



AKTU Syllabus

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.



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Q.1 What do you mean by values or human values ? What are the fundamental values of human beings ? Write the two factors of human values.

AKTU 2015-16

Ans. Values or human values, are the fundamental beliefs and principles that guide and influence a person's behavior, choices, and attitudes. Human values play a crucial role in shaping individual and collective ethics, as well as in making decisions and forming relationships.

- ❖ Values can vary from person to person and from culture to culture.
- ❖ What one individual or society values may not be the same for another.
- ❖ While some values are universal, others are influenced by cultural, religious, or philosophical factors.
- ❖ These values collectively contribute to the moral and ethical framework that guides human behavior and the decision-making process.



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Some common examples of human values include:

- 1. Honesty:** Being truthful, sincere, and transparent in one's actions and communication.
- 2. Integrity:** Adhering/sticking to strong moral and ethical principles, even when faced with challenges or temptations to do otherwise.
- 3. Compassion:** Showing empathy, kindness, and understanding towards others and their suffering.
- 4. Respect:** Treating others with dignity and consideration, regardless of differences in background, beliefs, or opinions.
- 5. Responsibility:** Acknowledging and fulfilling one's obligations and duties, both in personal and societal contexts.
- 6. Fairness:** Promoting justice and equality, and making decisions impartially.
- 7. Tolerance:** Accepting and respecting the diversity of ideas, cultures, and perspectives.
- 8. Courage:** Demonstrating the strength to confront/face difficult situations and stand up for one's beliefs.



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9. Love: Nurturing strong emotional connections and care for family, friends, and the community.

10. Gratitude: Recognizing and appreciating the good things in life, as well as the kindness of others.

Factors of human values

Human values are influenced by a wide range of factors, but two significant factors that contribute to the development and shaping of human values are:

- 1. Cultural and Societal Factors:** Culture and society play a crucial role in the formation of human values.
 - ❖ These factors encompass the traditions, norms, beliefs, and practices of a particular group or community.
 - ❖ The values held by a culture or society are often transmitted through generations and may be deeply ingrained in individuals from a young age.

2. Personal Factors and Experiences:

- ❖ An individual's personal factors and experiences, such as upbringing, education, family background, personal



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beliefs, and life experiences, have a substantial impact on their values.

- ❖ Personal values can be influenced by the values instilled by parents, guardians, or mentors, as well as by significant life events and personal reflections.

- ❖ **For Example**, a person who has experienced hardship or adversity may develop a strong value for resilience and perseverance. Likewise, a person's educational and professional experiences can shape their values related to success, achievement, and integrity.



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Q.2. What do you mean by value education ? Why there is a need of value education in your life ?

OR

AKTU 2016-17

What is value education and why is it so important to professional education ?

OR

AKTU 2014-15

Write a short note on the needs for value education in today's scenario.

AKTU 2018-19

OR

What is value education ? Why there is a need of value education ?

AKTU 2016-17

OR

Explain briefly the importance of value based education for the development of a society.

AKTU 2018-19



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Ans.

Value education

Value education, also known as ***moral or character education***, is a form of education that focuses on imparting moral values, ethical principles, and positive character traits to individuals, typically in an educational or formal setting. The primary aim of value education is to help individuals develop a strong sense of ethics, responsibility, and social awareness, which can guide their behavior, decision-making, and interactions with others in a more constructive and ethical manner.

Importance of value education

1. Value education helps us to explore our inner happiness.
2. It helps us to build up strong relation.



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.....importance of value education

3. It helps us to actualize the potential which already exists within us.
4. It helps us to visualize our goals clearly.
5. It teaches us to be in harmony with self, people and nature.
6. It helps in overall character and personality development.
7. It reduces the feeling of jealousy and promotes brotherhood.
8. It widens our perception towards analyzing things.
9. It helps us in building our thoughts and thus character.
10. It helps us to understand our needs and provides direction to fulfill them.

Needs for the Value Education

Value education is essential for various reasons, as it serves a wide range of needs in society, educational institutions, and individuals.



- Moral and Ethical Development:** Value education helps individuals develop a strong moral and ethical foundation. It infuses values such as honesty, integrity, empathy, and responsibility, which are crucial for personal character development.
- Social Harmony and Tolerance:** In a diverse and interconnected world, value education promotes tolerance, understanding, and respect for different cultures, religions, and perspectives. It contributes to social harmony by reducing prejudice and promoting inclusivity.
- Civil Responsibility:** Value education gives a sense of civil responsibility and encourages individuals to actively participate in their communities, contribute to social welfare, and address societal issues. It creates responsible and engaged citizens.



- 4. Conflict Resolution:** Teaching Conflict resolution empowers individuals with the tools to resolve disputes and conflicts in a non-violent and constructive manner.
- 5. Critical Thinking and Decision-Making:** Value education enhances critical thinking skills and the ability to make ethical decisions. It encourages individuals to consider the consequences of their actions and choices.
- 6. Character Building:** It contributes to the development of positive character traits, such as courage, humility, gratitude, and resilience, which are essential for personal growth and well-being.
- 7. Prevention of Unethical Behavior:** Value education can serve as a preventive measure against unethical behaviors, including cheating, lying, and bullying. It raises awareness of the consequences of such behaviors and encourages ethical alternatives.



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Q.3. What are the basic guidelines for value education? Also explain the Content and Process of the Value education.

AKTU 2017-18, 2018-19

Ans.

Basic Guidelines of Value Education: Value education must be imparted in an efficient manner and should follow widely valuable guidelines so that it is effective and useful for individuals with different sets of beliefs and world-views.

- 1. Universal:** Value education should be universal in nature; in other words it must be universally applicable to all human beings and should be true at all times and all places. It can't work if it is limited to a particular religion, section, nationality or any such group.

- 2. Rational:** It must be rational then only it will appeal to an individual's intellect. If it is based on blind beliefs, it will be rejected by the educated person.



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3. Natural Value education must be natural and verifiable. It should be acceptable in a natural manner to all human beings, so that it brings the natural order of happiness and contentment to the individual.

4. Verifiable: Human values should be verifiable. If human values can not be verified, then it will create a state of confusion whether following human values have some good livings or not.

5. Leading to Harmony: Lastly, the main aim of value education is to enable us to be in harmony within ourselves and in harmony with other humans and the rest of nature.



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Content of Value Education

1. The content of value education must include :
 - i. All dimensions : Thought, behaviour, work, and realization and
 - ii. All levels : Individual, family, society, nature and existence of human living.
2. It must have a clear understanding of each of these and their inter- relationship.

Process of Value Education

1. The process of value education has to be that of self exploration, and not of giving sermons/speeches or telling dos and don'ts.
2. Whatever is found as truth or reality may be stated as proposal and has to be verified at the own right.
3. It is process of dialogue between 'What you are' and 'What you really want to be'.
4. It is a process of knowing oneself and through that knowing entire existence.
5. It is a process of recognizing one's relation with every unit in existence and fulfilling it.
6. This process helps you be in harmony within yourself and in harmony with everything around.



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Q.4. How Values do differ from skills ? How are values and skills complementary?

AKTU 2017-18

OR

"For success in any human endeavor both values and skill are required". Explain.

AKTU 2015-16

Ans. Values mean *importance or participation* and skills means *qualities, training, and capabilities*. To fulfil our aspirations both values and skills are necessary.

Success often occurs at the intersection of values and skills. When your actions are aligned with your core values, you're more likely to find meaning and fulfillment in your pursuits. Moreover, skills empower you to manifest your values in tangible ways.

For example, if honesty is a core value, effective communication skills will help you convey information honestly and diplomatically.



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Values are the core principles and beliefs that guide your behavior and decision-making. They provide a moral and ethical framework for your actions and help you distinguish right from wrong. Values are the foundation upon which you build your life. Values, such as ***honesty, integrity, and respect, are integral to building a strong character.*** These qualities contribute to your reputation and the trust others place in you.

Skills represent your ability to perform tasks and achieve goals. Whether it's ***technical expertise, problem-solving, or effective communication skills, Adaptability, Effective time-management, Leadership, competence*** is essential for success in any field.

In Summary, values provide the foundation and direction for success, while skills provide the tools and abilities to achieve your goals. To maximize your potential for success, it's essential to cultivate both your values and skills, ensuring they work in harmony to help you navigate life's challenges and opportunities.



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Q.5. What do you mean by self exploration ? What are the basic contents of self-exploration ?

OR

AKTU 2016-17

What is self-Exploration ? Explain the process of self- exploration with a diagram.

OR

AKTU 2018-19

Define the process of self-exploration with the help of diagram and its benefits.

AKTU 2015-16

OR

What is self-exploration, its content and process?

AKTU 2017-18

OR

Explain the process of self exploration to understand human values. How does our preconditioning hinder this process?

AKTU 2018-19



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Ans.

Self Exploration: Self exploration is the process *to find out what is valuable to me* by investigating within myself, what is right for me, true for me, has to be judged within myself. Through self exploration, we get the value of our self. We live with different entirety (family, friends, air, soil, water, trees, etc.) and we want to understand our relationship with all these. For this, we need to start observing inside. The main focus of self-exploration is myself - the human being.

Basic Contents of Self Exploration:

Content of self exploration is just finding answers to the following fundamental questions of all human beings :

- 1. The Desire/Goal:** What are my (human) Desire/ Goal ? What do I really want in life, or what is the goal of human life ?
- 2. Program:** What is my (human) program for fulfilling the desire ? How to fulfil it ? What is the program to actualize the above ?



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Process of Self Exploration

The process of self exploration is as follows:

- 1.** First of all we have to keep in mind that, whatever is being presented in a proposal.
 - i. Don't assume it to be true immediately, nor reject it without proper exploration.
 - ii. Verify it in your own right, on the basis of it being naturally acceptable to you,
 - iii. Not just on the basis of scriptures.
 - iv. Not on the basis of equipment/instrument data.
 - v. Not on the basis of the assertion by other human beings.
- 2.** Therefore, it is essential to carefully ponder over these on your own right. Neither accept these as true immediately nor reject them prematurely without proper exploration.



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3. Then what to do :

- i. Verify on the basis of your natural acceptance.
- ii. Live accordingly to validate it experientially.
- iii. If the proposal is true in behaviour with human it leads to mutual happiness.
- iv. If the proposal is true in work with rest of the nature it leads to mutual prosperity.

4. But this process is not complete. It will be completed when the verification on the basis of natural acceptance and testing in our living ultimately results in ‘realization’ and ‘understanding’ in us.

5. On having realization and understanding we get assurance, satisfaction and Universality (applies to all time, space and individual).

Ref figure 1.11.1.



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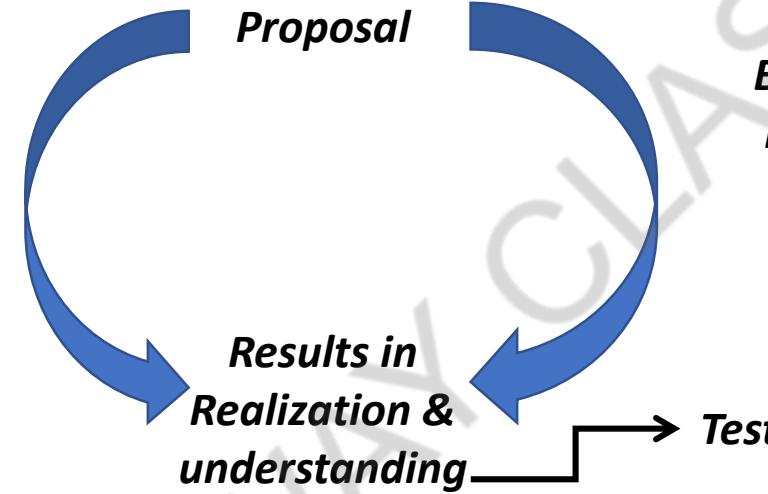
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**Verify on the basis of
your natural
acceptance**

**Keep asking again and again : What
is my nature**

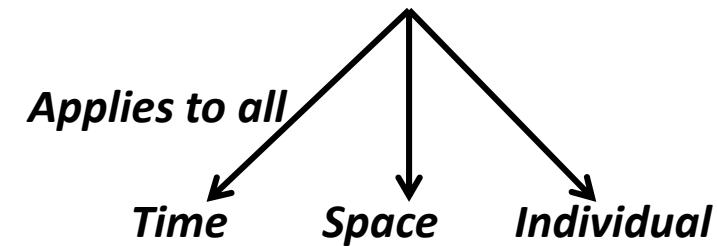
Process of self-exploration



Live according to it

Behavior with human leads to mutual happiness

Work with rest of the nature leads to mutual prosperity





Our pre-conditioning may hinder the process of self-exploration in the following ways-

1. We operate largely on the basis of the environment, driven from the outside - either from sensations, or based on pre- conditionings.

2. If our desires, thoughts and expectations are based on pre-conditionings, we are generally in a state of great confusion. This leads to confusion, unhappiness, conflict and stress.

3. For example we have a preconditioning of “good life means having a nice car.”



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Q.6. What do you mean by your natural acceptance and experiential validation?

AKTU 2016-17

Ans.

Natural Acceptance

- 1.** Natural acceptance is a mechanism of self exploration.
- 2.** Self exploration is a method to explore our self.
- 3.** Natural acceptance implies unconditional and total acceptance of the self, people and environment.
- 4.** It also refers to the absence of any exception from others.
- 5.** In other words, Natural acceptance is a way to accept the good things naturally.



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Experiential Validation

1. Experiential validation is a process that infuses direct experience with the learning environment and content.
2. Most of what we know about our self is not only through our own opinion of our self but also because of how others view us.
3. 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.



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Q.7. What are the basic aspirations of a human being ? Define and explain.

AKTU 2014-15

OR

How you look at your basic aspirations. Is it 'To Be', 'To Get', 'To Become' ? Justify your right priority with examples.

AKTU 2017-18

Ans.

Basic Aspirations

Following are the basic aspirations of a human being :

1. Every Human Being aspires to ***be happy***. All his efforts are toward this end. The outcome from his efforts depends on the focus of the effort, specifically on his notions about happiness.
2. When these notions are right, the outcome is mutual happiness. When the notions are wrong, the outcome is unhappiness.
3. On closer observation, we can see that every human being aspires for a way of life which ensures happiness for all human beings living in harmony with nature.



4. At an individual level, happiness is harmony and integration among all four dimensions within the self - Thought, Behaviour, Work and Realization.
5. At the level of society, individuals aspire to ensure harmony and integration among four levels - Individual, Family, Society and Nature.
6. The basic root of all our aspirations and the resulting actions are continuous happiness and prosperity.
7. All our wants result from the basis of our desire to be happy.
8. Whether we want the highest marks or the best job, the underlying desire is to attain continuous happiness.
9. Every time we achieve a particular 'want', we want more as we want this feeling to continue.
10. Similarly, when we have more than enough of physical facilities, we feel a sense of prosperity, which is also vital to our sense of happiness.
11. So both continuous happiness and prosperity are the main reasons for all our endeavours.



It is 'To Be', 'To Get', 'To Become':

Let us say, you want to be the first ranker in the class. Now, behind this desire to get the first rank, is there a more basic desire ? Why do you want to get the first rank ? If you keep asking this question, you will find that there is a basic desire. What is this desire, is it to be happy ? Yes, it is.

Take any other want or desire and you will find the same thing. You will find that each of you wants emerges from the basic aspiration to be happy. This can be verified by each one of you.



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Q.8. What are the requirements to fulfil basic human aspirations?

AKTU 2018-19

OR

Explain the basic requirement for fulfillment of human aspirations. Write down the concept of SSSS with the help of diagram.

AKTU 2015-16

Ans.

Three things are needed in order to fulfil basic human aspirations –***Right understanding, Right relationship and Physical facilities.***

1. Right Understanding: Right understanding helps us to decide how we work for physical facilities and maintain feelings of different relationship with others. It is one of the major tools for fulfillment of our aspirations, which basically need the transformation from animal consciousness to human consciousness. The theory of coexistence (to live together) is basically needed to comprehend the surroundings.



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2. Right Relationship: In nature to create harmony there is a basic need for affectionate relations with other individuals. We need relationship based on love, understanding, care and respect so that no doubt leads the way of happiness and prosperity.

3. Physical Facilities: Physical facilities like food, clothes, shelter and protection are the basic need of all human beings. It is the right sense of understanding which makes us capable to fulfill them as required.

Concept of SSSS:

Having physical facilities and feeling happy and prosperous. Such people can be said to be materially affluent, happy and prosperous or '***Sadhan Sampann Sukhi Samridh***'. The short form for this can be written as – **SSSS**.

Thus, we can conclude the following :

We need to work for all three, and this is the order in which we have to work :

- i. Right understanding



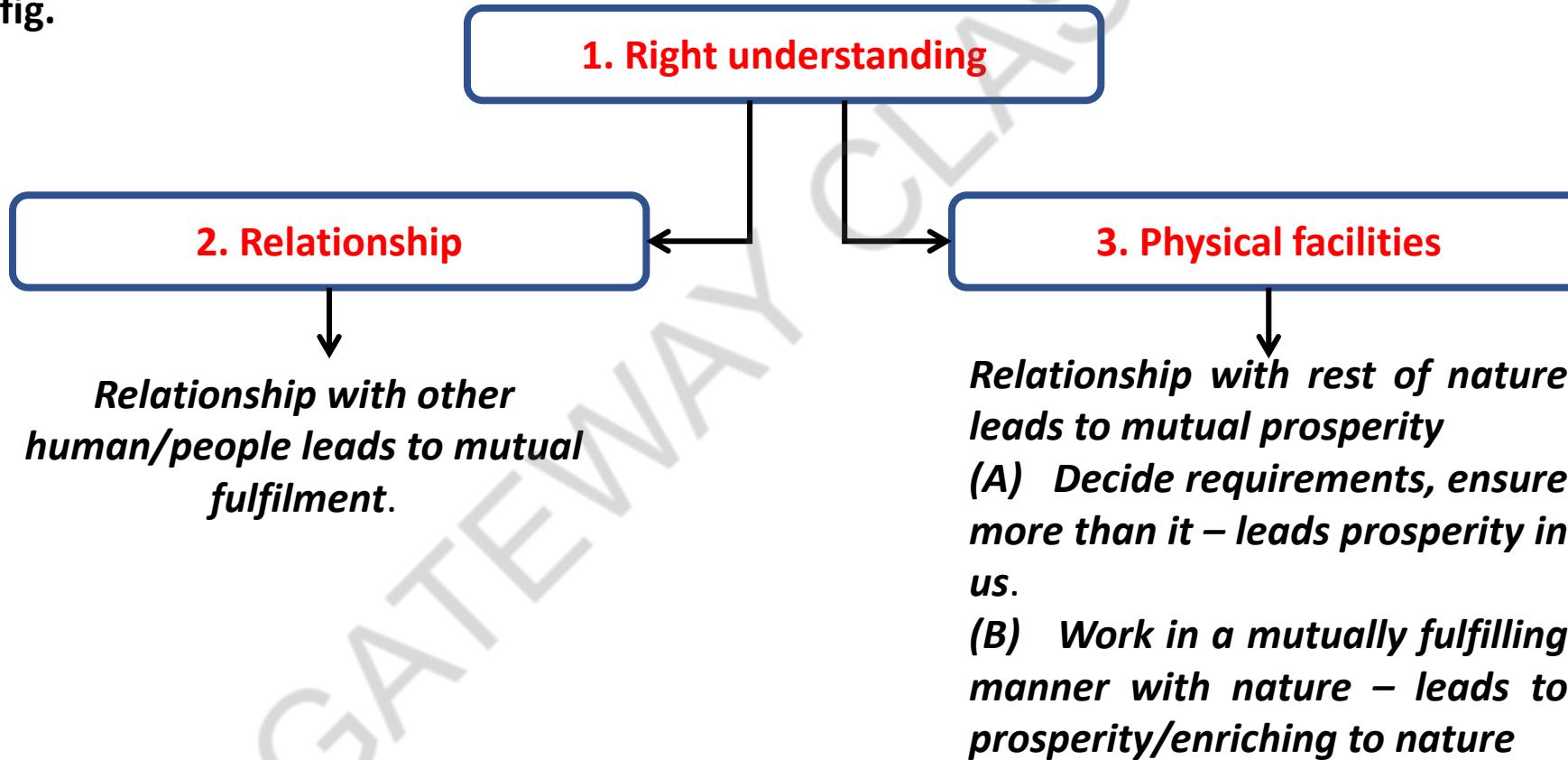
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- ii. Right Relationship
- iii. Physical facilities

Refer fig.





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Q.9. What are the abbreviations given as SVDD, SSDD and SSSS signify and explain each of them?

OR

Elaborate the difference between “Sadhan Viheen Dukhi Daridra” and “Sadhan Sampann Dukhi Daridra”.

AKTU 2015-16

Ans.

To achieve our basic aspirations we need to work for right understanding as the base on which we can work for relationship and then physical facilities.

Today we are not working according to this that is why we can see that there are two kind of people in the world:

- 1. Those that do not have physical facilities/ wealth and feel unhappy and deprived, i.e., *SVDD : Sadhan Viheen Dukhi Daridra* – Materially Deficient, Unhappy and Deprived.**
- 2. Those that have physical facilities/ wealth and feel unhappy and deprived, i.e., *SSDD : Sadhan Sampann Dukhi Daridra* - Materially Affluent, Unhappy and Deprived. But these are states we don't want to be in.**



We want to move from this to third category, i.e., having physical facilities and feeling happy and prosperous, i.e.,

SSSS: Sadhan Sampann Sukhi Samriddha - Materially Adequate, Happy and Prosperous.

As we look around, we find most of the people in the above two categories called SVDD and SSDD, while the natural acceptance of all human beings is to be in the category of SSSS.



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Difference between SVDD and SSDD

Sl.No.	SVDD	SSDD
1.	When an individual does not have physical facilities and so feels deficient, unhappy and deprived, he/she falls into the category of SVDD or Sadhan Viheen Dukhi Daridra.	When an individual has physical facilities and yet feels unhappy and deprived, he/she falls into the category of SSDD or Sadhan Sampatti Dukhi Daridra.
2.	He/She does not possess material facilities and happiness and feels materially deficient, unhappy and deprived.	He/She does possess material possessions but is still unhappy and feels deprived.



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Q.9. Define happiness, unhappiness and prosperity.

AKTU 2015-16

OR

What is happiness and prosperity ? Are they related to each other ? Can happiness be obtained without prosperity ? Explain.

AKTU 2016-17

OR

What is prosperity ? Is it different from happiness ?

AKTU 2014-15

OR

What is the meaning of prosperity ? How can you say that you are prosperous ?

AKTU 2016-17

Ans.

Happiness: Happiness results from a variety of feelings that are effortless and comes naturally to us.

Trust, honesty, respect, confidence, etc., are feelings that we welcome with open arms at all times. They lead us to a state of harmony within us and with others around us. For example, if a person trusts a friend, they feel a sense of mutual harmony, which is also reflected in their interactions with others around them. Thus, happiness is a state where there is harmony all around.



Unhappiness: Unhappiness is the result of any kind of contradiction struggle or conflict within us or with any other person. For example, if a person does not trust a friend, both of them will feel uncomfortable and will not like the situation. So mistrust, dishonesty, lack of respect and lack of confidence are some feelings that lead to unhappiness.

Prosperity: It is clear that prosperity is linked to material possessions or ‘physical facilities’. All the physical things we need to take care of our body needs constitute these physical facilities. Once we have enough of these physical facilities, we feel prosperous. Thus, prosperity is the feeling of having more than enough physical facilities. To understand prosperity, we need to correctly assess the need of physical facilities and be able to make available more than enough of these facilities.

Happiness and prosperity are not related to each other

Prosperity helps to remain in state of happiness but it doesn't push towards happiness. There are so many stories depicting about how a beggar lives a happy and self content life while a king has wealth but he is unhappy and unsatisfied. Prosperity leads oneself to reduce tensions in day to day life, but if someone is greedy and thrive for more wealth then it can't. Good health, right attitude towards life, honesty these things leads to happiness.



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Q.10. What is the difference between prosperity and wealth ? How are the two related ?

AKTU 2017-18

OR

Differentiate between prosperity and wealth with examples.

AKTU 2018-19

Ans.

Sl.No.	Prosperity	Wealth
1.	Prosperity refers to the state of having an abundance of material assets and money as well as other contributing factors like health and happiness.	Wealth refers to the state of being rich or having an abundance of material assets and money.
2.	Prosperity is derived from the adjective prosperous.	Wealth is the origin of the adjective wealth.
3.	Prosperity includes wealth as well as other factors	Wealth is a kind of prosperity.

Relation between prosperity and wealth:

1. Wealth is a kind of prosperity.
2. Prosperity includes wealth as well as other factors.



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Q.11. What are the symptoms of a happy person ? Describe briefly.

AKTU 2015-16

Ans.

Though it may come in different forms for different people, most human beings are in pursuit of the same thing- happiness.

- 1. Living life with integrity:** Living a life that's in line with your own values and belief is important for happiness.
- 2. Embrace living in the moment:** You're fully awake and aware, and concentrate your energies on enjoying the present, rather than worrying about the past or the future.
- 3. Expressing gratitude regularly:** Being grateful for the things you have-and sharing that gratitude-will lead to feelings of satisfaction and happiness.
- 4. Work satisfaction:** If you find satisfaction in the things you do, then you're well on your way to living a happy life.



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- 5. Enjoy harmonious relationships:** Practice respect and patience as you go about your day, whether you're interacting with family, co-workers or with your partner.
- 6. Never afraid of change:** Stay open to the opportunities change can bring.
- 7. Enjoy the simple things:** Taking pleasure in small things will help you build a big picture of happiness.



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Q.12. Differentiate between human and animal consciousness.

Ans.

Difference between Human and Animal Consciousness

1. Human and animal consciousness comes into play with regard to physical facilities.
2. Physical facilities can easily be termed as living in animal consciousness since one is only concerned with satisfying physical urges or desires.
3. For instance, your pet dog will be happy with the food you give it and be content after eating.
4. It does not think about how the food was prepared or presented to it. However, for human, it becomes very important to cook food in different ways and to present it nicely on the dining table.
5. Thus, physical facilities are not everything that a human being desires. This is what differentiates humans from animals.
6. Living with right understanding, relationship and physical facilities together is called human consciousness.
7. The transformation from animal consciousness to human consciousness is integral for humans.
8. This qualitative improvement in consciousness is what makes us different from animals.



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Q.13. What are the four levels of our living ? Explain them.

OR

What are the different levels of human being ? Explain how they are interrelated ?

AKTU 2014-15

Ans.

Levels of Living

There are four levels of livings :

1. Living in myself.
2. Living in family.
3. Living in Society.
4. Living in nature/existence.



1. Living in Myself: The first level of our living is living in myself. Our thoughts, desires and choices make each one of us unique. Before we express ourselves, we think and this internal process is the Self. The inner world or Self co-exists with the body and together we refer to this as a human being. Understanding this Self is extremely important because we mostly assume things about ourselves based on the unending conditions that we are subject to from childhood. It is important to break these assumptions and get to know ourselves. Testing our beliefs and passing them through our own natural acceptance can help us to achieve this.

2. Living in Family : The next level of our living is living in the family, which includes our parents, siblings, friends, classmates, teachers, etc. This is our first set of relationships and we interact with them on a daily basis. When we try to understand ourselves better, we end up understanding each of them better as well. Also understanding their expectations helps us to live in harmony within family and society.



3. Living in Society : Living in society is a level that is lined with living in family since family is a sub group of the larger group society. Society is composed of all people that we come into contact directly or indirectly and all people upon whom we depend directly or indirectly. The human system involving interdependencies related to food, clothing, housing, health, education etc., is called society. And as we understand ourselves and our family better, we also begin to understand society in a better manner.

4. Living in Nature / Existence : Last, but not the least, we live in nature and this large eco-system is necessary for the survival of the individual, the family and society. We need to understand nature in order to be able to engage with it in a relationship that leads to mutual fulfilment.



Thank You