

## UNIT-3

### (UNDERSTANDING HARMONY IN FAMILY AND SOCIETY)

- ✓ Dear Students:-- UNIT-3 परिवार व्यवस्था से सम्बंधित है ।
- ✓ UNIT-3 के नोट्स पढ़ने से पहले परिवार व्यवस्था के संबंध में कुछ बातें समझना बहुत जरूरी है ।
- ✓ ये जो भी बातें मैंने हिंदी भाषा में लिखी हैं वो केवल इसीलिए हैं ताकि आप CONCEPT को अच्छे से समझ पाओ ।
- ✓ \*\*AKTU EXAM में आपको हिंदी भाषा का प्रयोग नहीं करना है ।\*\*

#### समझो:

- ✓ प्रत्येक मानव एक परिवार का हिस्सा होता है। परिवार के सदस्यों के बीच संबंध (RELATION) होता है जिसे हम पारिवारिक संबंध (FAMILY RELATIONS) कहते हैं।
- ✓ हम लोग इन संबंधों को कुछ नाम दे देते हैं - जैसे पिता, माता, दादा, दादी पुत्र, पुत्री, चाचा, चाची आदि।
- ✓ पारिवारिक संबंधों के अलावा भी हमारे कई और संबंध होते हैं जैसे - मित्र, शिक्षक या गुरु, पड़ोसी आदि।
- ✓ हम सभी लोग इन सम्बन्धों के साथ जीते हैं।

#### सोचो/ विचार करो/ जांचो -----

प्रश्न: क्या जीने के लिए मानव-मानव के बीच संबंध होना जरूरी है? अर्थात् क्या संबंध जरूरी / महत्वपूर्ण होता है?

उत्तर: .....आप लोग सोचिये

प्रश्न: क्या मानव-मानव के बीच प्राकृतिक रूप से कोई संबंध होता है? या हमें उसे बनाना (=TO CREATE) पड़ता है?

उत्तर: .....आप लोग सोचिये

प्रश्न: क्या जीने के लिए संबंधों की समझ होना आवश्यक है?

अर्थात् क्या संबंधों को बिना समझे हम संबंधपूर्वक जी सकते हैं?

उत्तर: .....आप लोग सोचिये

## **परिवार व्यवस्था (HARMONY IN FAMILY) को समझने के लिए चार बातों (प्रस्तावों ) को समझना / जांचना आवश्यक है-**

**1. संबंध (RELATIONSHIP) है (होता है).....एक SELF ( $I_1$ ) का दूसरे SELF ( $I_2$ ) से ।**

( अर्थात - मानव-मानव के बीच प्राकृतिक रूप से संबंध होता है, हमें उसे बनाना (CREATE) नहीं पड़ता है । संबंध में एक व्यक्ति का (SELF) ही दूसरे व्यक्ति के में (SELF) के साथ जुड़ा होता है शरीर (BODY) तो केवल संबंधों को व्यक्त (EXPRESS) करने का माध्यम होता है । . (SELF) में ही समझ एवं भाव होते हैं शरीर में नहीं )

**2. मानव-मानव के बीच जो संबंध है उसका आधार (BASIS) भाव (FEELINGS) होते हैं । ये भाव**

**(FEELINGS) एक SELF ( $I_1$ ) में का दूसरे SELF ( $I_2$ ) के प्रति होते हैं ।**

**3. संबंध में एक SELF ( $I_1$ ) में दूसरे SELF ( $I_2$ ) के प्रति भावों (FEELINGS) को पहचाना जा सकता है -**

**ये भाव निश्चित हैं (And these are 9 in number i.e., 9 Feelings)**

**4. इन भावों को पहचानकर निर्वाह (FULFILLMENT) करने से उभय सुख (MUTUAL**

**HAPPINESS) मिलता है ।**

**ये 9 भाव इस प्रकार हैं-----**

- |                        |                           |
|------------------------|---------------------------|
| 1) विश्वास (TRUST)     | 6) श्रद्धा (REVERENCE),   |
| 2) सम्मान (RESPECT)    | 7) गौरव (GLORY),          |
| 3) स्नेह (AFFECTION)   | 8) कृतज्ञता (GRATITUDE) & |
| 4) ममता (CARE)         | 9) प्रेम (LOVE)           |
| 5) वात्सल्य (GUIDANCE) |                           |

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## स्वयं में जांचो--

१. क्या ये भाव निरंतर मुझ में बने रहते हैं ?

२. क्या मैं इन भावों को ठीक ठीक व्यक्त कर पा रहा हूँ ?

सूत्र 1: इन भावों को स्वयं में सुनिश्चित करना ही स्वतंत्रता (SWATANTRATA) है ।

सूत्र 2: दूसरों से इन भावों को पाने की अपेक्षा ही परतंत्रता (PARTANTRATA) है ।

## \*\*\*\*\*अब इन 9 भावों को समझो\*\*\*\*\*

1) **विश्वास (TRUST)** : विश्वास किसी भी संबंध का आधार मूल्य( भाव) है ।

विश्वास का अर्थ है कि इस बात की आश्वस्ति (ASSURED) होना की सामने वाला (= दूसरा व्यक्ति ) मेरा सुख और समृद्धि चाहता है । अर्थात् दूसरे कि चाहना (Intention) पर आश्वस्ति होना ही विश्वास है

यदि मुझे दूसरे कि चाहना (INTENTION) पर विश्वास है तब मैं उसे संबंधी के रूप में देखता हूँ  
यदि मुझे दूसरे कि चाहना पर संदेह या अविश्वास (DOUBT) है तब मुझे उस पर गुस्सा/ क्रोध /चिढ़ आती है और तब मैं उसको विरोधी के रूप में देखता हूँ ।

2) **सम्मान (RESPECT):** सामने वाले (= दूसरे व्यक्ति ) का सही आंकलन करना (= ठीक ठीक आंकलन करना) ।

सही आंकलन (RIGHT EVALUATION) करने का अर्थ है कि--- मैं (SELF) के आधार पर सामने वाले का आंकलन करना ।

जब हम मैं (SELF) के आधार पर सामने वाले का आंकलन (EVALUATION) करते हैं तब यह पाते हैं कि सामने वाला (दूसरा व्यक्ति ) मेरे जैसा ही है ।

किस आधार पर सामने वाला मेरे जैसा है ?--- लक्ष्य, कार्यक्रम और क्षमता के आधार पर

**लक्ष्य (PURPOSE OR NATURAL ACCEPTANCE):** निरंतर सुख एवं समृद्धि पूर्वक जीना

**कार्यक्रम (PROGRAM):** चारों स्तर कि व्यवस्था को समझकर जीना

**क्षमता (POTENTIAL):** मुझमे निरंतर इच्छा, विचार एवं आशा चल रही है

**अर्थात् हमारा लक्ष्य (सहज स्वीकृती ) कार्यक्रम और क्षमता एक ही है ।**

**अगर मुझमे और सामने वाले में कोई अंतर है तो वो केवल योग्यता (=ABILITY OR COMPETENCE) का है ।** योग्यता के स्तर पर हम परस्पर पूरक (COMPLIMENTARITY) हैं ।

अर्थात् अगर सामने वाला मुझसे ज्यादा समझदार और जिम्मेदार है तब मैं उससे समझने को तत्पर रहता हूँ ।

और यदि मैं सामने वाले से ज्यादा समझदार और जिम्मेदार हूँ तब मैं सामने वाले को समझदार एवं जिम्मेदार बनाने के लिए सहयोग करता हूँ ।

- 3) **स्नेह (AFFECTION):** सामने वाले को अपने संबंधी के रूप में स्वीकार करने का भाव विश्वास और सम्मान के भाव के साथ ही हम दूसरे व्यक्ति को संबंधी की तरह स्वीकारते हैं। स्नेह के भाव के कारण ही हम सामने वाले के प्रति ममता (CARE) और वात्सल्य (GUIDANCE) का भाव रखते हैं।
- 4) **ममता (CARE):** संबंधी के शरीर के प्रति जिम्मेदारी का भाव अर्थात् संबंधी के शरीर (BODY) के पोषण (NURTURE) एवं संरक्षण (PROTECTION) का भाव।  
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- 5) **वात्सल्य (GUIDANCE):** संबंधी के मैं (SELF) के प्रति जिम्मेदारी का भाव अर्थात् संबंधी के मैं (SELF) को समझदार एवं जिम्मेदार बनाने का भाव।
- 6) **श्रद्धा (REVERENCE):** श्रेष्ठता (EXCELLENCE) की स्वीकृति का भाव अर्थात् हम सामने वाले की श्रेष्ठता (EXCELLENCE) को स्वीकार करते हैं। श्रेष्ठता का अर्थ है की चारो स्तर (ALL 4 LEVELS i.e., INDIVIDUAL, FAMILY, SOCIETY & NATURE) की व्यवस्था (HARMONY) को समझना और व्यवस्थापूर्वक होकर जीना। इसीलिए जो व्यक्ति चारो स्तर की व्यवस्था को समझकर जीता है वो व्यक्ति श्रेष्ठ (EXCELLENT) है।
- 7) **गौरव (GLORY):** जिन्होंने श्रेष्ठता के लिए प्रयास किया है उनके प्रति मेरा भाव।
- 8) **कृतज्ञता (GRATITUDE) :** जिन्होंने मेरी श्रेष्ठता के लिए प्रयास किया है उनके प्रति मेरा भाव।
- 9) **प्रेम (LOVE) :** हर एक को संबंधी के रूप में स्वीकार करने का भाव ही प्रेम है। प्रेम पूर्ण भाव (COMPLETE VALUE=COMPLETE FEELING) है। प्रेम का भाव अखंड समाज (UNDIVIDED SOCIETY) का आधार है।
- न्याय (JUSTICE):** मानव-मानव के बीच संबंधो को पहचानना (9 भावों के रूप में), निर्वाह करना (FULFILLMENT), मूल्यांकन करना (EVALUATION) एवं उससे जो उभय सुख (MUTUAL HAPPINESS) सुनिश्चित होना उसे न्याय कहते हैं।
- अखंड समाज (UNDIVIDED SOCIETY)**: इसी न्याय व्यवस्था को परिवार से विश्व परिवार (WORLD FAMILY) तक सुनिश्चित करने को अखंड समाज कहते हैं।

## \*\*\*\*\* ध्यान रखने योग्य बातें \*\*\*\*\*

- ✓ मानव - मानव के बीच सम्बन्धों का आधार 9 भाव होते हैं ।
- ✓ इन 9 भावों में केवल ममता (CARE) ही ऐसा भाव है जिसको व्यक्त करने के लिए केवल सुविधाओं की आवश्यकता पड़ती है । बाकि भावों को तो हम शरीर के माध्यम से ही व्यक्त (EXPRESS) करते हैं ।
- ✓ इसीलिए संबंधों को निर्वाह करने के लिए मैं (SELF) में भावों की प्रधानता होना आवश्यक है सुविधाओं की आवश्यकता तो बहुत ही कम पड़ती है (सीमित आवश्यकता)।
- ✓ सुविधाओं की आवश्यकता तो शरीर को बनाये रखने के लिए होती है जैसे की शरीर का पोषण, संरक्षण एवं सदउपयोग करना ।
- ✓ ध्यान रहे की FEELING (भाव) SELF का मुद्दा (ISSUE) है
- ✓ PHYSICAL FACILITY (सुविधा) शरीर का मुद्दा है
- ✓ भाव को व्यक्त करना भी शरीर का मुद्दा है
- ✓ भावों को व्यक्त करने से भी ज्यादा जरूरी है मैं (SELF ) में भावों (FEELINGS) का होना ।
- ✓ **इसीलिए EXPRESSION IMPORTANT NHI HAI-----FEELING IMPORTANT HAI**
- ✓ अगर संबंधों में भावों की प्रधानता नहीं होती तो वे सम्बन्ध केवल चल ही रहे होते हैं (घिसट ही रहे होते हैं ) ऐसे संबंधों में उभय सुख नहीं मिलता है । ऐसे संबंधों को हम COMPROMISING RELATIONS कहते हैं ।
- ✓ प्राकृतिक रूप से सारे भाव मैं (SELF) में बने ही हुए होते हैं लेकिन जब संबंधों को निर्वाह (FULFILL) करने जाते हैं तब इनमें से कोई भी भाव प्रधान हो जाता है

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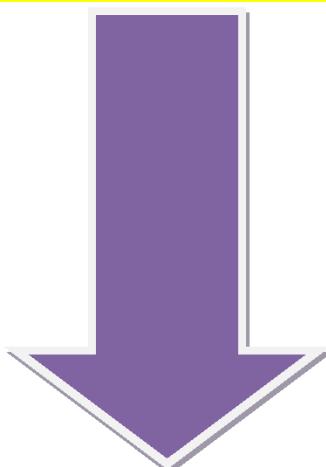
## NOW YOU STUDY THE NOTES OF UNIT -3

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You Tube Channel: Right education ensures holistic development



# **UNIT-3 (HARMONY IN FAMILY & SOCIETY)**

## **CH-1 UNDERSTANDING HARMONY IN FAMILY**

**Q . What is the role of value system in family harmony?**

Or

**How can you maintain harmony in relationship?**

Or

**Family is the basic unit of interaction. Comment**

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**ANS:**

Every human being is born in a family and is part of a family, in which there are parents, grandparents, children, youth, uncles and aunts, cousins, so many relatives and friends. It is the family where we are nurtured and developed from childhood, cared for in sickness and in old age. It is where we start learning to interact with other human beings, to share and to care. It is the place where we start becoming aware of relationship.

- ✓ Family is the Group of individuals living in relationship of mutual fulfillment ensuring right understanding & prosperity for all.
- ✓ The family is the basic unit of human interaction.
- ✓ The family gives us both **roots** to hold and **wings** to fly.
- ✓ Family relations give us strength to face the world.
- ✓ **The children who grow up in happy families are more successful and well-adjusted in life.**
- ✓ Our family can be our greatest supporter during adversity or unfavourable conditions and can be the source of unconditional love.

**There is a set of proposals about the families for us to verify:** -----

1. Relationship is (**संबंध है**) and it exists between the one Self ( $I_1$ ) and the other Self ( $I_2$ )
2. There are Feeling in relationship – in one Self ( $I_1$ ) for other Self ( $I_2$ )
3. These Feeling can be recognized – they are definite (9 Feeling)
4. **RECOGNIZING and FULFILLING these feelings leads to MUTUAL HAPPINESS (=HARMONY) in relationship.**

## NINE FEELINGS IN RELATIONSHIP:

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1. Trust विश्वास FOUNDATION VALUE
2. Respect सम्मान
3. Affection स्नेह
4. Care ममता
5. Guidance वात्सल्य
6. Reverence श्रद्धा
7. Glory गौरव
8. Gratitude कृतज्ञता
9. Love प्रेम COMPLETE VALUE

### CONCLUSION:

- Relationships in a family or in a society **are not created, they just are.**
- There are feelings (or values) which form the base (basis) of these relationships.  
These feelings are **definite** and are nine in number (i.e., 9 feelings).
- Thus it becomes clear that Relationship **IS** and **it exists** between the one Self ( $I_1$ ) and the other Self ( $I_2$ ) and there are Feelings in relationship – in one Self ( $I_1$ ) for other Self ( $I_2$ )
- Recognizing and Fulfilling these feelings leads to **MUTUAL HAPPINESS (=HARMONY)** in human –human relationship.
- Evaluation is a natural process when we live in relationships and we are constantly evaluating **ours** and the **other's** feelings in the relationship. For example, trust is must in a relationship and if there is a mutual feeling of trust, it leads to mutual fulfillment and there are no complaints. But if there is doubt on the other, the happiness in relationship is missing.

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**Q: Explain some of the important values (=feelings) which lie at the base of good relationship.**

MOST IMPORTANT QUESTION

Or

**List down the values (=feelings) in human relationship.**

Or

**What values are necessary in human relationship? Explain each briefly.**

Or

**What are the different values necessary in human to human relationship?**

**How do they lay the foundation for an undivided human race?**

Or

**What are the foundational values of relationships? How can they be used to ensure strong and mutually relationships?**

Or

**Name the values which are called as “foundation value” and “complete value”. Define both these values.**

**ANS: -----**

There are Feelings in relationship – in one self ( $I_1$ ) for other self ( $I_2$ ). These feelings are definite (=9 FEELINGS) and can be recognized with certainty. RECOGNIZING and FULFILLING these feelings leads to MUTUAL HAPPINESS (=HARMONY) in human –human relationship.

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## NINE FEELINGS IN RELATIONSHIP:

- |                                   |                              |
|-----------------------------------|------------------------------|
| 1. Trust विश्वास FOUNDATION VALUE | 6. Reverence श्रद्धा         |
| 2. Respect सम्मान                 | 7. Glory गौरव                |
| 3. Affection स्नेह                | 8. Gratitude कृतज्ञता        |
| 4. Care सम्मति                    | 9. Love प्रेम COMPLETE VALUE |
| 5. Guidance वात्सल्य              |                              |

## 1. TRUST:

- ✓ Trust or vishwas is the foundational value in a relationship.
- ✓ Trust means to be assured (= to have the clarity) that the other wants to make me happy & prosperous.
- ✓ To find out if there is Trust between yourself & another:
  - a) Verify about your Intention (=your aspiration which is based on Natural Acceptance)
  - b) Verify about your Competence (= Your ability to fulfill your aspiration )

Evaluating Trust – Between 2 Individuals VERIFY	
ABOUT YOUR INTENTION (=YOUR NATURAL ACCEPTANCE)	ABOUT YOUR COMPETENCE (=YOUR ABILITY)
1a. I want to make myself happy always	✓
2a. I want to make the other happy always	✓
3a. The other wants to make herself/himself happy always	✓
4a. The other wants to make me happy always	?

- ❖ CASE-1: If you have trust on intention (i.e., natural acceptance) of the other then YOU WILL FEEL RELATED TO OTHER.
- ❖ CASE-2: If you have doubt on intention of other then YOU WILL FEEL OPPOSED TO THE OTHER.

## 2. RESPECT:

Right Evaluation of other on the basis of Self (I) i.e., Respect is Right Evaluation of each other's Intention (=Natural Acceptance) and Competence. When we rightly evaluate the intention & competence of each other then we find that we are similar and complementary to each other.

The only difference is in our level of understanding (i.e., how much of our desire, thought & expectation are on the basis of our Natural Acceptance).

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### **3. AFFECTION:**

**Affection is the feeling of being related to the other.** I naturally feel related to the other when I have the feelings of Trust and Respect in my self for the other.  
There are two outcomes of affection i.e., **Care & Guidance**.

### **4. CARE:**

**Care is the feeling of responsibility & commitment for nurturing and protecting the Body of my relative with the help of physical facilities.**

### **5. GUIDANCE:**

**Guidance is the feeling of responsibility and commitment for ensuring right understanding and right feeling in the self of my relative.**

### **6. REVERENCE:**

**Reverence is the feeling of acceptance for Excellence in the other.**

### **7. GLORY:**

**Glory is the feeling of acceptance for those who have made efforts for excellence.**

### **8. GRATITUDE:**

**Gratitude is the feeling of acceptance for those who have made efforts for My Excellence.**

### **9. LOVE:**

**Love is the feeling of being related to all. Love is complete value.**

- ✓ It starts with identifying that one is related to the other human being (the feeling of affection) and it slowly expands to the feeling of being related to all human beings (i.e. Love starts from one and goes to everyone).
- ✓ Love is expressed in the form of kindness (दया), beneficence (कृपा) and compassion (करुणा).
- ✓ Love is the basis of Undivided Society & Universal Human Order.

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**Q: What do you understand by trust? Differentiate between intention and competence with examples.**      Or  
**How do you differentiate between intention and competence, when you have to judge the other? Why is it important?**

MOST IMPORTANT QUESTION

**ANS: TRUST:**

- ✓ Trust or vishwas is the foundational value in relationship.
- ✓ Trust means to be assured (= to have the clarity) that the other wants to make me happy & prosperous.

There are two aspects in trust-----i.e., **INTENTION AND COMPETENCE.**

<b>INTENTION (=OUR NATURAL ACCEPTANCE)</b>	<b>COMPETENCE (= OUR ABILITY= योग्यता)</b>
Intention is what we aspire (मूलभूत चाहना) for which is based on Natural Acceptance	Competence is our ability to fulfil the aspiration.
Intention is same for all of us and it <u>never changes.</u>	Competence may vary as it <u>changes</u> with our understanding.
Intention does not need to revisit	Competence needs to revisit. We can improve our competence by <u>continuous observation</u> of our Imagination. Note: [IMAGINATION= DESIRE+ THOUGHT+ EXPECTATION]
In intention every human being wants to do what is right (i.e., something which is based on Natural Acceptance or Right Understanding)	In competence every human being is able to do right on the basis of his/her understanding.

**CASE-1:** If I have trust on intention (i.e., natural acceptance) of the other then I FEEL RELATED TO OTHER. And if the other is lacking in competence (=Ability) then I WILL TRY TO IMPROVE HIS/HER COMPETENCE AS WELL AS MY COMPETENCE.

**FOR EXAMPLE:** - Suppose I have trust on the intention of other and there is a situation when a glass is either broken by other or by me then my evaluation about the other and myself will be as follows-----

ABOUT THE OTHER	ABOUT MYSELF
<p>The glass broke by accident</p> <ul style="list-style-type: none"> <li>– I am clear about his intention</li> <li>– I know the mistake is due to lack of competence, not a lack of intention</li> <li>– I make effort to help improve his competence with a feeling of affection</li> </ul> <p>I know that “he may have difficulty understanding... and I may have difficulty in explaining...”</p>	<p>The glass broke by accident</p> <ul style="list-style-type: none"> <li>– I am clear about my intention</li> <li>– I know the mistake is due to lack of competence, not a lack of intention</li> <li>– I make effort to improve my competence ( I am willing to learn)</li> </ul>

**Trust on intention is the starting point for mutual development**

**CASE-2:** If I have doubt on intention of other then I FEEL OPPOSED TO THE OTHER. In such a condition I evaluate myself on the basis of my intention and the other on the basis of his/her competence. In case the other is lacking in competence then I assume it to be his/her intention. The feeling of opposition reflects as reaction, irritation, and anger on the other.

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**समझो--**

[मैं अपना आंकलन तो अपनी INTENTION के आधार पर करता हूँ लेकिन दूसरे का आंकलन उसकी COMPETENCE के आधार पर करता हूँ और उसकी गलत COMPETENCE को उसकी गलत INTENTION बताकर/ मानकर उसकी INTENTION पर DOUBT करता हूँ । तब मुझे उस पर गुस्सा/ क्रोध /चिढ़ आती है और तब मैं उसको विरोधी के रूप में देखता हूँ । ]

**FOR EXAMPLE:** Suppose I do not have trust on the intention of other and there is a situation when a glass is either broken by other or by me, then my evaluation about the other and myself will be as follows-----

## ABOUT THE OTHER

The other broke a glass

If the other makes a mistake even once...

- I doubt his intention
- He makes mistakes intentionally
- I have a feeling of opposition, get irritated, angry...

## ABOUT MYSELF

The glass broke by accident

Even if I make the same mistake 100 times...

- I never doubt my intention
- I make mistakes by accident
- I have a feeling "I am special"

**Doubt on intention is a major reason for problems in relationships**

## समझोः

**INTENTIONALLY** व्यक्ति गलत नहीं होता । मजबूरीवश वो गलत काम करता है इसीलिए उसकी **COMPETENCE** गलत हो जाती है। इसलिए व्यक्ति की **COMPETENCE** को बार बार देखने/ जांचने की जरूरत पड़ती है

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**Q: How trust leads to respect?**

**ANS:**

**Trust:** Trust is the feeling of assurance (in continuity) on the intention of the other.

- *Trust on intention is the starting point for mutual development.*
- *Doubt on intention is a major reason for problems in relationships*

**Respect:** Respect is the right evaluation of each other's intention and competence.

**When we become assured on the intention of others and we make right evaluation of his/her intention, we find that we are similar on the basis of intention.**

- ✓ My intention is that I want to live with happiness and prosperity in continuity and the other also wants want to live with happiness and prosperity in continuity. It indicates that other is similar to me.
- ✓ To see other as similar to me is his/her right evaluation and this is what we say RESPECT. Therefore trust leads to respect.

**Q: Explain how trust leads to love?**

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**ANS:**

**Trust:** It is the feeling of assurance (in continuity) on the intention of the other.

- *Trust on intention is the starting point for mutual development.*
- *Doubt on intention is a major reason for problems in relationships.*

If I have trust on intention (i.e. basic aspirations) of the other then i feel related to other and if the other is lacking in competence (=ability) then i will try to improve his/her competence as well as my competence.

**Love:** The feeling of being related to all (Complete Value). Love is the feeling of being able to see the interconnectedness with all.

This feeling that, I am connected, related to every human being and every unit in existence is the feeling of love.

With the feeling of love, we are able to see our relationship, responsibilities and expectations in that relationship – and we are able to make meaningful effort to fulfil these responsibilities.

- Love is recognised as the complete value because with it, there is completeness in the feelings. With the feeling of love, we are able to express all the other feelings, as and when required.
- Trust has been recognised as the foundation value because the feeling of acceptance is the minimum expectation in relationship – in every situation – with people who are known and even with people who are not known. The need for this feeling is felt at all times, and with all.

**Q. How can I trust a stranger? Clarify.**

MOST IMPORTANT QUESTION

**ANS:**

- ✓ If we are able to see the relationship with the person at the level of 'I', we will see that the other person also is like us. The other person has natural acceptance (intention) for the same things as we have.
- ✓ He/she too wants to make himself / herself happy and wants to make us happy at the level of his intention, just as we. But he/she is unaware of this fact, just as we have been. Hence, he/she may be interacting with us based on our competence.
- ✓ The way out is to relate to the other person, to be able to see that at the level of natural acceptance, we are the same. We can then interact with the person based on their competence, and also help them improve their competence.

**Q There is a common saying; if you trust everybody, people will take undue advantage of you. What is the basic error in this statement?**

**Explain**

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**ANS:**

The basic error is that if we trust everybody, people will not take undue advantage of me. On the contrary, it gives us inner strength and we become far more effective in interacting with and “dealing with different people”. This is simply because, we already are sitting with the knowledge of what the person truly wants, truly intends, even though the person may not know this himself/herself! Hence, our ability to interact with people becomes far more effective and in the process, we don’t get hurt, we don’t get disturbed, we end up becoming an aid to the other. In other words, becoming aware, having the right understanding, living with the assurance in relationship does not mean becoming “stupid”! It only makes us, more competent. Further, what is being said here is that we have trust on the intention of everyone, but, when it comes to making a program with someone, I evaluate my competence, I evaluate his competence and make the program accordingly. This makes me more effective.

**Q: DIFFERENTIATE BETWEEN RESPECT AND DISRESPECT.**

MOST IMPORTANT QUESTION

**ANS:**

RESPECT	DISRESPECT
<p>Respect means right evaluation of other on the basis of Self (i.e., on the basis of purpose (Intention), program and potential).</p> <p>When we rightly evaluate the other then we find that we are similar and complementary (परस्पर पूरक होना) to each other. <b>We all are similar on the basis of our Purpose (Intention), Program and Potential.</b></p> <p>The only difference is of our Competence (=Ability/ level of understanding) (= योग्यता / समझ का स्तर)</p>	<p>Disrespect is wrong evaluation of other due to lack of right understanding i.e., whenever the evaluation is not right, it is disrespect.</p> <p>When we evaluate others on the basis of body parameters (such as age, colour, gender, physical strength, height etc.), physical facilities, beliefs, culture, caste, religion and information then we find that we are not similar on above mentioned basis and therefore it leads to differentiation which is a kind of disrespect of other.</p>
<p><b>Respect leads to happiness/harmony in relationships.</b></p>	<p>Disrespect leads to- differentiation, conflicts, fights &amp; acrimony (रुखापन/कड़वाहट) in relationships. Disrespect also leads to disharmony, ego, depression in Self (I)</p>

Q: WHAT ARE THE TYPES/FORMS OF DISRESPECT?

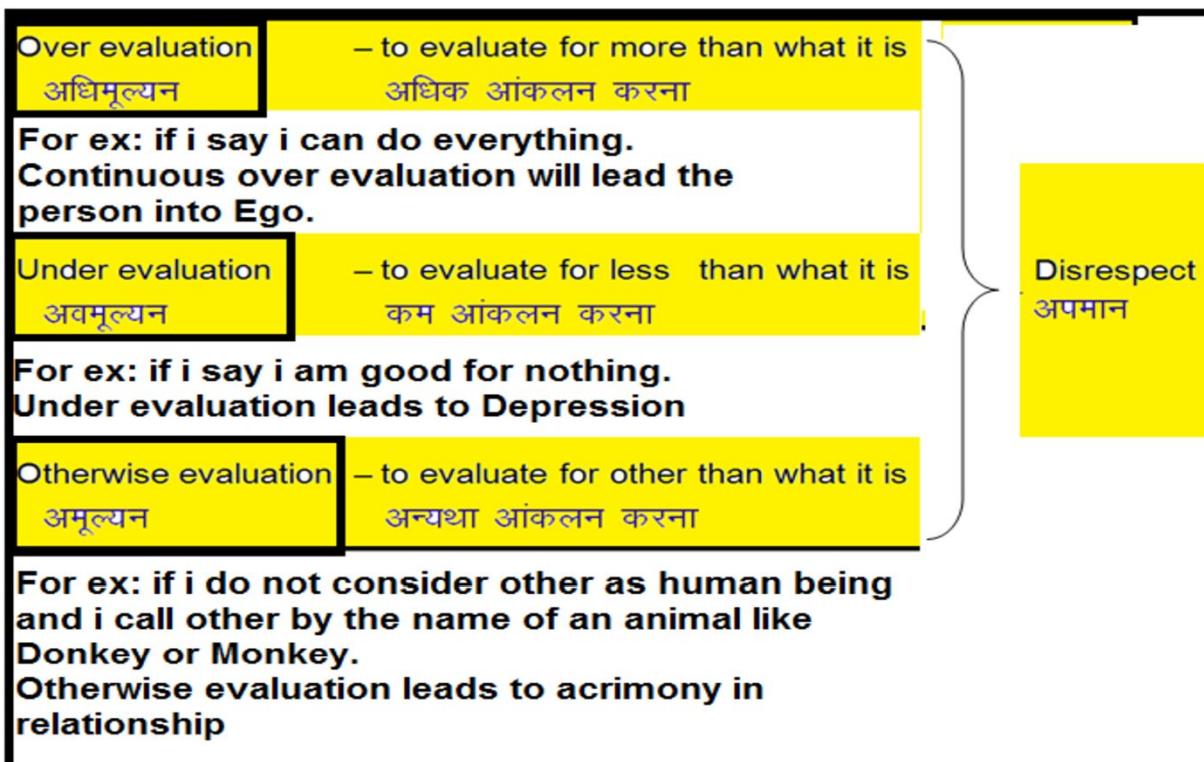
OR

Q: WHAT ARE THE TYPES/FORMS OF WRONG EVALUATION?

**ANS:**

MOST IMPORTANT QUESTION

Disrespect may be in the form of –OVER EVALUATION, UNDER EVALUATION AND OTHERWISE EVALUATION.



**Q: What do you mean by differentiation in relationship? What are the issues on which differentiation in relationship is prevalent in society?**

**Or**

**What is the basis of differentiation in relationship? How does differentiation lead to acrimony in relationships?**

**ANS:**

**MOST IMPORTANT QUESTION**

## **सबसे पहले DIFFERENTIATION के CONCEPT को समझो :**

**DIFFERENTIATION = भेदभाव**

भेदभाव का अर्थ है की सामने वाले से शरीर के आधार पर, सुविधाओं के आधार पर, मान्यताओं के आधार पर भेदभाव करना।  
उदाहरण के लिए :—

धनी या अमीर व्यक्ति का सम्मान, गरीब का अपमान  
बड़े पद या सरकारी नौकरी वाले का सम्मान छोटे पद वाले का अपमान  
गौरी चमड़ी या गैरे लोगो का सम्मान, काले लोगो का अपमान  
ताकतवर का सम्मान, कमज़ोर का अपमान  
जो व्यक्ति मेरे जैसी मान्यताओं को मानता है उसका सम्मान, जिसकी मान्यता मुझसे मेल नहीं करती उसका अपमान  
जो व्यक्ति मेरे धर्म मेरी जाति का है उसका सम्मान, दूसरी जाति और धर्म के व्यक्ति का अपमान  
पुरुष प्रधान समाज में पुरुष का सम्मान, नारी का अपमान  
पढ़े लिखे व्यक्ति का सम्मान, अनपढ़ व्यक्ति का अपमान

**भेदभाव की वजह से समाज में होने वाली समस्याएँ:-**

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धर्म परिवर्तन, लड़ाई, झगड़ा, नक्सलवाद, आतंकवाद नौकरी में आरक्षण अपनी मांग पूरी करने के लिए आंदोलन

ये सब भेदभाव समाज में लोगो के बीच नफरत और हिंसा का कारण है और इसलिए लोगो के सम्बन्धों में इतना रुखापन और कड़वाहट है

समझदार व्यक्ति सामने वाले व्यक्ति को शरीर, सुविधाओं और मान्यताओं के आधार पर नहीं जांचते  
समझदार व्यक्ति तो सामने वाले का सही आंकलन करते हैं उसके SELF के आधार पर

**NOW YOU SEE THE ANSWER**

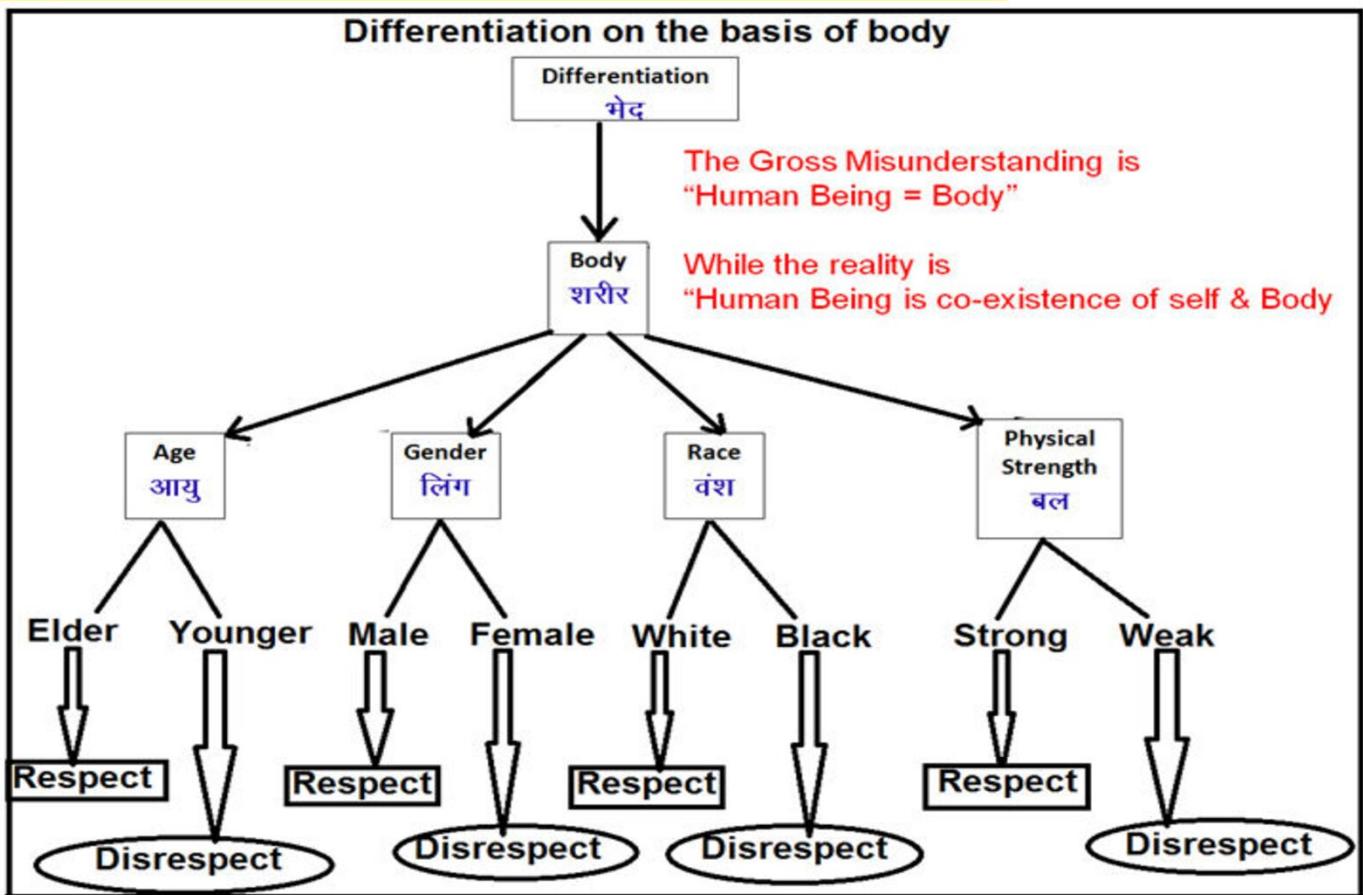


## **DIFFERENTIATION: ----**

- ✓ Differentiation or Discrimination in relationship is a kind of disrespect.
- ✓ It is due to wrong evaluation of others i.e., evaluation of others on the basis of body, physical facilities and beliefs.
- ✓ It leads to acrimony (रुखापन/ कड़वाहट ) in relationships.

## **BASIS OF DIFFERENTIATION**

### **(A) DIFFERENTIATION ON THE BASIS OF BODY-**



## **PROBLEMS:—**

1. Issues of women's rights
2. Demand for equity in education by women
3. Insecurity among people based on their gender
4. Racial attacks
5. Movement against cast discrimination
6. Problem of generation gap

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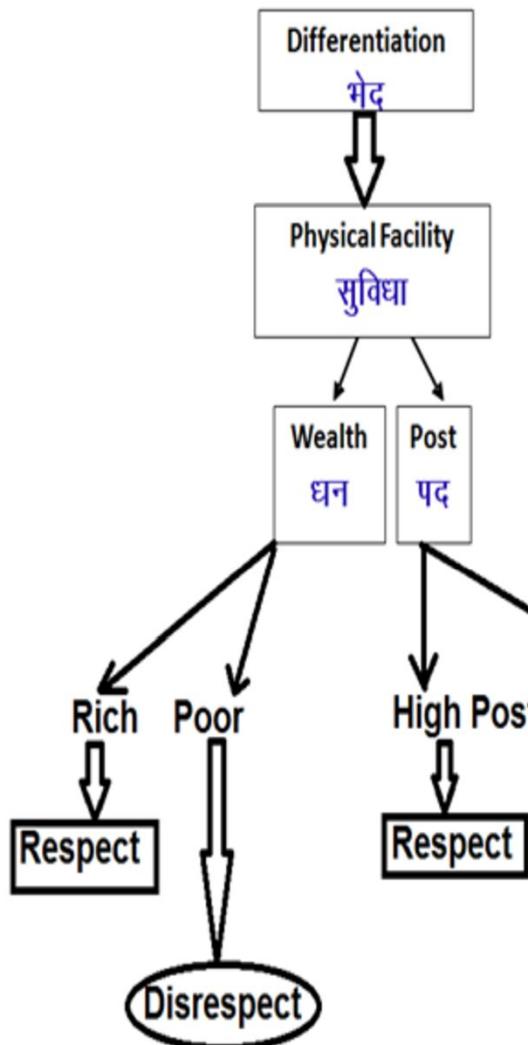
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## (B) DIFFERENTIATION ON THE BASIS OF PHYSICAL FACILITIES:-

Differentiation on the basis of physical facilities



The Gross Misunderstanding is  
“Physical Facility = Happiness”

While the reality is  
“Happiness is being in a state of Harmony”

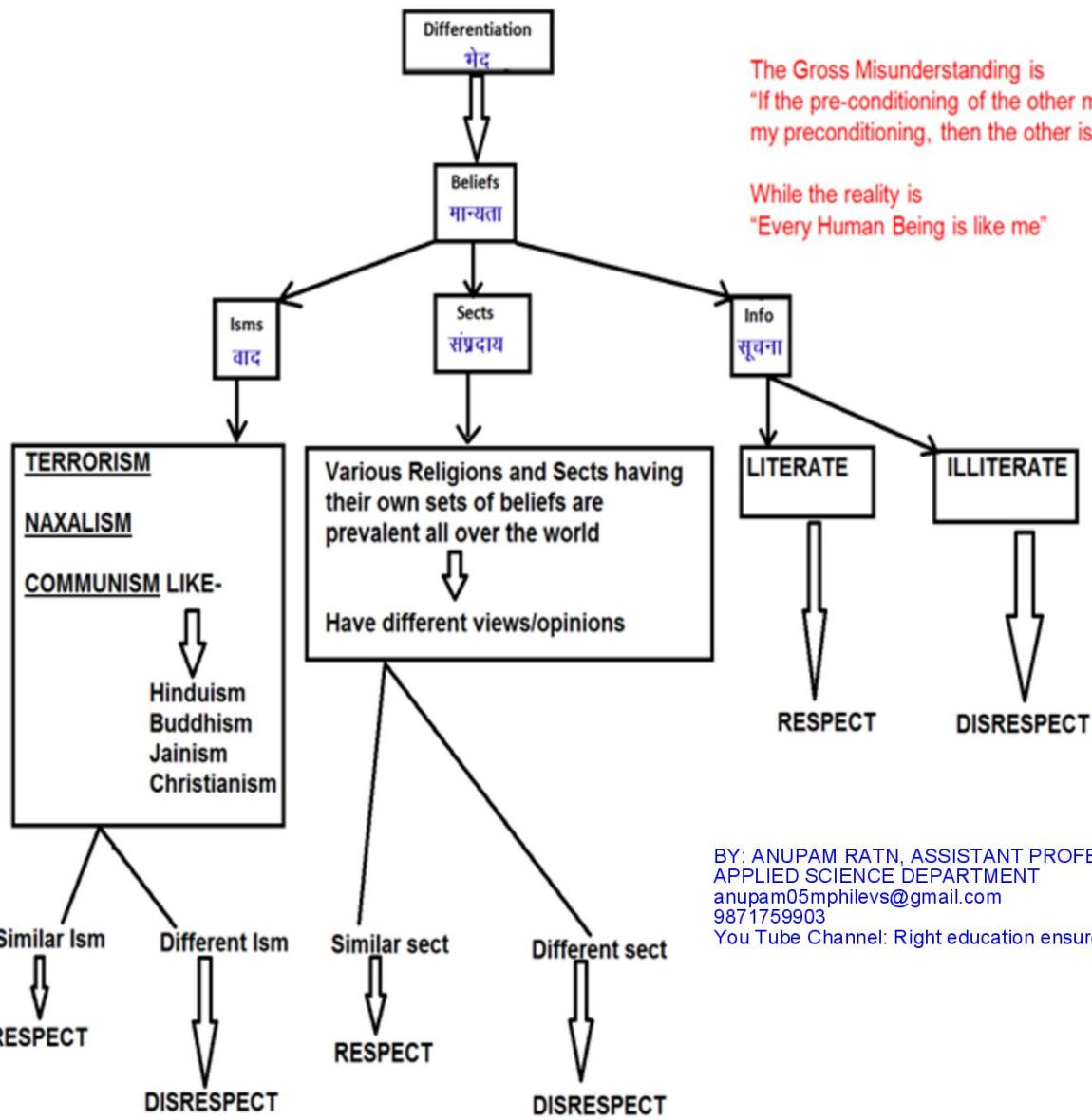
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### PROBLEMS:-

1. People are committing suicide, when they feel that they can not accumulate enough wealth (money) so as to get respect.
2. Individuals are getting depressed due to differentiation on the basis of post/position.

## (C) DIFFERENTIATION ON THE BASIS OF BELIEFS:-

Differentiation on the basis of Beliefs



### PROBLEMS:-

1. Problem of fights/war
2. Problem of Naxalism/Terrorism
3. People are converting from one ism to another ism to get respect and physical facilities
4. Different sects demand for special provisions in jobs & education

**Q: DIFFERENTIATE BETWEEN REACTION AND RESPONSE.**

**ANS:**

REACTION (प्रतिक्रिया)	RESPONSE (जिम्मेदारी)
When your behaviour is decided by others	When your behaviour is decided with your own right (Right Understanding)
It depends on whether you like or dislike the behaviour of others	It is based on Right understanding and Right feeling in your self
You may doubt his intention & therefore you feel opposed to other and you get irritated and angry on others.	You are clear about the intention of other and therefore you feel related to others.
It is the indication of Indefinite conduct	It is the indication of Definite conduct
It indicates that you are in the state of --Partantrata	It indicates that you are in the state of ----- Swatantrata

**Q: What is the basis of 'respect' for a human being? Do you see that the other human being is also similar to you? Explain. OR  
What is the minimum content of respect? Or  
What is the complete content of respect?**

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**Ans:**

MOST IMPORTANT QUESTION

**RESPECT:** Respect means right evaluation of other on the basis of Self (I) i.e., Respect is Right Evaluation of each other's Intention (=purpose or basic aspiration) and Competence.

- ✓ When we rightly evaluate the intention & competence of each other then we find that we are similar and complementary (परस्पर पूरक होना) to each other. We all are similar on the basis of our Intention (which is guided by natural acceptance), Program and Potential.
- ✓ The only difference is of our Competence/ability/ level of understanding (= योग्यता / समझ का स्तर)  
[अर्थात् हमारी Imagination (Desires, Thoughts & Expectations) कहाँ से guide हो रही हैं]

## **BASIS OF RESPECT** :--There are three basis of respect-

- 1) INTENTION (OR BASIC ASPIRATION OR PURPOSE OF LIFE)
- 2) PROGRAM
- 3) POTENTIAL

## **MINIMUM CONTENT OF RESPECT:**

We all are similar on the basis of our Intention, Program & Potential i.e., “other is similar to me”.

PURPOSE (=INTENTION OR BASIC ASPIRATION)	PROGRAM	POTENTIAL
<ul style="list-style-type: none"> <li>• I want to live with continuous happiness and prosperity.</li> <li>• The other also wants to live with continuous happiness and prosperity.</li> </ul>  <p><b>SAME INTENTION</b></p>	<ul style="list-style-type: none"> <li>• My program is to understand &amp; live in harmony at all 4 levels (i.e., individual, family, society &amp; nature).</li> <li>• The program of other is also to understand &amp; live in harmony at all 4 levels.</li> </ul>  <p><b>SAME PROGRAM</b></p>	<ul style="list-style-type: none"> <li>• Desires, Thoughts and Expectations are continuous in me.</li> <li>• Desires, Thoughts and Expectations are also continuous in other.</li> </ul>  <p><b>SAME POTENTIAL</b></p>

## **COMPLETE CONTENT OF RESPECT:**

The other is similar to me. We are complementary to each other. When we rightly evaluate the intention & competence of each other then we find that we are similar and complementary (परस्पर पूरक होना) to each other.

We all are similar on the basis of our Purpose (= Intention, Program and Potential).

The only difference is of our Competence (= Ability/Level of understanding).

If I have trust on intention of other, I feel related to the other and I make a program with the other based on right evaluation of our mutual competence.

- ***In case the other is lacking in competence***
  - I make effort to assure the other.
  - I make effort to improve his competence once he is assured in relationship (and not before that)
- ***If I lack in competence,*** I become ready to take help from the other to improve my competence.

**Q: Differentiate Between Attention & Respect.**

**Ans:**

<b>ATTENTION</b>	<b>RESPECT</b>
<p>Attention means that you are attracting people through your body activities or through the physical facilities you have and you want people to appreciate and take interest in you.</p> <p>You want that people should pay attention to you as <u>you are different or special</u> and you think that this is your respect.</p> <p><u>It means you are evaluating yourself on the basis of body and physical facilities.</u></p> <p style="background-color: yellow; text-align: center;"><b>YOU ARE DIFFERENT FROM OTHER</b></p>	<p>Respect means right evaluation of myself and others on the basis of Self (I) or on the basis of Intention and competence.</p> <p>When we rightly evaluate the intention &amp; competence of each other then we find that we are similar and complementary (परस्पर पूरक होना) to each other.</p> <p style="background-color: yellow; text-align: center;"><b>OTHER IS SIMILAR TO ME</b></p>

**Q : How can you say that love is the complete value?**

**ANS.**

**Love is the feeling of being related to all. Love is complete value.**

- ✓ Love is called the complete value since it starts with ONE (i.e., feeling of being related with someone, which is called the feeling of affection) and it slowly expands to ALL ( i.e., the feeling of being related to all human beings and then to each & every unit present in nature like plants, animals, air , water , soil, rocks etc.)
- ✓ Thus Love starts from ONE and goes to EVERYONE or every unit present in the nature/existence.
- ✓ Love is expressed in the form of kindness (दया), beneficence (कृपा) and compassion (करुणा).
- ✓ The feeling of Love is the foundation of Undivided Society.

**Q: Feeling of love lay down the basis of undivided society. Explain.**

**ANS:**

The feeling (=value) of love is also called the complete value since this is the feeling of relatedness to all human beings. It starts with identifying that one is related to the other human being (the feeling of affection) and it slowly expands to the feeling of being related to all human beings. The feeling of love leads to an undivided society, it starts from a family and slowly expands to the world family in the form of love.

The feeling of being related to every human being leads to our participation in an Undivided Humane Society (Akhanda Manviya Samaja).

- ✓ With the understanding of values in human relationships, we are able to recognize the connectedness (relationship) with every individual correctly, and fulfil it.
- ✓ When we understand the value in relationship with other units in nature too, we are able to recognize our connectedness with them to, and fulfil it. This enables us to participate in the Universal Human Order (Sarvabhaum Vyavastha).

**Q: What is the meaning of justice in relationship? How does it follow from family to world family?      Or**

**What is justice? What are its four elements? Explain it with the help of diagram. Or**

MOST IMPORTANT QUESTION

**How does justice ensure mutual happiness in family?**

**ANS:**

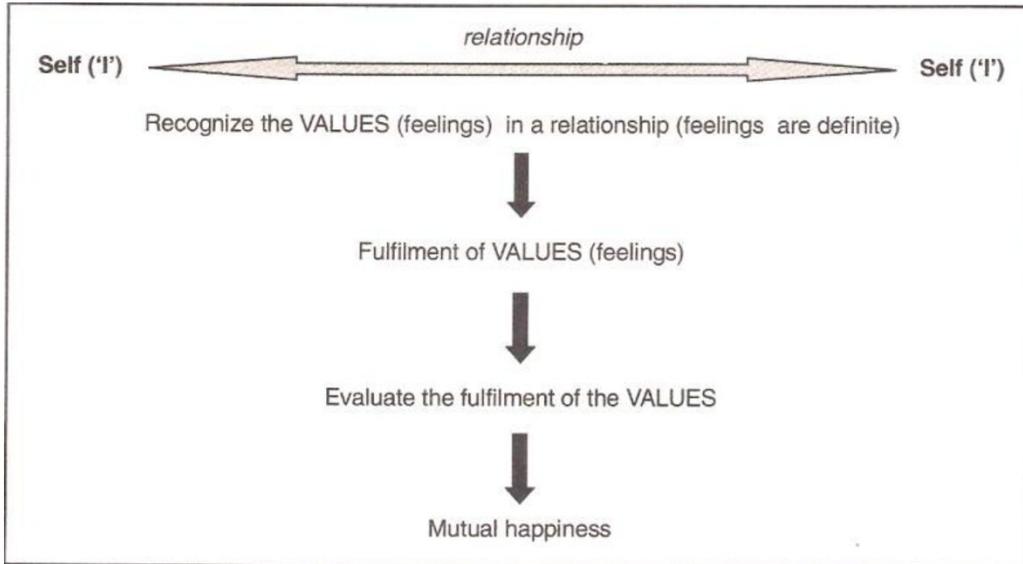
**JUSTICE (न्याय):**

Justice means Recognition of values (=9 feelings) in relationship, Fulfillment of values & Right evaluation of fulfillment which leads to Mutual Happiness.

**ELEMENTS OF JUSTICE:** There are four elements of justice. When all the four elements are ensured, justice is ensured. Mutual fulfillment is the hallmark of justice.

- 1) Recognition/identification of feelings (9 feelings) in relationship
- 2) Fulfillment of values (=feelings)
- 3) Right evaluation of fulfillment
- 4) Mutual happiness

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**Justice is essential in all the relationships. Mutual fulfillment is hallmark of justice. Justice starts from family and expands to the world family. The child gets the understanding of justice in the family. With this understanding he goes out in society and interacts (=Behaviour) with people.**

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- ❖ **CASE 1: If the understanding of justice is ensured in the family, there will be justice in all the interactions we have in the world.**
- ❖ **CASE 2: If the understanding of justice is not ensured in the family, there will be injustice/animosity in most of the interactions we have in the world.**

**Q: What is the concept of undivided society?**

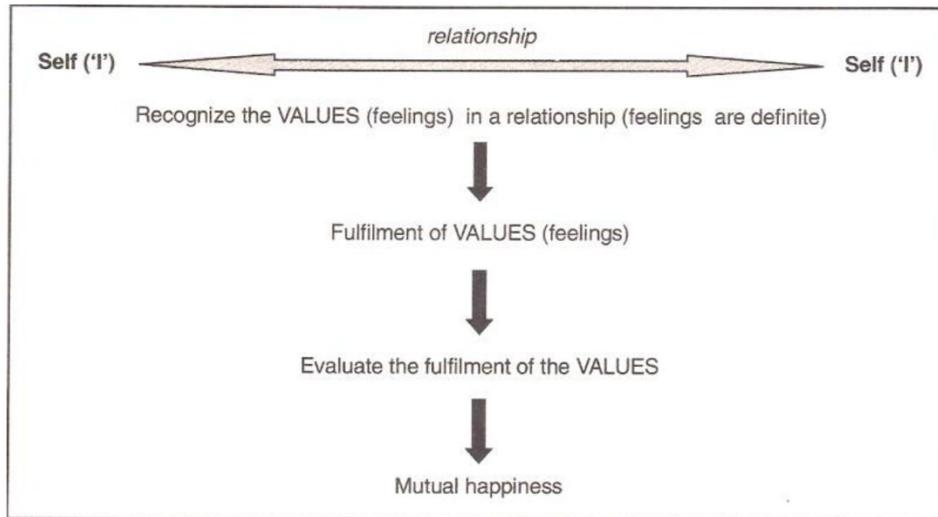
MOST IMPORTANT QUESTION

**Ans:**

**[UNDIVIDED SOCIETY (अखंड समाज)= TO ENSURE JUSTICE FROM FAMILY TO WORLD FAMILY]**

Justice i.e., Recognition of values (=9 feelings) in relationship, Fulfillment of values, Right evaluation of fulfillment which leads to Mutual Happiness. ----- This is justice.

- ✓ **Justice starts from family and expands to the world family.**
- ✓ **To ensure justice from family to world family is called Undivided Society.**



**Justice is essential in all the relationships. Mutual fulfillment is hallmark of justice.**

**Justice starts from family and expands to the world family.** The child gets the understanding of justice in the family. With this understanding he goes out in society and interacts (=Behaviour) with people.

- ❖ If the understanding of justice is ensured in the family, there will be justice in all the interactions we have in the world.
  - ❖ In the family, we learn to recognize relationship and the feelings which form the base of any relationship. We also learn how to fulfill these feelings in relationship.
  - ❖ Disputes or disharmony among family member indicates there is a mistake in the recognition of feelings in relationship.
  - ❖ If the understanding of justice is not ensured in the family, there will be injustice/acrimony in most of the interactions we have in the world.
  - ❖ But when feeling are recognized and fulfilled, it leads to mutual happiness or harmony in family relations.
  - ❖ When this harmony is ensured from family to world family, this is called undivided society.
  - ❖ In undivided society we feel being related to all human beings and it leads to fearlessness or trust.

## CHAPTER-2: (HARMONY IN SOCIETY)

Q. Explain the comprehensive human goal. How does fearlessness follow from right understanding and prosperity?

OR

MOST  
MOST IMPORTANT QUESTION

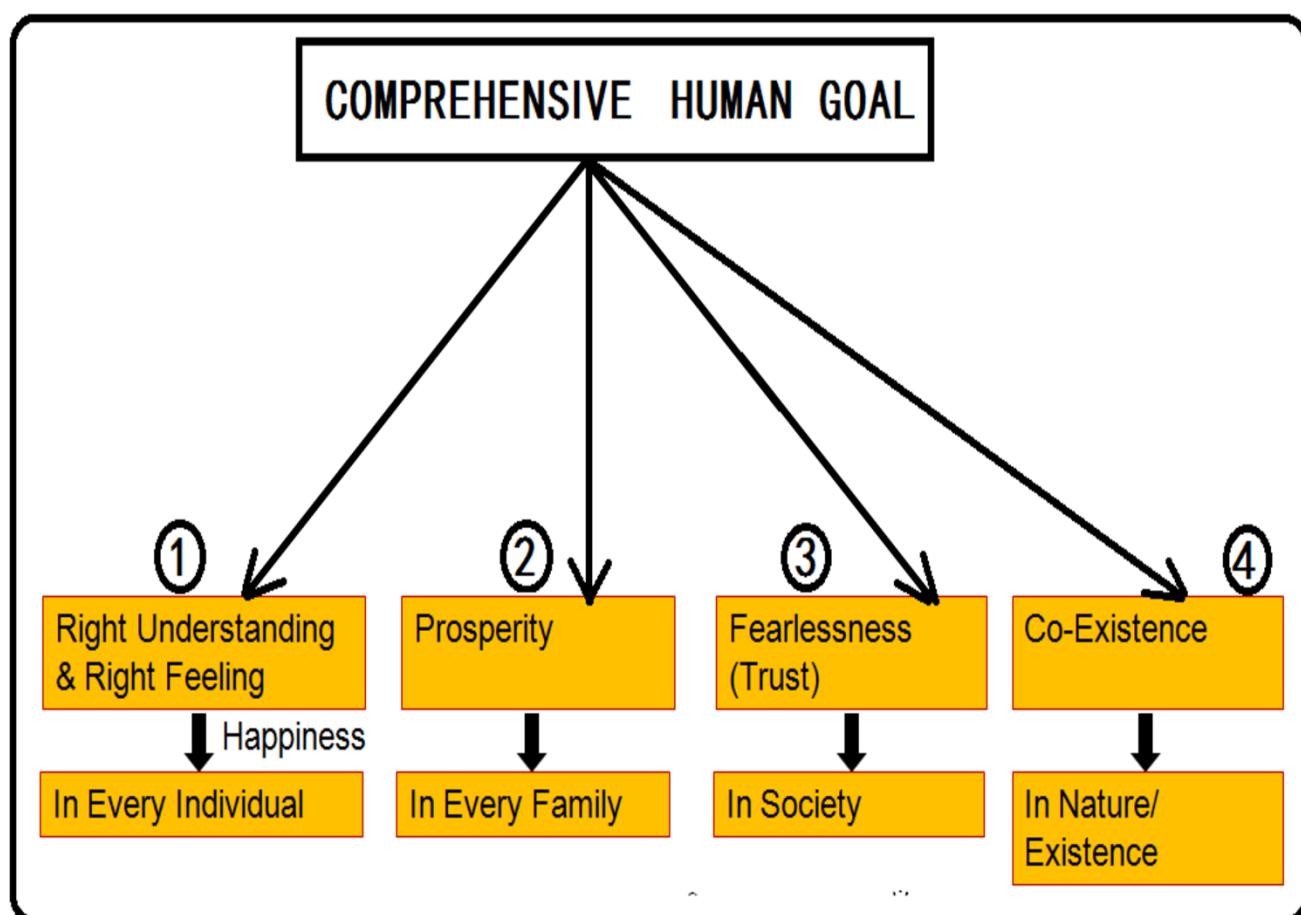
What do you mean by comprehensive human goal? Explain. How is it related to your goal in life?

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ANS:

A society is composed of families living together, in a relationship of mutual fulfillment. They have a common goal (=comprehensive human goal) which is-

1. Right understanding & Right feeling (happiness) in every individual
2. Prosperity in every family
3. Fearlessness (Trust) in society
4. Co-existence in nature/existence



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## **1. Right understanding & Right feeling (happiness) in every individual:**

Right understanding means understanding and living in harmony at all 4 levels (i.e., Individual, Family, Society & Nature/Existence).

The human beings who do not have right understanding & right feeling remain disturbed (Partantra). Such human beings create disharmony with other human being as well as with rest of nature.

Therefore right understanding and right feeling are needed to live happily/harmoniously with other human beings as well as with rest of nature.

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## **2. Prosperity in every family:**

Prosperity in the family means that the family is able to identify its needs with right understanding and is able to produce/ achieve more than what is required using right skills in a sustainable manner (i.e., people-friendly and eco-friendly way).

Thus prosperity includes two things---

- 1) Identification of required physical facilities in right quantity using right understanding.
- 2) Ensuring availability/production of more than what is required physical facilities using right skills in a sustainable manner (i.e., people-friendly and eco-friendly way).

## **3. Fearlessness (Trust) in society:**

Fearlessness (Abhay) or Trust in society means every member of society feels related to everyone. And people are assured that they want each other's happiness and prosperity.

The people should be assured that they all want each other's happiness and prosperity.

- ✓ Assurance of right understanding in the individuals, prosperity in the families and understanding of human-human relationships (i.e., Justice) leads to Fearlessness in the society.

#### **4. Co-existence/Harmony in Nature:**

Co-existence in nature means there is a relationship and complementarity among all the units (such as plants, animals, air, water, soil, rocks, minerals etc) in nature including human beings.

- ✓ **Assurance of right understanding in the individuals, prosperity in the families and understanding of human-rest of nature relationship (i.e., Mutual prosperity) leads to harmony in nature.**

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**Q: Critically examine the current state of society today in terms of fulfilment of comprehensive human goal.**

MOST IMPORTANT QUESTION

**ANS:**

The word “society” is primarily used in the context of human-human relationship (Behaviour). Society is composed of families living together in a relationship of mutual fulfillment with a common human goal.

**Current Situation** (जो अभी देखने को मिलता है)

We assume that —

Human being=Body,  
Respect= Having more physical facilities,  
Need of physical facilities= unlimited  
Program= accumulation by any means,  
Result=Deprivation (दरिद्रता)

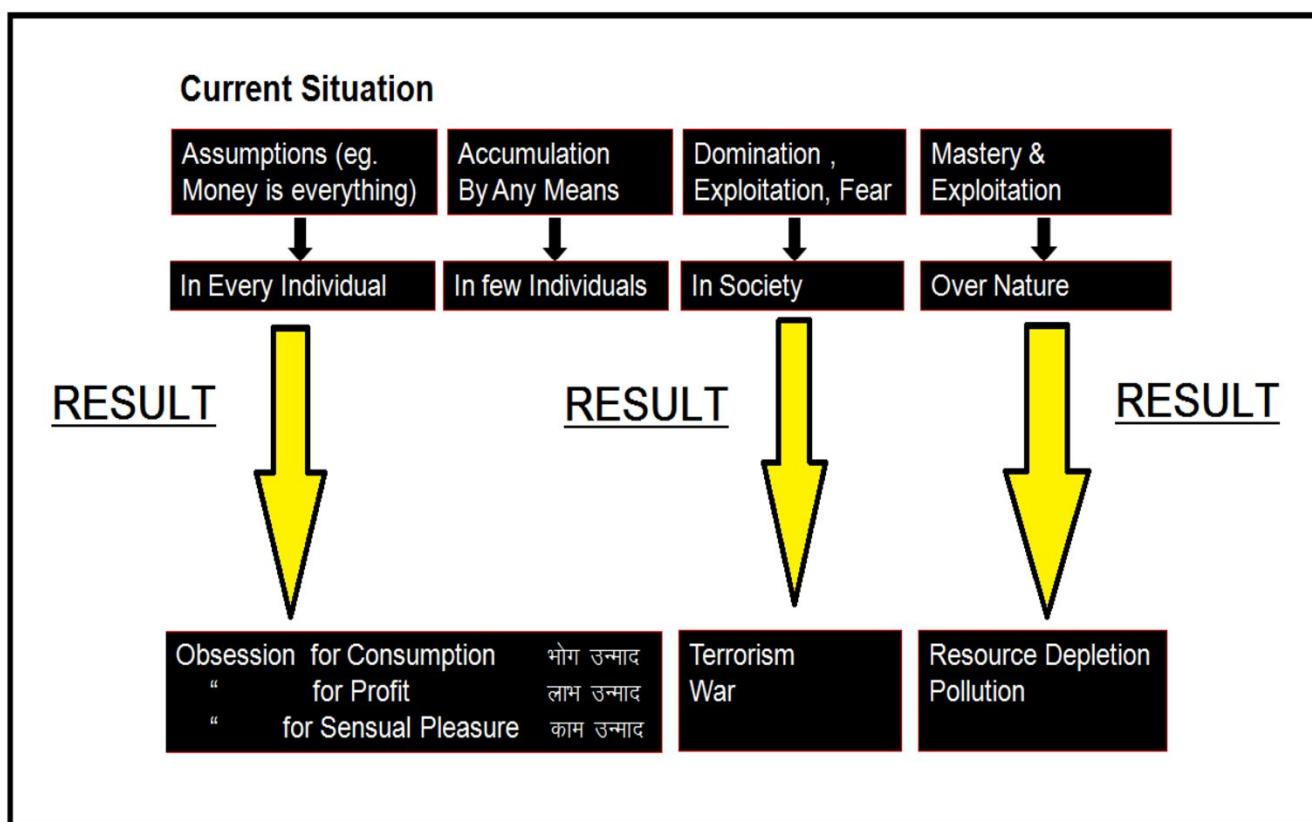
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GROSS MISUNDERSTANDING  
(आधारभूत भ्रम)

A deprived person (दरिद्र व्यक्ति) thinks of accumulation of things (वस्तुओं का अनावश्यक संग्रह करना) and exploiting others (दूसरों का शोषण करना) because he has no program for his needs i.e. his needs are unlimited.

## Present status → Divided Human Society

- **Individual:** Aimlessness, Confusion, Tension, Frustration, Depression, Suicide, Alcoholism, Substance abuse, Obsession for consumption, profit & sensual pleasure.
- **Family (Human-Human Relationship):** Opposition, Reaction, Anger, Strife, Court cases, Divorce etc.
- **Society:** Population, Increasing gap between rich and poor, Fear, Genocide, Domination, Exploitation, Terrorism, War etc.
- **Nature (Relationship with Rest of Nature):** Air, Water & Soil Pollution, Resource Depletion, Climate change, Global warming, Acid rain, Ozone layer depletion, Deforestation and Desertification.



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## Q: Where do we want to reach as a society?

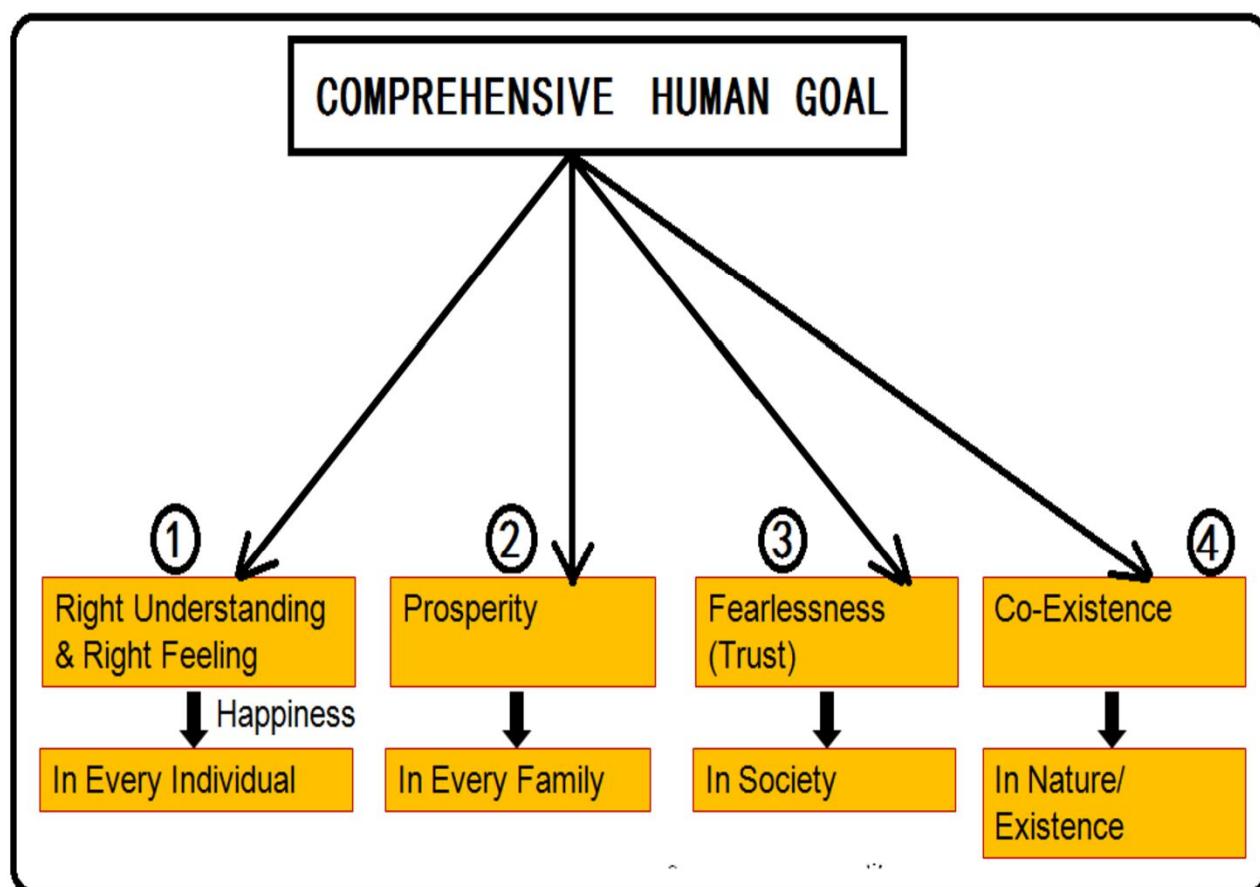
Ans:

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We want to live with Happiness and Prosperity in continuity i.e., we want to live with continuous fulfilment.

- Continuous fulfillment means to ensure Mutual fulfillment (i.e., Mutual Happiness) in human-human interaction & Mutual fulfillment (i.e., Mutual Prosperity) in Human and rest of nature interaction in continuity.
- Continuous Fulfilment can be ensured through-
  - Right understanding in the Self (TRUTH)
  - Fulfilment in relationship (LOVE and COMPASSION)
  - Ensuring more than what is required physical facility (PROSPERITY)

A society is composed of families living together, in a relationship of mutual fulfillment. They have a common goal (=comprehensive human goal) which is-



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**Q: Write the program to attain comprehensive human goal. Give examples also.**

MOST  
MOST IMPORTANT QUESTION

**OR**

**What are the five dimensions of human endeavour in society conducive to 'Manaviya Vyavastha'?**

**OR**

**What are the five dimensions of Human Endeavour or Human Order?**

**How are they helpful in achieving the comprehensive human goal?**

**ANS:**

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**Comprehensive human goals are as follows:**

- I. Right understanding in every individual
- II. Prosperity in every family
- III. Fearlessness (Abhay) or Trust in society &
- IV. Co-existence/Harmony in nature

**Program needed to achieve the comprehensive human goals:-**

**OR**

**Five dimensions of human endeavour in society:-**

The program to achieve comprehensive human goal is as follows: ----

- 1. Education (Shiksha) ----- Right Living ( Sanskar)
- 2. Health (Svasthya) -----Self Regulation ( Sanyam)
- 3. Production (Utpadan) ----- Work (Karya)
- 4. Justice (Nyay) ----- Preservation ( Suraksha)
- 5. Exchange (Vinimaya) -----Storage (Kosh)

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**1 (a) Education (Shiksha)** – Education is to develop right understanding about Harmony at all 4 levels of living (i.e., individual (self), family, society & nature).

**1 (b) Right Living (Sanskar)**: Right living refers to commitment, preparation and practice to live in harmony at all four levels of living.

**2(a) Health (Svasthya)** – Health is the condition of body where all the body parts are in harmony (i.e., performing their expected functions)

**2 (b) Self Regulation (Sanyam)**: Sanyama refers to a feeling of responsibility in self (I) for nurturing, protection and right utilization of the body. If there is a feeling of sanyama in the Self (I), the Body will be healthy i.e., there will be harmony among the body parts.

**3 (a) Production (Utpadan)**: Production is the result of work.

- ✓ Production must be sustainable .i.e., people friendly and environment friendly production. The process must be cyclic & mutual enriching.

WHAT TO PRODUCE	HOW TO PRODUCE
Required physical facility which is necessary for nurturing, protection and right utilization of body.	In a people friendly and environment friendly manner i.e., in such a way so that the product could be recycled (cyclic process).  <b>Thus the process of production should be Mutual Enriching &amp; Cyclic.</b>

**3 (b) Work (Karya)**: Work means the labour a human being does on rest of nature (i.e., on plants, animals, air, water, soil, metals etc).

- ✓ Labour is done for production of physical facility. Outcome of labour is production.

## ----- ONLY आपके समझने के लिए:-----

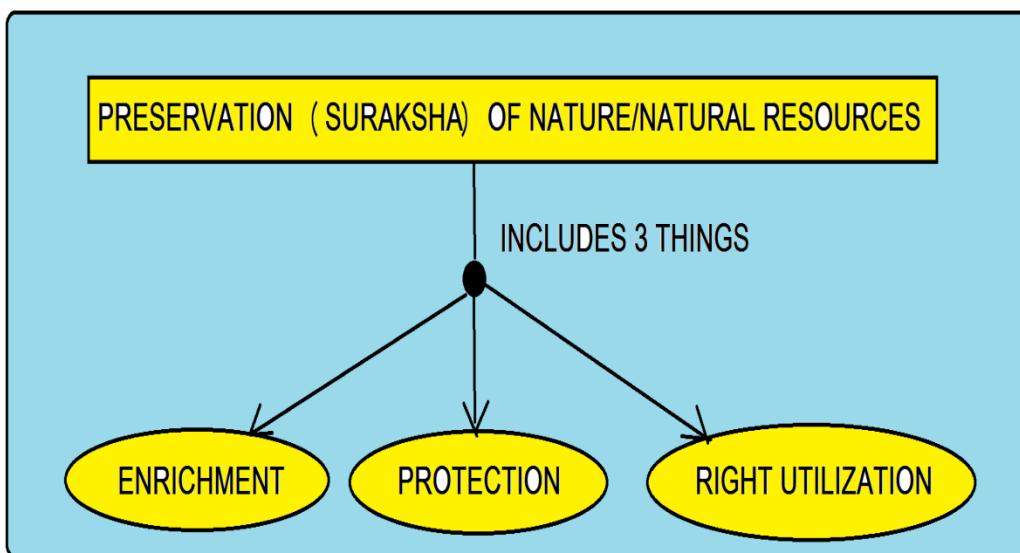
NATURE की CYCLIC PROCESS में अगर ध्यान से देखे तब ये बात समझ में आती है की ये एक MUTUAL ENRICHMENT की PROCESS है मतलब की SOIL AND PLANT दोनों ही ENRICH हो रहे हैं।

ENRICH होने का मतलब है की किसी भी चीज (NATURAL RESOURCE) की QUALITY AND QUANTITY में GROWTH/DEVELOPMENT/IMPROVEMENT होना।

जब PLANT की LEAVES SOIL में गिरती हैं और धीरे-धीरे DECOMPOSE होती है तो इससे मिट्टी में NUTRIENTS (KHAAD OR NATURAL FERTILIZER) बनता है अर्थात SOIL और भी ज्यादा FERTILE हो जाती है। इसीको ही SOIL का ENRICH होना कहते हैं। अब जब SOIL ENRICH हो गयी तब PLANTS अपनी ROOTS के द्वारा इन NUTRIENTS को ABSORB कर लेते हैं और इससे PLANT की GROWTH/DEVELOPMENT होती है। इसका मतलब PLANT भी ENRICH हुआ है। तो इस तरीके से दोनों मतलब SOIL AND PLANT साथ साथ ENRICH होते रहते हैं।

4 (a) **Justice (Nyay)**: Justice refers to harmony (Mutual happiness) in the human-human relationship.

4 (b) **Preservation (Suraksha)**: Preservation means harmony (Mutual Prosperity) between human-rest of nature relationship.



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## आपके समझने के लिए:-----

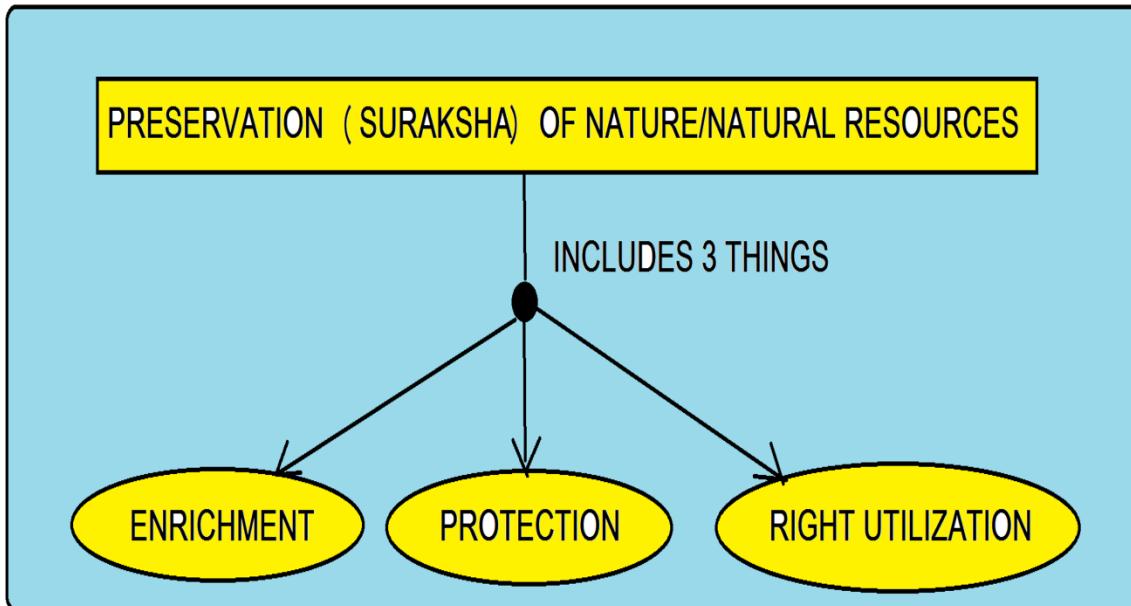
(REST OF NATURE = ALL THE UNITS PRESENT IN NATURE EXCEPT HUMAN BEINGS.)

अर्थात -मानव को छोड़कर जो शेष जो प्रकृति है जैसे पेड़ -पौधे , पशु -पक्षी, वायु, जल मिट्टी,

पहाड़, खनिज -लवण, धातु आदि , उसी को REST OF NATURE कहा ]

## -----ONLY आपके समझने के लिए:-----

**PRESERVATION** का अर्थ होता है सुरक्षा । इसका सम्बन्ध **NATURE OR NATURAL RESOURCES** की सुरक्षा से है । इसमें तीन बातें शामिल हैं ।



1. **ENRICHMENT (संवर्धन)** :- ENRICHMENT का अर्थ है की NATURAL RESOURCES की QUALITY & QUANTITY में GROWTH/DEVELOPMENT होना जिससे उस NATURAL RESOURCE की AVAILABILITY (उपलब्धता) हमेशा बनी रहे ।

2. **PROTECTION (संरक्षण)**: PROTECTION का अर्थ है की NATURAL RESOURCES को विलुप्त होने से या बीमारी/ संक्रमण से बचाना ।

3. **RIGHT UTILIZATION (सद-उपयोग)**: RIGHT UTILIZATION का अर्थ है की NATURAL RESOURCES का JUDICIOUS USE (उचित उपयोग ) करना अर्थात उसको WASTE न करना ।

ध्यान रखो--- सुविधाएं (PHYSICAL FACILITIES OR NATURAL RESOURCES) का उपयोग केवल 3 बातों के लिए होता है -----

1. शरीर का पोषण करना-----TO NURTURE BODY
2. शरीर का संरक्षण करना-----TO PROTECT BODY
3. शरीर का सद-उपयोग करना -----RIGHT UTILIZATION OF BODY

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इसीलिए मानव को चाहिए को वो सुविधाओं का सद-उपयोग ही करे, दुर-उपयोग कभी न करे  
 I हर मानव सही समझ से अपनी आवश्यकताओं को पहचानकर प्रकृति से उतना ही ले  
 जितना जरूरी हो I अभी मानव नासमझी के कारण NATURAL RESOURCES का MISUSE  
 कर रहा है , उसका EXPLOITATION कर रहा है I जो की सही के अर्थ में नहीं है I

**5(a) Exchange (Vinimaya):** Exchange refers to the exchange of physical facilities between the members of the society with a feeling of mutual fulfilment.

- ✓ Exchange of physical facility should not be for MADNESS of profit (or exploitation).

**5(b) Storage (Kosh):** Storage refers to the storage of physical facilities (=produce) that is left after fulfilling the needs of the family with a feeling of mutual fulfilment. The storage of produce should be with a view of right utilization in future, not HOARDING (जमाखोरी)

- ✓ Storage of physical facility should not be for MADNESS of profit (or exploitation).

MOST IMPORTANT PART

## SUMMARY CHART----- (VERY IMPORTANT)

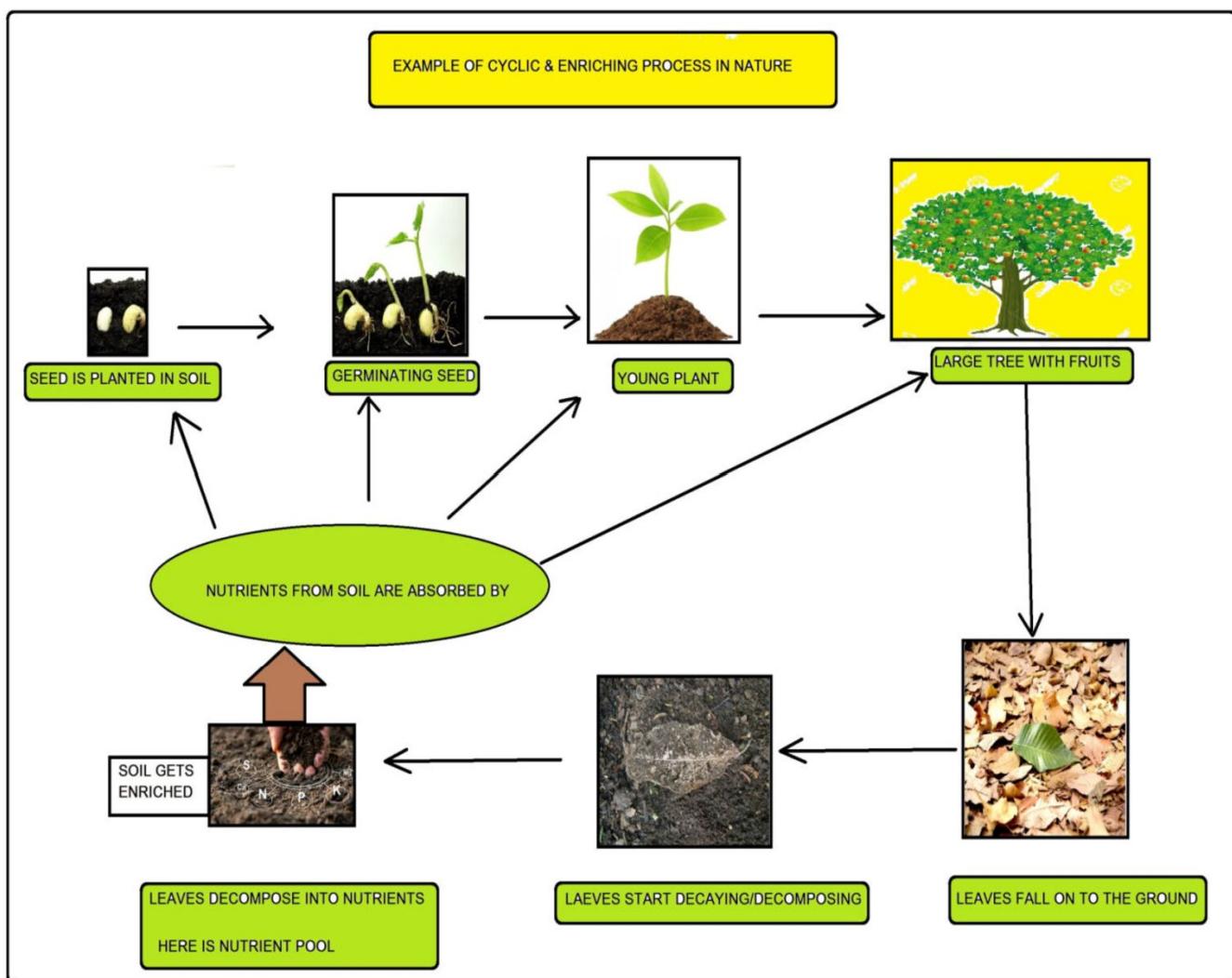
PROGRAM	THE GOAL ACHIEVED/FULFILLED
Education (Shiksha) --- Right Living ( Sanskar)	Right understanding in every individual
Health (Svasthya) ---Self Regulation ( Sanyam)	Feeling of Prosperity in every family
Production (Utpadan) ----- Work (Karya)	<ul style="list-style-type: none"> <li>➤ Feeling of Prosperity in every family &amp;</li> <li>➤ Harmony in nature/existence</li> </ul>
Justice (Nyay) ---- Preservation ( Suraksha)	<ul style="list-style-type: none"> <li>➤ Fearlessness in society &amp;</li> <li>➤ Harmony in nature/existence</li> </ul>
Exchange (Vinimaya) -----Storage (Kosh)	<ul style="list-style-type: none"> <li>➤ Feeling of Prosperity in every family &amp;</li> <li>➤ Fearlessness in society</li> </ul>

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**Q: DESCRIBE THE CYCLIC OR AVARTANSIL (आवर्तनशील) AND MUTUAL ENRICHING PROCESS IN NATURE?**

**ANS:**

When a seed is planted in soil and water is added, after some time the seeds start germinating and give rise to a young (baby/small) plant. The young plant after some time grows into a tree bearing branches, leaves, flowers and fruits. The leaves and fruits after maturation fall onto ground and start decomposing. The leaves get decomposed into nutrients (khaad) and as a result soil becomes fertile or enriched, this is called soil enrichment. The nutrients thus produced are absorbed by plants which help in growth/development of plant, this is called enrichment of plant. The seeds of mature (or dry) fruit start germinating in soil in the presence of nutrients and water and thus the processs of development of plant from seeds starts again and therfore it is called cyclic process.

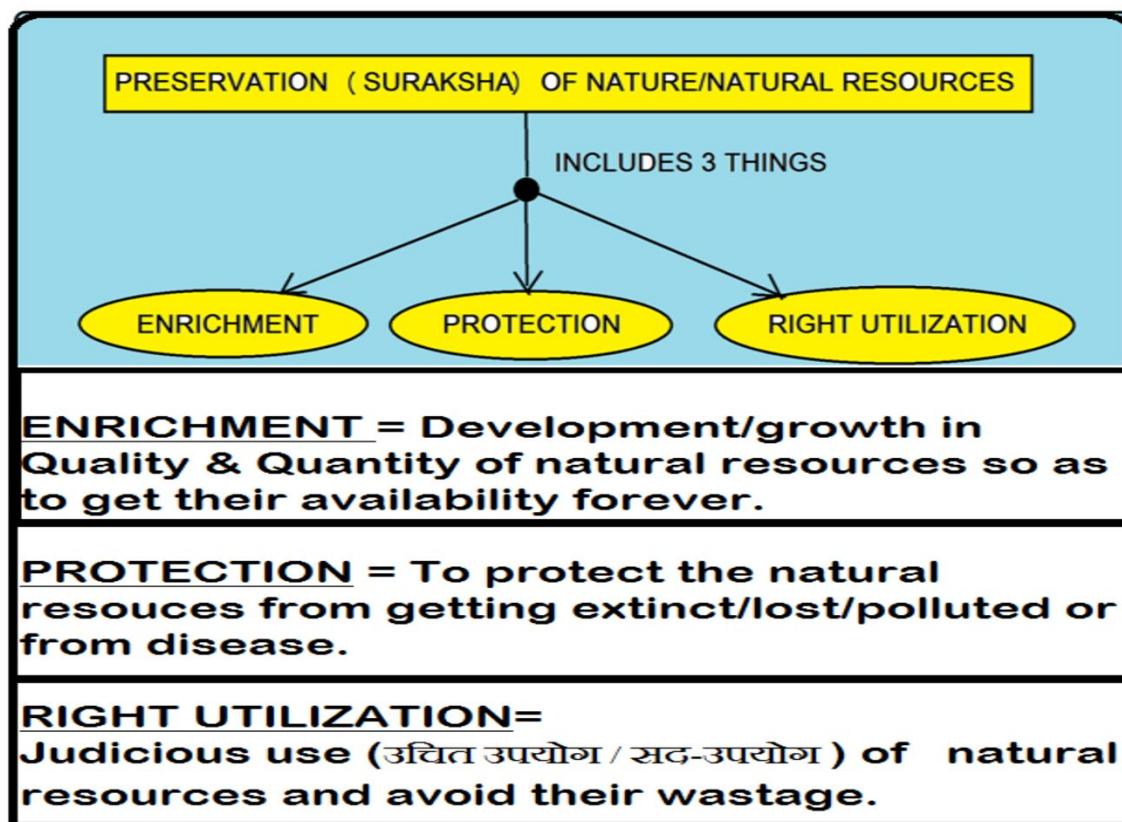


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**Q: Write a short note on Preservation or Suraksha of nature/ natural resources?**

**Ans:**



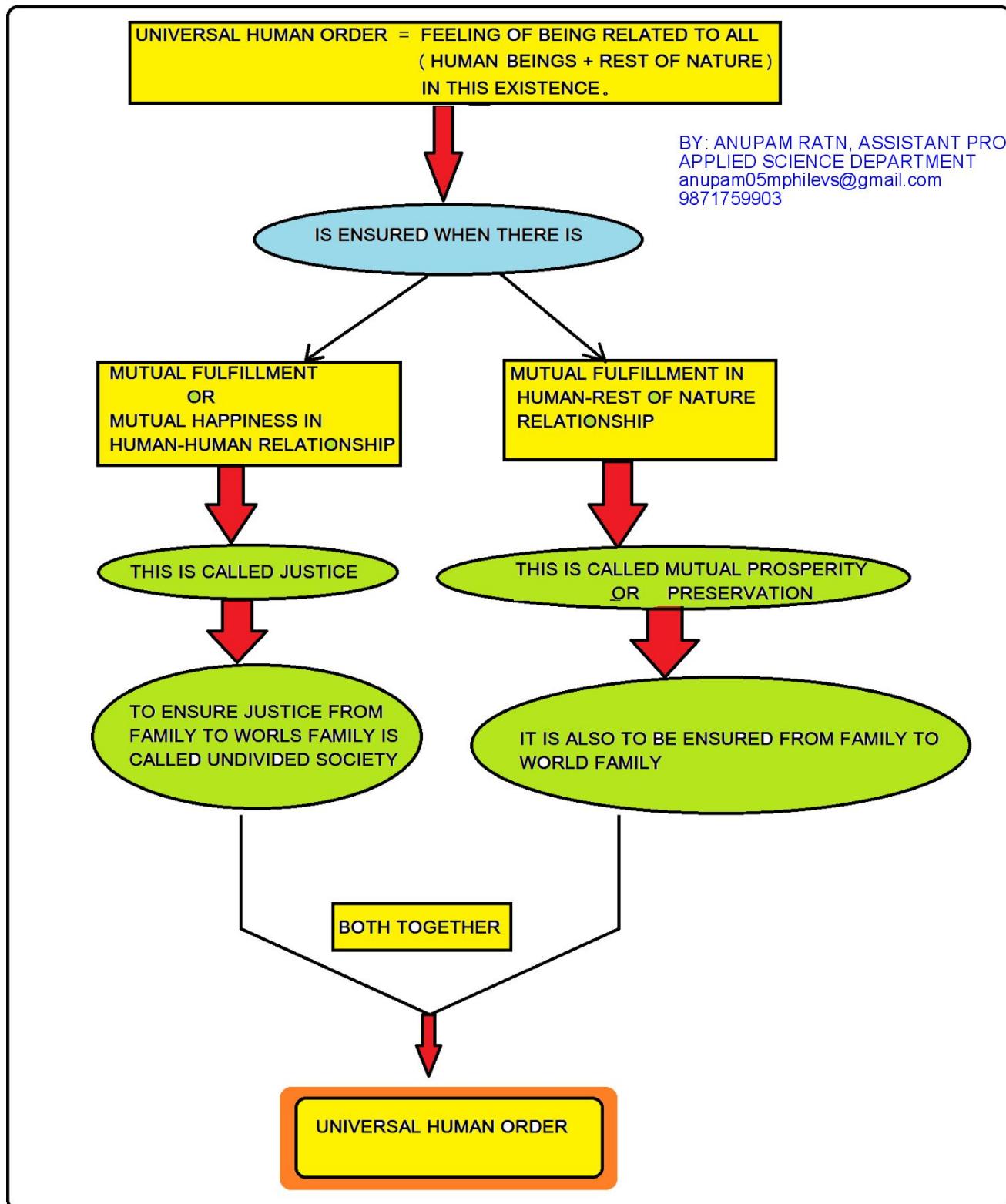
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## Q: What is the concept of Universal Human Order?

MOST  
MOST IMPORTANT QUESTION

**ANS:** Universal Human Order (*Sarvabhaum Vyavastha*) is a feeling of being related to every unit including human beings and other units present in nature.

(प्रत्येक मानव का प्रकृति की हर एक इकाई के साथ सम्बन्ध का भाव रखना और सम्बन्ध के भाव के साथ ही जीना)



The respect towards mankind and nature is must to establish The Universal Human Order.

It includes-----

1. **Understanding of Comprehensive Human Goal:**

By understanding the comprehensive human goal-----

(a) We are able to understand and live in harmony with human beings.

This harmony in human-human relationship is called **JUSTICE**.

**And to ensure justice from family to world family is called UNDIVIDED SOCIETY.**

(b) We are also able to understand and live in harmony with rest of nature. This harmony in human-rest of nature relationship is called **MUTUAL PROSPERITY**.

2. **Understanding of the Five Dimensions of Human Endeavour:**

Working on the five dimensions of human endeavour in the light of right understanding, we are able to work for an orderly living of the human society, whose foundational unit is the **FAMILY** and the final destination is the **WORLD FAMILY**.

## **THUS UNIVERSAL HUMAN ORDER**

Includes↓

<b>FOUR COMPREHENSIVE HUMAN GOALS</b>	<b>FIVE DIMENSIONS OF HUMAN ENDEAVOUR</b>
1) Right understanding in every individual 2) Feeling of Prosperity in every family 3) Fearlessness (Trust) in society 4) Co-existence/Harmony in nature	1) Education (Shiksha)-----Sanskars 2) Health (Swasthya)-----Sanyam 3) Production (Utpadan)—Work (Karya) 4) Justice (Nyay)-----Preservation (Suraksha) 5) Exchange (Vinimaya)----Storage (Kosh)

**Q: How do Universal Human Order & Undivided Society help to create a world family.**

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**ANS:**

## **UNIVERSAL HUMAN ORDER (SARVABHAUM VYAVASTHA):**

is a feeling of being related to every unit including human beings and other units present in nature.

The respect towards mankind and nature is must to establish The Universal Human Order.

It includes-----

### **1. Understanding of Comprehensive Human Goal:**

By understanding the comprehensive human goal-----

- ✓ We are able to understand and live in harmony with human beings. This harmony in human-human relationship is called JUSTICE. And to ensure justice from family to world family is called UNDIVIDED SOCIETY.
  
- ✓ We are also able to understand and live in harmony with rest of nature. This harmony in human-rest of nature relationship is called MUTUAL PROSPERITY.

### **2. Understanding of the Five Dimensions of Human Endeavour:**

Working on the five dimensions of human endeavour in the light of right understanding, we are able to work for an orderly living of the human society, whose foundational unit is the FAMILY and the final destination is the WORLD FAMILY.

The steps of organization from family to world family will be integrated in the following way: -----

**Family => family cluster => village / community => village cluster => => world family**

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## **UNDIVIDED SOCIETY (AKHAND SAMAJ):**

To ensure justice from family to world family is called UNDIVIDED SOCIETY

**AKHAND SAMAJ** is the state of the society where all people of different religion and thought process live together and work towards betterment of the society.

**Three activities can be performed to send the message of a holistic society:-**

### **1. Educating society through workshops, seminars and street plays:**

This is about organizing workshops, seminars and street plays at various levels in society. The activity may be carried out by N.G.O.'s but must receive the support of government organizations. These activities can be categorized into three types which include

- Knowing the self,
- Knowing the existence on basis of self,
- Knowing the definite human conduct which is contribution of self in existence.

### **2. Value education in educational institutions:**

value education should be introduced in current education system at all levels – primary school, secondary school, senior secondary school as well as college level.

### **3. Helping to apply values to the real world:**

Organizations – both Government and Non-Government should open up counselling centres which can help their employees or general public to apply values to real life situations. It is about realizing the alternatives in life. Various individuals are on the way of self-exploration, finding their natural acceptance towards holistic approach of life and realizing it at all levels starting from self (with knowledge) to family (with meaningful relationships), then to society (education – health – production – business – services). The idea is not to live in isolation or individualism but with expansion of SELF to higher levels in the social system.

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