

* Unit-1 Introduction to the * Value Education

• What is Human value:- (Value Education)

Value means importance and Education means knowledge

→ Understanding human aspiration, or what is really valuable for human being; visualise our goals for a fulfilling life; in short terms, "what to do?" → Value Education.

Human values are - honesty, care, affection, love, reverence, respect, gratitude, feelings, kindness, desire, harmony, happiness, understanding, natural acceptance etc.

• Need of value Education in current scenario -

It helps students develop a strong moral compass, which can guide them in their professional value.

→ Develops moral and ethical value.

like honesty, integrity, respect etc.

→ Promotes social values-

→ Promotes personal growth

→ Helps develop a healthy mind

→ Helps understand needs & goals

→ Helps use technology responsibly.

→ Helps to remove confusion & contradiction.

→ Evaluation of our belief.

Basic guidelines for value Education

1. Universal:- It need to be applicable to all human beings irrespective of cast, creed, nationalities, religion etc.
2. Rational:- It has to be amenable to reasoning & not based on dogmas or blind beliefs or assumptions.
3. Natural & verifiable:- Naturally acceptable to the human being. It needs to be experientially verifiable.
4. All Encompassing:- Needs to cover all the dimensions (thoughts, behaviour, work) & levels (individual, family, society).
5. Leading to harmony:- It should promote harmony among human beings & nature.

* Self-exploration :- The process to discover yourself journey to understand yourself.

It helps to understand what is right or wrong,

(Q) what is good or bad or what to do or not.

→ Through self exploration, we get the value of ourselves.

→ It is a process to ask yourself about the desire / goals and program to achieve them.

* It is a dialogue between 'what you are' & what you really want to be.

Self exploration involves reflection, introspection, and evaluation to understand yourself better.

It enable us to look at our goals / desires and what we are at present, confusions and contradiction, to resolve them by becoming natural aware of our natural acceptance.

By investigating within yourself, what is right for you, what is true for you, has to be judged with yourself. It ensures us what to do to achieve the goal and the stage what we actually want to achieve.

* Natural acceptance :- It implies unconditional & total acceptable of the self, people & environment. It is a way to accept the good things naturally, not to copy others.

→ Understanding the individual of society & nature

→ It promotes the feeling of fulfillment & harmony. It remains the same for all.

→ It refers to accept good things in our own way.

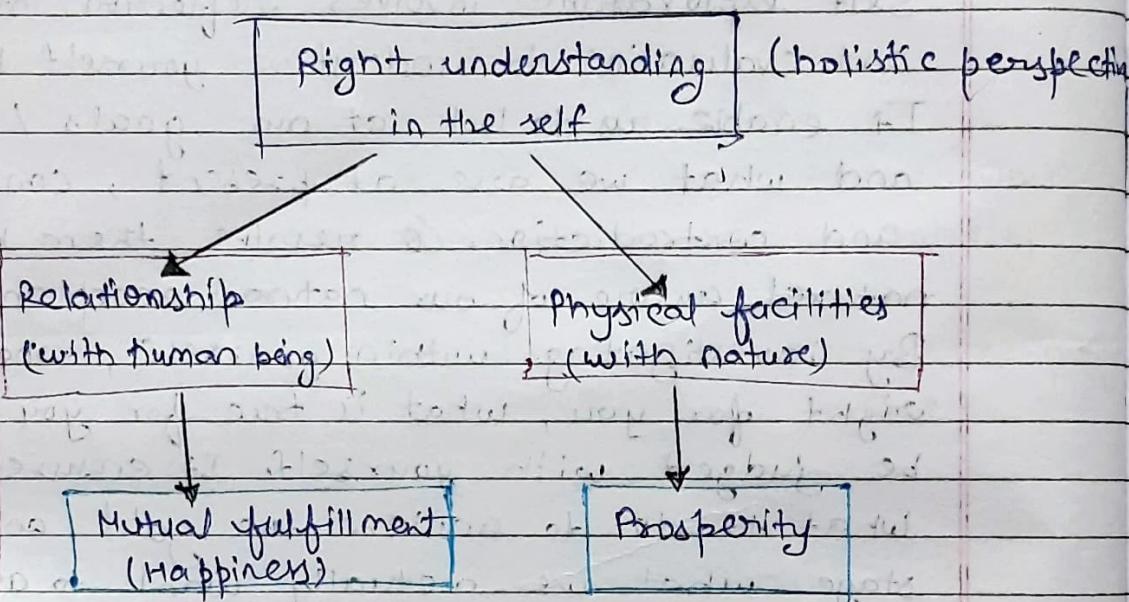
* Human Aspiration :- [Desire]

Human aspirations are the hopes, dreams and goals that people have for their lives. It provide a sense of purpose and direction. They can help guide short term goals & actions.

Basic aspiration - Happiness (Mutual fulfillment) Prosperity.

Happiness → relationships with other human beings

Prosperity → working on physical facility.



Physical facilities :- Including basic needs as well as the comfort of life.

Happiness :- An emotional state of contentment, joy and fulfillment.

- Positive emotion
- Life satisfaction
- To be in the state of Harmony
- Naturally acceptable

Excitement → Excitement is a short lived, not sustainable positive feelings.

There are generally three kinds of people -

(i) SSOD Sunidha Sampann Sukhi Davidra

Those who have minimal requirement and basic facilities, but they are not happy. They are jealous of others. Not satisfied by what they have.

(ii) SvPD Sunidha Vrikhi Dukhi Davidra.

Those who lacking physical facility or basic needs and unhappy and deprived. They are facing problems to survive.

(iii) SSSS Sunidha Sampann Sukhi Samridha.

We naturally want to be in this stage of having more then required physical facility, happy and prosperous.

* There are many problems manifest today at the level of individual, family, society & the nature -

(a) Level of Individual:-

Rising problem of depression, anxiety, suicides, stress, insecurity, increasing health issues, lack of confidence and conviction.

(b) Level of family:- Breaking up of joint family, mistrust & disharmony in relationships, divorce, generation gap, widowhood, neglect of older people.

(c) Level of Society:- Increasing incidence of terrorism, violence, communalism, racial & ethnic struggle, corruption, sex-crimes, exploitation, wars,

(d) Level of Nature:- Global warming, weather imbalance, depletion of mineral, & energy resources, deforestation, soil degradation