

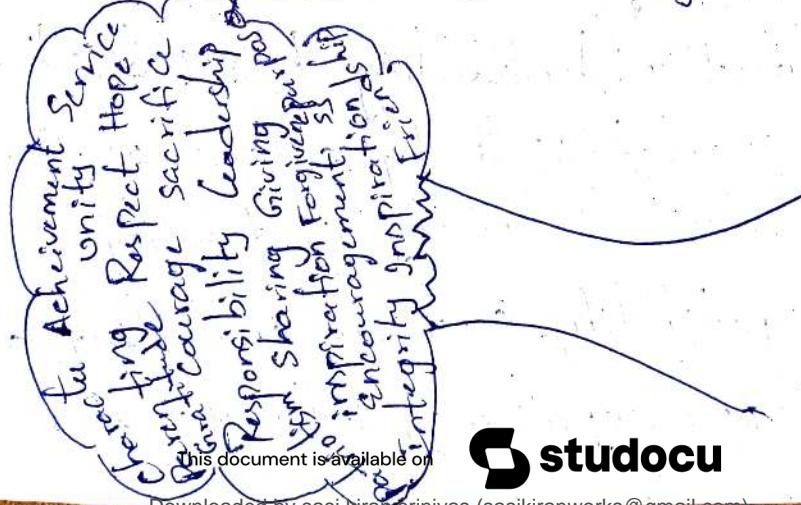
Human Values refer to those values which are at the core of being human. Basic inherent values in humans include truth, honesty, Loyalty, Love, peace etc. They bring out fundamental goodness of human beings.

Types :-

Ethical. Ethics describe the accepted principles & standards of conduct about moral duties & virtues as applied to an organization.

Social Values. A set of principles that are morally acceptable by society. Created by dynamics of community institution in the society, traditions & cultural beliefs of the people in society.

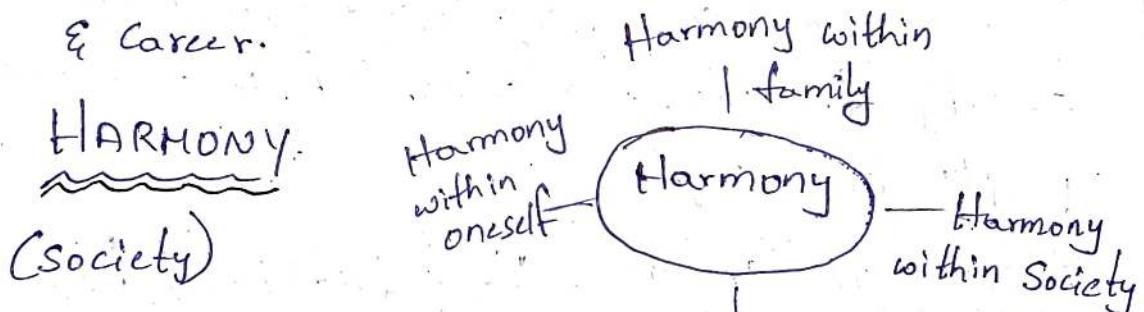
Subjective Values. Each individual has their own preferences for objects/actions.



UNIVERSAL HUMAN VALUES - The basic human values are fundamental to human nature and human existence. These values are universal in nature, applicable to all human beings in all places and all times; Eg:- Truth, Love, Loyalty, peace & Compassion

WHY ARE HUMAN VALUES UNIVERSAL ?

These values are not only necessary for being good human beings, but also to have a better & more positive working envt with motivating and supporting/live relations. They play imp. role even in homes, education & career.



State of cooperative and mutual understanding b/w individuals & groups, characterized by a lack of conflict and a sense of Unity & Stability.

Compatibility & accord in feeling, actions, relationships, opinions, interests etc.

VALUE EDUCATION

Value Education lays emphasis on the personality development of individuals in order to shape their future and tackle difficult situations with ease (more carefully/gradually).

It is an imp. part of a comprehensive education. It involves teaching principles that guide human being behaviour, such as Ethics, Morals and Values. In today's fast paced world, where competition is emphasized, value education is crucial in shaping individual character and promoting the well-being of society.

Values such as honesty, respect, responsibility, compassion & kindness are highly emphasized in value education.

Values form the basis for all our thoughts, behaviours and actions. Once we know what is valuable to us, these values become the basis, the anchor for our actions. We also have need to understand the universality of various human values. Then only we can have a definite and common program for VE & can be assured of a happy and harmonious human Society.

→ BASIC GUIDELINES FOR VE

The subject enables us to understand "what is valuable" for human happiness is called VE.

- * UNIVERSAL - It needs to be applicable to all human beings irrespective of cast, creed, nationalities, religion, etc.
- * RATIONAL - It has to appeal to human reasoning. It has to be amenable to reasoning and not based on blind beliefs.
- * NATURAL & VERIFIABLE - It has to be naturally acceptable to the human being who goes through the course and when we live on the basis of such values it leads to our happiness. It needs to be experientially verifiable, & not based on beliefs or assumptions.
- * ALL ENCOMPASSING - VE is aimed at transforming our consciousness and living. Hence, it needs to cover all the dimensions (thought, behaviour, work & realization) and levels (individual, family, society, nature & existence) of human life & profession.

- * LEADING TO HARMONY - The VE ultimately is aimed at promoting harmony within the individual among human beings and with nature

→ WHAT IS VE

Is an educational approach that focuses on teaching students values that are imp. for their personal, social and moral development. Values such as honesty, respect, responsibility, compassion and kindness are highly emphasized in value education.

→ OBJECTIVES OF VE

- * INSTILLING VALUES - To instill essential values in individuals such as honesty, integrity, respect, empathy, responsibility & compassion.
- * TO BUILD CHARACTER - The goal of VE is to help people build strong characters based on moral principles and become responsible, accountable citizens.
- * FOSTERING CRITICAL THINKING - VE encourages people to think critically & reflect on their

actions & beliefs, which helps them make better decisions & solve problems in a constructive way.

- * To PROMOTE Social HARMONY :- By instilling respect for diversity, encouraging empathy & individuals to work together to build a better society.
- * ENCOURAGE POSITIVE BEHAVIOUR - VE aims to cultivate positive behaviour in individuals by promoting ethical principles such as honesty, responsibility & empathy.
- * To ENHANCE PERSONAL GROWTH - VE aims to assist individuals in achieving personal growth and development by instilling in them a sense of self-awareness, self-esteem, and self-worth

IMPORTANCE OF VE

- * PROMOTES MORAL DEVELOPMENT - It helps individuals to understand the diff. b/w right & wrong, and encourages them to make decisions based on ethical & moral principles.

- * FOSTERS EMPATHY AND COMPASSION - By teaching individuals about the imp. of treating others with kindness and respect, VE helps them become more understanding & caring. This leads to stronger relationships and a more compassionate and empathetic society.
- * ENCOURAGES CRITICAL THINKING - VE can help individuals become more open-minded & better able to make informed decisions.
- * BUILDS CHARACTER - By teaching the imp. values in life, such as honesty, integrity & hardwork, VE can help individuals develop strong character traits that will serve them well throughout their lives.
- * CONTRIBUTES TO OVERALL WELL-BEING - VE can help individuals lead more fulfilling and meaningful lives. This in turn, can lead to greater happiness & over-all well-being.

→ NEED FOR VE

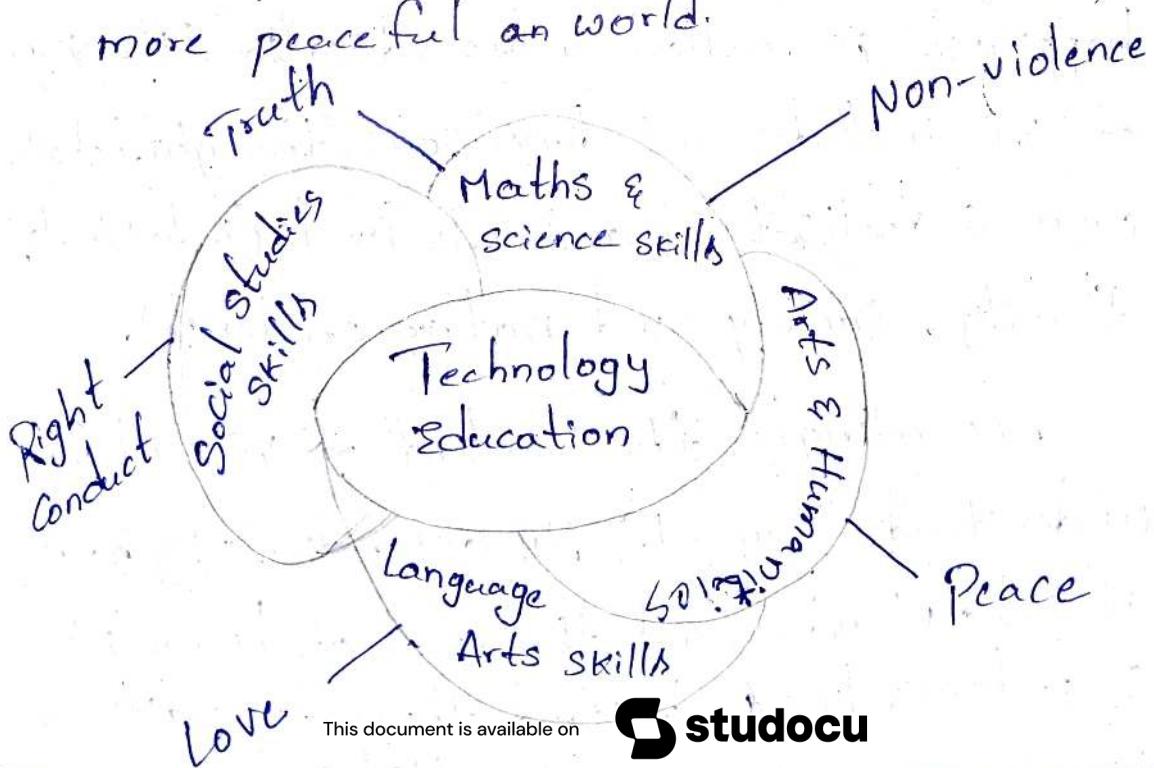
All human beings aspire for a happy fulfilling life. For a happy life, their are

- two imp. questions pertaining to this:
- * What is my aspiration? (what to do?) (values)
 - * How to fulfil my aspiration? (How to do?) (skills required)

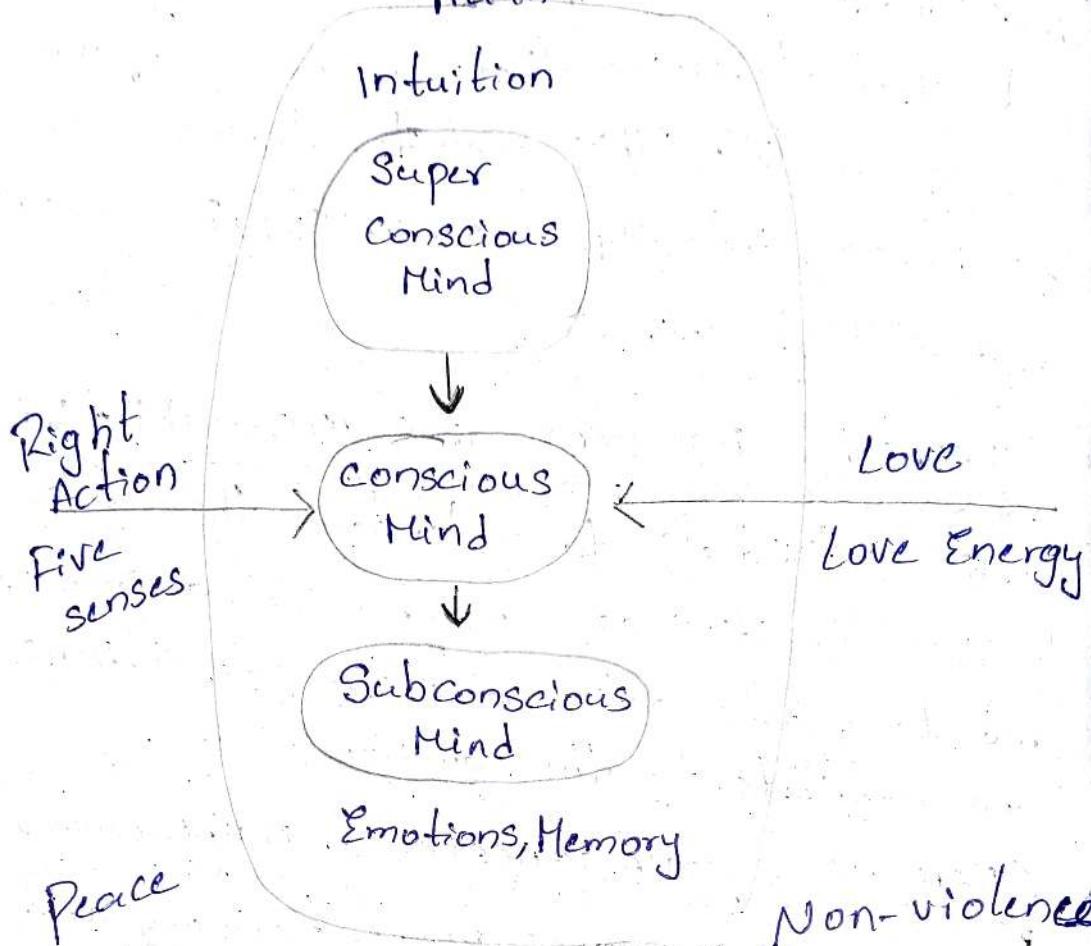
The present education system has largely become skill-biased. For developing skills, the prime emphasis is on science & technology, without a base of values. The consequence of skill-biased education is clearly visible in the form of serious crises at the individual, societal and environmental level. Value Education is a crucial missing link in the present education system.

- * DEVELOPING MORAL AND ETHICAL VALUES
Helps individuals to develop a strong moral and ethical compass, which is essential for living a fulfilling and meaningful life. It helps them to understand the difference b/w right & wrong and to make decisions.
- * PROMOTING GOOD SOCIAL BEHAVIOR : It encourages individuals to behave in a way that is respectable & considerate of others. It helps them to develop empathy and compassion & to understand the imp. of cooperation, collaboration and teamwork.

- * BUILDING CHARACTER & RESILIENCE - VE helps individuals to develop the personal qualities and characteristics that are necessary for success in life. This includes traits, such as honesty, integrity, responsibility, perseverance and self-discipline.
- * PREPARING FOR RESPONSIBLE CITIZENSHIP - VE helps individuals to understand their roles & responsibilities as members of a community and to become active and engaged citizens who contribute to the common good.
- * CREATING A MORE PEACEFUL AND HARMONIOUS WORLD - VE promotes peace, harmony and tolerance and helps individuals understand the imp. of working together to create a more peaceful world.



→ CONTENT OF VE



The Subject that enables us to understand "What is valuable" for human happiness is called value education. The scope of VE includes all dimensions (thought, behavior, work & realization) and all levels (individuals, family, society and nature-existence).

Accordingly the content of VE will be understand "My self, My aspirations, My happiness", & Understand the goal of human life comprehensively & Understand the other entities in nature.

* The innate interconnectedness,
* The co-existence in the nature-existence
& finally the role of human being in this
nature/existence entirely. Hence it has to
encompass understanding of harmony at
various levels and finally, learning to live in
accordance with this understanding by being
vigilant to one's thoughts, behaviours & work

SELF-EXPLORATION

Process of seeing the reality on our own right, by our own investigation, observation & analysis

If we want to be able to decide on our own (or) we want somebody else to decide for us?

Somebody means group of people, society, education system etc.

- * If Somebody decides about us, then
- * Someone else is programming you (deciding what is valuable & what not)
- * Unconsciously you keep accepting those things as values.
- * You get busy with how to implement them, realise them & materialize them.

THE DIALOGUE WITH IN

Self-Exploration is a process of dialogue between "What I am" and

+ "What is naturally acceptable to me".

"WHAT I AM" - My desires, thoughts, expectations; all that is going on in my imagination.

Includes, the way I feel, the way I think, how I make decisions, what I expect from others and all that.

→ WHAT IS NATURALLY ACCEPTABLE TO ME?

What I really want to be, that is my natural acceptance. It is my intention, basic intention which is a part & parcel of every human being.

When we are in harmony within, we are in state of happiness. When we are in a state of contradiction within, we are in state of unhappiness.

- Happiness is to be in a state of harmony
- UnHappiness is to be forced to be in state of contradiction.

→ CONTENT OF SE - Two Sub-parts.

Aim, Objective, Purpose

- (a) Desire : What is our basic aspiration?
- (b) Program : What is the way to fulfil this basic process of achieving the desire, action, aspiration?

If we are able to get the answer to these two things practically all our questions are answered.

→ NATURAL ACCEPTANCE & EXPERIENTIAL VALIDATION

Natural Acceptance is a mechanism of self exploration. Self-Exploration is a method to explore ourselves. NA is the process to understand ourself first.

NA implies unconditional & total acceptance of the self, people & envt. NA is a way to accept the good things naturally.

Experiential Validation is a process that infuses direct experience with the learning envt. and content.

It may be regarded as a philosophy & methodology in which the direct experience & focused reflection of the individual helps to increase knowledge, develop skill & clarify values.

Most of what we know about ourself is not only through our own opinion of ourself but also because of others view.

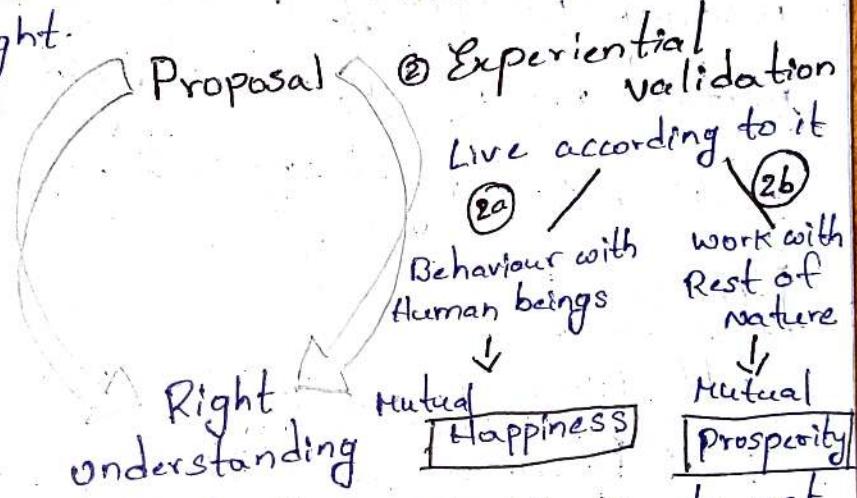
When, what we already believe to be true of us is validated by some situations, phenomena or outcomes. We may term it as experiential validation.

[Validation is the recognition and acceptance of another persons internal experience as being valid].

→ THE PROCESS OF SE

Process for Right Understanding: Self-exploration
Whatever is stated is a Proposal (Do not assume it to be true/false) Verify it on your own right.

① Verify
on the basis
of your natural
Acceptance



The first part of the process is, do not assume it to be true or false, right or wrong, about the proposal stated here. Verify it on your own right, on the basis of your NA.

The second Part of SE is EV - means trying to live according to the proposal.

In living there are 2 parts - one is behaviour with other human beings & the second is work with rest of nature. When we are behaving with human being on the basis of this proposal, we want to verify whether it leads

to mutual happiness or not. If it leads to mutual happiness, it is a right proposal, if it does not, then it is a wrong proposal.

Similarly, when we are working with rest of nature on the basis of this proposal, we want to verify whether it leads to mutual prosperity or not. If it leads to mutual prosperity, it is right proposal, if not it is not a right proposal.

Process

- It is a proposal
- * Don't assume it to be true
- * Verify it on your own right
 - Not on the basis of Scriptures
 - " " " " of readings from instrument
 - " " " of others.
- Self-Verification

→ SVATVA, SWATANTRATA & SWARAJYA

Svatva (Innateness), Swatantrata - (Self organization)

Self expression - (Swarajya)

This process of self-exploration helps us to identify our svatva and through that acquiring swatantrata and swarajya.

Svatva - Innateness of self - the natural acceptance of harmony.

Swatantrata - being self-organized - being in harmony with oneself.

Swarajya - Self-expression, self-extension - living in harmony with others.

When we identify our innateness, what we really want to be and establish a dialogue with it, it enables us to start living with this harmony, it starts expressing itself through our harmonious behaviour and work, and it naturally extends to our participation with the surroundings. This is working towards Swarajya.

→ CONTINUOUS HAPPINESS & PROSPERITY

A LOOK AT BASIC HUMAN ASPIRATIONS

When we try to find out if we have fulfilled our basic aspirations, it is not always so affirmative. ^{जीवन से सहमति (agreeing with to a statement request)} There is a quite gap b/w our basic aspiration and our state of being.

For any human being the basic aspirations are :- Continuous Happiness & Continuous Prosperity

Prosperity - Feeling of having or being able to have physical facilities more than required.

3 things are needed in order to fulfill basic human aspirations.

* PHYSICAL FACILITIES - Includes the physiological needs of individuals and indicates the necessities as well as the comfort of life.

(i) In case of animals, PF's are necessary &

(ii) But for Humans, PF's are necessary but complete.

Eg:- Cow gets stomach full of grass, it becomes comfortable, sits & chew cud.

But the human being cannot be satisfied with these physical facilities. After the satisfaction of these needs, he used to think for another one.

When a human being has lack of PF, he becomes uncomfortable & unhappy.

* **RELATIONSHIPS** - Refers to interpersonal relationships that a person builds in his/her life at home, at the workshop and in society.

Besides PF, all humans want relationship with other people or human beings.

But In now-a-days, all have relationship & physical facilities, but still they are unhappy.

So for continuous Happiness & Prosperity, there is requirement of one more thing along with Relationship & Physical Facilities. i.e,

* **RIGHT UNDERSTANDING** - In order to resolve the issues in human relationships, we need to understand them first & this would come from right understanding of relationship.

In order to be prosperous & to enrich nature, we need to have right understanding.

So, there should be right understanding at all 4 levels :- Myself, Family, Society, Nature/Environment

Right Understanding + Relationship + Physical Facilities

Right Understanding

Develop right understanding through self-exploration

Relationship

with Family, Society
etc

Physical Facilities

Things we use,
come from Nature

Right Understanding

+
Relationship

Right Understanding

+
physical facilities

Mutual Fulfillment

Mutual Prosperity

→ PRIORITIZING HUMAN NEEDS & ASPIRATIONS

For the fulfillment and overall happiness

Beside basic needs, we will be having advanced needs. They are:-

* SURVIVAL OF PHYSICAL SELF - Wars for occupancy of other states. Resettlement in space, advanced field of medicine etc.

The "fight or flight" options provided

by the natural instinct for survival still hold good but with a changed perspective.

* MAINTENANCE OF THE PHYSICAL SELF

Food & water are the basic needs for the fulfilment of this natural instinct. Though humankind initially consumed these commodities in their natural raw form, slowly with experience & experiments, they developed skills to improvise natural food items to suit their taste. Created new food varieties.

Instead of "eating to live" as all other living species do, people started "living to eat". By eating or rather overeating unnatural food, humans fall sick. Instead of water, using aerated drinks (soft drinks).

* PROTECTION & UPKEEP OF THE PHYSICAL SELF

Clothing, a dwelling place and adequate medical aid are the basic minimum requirements in today's context to satisfy this basic instinct for self-protection and upkeep.

* CLOTHING - It is also a basic need. As time goes on, it developed a sense of modesty, clothing become an essential need that has grown with time into the modern day concept of fancy clothing and has become the necessity of the day.

* DWELLING - humans have travelled a long way to the modern concept of a dwelling house from caves, crevices and hollows of trees belonging to the pre-renaissance era. From the point of view of the individual and familial privacy, protection from the elements and need for a quiet personal space, a separate dwelling unit for every family has become an utmost necessity in today's life style.

Only a dwelling place is not enough these days. A dwelling unit commonly means an entire list of items like furniture, refrigerator, television etc. For city life these items have become bare minimum necessity now.

* MEDICAL AID -

Human kind has added medical aid to their basic needs. In modern living conditions, except those who eat and live naturally; everyone needs medical attention right from his birth till the last day.

* SURVIVAL OF SPECIES -

Nature & life together form a perpetually interdependent system. If nature grows, life grows and vice-versa. Every couple aspires to have children. In joint families,

children grow easily without needing much parental attention. But in small families, if both parents are working, the situation becomes more difficult.

In many Arab nations, people are not only encouraged to produce more babies, they also rewarded handsomely, financially to enable them to take adequate care of them. However, in thickly populated countries like India, children are the sole responsibility of the parents.

→ A RATIONALE BETWEEN NEEDS AND ASPIRATIONS

Reasoning for a set of logical basis for a course of action.

Needs dictate priority in every aspect of life, only after fulfilling of basic needs / prioritized needs, one can give a thought to one's aspirations.

→ ASPIRATIONS, GOALS & THEIR REALIZATION

* Know WHAT You CAN Do BEST

From past memories / from past moments, and improve them and get success. Have a time limit for reaching success.

* Select YOUR Goals. Once you identify your aspirations, select one, two or even more of them as your goals for you. You may select as

many goals as you can, but make sure that they should not be contradicting to each other.

* DO NOT UNDERESTIMATE YOURSELF

If you start self-evaluation on the basis of past knowledge, you instantly limit your abilities by avoiding the avenues where you faced failure in the past. A failure silently blocks your mind by telling you that you can't do it, because as you failed in past. Consider every failure as an opportunity to improve upon yourself and use it as a ladder of success.

* SET A LONG TERM GOAL Sesoso

The crux of goal setting lies in selecting a good from the wildest of your fantasies & imagination. Do not feel shy to consider yourself as a extraordinary person. All of us are unique creation of God. Every human has an inbuilt mechanism, which guides him both Consciously & Unconsciously towards fulfilment of his core desires.

* START CLIMBING THE LADDER OF SUCCESS

Prepare a practical stepwise action plan with the help of a sequential short-term goals. Then break the immediate short-term goal into the further fragments of action. Once the stepwise

action plan is ready, the most imp. step is to put the ultimate goal at the far end of the ladder and focus totally onto the first step of the action plan.

"Remember, tomorrow's success depends on what you do today."

→ VISUALIZE YOUR SUCCESS → Visualize your goal what you have selected. Visualize the end result of achieving whatever goal you select for your life. Spend 5 minutes every morning & every evening in visualizing the end result as actual attainment of your ultimate goal. Take care not to drown yourself in day dreaming, instead start working on the action plan of the immediate short-term goal.

→ STAY AWARE OF YOUR BASIC PRIORITIES

There is a saying, 'when I had strong teeth, I could not afford to buy nuts, but now when I can afford, I have no teeth to crack them.'

There are six major areas of life that need to be given equal priority while setting goals for your life and they are health, wealth, a happy family, social acceptance, peace of mind & spiritual harmony.

When we observed in younger generation, a large percentage of them have one single goal

and that is amassing wealth.
whether you like it or not; the die for the end of the journey is already cast. And if you want to be happy, not only at the destination but also through the entire journey, pay attention to these basic priorities while selecting your goals.

→ KNOW THE PRIORITIES FOR A HAPPY & SUCCESSFUL LIFE

Good health, Wealth, A happy family,
Social acceptance, Peace of mind, Spiritual harmony.
Being able to find emotional stability
and dependence within yourself.

→ UNDERSTANDING AND LIVING IN HARMONY

AT ALL LEVELS OF LIVING

We find most people in these categories.

* SVDD - Sadhan Vihren Dukhi Daridra

(Materially deficient, unhappy, & deprived)

No → PF / wealth, feels - unhappy / deprived.

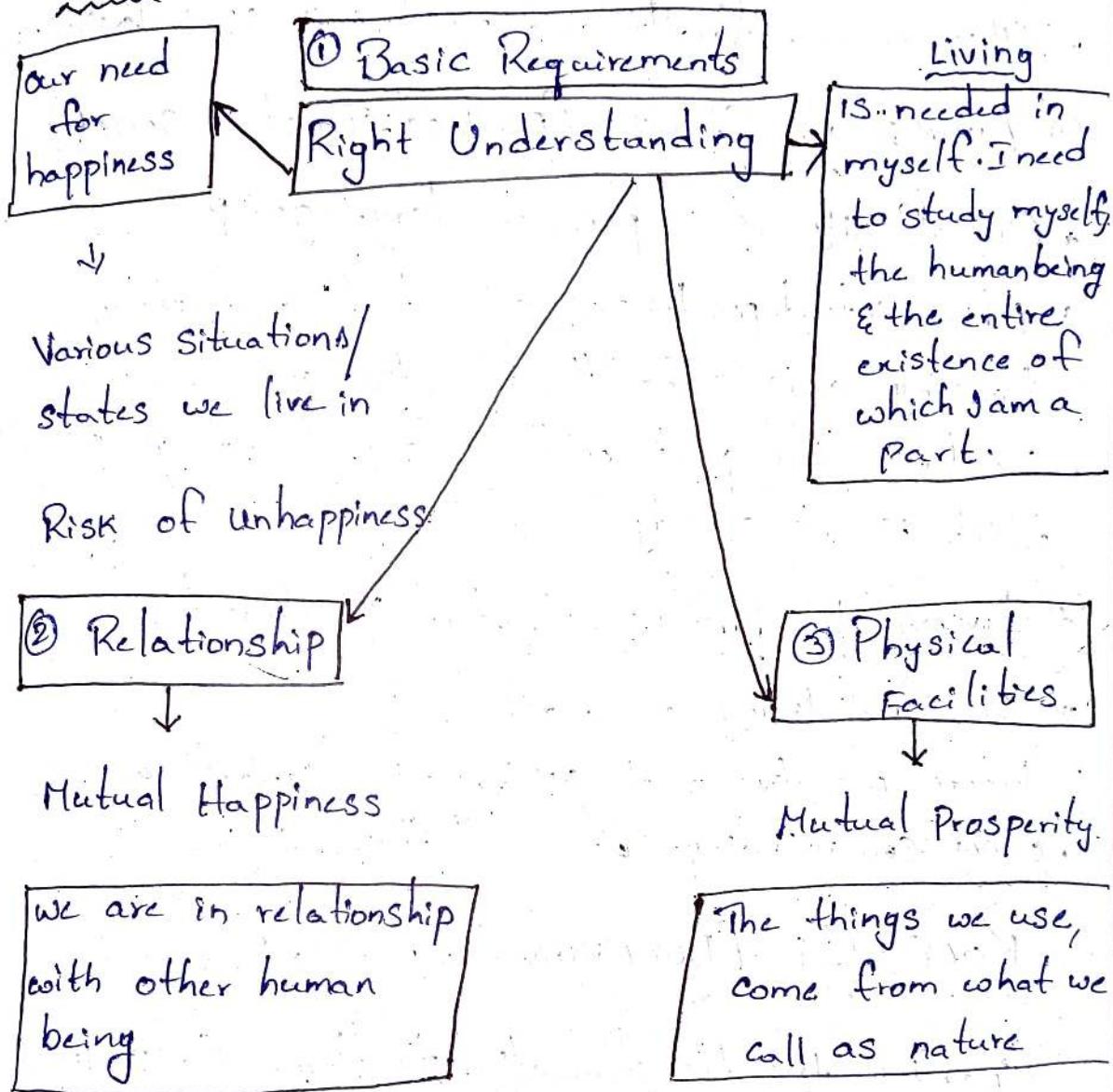
* SSDD - Sadhan Sampan Dukhi Daridra

(Materially affluent, unhappy & deprived)

Have → PF / wealth, feels - unhappy / deprived.

* SSSS - Sadhan Sampai Sukhi Samridha
(Materially affluent, happy & prosperous)

Have - PF / wealth, feels - happy & prosperous



LEVELS OF OUR LIVING

- a) LIVING IN MYSELF. (Harmony in Thought)
 - We have desires, thoughts, beliefs, imaginations & choices.
 - Firstly we come to know that, what we have received from others.
 - Then we express ourselves, through our internal processes.

* Known as myself co-exist with the body.

(b) LEVELS OF FAMILY (Feeling of affection)

* We are born to our parents

* This is our family and first web of relationship.

(c) LIVING IN SOCIETY (Fearless - Trust in Society)

* Our family is a part of large group

* Where interdependencies around food, clothing, housing, services, health, education etc.

* We live as a part of their large human group, which is our society.

(d) LIVING IN NATURE - (Mutual Enrichment)

* We are living on earth

* Where we live with grass, animals, plants and other surroundings where all that exists.

→ ROLE OF EDUCATION - SANSKAR

(Enabling the transformation to Human Consciousness)

The role of education is essentially to facilitate holistic development, i.e., the individual transformation to human consciousness as well as the societal transformation to a human society.

For this, the education-Sanskars has to ensure:

① Right understanding in every child.

② The capacity to live in relationship with other

human beings and

③ The capacity to identify the need for PF, the skills and practice for sustainable production of more than what is required, leading to the feeling of prosperity.

Sanskars is the commitment, preparation and practice of living with right understanding. The preparation includes learning appropriate skills & technology:

Outcome of Human Education - Sanskar
understanding of
Harmony

Harmony in Human Being

" " Family

" " Society

" " Nature/Existence

values
↓ Guided (Skills guided)
by values

Living in Harmony

As an individual

in the family

in the society

in Nature/Existence

Skills

Mutual Happiness

उभय सुख

Mutual Prosperity

उभय समृद्धि

- Happiness - To be in a state of liking is happiness". To be in a state of harmony is happiness.
- Prosperity - Feeling of having more than required facility, than what is needed.
1. Preya - what is pleasant?
Gives instant happiness, short time
Ex- Eating food in a good restaurant & wearing designer / costly clothes.
2. Shreya - what is beneficial,
It doesn't give instant happiness but provide happiness in long run. It leads to peace of mind.
- Why happiness is important. When we become happy :-
- * We become better people
 - * " more compassionate
 - * Able to enhance our creativity
 - * More energetic, perform task effectively
 - * Develop healthy mind, right understanding
 - * work towards creating "better world".