

Identify any two important problems being forced by the society today & analyze the root cause of these problems. Can these be solved on the basis of natural acceptance of human values? If so, how should one proceed in this direction from the present situation?

Problem 1 Environmental Degradation:-

- Root cause:- The root cause of environmental degradation is the overexploitation of natural resources driven by human greed, unsustainable industrial practices, and a lack of responsibility towards nature. This is fueled by a materialistic mindset that prioritizes economic growth over ecological balance.
- Solution Based on Natural Acceptance of Human Nature
If individuals naturally accept the value of co-existence & sustainability, they will develop a responsible attitude towards nature, realizing the interconnectedness of life leads to more environmentally conscious decisions.
- How to proceed:-
 - Promotes awareness & education about ecological balance from the grassroots level.
 - Encourage community participation in sustainability initiative like afforestation, waste management, & renewable energy.

- Incorporate eco-friendly habits in daily life such as recycling, reducing plastic use & conserving water & energy.

Problem 2 : Increase Mental Health issues & stress:-

- Root cause :- The increasing competition, lack of emotional bonding and excessive focus on material achievements have led to mental stress, anxiety & depression. The ~~balance~~ absence of mutual trust, respect and understanding in personal & personal relationship aggravates these issues.
- Solution Based on Natural Acceptance of Human values :- Natural acceptance promotes emotional well being by fostering values like love, empathy, trust and care. When individuals understands their true purpose & maintain harmony within themselves & with others, mental health improves significantly.
- How to proceed :-
 - Promotes a value based education system focusing on emotional intelligence & self-reflection.
 - Encourage open conversation about mental health without stigma.
 - Foster stronger family & social bonds where mutual respect & support are prioritized over comparison & competition.

* Conclusion :- Both environmental degradation & mental health issues stem from a deviation from core human values. By nurturing natural acceptance of values such as responsibility, coexistence, empathy & trust individuals & society can address these problems effectively. This shift must begin at the individual level & extend to families, institutions & communities for lasting impact.

Viva Question

Q1 What do you understand by "Natural acceptance" of human values? How it is different from externally imposed values?

Ans Natural acceptance means an innate understanding of what is right and fulfilling unlike imposed value which come from outside source like society or authority

Q2 How does environmental degradation reflect a lack of Human values, & what changes in mindset can help address it?

Ans Environmental degradation shows disregard for co-existence & responsibility. A mindset shift toward sustainability & respect can help solve it.

Q3 Why are mental health issues on the rise despite technological & economic advancement?

Ans Mental health issues are rising due to stress, competition & lack of emotional connection. Human values like empathy can reduce fear and trust can reduce this.

Q9 How can value-based education help in solving societal problem? Can you give a real-life examples?

Ans Value-based education helps develop emotional intelligence & ethical thinking. For example, teaching children, empathy can reduce bullying.

Q5 What role does individual's behaviour play in building a value based society? How can one start making a change personally?

Ans Individual behaviour is key. Change begins by practicing values like honesty, respect & responsibility in daily life.