



## Unit-1

# Life Management



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## Topics

- What is Life Management?
- Importance of Life Management
- Personal Value
- Moral Value
- Spiritual Values
- Family Value
- Social Value
- The Wheel of Life



# Life Management

Definition, Importance



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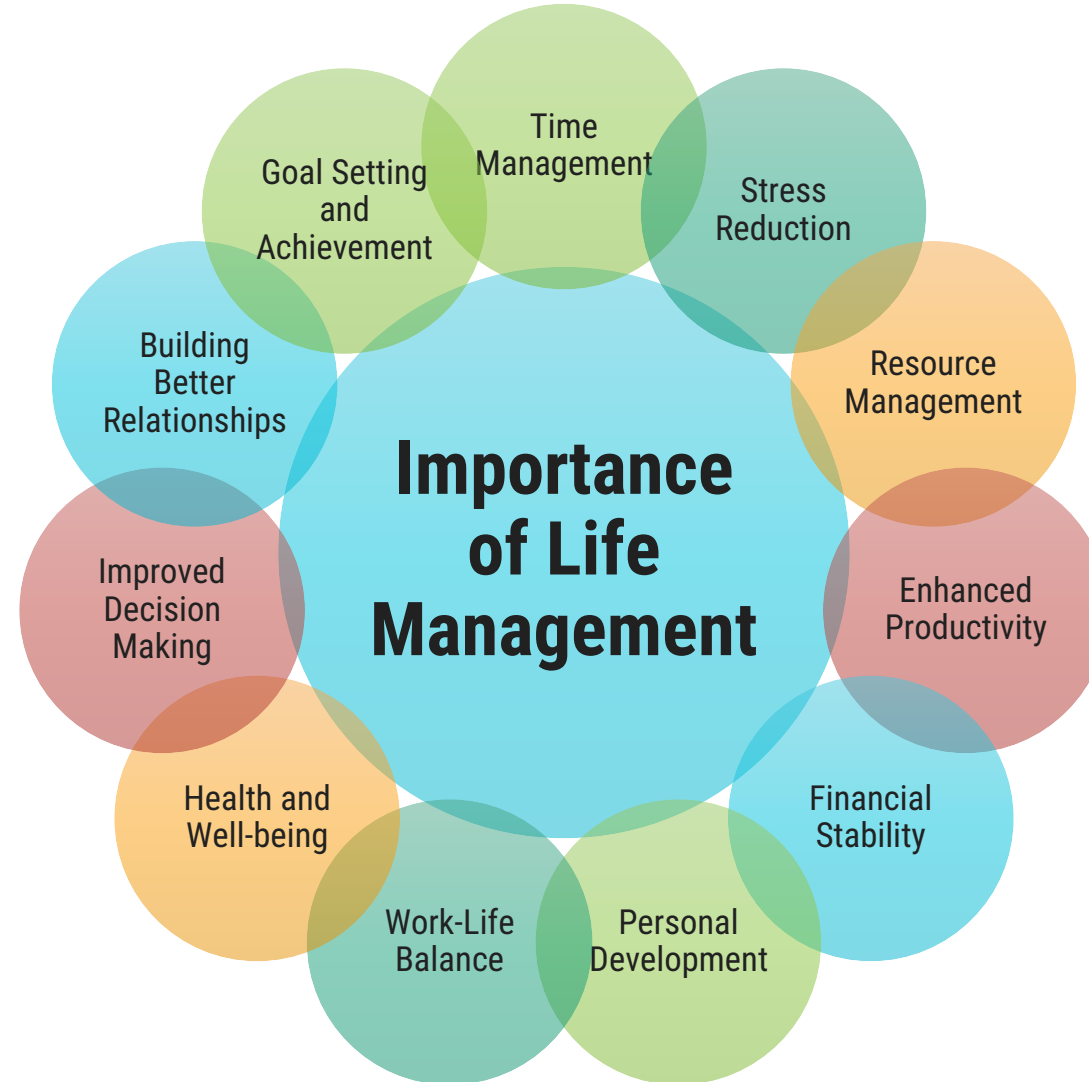
# What is Life Management?

- ▶ Life management is the **ability to handle everything you need** to in order to live a productive, happy and fulfilling life.
- ▶ Life management is about
  - ➔ Transforming your **mindset** so you can **handle stress**,
  - ➔ Master your **emotions** and take control of your life.
  - ➔ Include everything from **creating healthy habits**
  - ➔ Delegate to setting SMART goals



# Importance of Life Management

- ▶ Life management is crucial for several reasons.





# Personal Value

Definition, Examples, Benefits, How to Define and Identify Personal Values

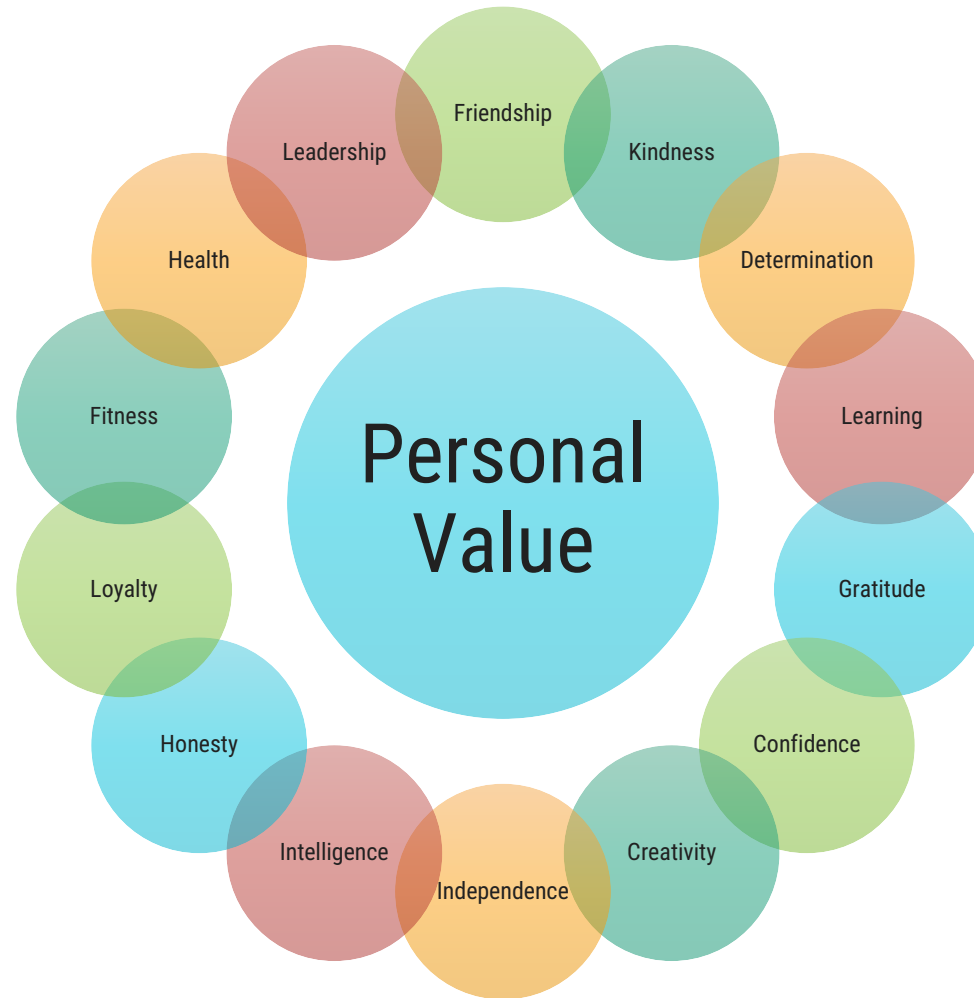
# Personal Value

- ▶ Personal values are a **set of beliefs** that differentiate between “**good**” and “**bad**” in your community, culture, or society.
- ▶ Personal values are
  - ➔ The **real priorities** you have in life
  - ➔ They are anything that you **find immensely important** and the characteristics that drive you to **pursue your dreams**
- ▶ Everyone has their **own unique, exhaustive** list of values.
  - ➔ While someone’s values list includes **cooperation and friendliness**
  - ➔ someone else may prioritize **independence and competitiveness**.



# Examples of Personal Core Values

- ▶ Everyone has their own **unique set of values**, but sometimes it can be hard to narrow them down and identify values that are reasonable to you.





# Benefits of Personal Values



# How to Define and Identify Personal Values

1

- Identify the **times** when you were **happiest**

2

- Identify the times when you were **most proud**

3

- Identify the times when you were most **fulfilled and satisfied**

4

- **Determine your top values**, based on your experiences of happiness, pride, and fulfillment

5

- **Prioritize** your top values

6

- Reaffirm your values

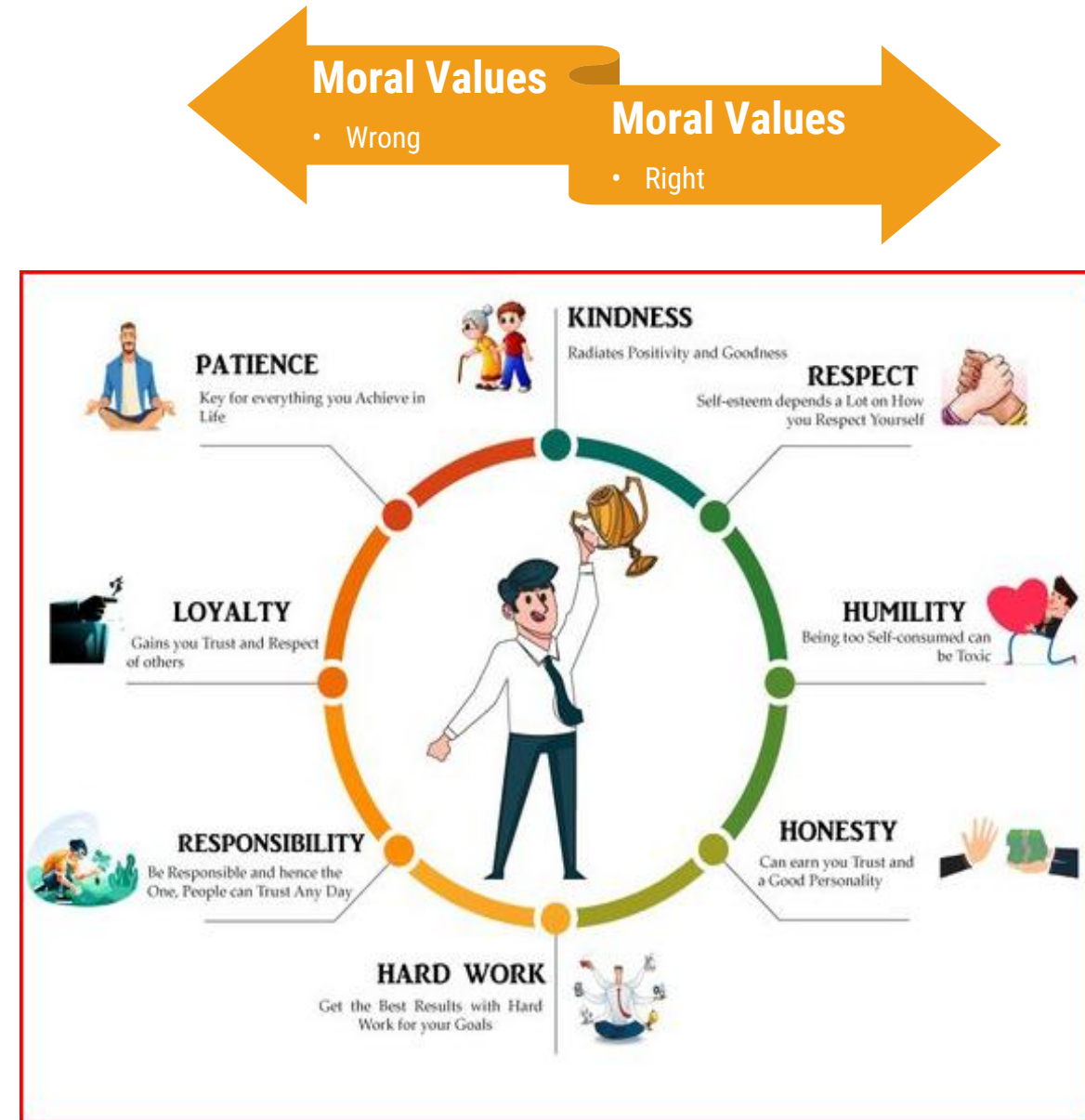


# Moral Value

Definition, Examples, Good Moral Values Vs Bad Moral Values, The Importance of Moral Education

# Moral Value

- ▶ Moral values are defined as **guidelines** that assist a person in **deciding between right and wrong**.
- ▶ Moral values are the good values **taught** to help people **lead a disciplined life**.
- ▶ Moral values **include good habits** such as honesty, helpfulness, integrity, respectfulness, love, hard work and compassion.
- ▶ Moral values, such as honesty, empathy, respect, compassion, and integrity,
  - ➔ Serve as **guiding principles** for individuals
  - ➔ They aid in **decision-making**, enabling people to distinguish between right and wrong
  - ➔ Show **kindness** to others



## 1 Good Moral Values

- Responsibility
- Compassion
- Respect
- Perseverance
- Integrity
- Politeness
- Honesty
- Intrinsic Motivation

## 2 Bad Moral Values

- Dishonesty
- Greed
- Dishonesty/lying to others
- Manipulation and Force
- Overindulgence or Addiction
- Extreme positivity
- Attention-seeking and Selfishness.

# The Importance of Moral Education For Students





# Spiritual Values

Definition, How to Develop, Spiritual Development, Positive Impact

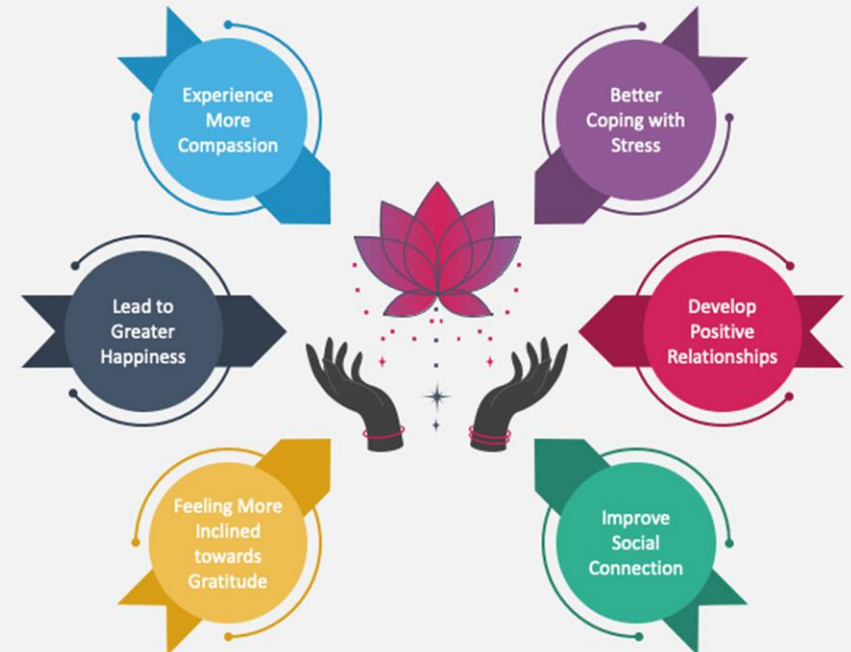


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## Why Spirituality is Important?





# How to Develop Spirituality

1

*Start a Daily Meditation Practice*

2

*Cultivate Emotional Intelligence....*

3

*Practice Self-Love....*

4

*Connect More Deeply with Others....*

5

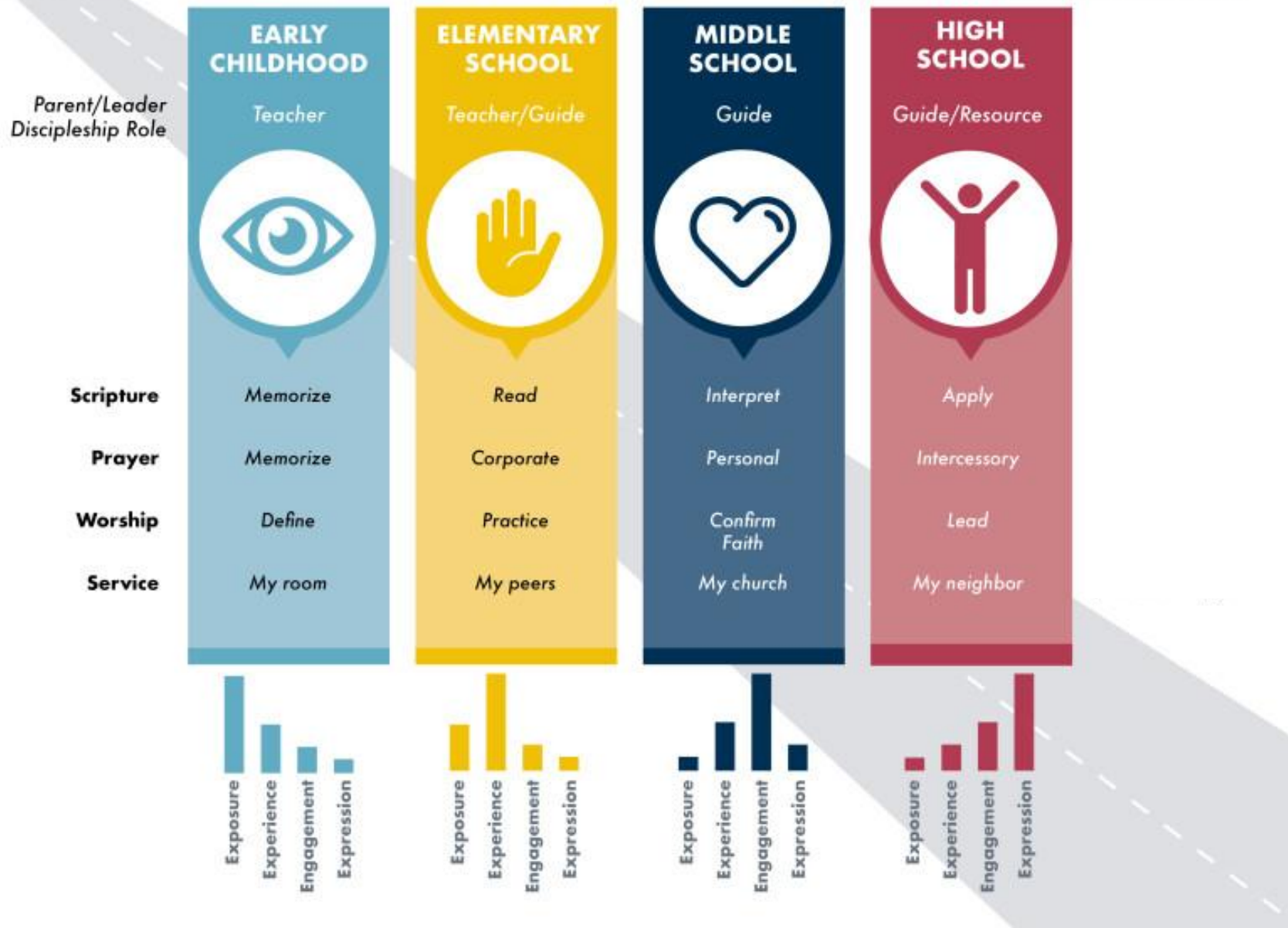
*Cultivate Gratitude....*

6

*Learn More*



# Road to Spiritual Development



## Positive Impacts of Spirituality

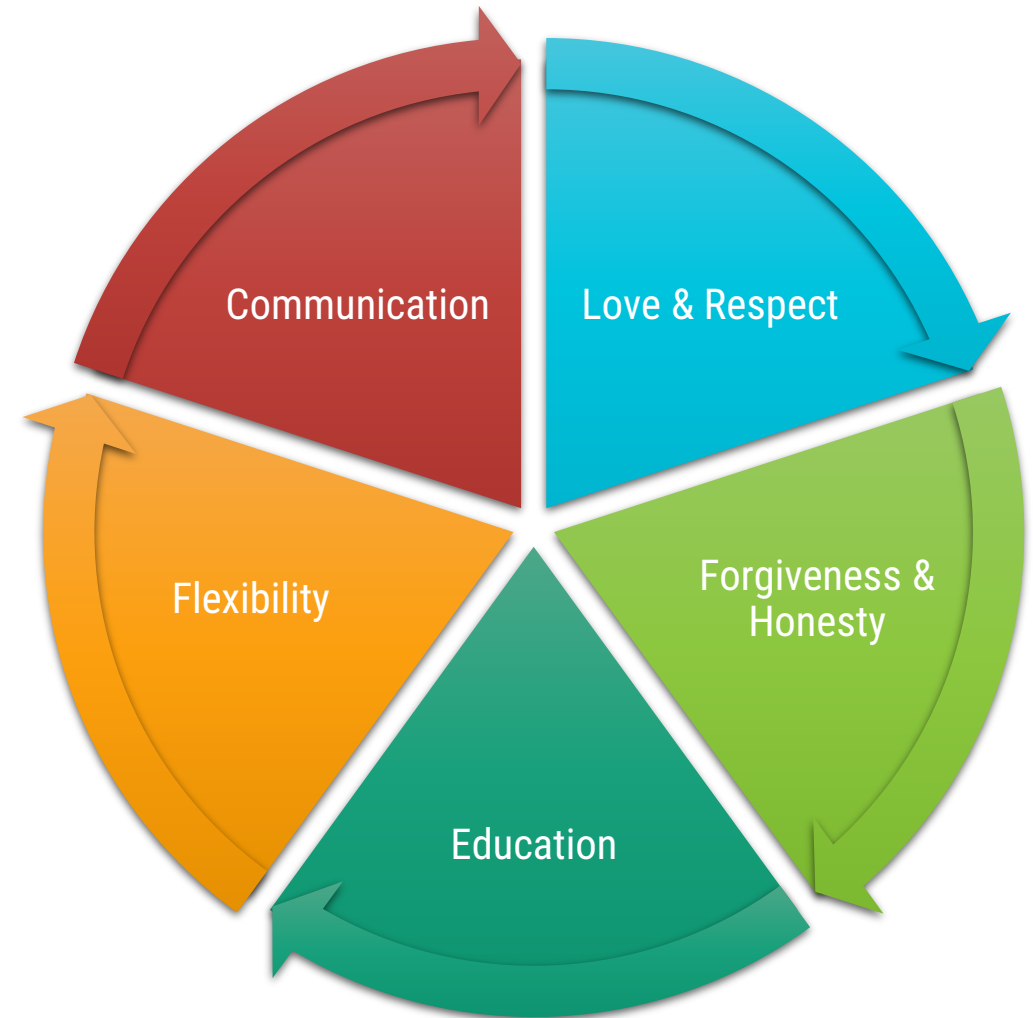
- You may feel a *higher sense of purpose, peace, hope, and meaning*.
- You may *experience better confidence, self-esteem, and self-control*.
- It can help you make *sense of your experiences in life*.
- When unwell, it can help you *feel inner strength* and result in faster recovery.



# Family Value

Definition, Examples, The Role of family in Human Values

- ▶ Family values are **something that we get** from **our parents** in the form of love, care, trust, honesty, kindness, empathy, compassion, perseverance, and many more.
- ▶ The Five Primary Family Values are: love, respect, honor, sharing, and forgiveness.
- ▶ Types of Connection:-
  - ➔ Communication
  - ➔ Love & Respect
  - ➔ Forgiveness & Honesty
  - ➔ Education
  - ➔ Flexibility



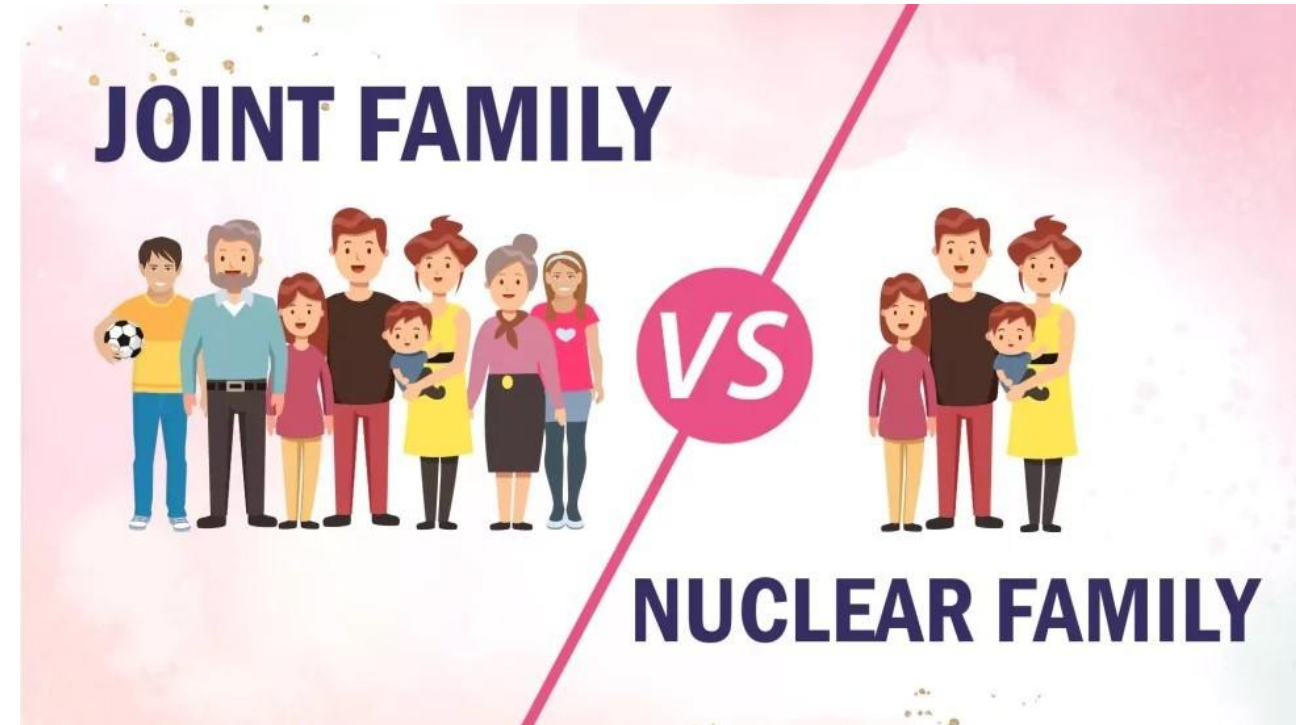
# The Role of family in Human Values

- ▶ Families **boost our confidence** and make us feel loved.
- ▶ They are the **pillars of our strength** who never fall instead keep us strong so we become better people.
- ▶ We **learn the values** of love, respect, faith, hope, caring, cultures, ethics, traditions, and everything else that concerns us through our families.
- ▶ Beyond providing shelter and sustenance, families **serve as the bedrock for the development** of our moral compass and the cultivation of our values.



# The Nuclear and The Extended Family

- ▶ A family group that consists only of parents and their children is called a **nuclear family**.
- ▶ On the other hand a family which extends beyond the nuclear family to include grandparents and sometimes other relatives also is called an **extended family**.







# Social Value

Definition, How to increase social value?, Importance of Social Values

# Social Values

- ▶ Social values are a **set of principles** that are **morally acceptable** by society.
- ▶ Social value is about understanding the **relative importance** that people place on changes to their **wellbeing** and using the insights we gain from this understanding to make better decisions.
- ▶ Social values are values **concerned with social aspects** of human life which are necessary for better interaction with society.
- ▶ Example of Social values: **Truth, Honesty, Justice, Kindness**



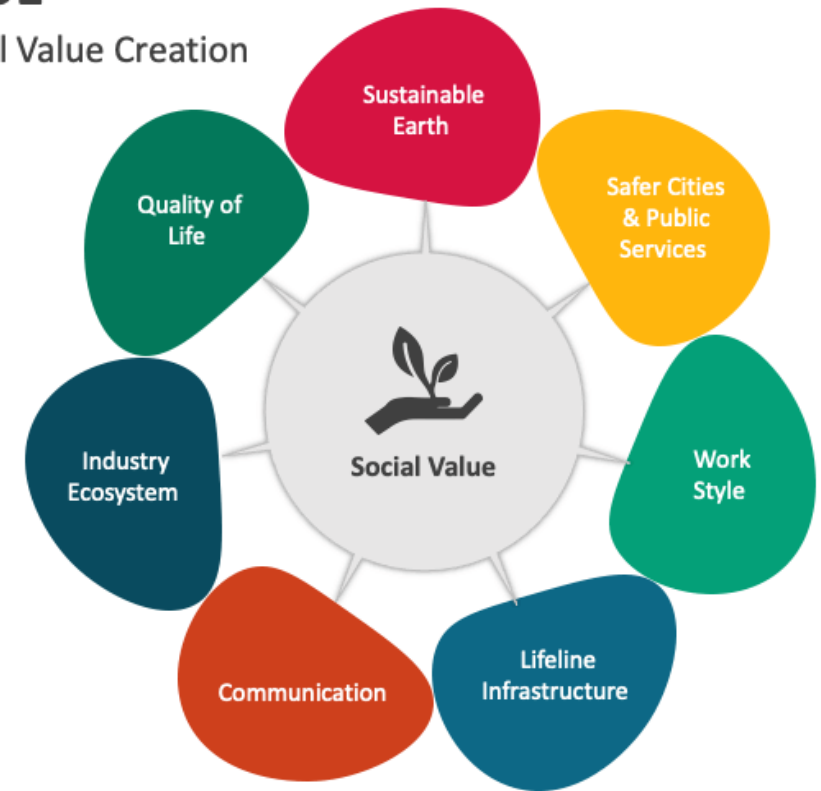


# How to Increase Social Value?

- ▶ *Simply be kind and compassionate to others....*
- ▶ *Be a good listener....*
- ▶ *Be helpful and supportive. ...*
- ▶ *Be positive and enthusiastic. ...*
- ▶ *Be reliable and trustworthy. ...*
- ▶ *Be open to learning and growing. ...*
- ▶ *Be authentic and genuine.*

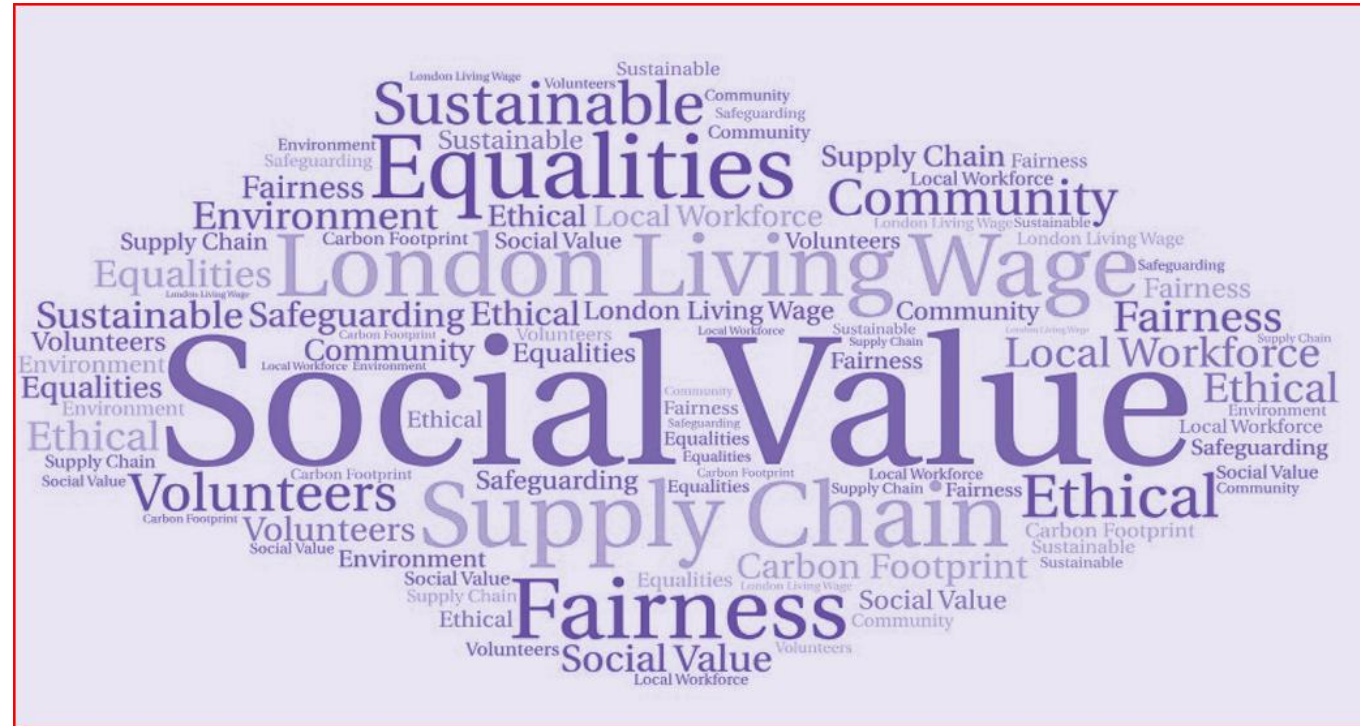
## SOCIAL VALUE

7 Themes for Social Value Creation



# Importance of Social Values

- ▶ Economic progress
- ▶ Social Development
- ▶ Social Relations
- ▶ Regional Co-Operation
- ▶ Standard of Living
- ▶ Love, Peace and Happiness



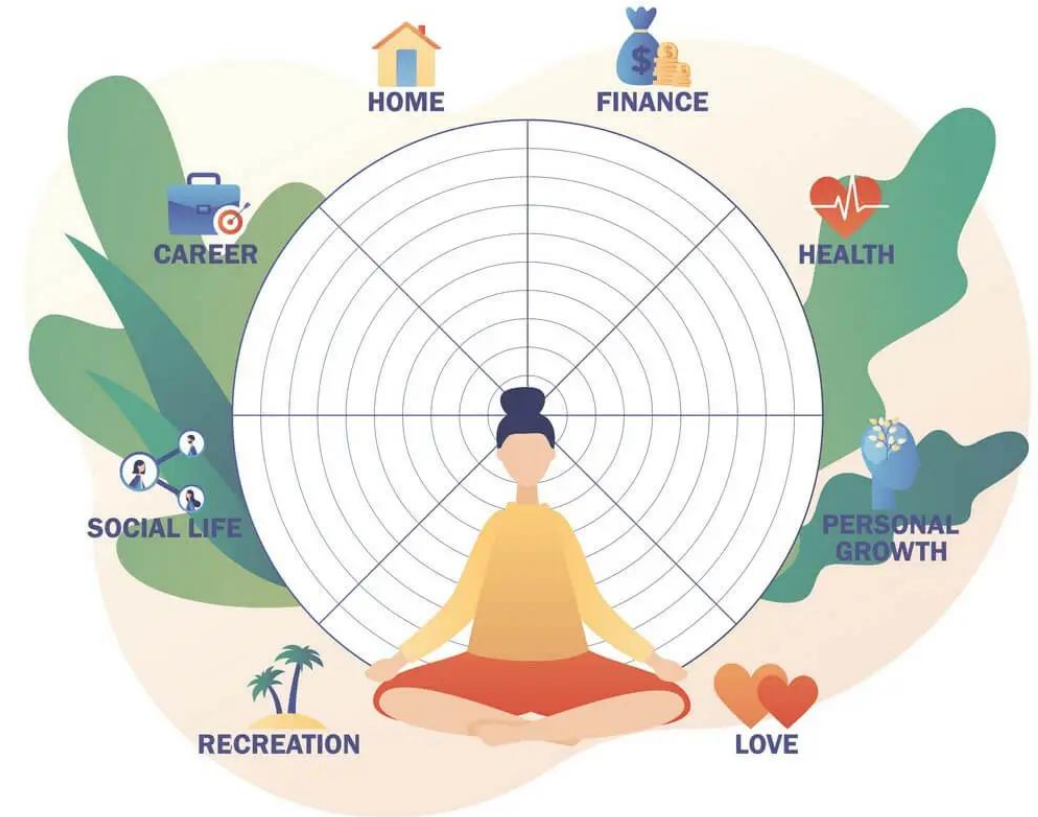


# The Wheel of Life



# The Wheel of Life

- ▶ The Wheel of Life is a **self-assessment tool** that breaks down different areas of your life and measures the strength of each.
- ▶ The Wheel of Life is an assessment tool used in life coaching to **help people assess and manage their life priorities**.
- ▶ It's a diagram with spokes, each representing a different area of life:
  - ➔ Health
  - ➔ Personal Growth
  - ➔ Love
  - ➔ Recreation
  - ➔ Social Life
  - ➔ Career
  - ➔ Home
  - ➔ Finance





# Thank You



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