



# UNIVERSAL HUMAN VALUE (BVE-401)

AKTU New Session (2024-25)



## SIMPLE AND EASY LANGUAGE + HANDWRITTEN NOTES PDF

### TOPIC



UNIT -2

#### Understanding Harmony in the Human Being

Understanding human being as a co-existence of the sentient 'I' and the material "Body", Understanding the needs of Self ('I') and 'Body Sukh and Suvidha, Understanding the Body as an instrument of 'I' (I being the doer, seer, and enjoyer), Understanding the characteristics and activities of 'I' and harmony in 'I', Understanding the harmony of I with the Body: Sanyam and Swasthya; correct appraisal of Physical needs, the meaning of Prosperity in detail, to ensure Sanyam and Swasthya. Programs



## ENGINEERING EXPRESS UNIVERSAL HUMAN VALUE



### UNIT-1 Introduction to Value Education

Understanding the need, basic guidelines, content, and process for Value Education, Self- Exploration-what is it? its content and process; Natural Acceptance and Experiential Validation as the mechanism for self-exploration, Continuous Happiness, and Prosperity-A look at basic Human Aspirations, Right understanding, Relationship, and Physical Facilities-the basic requirements for fulfillment of aspirations of every human being with their correct priority, Understanding Happiness and Prosperity correctly A critical appraisal of the current scenario, Method to fulfill the above human aspirations: understanding and living in harmony at various levels.

### UNIT-2 Understanding Harmony in the Human Being

Understanding human being as a co-existence of the sentient 'I' and the material "Body", Understanding the needs of Self ('I') and 'Body Sukh and Suvidha, Understanding the Body as an instrument of 'I' (I being the doer, seer, and enjoyer), Understanding the characteristics and activities of 'I' and harmony in 'I', Understanding the harmony of I with the Body: Sanyam and Swasthya; correct appraisal of Physical needs, the meaning of Prosperity in detail, to ensure Sanyam and Swasthya. Programs

### UNIT-3 Understanding Harmony in the Family and Society

Harmony in Human-Human Relationship Understanding harmony in the Family-the basic unit of human interaction, Understanding values in the human-human relationship; meaning of Nyaya and program for its fulfillment to ensure Ubhay-tripti; Trust (Vishwas) and Respect(Samman) as the foundational values of relationship, Understanding the meaning of Vishwas, Difference between intention and competence, Understanding the meaning of Samman, Difference between respect and differentiation; the other salient values in a relationship, Understanding the harmony in the society (society being an extension of the family): Samadhan, Samridhi, Abhay, Sah- astitva as comprehensive Human Goals, Visualizing a universal harmonious order in society- Undivided Society (Akhand Samaj), Universal Order (Sarvabhaum Vyawastha) from family to

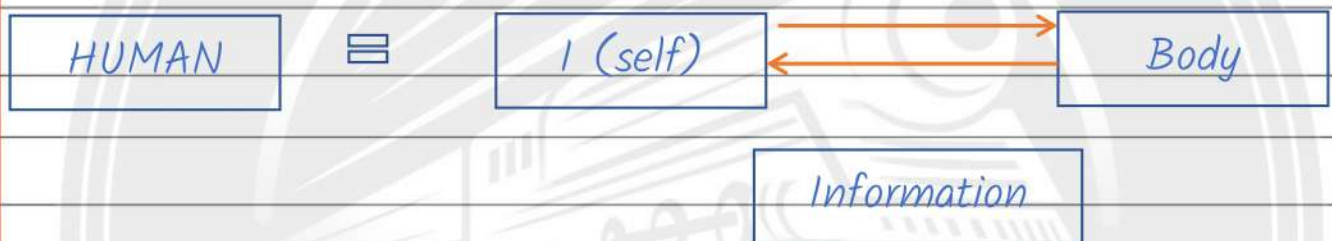


## Human Being as Coexistence of Self (I) & Body--->

The Human being can be seen as a Co-existence of the self (Jivana) and the body

- The "I" is conscious in nature while the body is material in nature.
- There is exchange of information between I and Body.

The "I" is:- your mind, thoughts, and feelings, while the body is :- your physical self—your arms, legs, and all that parts. They work together to make you who you are.



## Needs of Self 'I' & Body--->

**I (self)**

**Body**

Needs are	Happiness (sukh), trust, respect.....	Physical facilities (suvidha), food, clothing.....
In Time, needs are....	Continuous	Temporary
In Quantity, needs are	Qualitative	Quantitative
Needs are fulfilled by	Right understanding & Right feelings	Foods, clothing, etc.....
Activities are.....	Knowing, Assuming, Recognizing, Fulfilling (desiring, thinking..)	Recognizing, Fulfilling, (Breathing, Heartbeat..)
It is of Type.....	Conscious (Non- material)	Physico-Chemical (material)

- The Basic need of 'I' is happiness (sukha), and
- The basic needs of 'body' are Physical Facilities

## Understanding the Body as an instrument of 'I' (I being the doer, seer and enjoyer)--->

- ⇒ I am the conscious entity; the body is the material entity. The body is my instrument. I am the one who takes decisions, the body acts accordingly. The awareness of being alive is in me, in I'.
- **I am the seer** → I see through eyes, the eye don't see, they are just an instrument used by me. In the eyes, different images are formed every time - it is 'I' who is able to relate it to its meaning. Seer also means the one that understands. It is also called 'Drashta'.
  - **I am the doer** → I select to do, and use the hands or feet or other parts of the body to do the things 'Doer' means 'the one that does', who takes decisions to do. It is also called 'Karta'.
  - **I am the enjoyer** → When I eat, I get the taste. The body just gets in touch with the food and sends the information to me, it is 'I' who enjoys the food. Enjoyer means 'the one who enjoys'. It is also called 'Bhokta'.



## Characteristics of 'I' and harmony of 'I'--->

Some of the characteristics are:-

- 1) **Self-Awareness:** The "I" is characterized by self-awareness, which means that individuals are aware of their thoughts, feelings, and experiences. This self-awareness allows individuals to understand their own motivations, beliefs, and values, and to make informed decisions about their lives.
- 2) **Decision-Making:** The "I" is also characterized by the ability to make decisions. This ability allows individuals to take control of their lives and to make choices that align with their goals, values, and aspirations.
- 3) **Emotions:** The "I" experiences emotions, which can range from positive emotions like happiness and joy, to negative emotions like sadness and anger. Emotions play a critical role in our lives, as they help us to understand our own experiences and to respond to the world around us.
- 4) **Creativity:** The "I" is characterized by creativity, which refers to the ability to imagine and create new things. Creativity allows individuals to express themselves and to experience the world in new and unique ways.
- 5) **Relationships:** The "I" is also characterized by the ability to form relationships with others. Relationships play a critical role in our lives, as they provide us with support, connection, and a sense of community.





Some of the activities are:-

1. **Mindfulness:** Mindfulness practices, such as meditation and yoga, can help individuals to cultivate self-awareness and to connect with their emotions and thoughts.
2. **Physical Exercise:** Physical exercise can help individuals to reduce stress and to promote physical and psychological well-being.
3. **Creative Pursuits:** Engaging in creative pursuits, such as painting, writing, or music, can help individuals to express themselves and to experience the world in new and unique ways.
4. **Relationships:** Building and maintaining healthy relationships with others can provide individuals with support, connection, and a sense of community.

## The Harmony of 'I' with the 'Body': Sanyam and Swasthya:-->

Sanyam is defined as the self-control, it involves control of the mind and its desire, emotions, and urges. Swasthya is the body condition in which every part of the body is performing its expected function properly. It means living in close harmony with the self.

## Programs to ensure Sanyam and Swastha:-->

- To understand live with sanyam.
- To understand the self organization of the body and ensure health of the body.

a. Nurturing of the Body



b. Protection of the Body

c. Right Utilization of the Body (Sadupayoga)

## Correct appraisal of Physical needs--->

The physical needs of the human body are critical for survival and overall well-being. These needs must be met in order to maintain good health and prevent illness and disease. A correct appraisal of physical needs can help individuals make informed decisions about their health and take appropriate action to meet those needs.

- A. One of the most basic physical needs is **nutrition**. A healthy diet is essential for maintaining physical health and preventing chronic diseases such as obesity, heart disease, and diabetes. A diet that provides sufficient amounts of essential nutrients such as carbohydrates, proteins, fats, vitamins, and minerals is important for optimal health. In addition, drinking enough water and staying hydrated is also critical for physical health.
- B. **Exercise** is another important physical need. Regular physical activity helps to maintain a healthy weight, improve cardiovascular health, and prevent chronic diseases. Exercise also has mental health benefits, such as reducing stress, improving mood, and increasing cognitive function. It is recommended that individuals engage in at least 30 minutes of moderate-intensity exercise most days of the week.
- C. **Adequate sleep** is also a critical physical need. Sleep is important for physical and mental recovery, and it helps to improve mood, energy levels, and cognitive function. It is recommended that adults get 7-9 hours of sleep each night.



- D. **Hygiene** is another important aspect of physical health. Regular handwashing, using soap and water, is critical for preventing the spread of infectious diseases. In addition, personal grooming and oral hygiene are important for maintaining overall physical health and preventing infections and diseases.
- E. **Access to medical care** is also an important physical need. Regular health screenings and check-ups can help to prevent and treat health problems before they become serious. In addition, prompt treatment of illnesses and injuries can help to prevent complications and promote a quick recovery.
- F. **Environmental factors** also play a role in physical health. Exposure to air pollution, for example, can increase the risk of respiratory and cardiovascular disease. Access to clean air and water is critical for physical health and well-being.

# Thank You



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