instilling ethical values, principles, and a sense of responsibility in individuals.
2. **Character Building:** It contributes to the overall development of an individual's character, helping them become responsible, compassionate, and respectful members of society.
3. **Social Harmony:** Value education promotes social cohesion by fostering understanding, tolerance, and acceptance among individuals with diverse backgrounds.
4. **Personal Growth:** It enhances personal growth by encouraging self-reflection, self-awareness, and the development of a strong value system.

Basic Guidelines for Value Education:

- Universal: Whatever is studied as value education needs to be universally applicable to all human beings and be true at all times and all places. It should not depend on sect, creed, nationality, race, gender, etc.

- Rational: It has to be amenable to logical reasoning. It should not be based on blind beliefs.

- Verifiable: The student should be able to verify the values by checking with one's own experience, and is not asked to believe just because it is stated in the course.

- Leading to Harmony: Values have to enable us to live in peace and harmony within our own self as well as with others (human being and rest of nature).

- Holistic Approach: Integrate value education into the overall curriculum, involving cognitive, emotional, and behavioral aspects.

Content and Process for Value Education:

1. Ethical Values: Teach principles such as honesty, integrity, compassion, and empathy.

2. Social Responsibility: Emphasize the importance of contributing positively to the community and society.

3. Respect for Diversity: Foster an understanding and appreciation for diversity in culture, religion, and perspectives.

Self-Exploration, Natural Acceptance, and Experiential Validation :

Self-Exploration:

- Understanding your strengths, weaknesses, motivations, and values.
- Recognizing your emotional triggers and responses.
- Reflecting on your past experiences and their impact on your present self.

Natural Acceptance:

- Embracing your authentic self, including your imperfections and vulnerabilities.
- Accepting limitations and challenges as opportunities for growth.
- Letting go of comparisons and unrealistic expectations.
- It is the process of seeing and observing everything attentively and then using your inner conscience to get the answer from within. It is a way to bring out the goodness in everything naturally. It helps us to learn everything that is good from others and absorb it in our own way, but without changing our identity.
- It does not change with time/age
- It doesn't depend on place
- It does not depend on our beliefs or past conditioning

- It is always there within us
- It is the same for all of us.

Experiential Validation:

- Testing your values and beliefs through real-life experiences.
- Observing the consequences of your choices and adjusting your behavior accordingly.
- Seeking feedback from trusted individuals and reflecting on their perspectives.

Continuous Happiness and Prosperity:

1. Basic Human Aspirations: Identify and understand fundamental human aspirations, which may include physical well-being, emotional fulfillment, and intellectual growth.
2. Right Understanding: Emphasize the significance of having a correct understanding of oneself, others, and the world to achieve genuine happiness and prosperity.
3. Relationship and Physical Facilities: Recognize the role of healthy relationships and the provision of basic physical facilities in fulfilling human aspirations.

Method to Fulfill Human Aspirations:

1. Living in Harmony: Teach the importance of living in harmony at various levels – with oneself, others, nature, and the larger community.

2. Balanced Lifestyle: Advocate for a balanced lifestyle that integrates physical, mental, and emotional well-being.

Value Education	Moral Education
Proposal, Self Verification ↓ Understanding, Knowing ↓ Self Motivated, Unconditional - Self Discipline (स्व-अनुशासन) - Swatantrata (स्वतंत्रता)	Do's & Don'ts ↓ Preconditioning, Assuming ↓ Externally Motivated, Conditional - Fear / Incentive - Partantrata (परतंत्रता)

Process of Value Education – Self Exploration

Whatever is said is a **Proposal** (**Do not assume it to be true**)
Verify it on Your Own Right – on the basis of your **Natural Acceptance**

It is a process of **Dialogue**

A dialogue between me and you, to start with

It soon becomes a dialogue **within your own self**

Natural Acceptance	Acceptance
Given a choice, what would I accept naturally?	Under the given circumstances, what would I accept?
Natural Acceptance	Preconditioning, Sensation, Natural Acceptance
स्वभाव	प्रभाव, दबाव, स्वभाव
E.g.	E.g.
Relationship	Sometimes relationship, sometimes opposition
Food for health	Sometimes food for health, sometimes food for taste
Mobile for communication	Sometimes for communication, sometimes for respect, show

Q. Define self-exploration. What is the content of self-exploration?

(Or)

Q. Self-exploration is a process of dialogue between ‘what you are’ and ‘what you really want to be’. Explain and illustrate.

(Or)

Q. Explain the process of self-exploration with the help of a diagram.

Ans: Self exploration is the process to find out what is valuable to me by investigating within myself. What is right for me and true for me has to be judged within myself. Once we start paying attention towards investigating into our present beliefs and aspirations, we get to know whether our aspirations and what we really want to be (i.e. what is naturally acceptable to us) are one and the same or not. If they are the same, then it's no problem. But if the two are different, it means that we are leading a life against our natural acceptance. Such a life cannot bring us happiness.

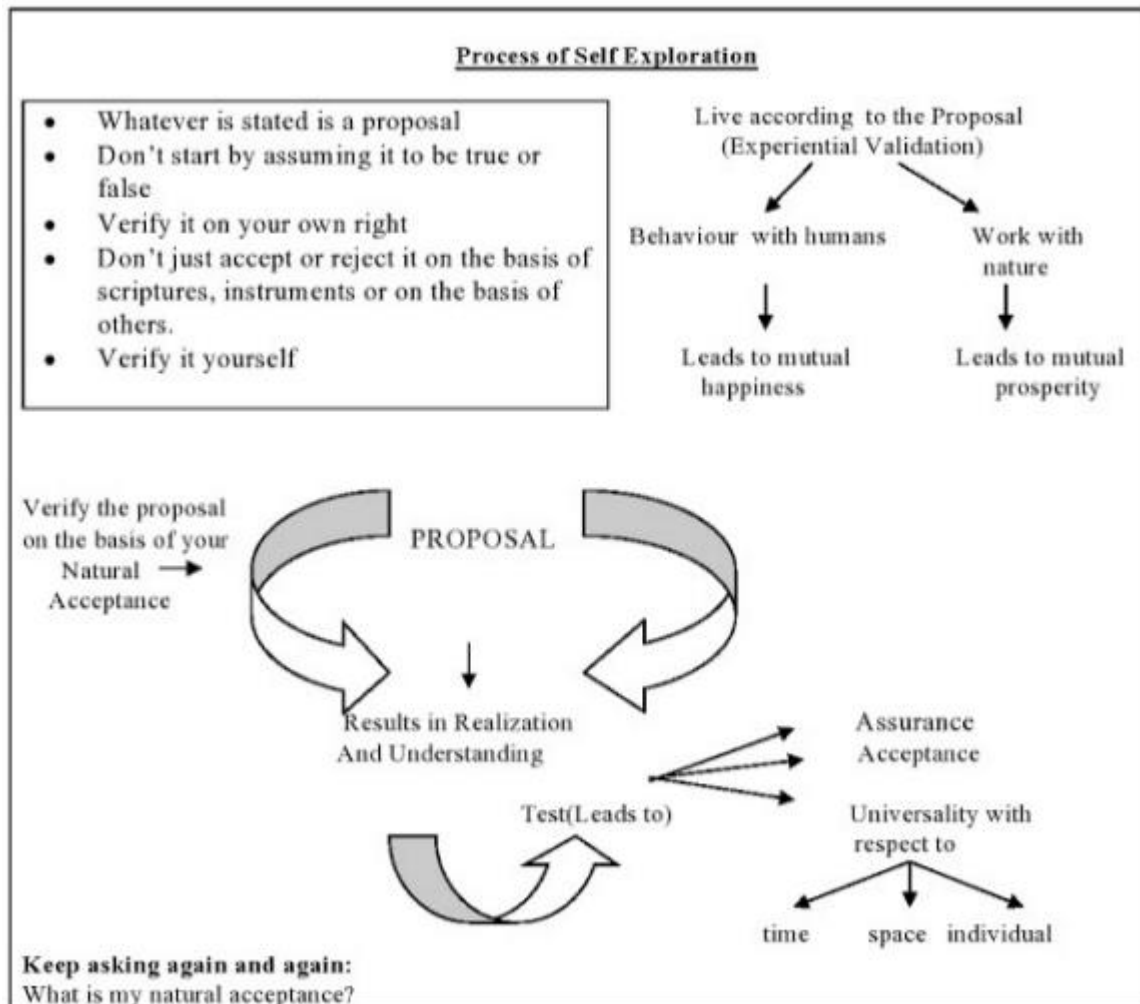
Self-exploration is a process of discovering that there is something innate, invariant and universal in all human beings. This enables us to look at the confusions and contradictions within us and resolve them by becoming aware of our natural acceptance.

Once we start observing inside, we can achieve harmony at all levels of our living.

Content of self exploration involves finding answers for the following fundamental questions of all the human beings:

1. The Desire/Goal/Aspiration: What is my (human) Desire/ Goal? What do I really want in life, or what is the goal of human life?
2. The Program: What is my (human) program for fulfilling my aspirations? How to fulfil it? What is the program to actualize the above?

In short, the above two questions cover the whole domain of human aspirations and human endeavor. Thus, they form the content of self-exploration.



Q. What do you understand by the terms Svatva, Swatantrata and Swarajya?

Ans: Svatva: Swatva means innateness of self – the natural acceptance of harmony. The word "innate" is defined as originating in or derived from the mind . It is present in an individual by birth. When we identify

our innateness, we realise the difference between what we are and we really want to be.

Swatantrata: Swatantrata means being self- organized – being in harmony with oneself. When we identify our innateness, we establish a dialogue with our conscience, and it enables us to become self organised, i.e. we attain harmony in ourself. This is called swatantrata.

Swarajya: Swarajya means self-expression, self- extension – living in harmony with others. When we identify our innateness, what we really want to be and establish a dialogue within, it enables us to become self organised, i.e. we attain harmony in ourself. When we start living with this harmony, it starts expressing itself through our harmonious behaviour towards others and towards our work, and it naturally leads to a healthy participation with the surroundings. This is called swarajya.

Thus when we start exploring our svatva, in the process of self-verification and living accordingly, we are attaining svatantrata and svarajya. Exploring our svatva at different levels of our living helps us in getting rid of our preconceived notions, our dilemmas, contradictions and compulsions, either external or internal. The more, we attain swatantrata or the self- organized state, the more we can live in harmony with others and we can also help others attain this state. This leads to our participation in swarajya.

The effort towards ensuring orderliness in the society is possible and is sustained by ensuring orderliness in ourselves. Every mechanism to bring order in the society needs to be based on this. This is an important implication of right understanding when we go to make policies for nations and the world.

Q. What are pre-conditionings? What is their source? Do you feel that you have some preconditionings? How do you evaluate them?

Ans: Preconditioning means the condition developed by beliefs (manyatas). Often we have our own assumptions about something on the basis of our prevailing notions. They come from what we read, see hear, what our parents tell us, our friends talk about what the magazines talk of, what we see on the TV etc. Most of our desires, thoughts and selections are based on these pre conditionings. We do not verify the desires in our own right. As a result, we are not clear about what we will get out of fulfilment of that desire. Because of this, we often end up spending an entire lifetime accumulating desires that are not ours, and in running about trying to fulfil them. As a result, our desires, thoughts and selections are always in conflict. Since the desires are in conflict, the thoughts they give rise to, are also in conflict and in turn, the selection from the thoughts are also in conflicts leading to dissatisfaction and unhappiness.

All of us have some pre conditionings, sensations and beliefs. For example, most of us believe that money and position bring us respect and make us happy. We start living by this pre conditioning and work hard to achieve it. We also involve ourselves in all those activities which are needed to achieve it. During this process, we often experience disharmony within ourselves and with others. With unhappiness within, we also make others unhappy.

However, once we start exploring deep into ourselves on the basis of our natural acceptance, we realise the difference between what we are and what we really want to be. This realisation leads to the right understanding which paves way to a harmonious living within ourselves, our family, our society and also with nature.