

UHV-I

Session 9

Respect

- Right Evaluation of Intention and Competence
(Issues: Self-confidence, Peer Pressure)**

Document prepared by AICTE NCC-IP Sub-committee for Mentor Manual and related
Materials for UHV-I

Suggestions for improvement are welcome

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Introduction

We have explored the feeling of trust.

- My natural acceptance (intention) is to be happy and make the other happy.
- The natural acceptance of the other is also the same.
- However, we both may be lacking in competence.
- So, we make a program with each other, essentially on the basis of our present level of competence, with trust on the natural acceptance (intention).

We have also seen (while discussing peer pressure) that we try to get respect from others through clothes, language-English, money etc.

But it doesn't seem to work most of the time
Let us try to understand what is the reason



Let us explore if understanding respect is a solution.....

Respect (सम्मान)

Respect = Right Evaluation

सम्मान =	सम्	+	मान
	↓		↓
	सम्यक्		मापना
	↓		↓
	ठीक ठीक		आंकलन करना

Common Mistakes

Over evaluation अधिमूल्यन	– to evaluate for more than what it is अधिक आंकलन करना	Disrespect अपमान
Under evaluation अवमूल्यन	– to evaluate for less than what it is कम आंकलन करना	
Otherwise evaluation अमूल्यन	– to evaluate for other than what it is अन्यथा आंकलन करना	

Whenever the evaluation is not right, it is disrespect

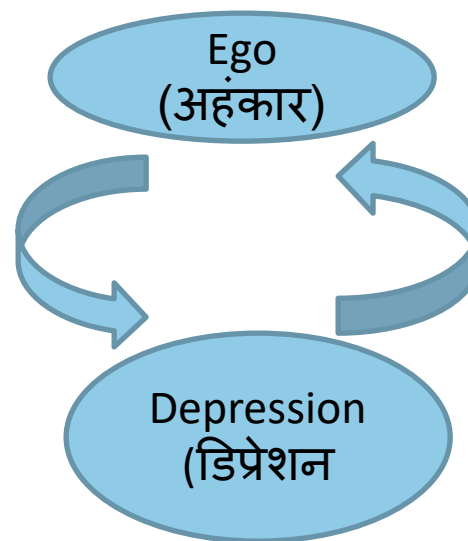
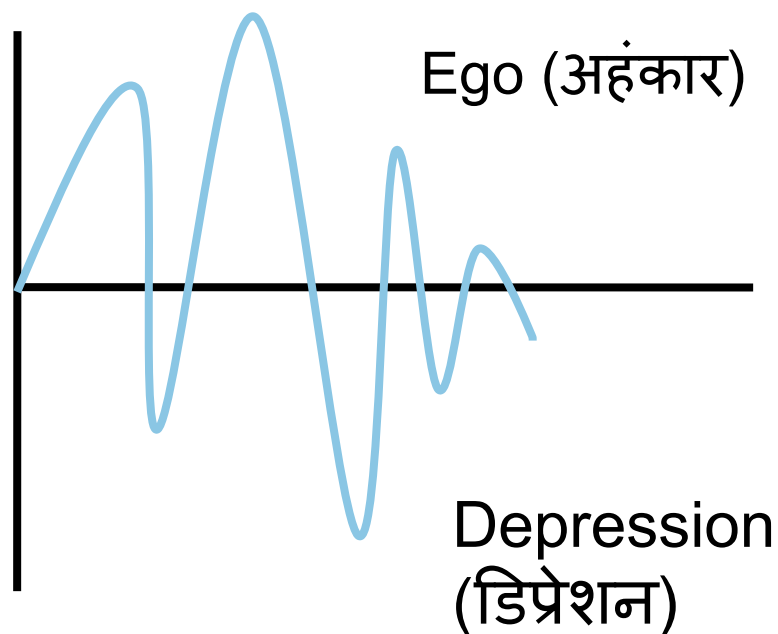
Check for yourself in every interaction with others whether it is respect or disrespect. i.e.

- It is right evaluation or
- It is over / under / otherwise evaluation



Self Confidence, Ego & Depression

Right Evaluation	Over Evaluation	Under / Otherwise Evaluation
Self Confidence	Ego	Depression
I am self referential (स्वतंत्रता)	The other is my reference (परतंत्रता)	The other is my reference (परतंत्रता)
Definite Conduct	Indefinite Conduct	Indefinite Conduct



Assumptions...
↓
Disharmony within
↓
Tension
↓
Frustration
↓
Depression
↓
Suicide etc.

Respect: Right Evaluation

Will the right evaluation be on the basis of the Self (I) or the Body?



Respect: Right Evaluation – on the basis of the Self (I)

1. Purpose (लक्ष्य)

- I want to live with continuous happiness & prosperity
- The other also wants to live with continuous happiness & prosperity

Our purpose is same (on the basis of Natural Acceptance)

2. Program (कार्यक्रम)

- My program is to understand and to live in harmony at all 4 levels
- The program of the other is also to understand and to live in harmony at all 4 levels (Individual, family, society and nature/existence)

Our program is same

3. Potential (क्षमता)

- Imagination (Desire, Thought & Expectation) (इच्छा, विचार, आशा) is continuous in me. I am endowed with Natural Acceptance
- Imagination (Desire, Thought & Expectation) (इच्छा, विचार, आशा) is continuous in the other. The other is also endowed with Natural Acceptance

Our potential is same



MINIMUM CONTENT of RESPECT

The Other is Similar to Me

दूसरा मेरे जैसा है

Differences

So there are similarities at the level of the self(I)

There are also differences between one human being and another:

- a) On the basis of the body
- b) On the basis of the self, i.e. how much of the potential has been realised

In living, are we:

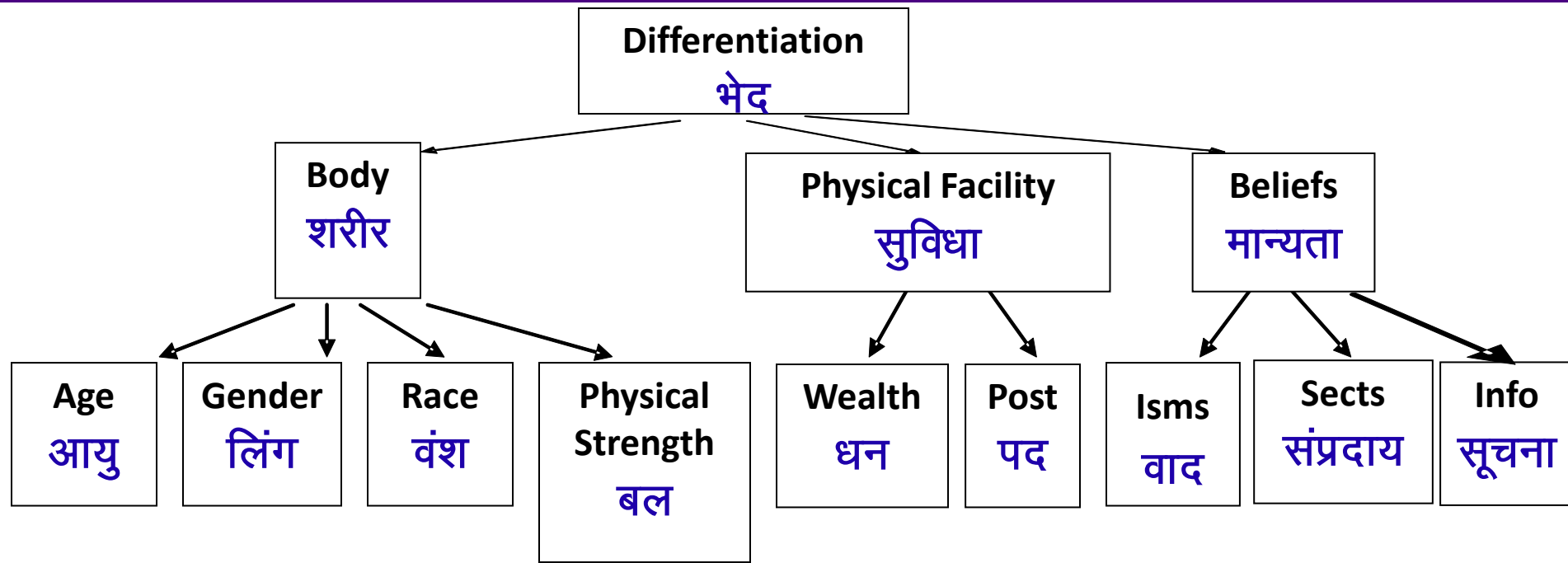
Trying to accept the other as being similar to me

or

Trying to show that we are different from the other?



Differentiation भेद



Evaluation on the basis of Body, Physical Facility or Beliefs (preconditioning) turns out to be differentiation and therefore disrespect

Differentiation like this has led to resentments and protests.

eg. Women's Liberalization, Generation Gap, Black vs White, Powerful vs Oppressed, Rich-Poor, Communism-Capitalism, Hindu-Muslim and so on

Differentiation(भेद) = Disrespect(अपमान)
Not Naturally Acceptable...



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MINIMUM CONTENT of RESPECT

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Respect: Right Evaluation – on the basis of the Self (I)

1. Purpose – Our purpose (Natural Acceptance) is same
2. Program – Our program is same
3. Potential – Our potential is same

The Other is Similar to Me

4. **Competence – On the basis of right evaluation of our mutual competence, I recognize our complementarity and fulfill it:**
 - If the other has more understanding, is more responsible than me,
 - a. I am committed to understand from the other
 - If I have more understanding, I am more responsible than the other
 - a. I live with responsibility with the other, unconditionally, unperturbed by the behaviour of the other
 - b. I am committed to facilitate understanding in the other (once the other is assured in relationship, and not before that)



COMPLETE CONTENT of RESPECT

The Other is Similar to Me. We are complementary to each other

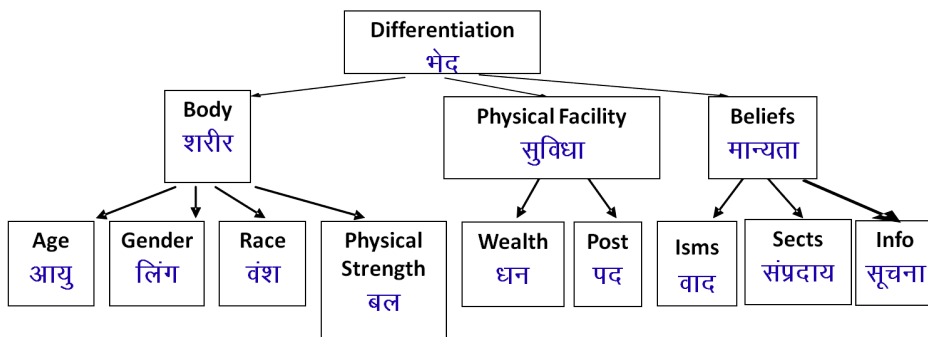
Differentiation

I evaluate on the basis of body, physical facilities or belief (pre conditioning). I compare, compete, differentiate...

I am different from the other

We are competitors

I make effort to accentuate the difference, to manipulate, exploit the other



Respect – on the basis of Self (I)

1. Our purpose (Natural Acceptance) is same
2. Our program is same
3. Our potential is same

The other is similar to me

We are complementary to each other

If the other has more understanding than me

- I am committed to understand from the other

If I have more understanding

1. I live with responsibility with the other
2. I am committed to facilitate understanding in the other (once the other is assured in relationship, and not before that)

Peer Pressure

When we try to get respect from the other, we have to conform to their way of looking things and doing things their way – such as their language, clothes etc.

This becomes a major source for peer pressure

When I have the feeling of respect on the basis of understanding of human being, as discussed in this session, I will have the feeling of respect for everyone including myself

Therefore, I don't have to be dependent on getting feeling from the other and hence will not be under pressure to conform to the other

Sum up (Respect)

When we try to get respect from the other, we have to conform to their way of looking things and doing things, this becomes a major source for peer pressure

When we have the feeling of respect on the basis of understanding of human beings, we will have the feeling of respect for everyone including myself

Therefore, I don't have to be dependent on getting feeling from the other and hence will not be under pressure to conform to the other

Respect is right evaluation (it is possible only with a feeling of trust on intention)

Under evaluation, over evaluation or otherwise evaluation is disrespect
Differentiation is disrespect

Respect on the basis of Self(I) – The other is like me and we are complementary to each other

Home Assignment

Home Assignments

9.1. Do you interact the same way with

- a person from your region, sect, speaking in your language and
- a person from another region, sect, speaking a different language?

- a person from wearing a dhoti and
- a person wearing a suit;

- a person speaking in English and
- a person speaking in Hindi?

Explore the reason. When you differentiate, do you feel comfortable within?

9.2. Are you special, unique, different from the others or similar to others? Do you tend to compete or collaborate with your classmates? When are you more at ease?

9.3. What is naturally acceptable – to differentiate or to relate, to be complimentary?

- Other students (including those from other states, other countries than your own)
- Faculty
- Staff

Questions?