



Universal Human Values

UHV-II

(An Introduction to Value Education)

Today State - At the level of the individual

- Rising problems of depression
- Relative confidence
- Psychological disorders
- Suicides
- Stress
- Insecurity
- Psychosomatic diseases
- Loneliness etc.

Today State - At the level of the Family

- **Breaking of joint families**
- **Mistrust**
- **Conflict between older and younger generations**
- **Insecurity in relationships**
- **Divorce**
- **Dowry tortures**
- **Family feuds**
- **Wasteful expenditure in family functions etc.**

Today State - At the level of the Society

- **Growing incidences of terrorism and naxalism**
- **Rising communalism**
- **Spreading casteism**
- **Racial and ethnic struggle**
- **Wars between nations**
- **Attempts of genocide**
- **Fear of nuclear and genetic warfare, etc.**

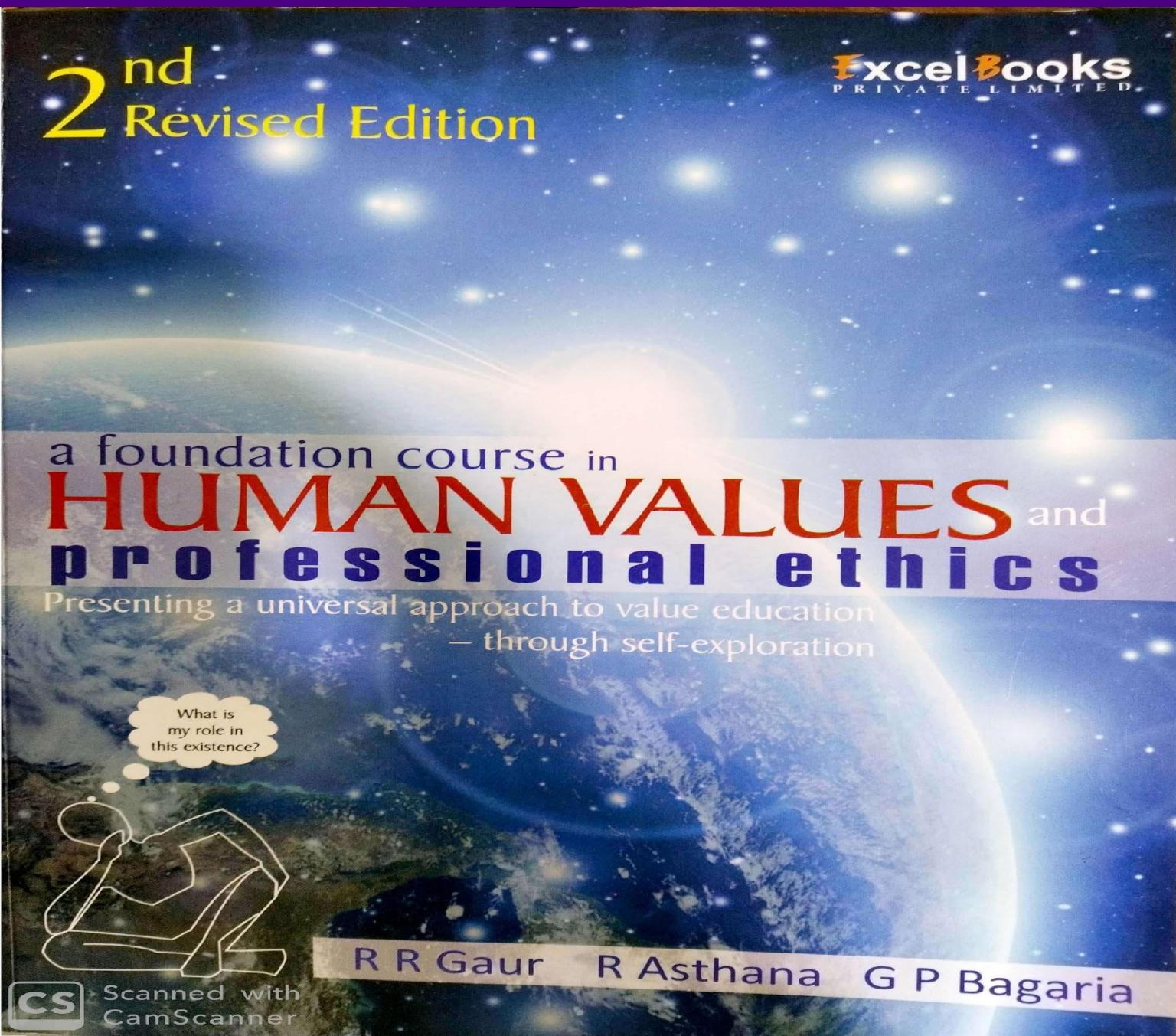
Today State - At the level of the Nature

- **Global warming**
- **Water, air, soil, noise, etc. pollution**
- **Resource depletion of minerals and mineral oils**
- **Sizeable deforestations**
- **Loss of fertility of soil.**

Outcome of the Course (if you understand properly)

- **Clarity regarding a fulfilling life and the program to achieve it.**
(resulting in channelized thoughts)
- **Harmony in Individual**
(Resulting in happiness and a feeling of prosperity and living with absolute confidence)
- **Harmony in Family**
(Resulting in mutual fulfillment in relationship and prosperity in family)
- **Harmony in Society**
(Resulting in trustful, undivided, universal society)
- **Harmony in Nature/Existence**
(Understanding the inherent co-existence resulting in being in harmony in Nature)

About Book



Prof. R R Gaur

Prof. R R Gaur has been a senior professor of **Mechanical Engineering at IIT Delhi** with research focus on **renewable energy conversion systems**. He has also been the **Head of National Resource Centre for Value Education in Engineering at IIT Delhi** and has contributed significantly towards **integrating Science, Technology and Human Values through curricular development and research**. For more than two decades, Prof. Gaur, along with other colleagues at IIT Delhi and other institutions has been seriously experimenting with a variety of innovative inputs in value education. He has recently taken **voluntary retirement** from IIT Delhi in order to fully devote himself to value education activities.

Rajul Asthana

Rajul Asthana, an **alumnus of IIT Delhi**, has **28 years** of corporate experience in **India and USA**. He was the **IT leader of (CIO)** of the Industrial **Products Division of W.L Gore and Associates, USA** and, later, **Senior Vice President with Satyam Computer Services, Hyderabad**. As head of their Learning Center globally, he was responsible for co-developing and implementing the company's learning strategy for associate development. He was a founding member of **Global Council of Corporate Universities, France** promoting the idea that corporate universities can be instrumental in personal transformation. He was also the founder director of **The International Resource Center for Universal Human Values and Ethics at Punjab Technical University, Jalandhar**.

Prof. G P Bagaria

Highly respected teacher both in **Electronics and Communication** as well as in **Value Education**. He has carried out extensive research over the past 15 years in evolving a **suitable methodology for Value Education** and has successfully experimented with it, both within the institutional framework as well as with a variety of people in the community at large. He is accepted as an inspiring role model by his students and peers. For the work carried out by him in the area of Value Education and as social activist, he was awarded the **Satyendra K Dubey Memorial Award for the year 2006 by IIT Kanpur**. **He is an alumnus of IIT Kanpur.**

UPDATED COs: (BVE-301) Universal Human Values

- **C202.1.** Demonstrate the significance of value inputs in a classroom, distinguish between values and skills, understand the need, basic guidelines, content and process of value education, explore the meaning of happiness and prosperity and do a correct appraisal of the current scenario in the society
- **C202.2.** Distinguish between the Self and the Body, understand the meaning of Harmony in the Self the Co-existence of Self and Body.
- **C202.3.** Analyse the value of harmonious relationship based on trust, respect and other naturally acceptable feelings in human-human relationships and explore their role in ensuring a harmonious society
- **C202.4.** Analyse the harmony in nature and existence, and work out their mutually fulfilling participation in the nature.
- **C202.5.** Distinguish between ethical and unethical practices, and start working out the strategy to actualize a harmonious environment wherever they work.

Value

Value of a unit is its participation in the larger order

e.g. The value of a piece of chalk is its participation in the classroom

What is valuable

The chalk writes on the blackboard in the classroom?

or

The chalk scratches the blackboard in the classroom?

What is valuable = value

The context is always the larger order

Value of a unit is definite (does not change with time, place, person)

The value of a unit is also referred to as its role

Thus, the role of chalk is to write on the blackboard

Explore

What is the value of water?

E.g. Value of water for quenching your thirst – the participation of water in quenching your thirst
Does water quench your thirst? Is it valuable?

Is its value (participation) definite?

Does it remain same over time?

Does it remain same in different places?

Is it same for different persons?

You can further reflect on the relationship between value and price

Human Values

Value of a human being is its participation in the larger order

E.g. Your participation in the family defines your value in the family

What is valuable for you? feeling of respect or feeling of disrespect?

You feel happy when you have a feeling of respect

The other feels happy when you express respect to him/her

Living in accordance with human values leads to mutual happiness*

- Your happiness
- Happiness of the other human being

*i.e. in the case of human-human interaction

In the case of human-rest of nature interaction,
living in accordance with human values leads to mutual prosperity

Understanding Human Values

In nature, every unit participates with every other unit in a mutually fulfilling manner

E.g. air nurtures plants and plants enrich air

Except for human being (who does not understand human values)

For a human being to live with human values,

s(he) has to understand human values

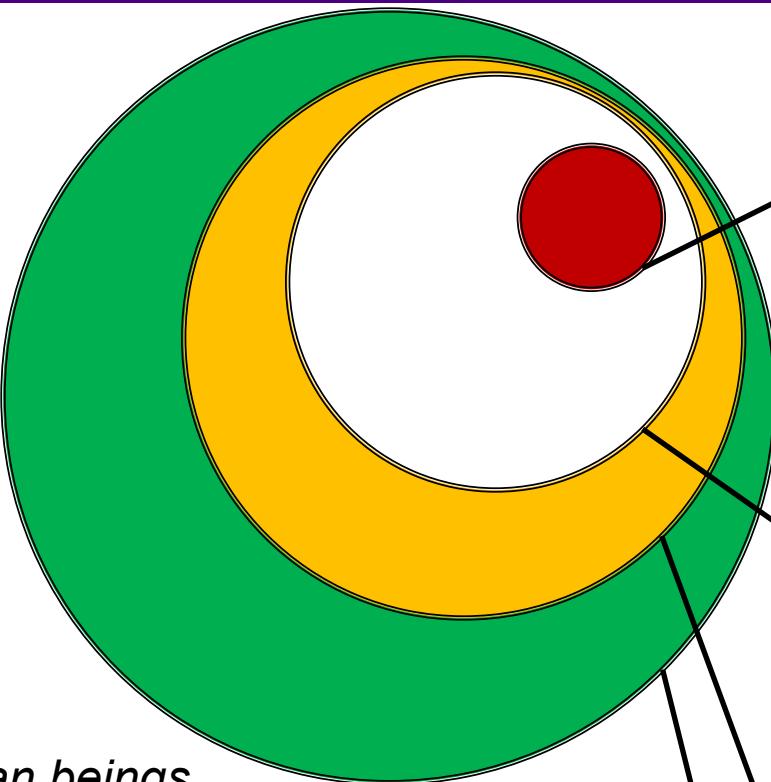
E.g. for a human being to live with a feeling of respect s(he) has to understand the feeling of respect

To live with happiness, human beings have to understand human values

They have to understand their participation

They have to understand their role

Human Values, Participation, Role of Human Being in the Larger Order



Individual

My value for myself
(eg. ensuring happiness in the self and health in the body)

Family

My value in the family
(eg. ensuring feeling of relationship and prosperity)

Society

My value in the society
(eg. to participate in social systems for justice, peace and harmony)

Nature/Existence

My value in nature/existence
(eg. mutual fulfilment with rest of nature)

To live with happiness, human beings have to understand human values, i.e. their participation, their role in the larger order

Without understanding human values, they may assume something about their participation, role, which may or may not be fulfilling

Human Values

Value of a unit is its participation in the larger order

Human values = Value of human being is its participation in the larger order

In human-human interaction, living in accordance with human values leads to mutual happiness

- Your happiness
- Happiness of the other human being

In human-rest of nature interaction, living in accordance with human values leads to mutual prosperity

- Your prosperity
- Prosperity of rest of nature

To live with happiness and prosperity, it is essential to understand human values

Without understanding human values, one may or may not be able to live with happiness and prosperity

The part of education that deals with the understanding of one's participation in the larger order, and thus ensuring it in living, is called as Value Education.

Deciding Our Values

Do you want to be able to decide on your own right?

or

Do you want somebody else to decide for you?

(this somebody may be a group of people, it may be the society or the education system, etc.)

If you are not able to decide on your own right then:

1. Someone else is deciding what is valuable and what is not valuable for you
2. Unconsciously you keep accepting those things as values
3. You get busy with how to implement them, how to realize them, materialize them

Values Decided by the Other

Eg. In a professional college, many first-year students start to use foul language within a very short time

They are made to assume that this sort of language is one of the indicators of their freedom, of their own progress to adulthood... and they may adopt it as a new value

Similarly, with sleeping late and getting up late... and so many things

Did they decide it for themselves?

Did it just happen “unconsciously”, without being aware of it?

Is it worth for them? Is it fulfilling for them?

Is it fulfilling for others (like their family members)?

So, if we are unable to decide on our own right, we are programmed by the other; our values are decided by someone else...

Deciding Human Values on Our Own Right

Would we decide on the basis of whatever we like, whatever we believe?

If we decide in this manner, human values will be different for different people

Or is there some definite, existential basis, something we can understand, something we can be assured about, something that ensures mutual fulfilment in living?

If this is the case, then there is a possibility that human values are universal, they are the same for all of us

Value education is about exploring into this possibility

Should Education help You to Develop Holistically?

Understanding	What to do	Values	Value Education
Learning	How to do	Skills	Skill Development
Doing	Use of Skills	Skills guided by Values Practice	

The problems around you are more due to lack of skills?
or more due to lack of values?

Are both, values and skills, required?

Both are required; Values and skills are complementary to each other

If both are required, then what is the priority?

Values (what to do) first, then skills (how to do), but both are required

What is the state in present-day education?

Education has become skill-biased
(there is a need to make appropriate changes)

- **Skill Education**
 - Skills are necessary in our life. (computer, telecom, construction..)
 - However, along with skills, it is essential to decide the purpose for which they are to be used.
- **Complementarity of Values and Skills.**
 - Right utilization of learnt skills.
 - Achieving right purpose.
- **Priority of Values over Skill**
 - What is more important: What to do? OR How to do?

Need and Important Implications of Value Education

- Correct identification of our aspirations. हमारी आकांक्षाओं की सही पहचान।
- Develop a Holistic Perspective. समग्र दृष्टिकोण विकसित करना।
- Clarity of Programme to Live with Holistic Perspective. समग्र दृष्टिकोण के साथ जीने के लिए कार्यक्रम की स्पष्टता।
- Evaluation of our beliefs. हमारी मान्यताओं का मूल्यांकन।
- Solution of existing problems. मौजूदा समस्याओं का समाधान।
- Development of Ethical Competence.

नैतिक क्षमता का विकास।

Basic Guidelines for Value Education

Universal

The content needs to be universal – applicable to all human beings and be true at all times, all places
It should not depend on sect, creed, nationality, race, gender, etc.

Rational

It must be amenable to logical reasoning
It should not be based on blind beliefs

Natural and Verifiable

It has to be ‘naturally acceptable’ and experientially verifiable, and not based on dogmas, beliefs or assumptions.

Should not be asked to believe just because it is stated in the course

All Encompassing

It needs to cover all dimensions (thought, behaviour, work and understanding) and levels (individual, family, society and nature/existence) of human life

Should not be confined to only few aspects of life.

Leading to Harmony

Values have to enable us to live in peace and harmony within our own self as well as with others (human being and rest of nature)

This will be sufficiently exemplified in the presentations in this workshop

Content of Value Education

Holistic, All Encompassing

Covers all levels of living:

1. Individual (human being)
2. Family
3. Society
4. Nature/Existence

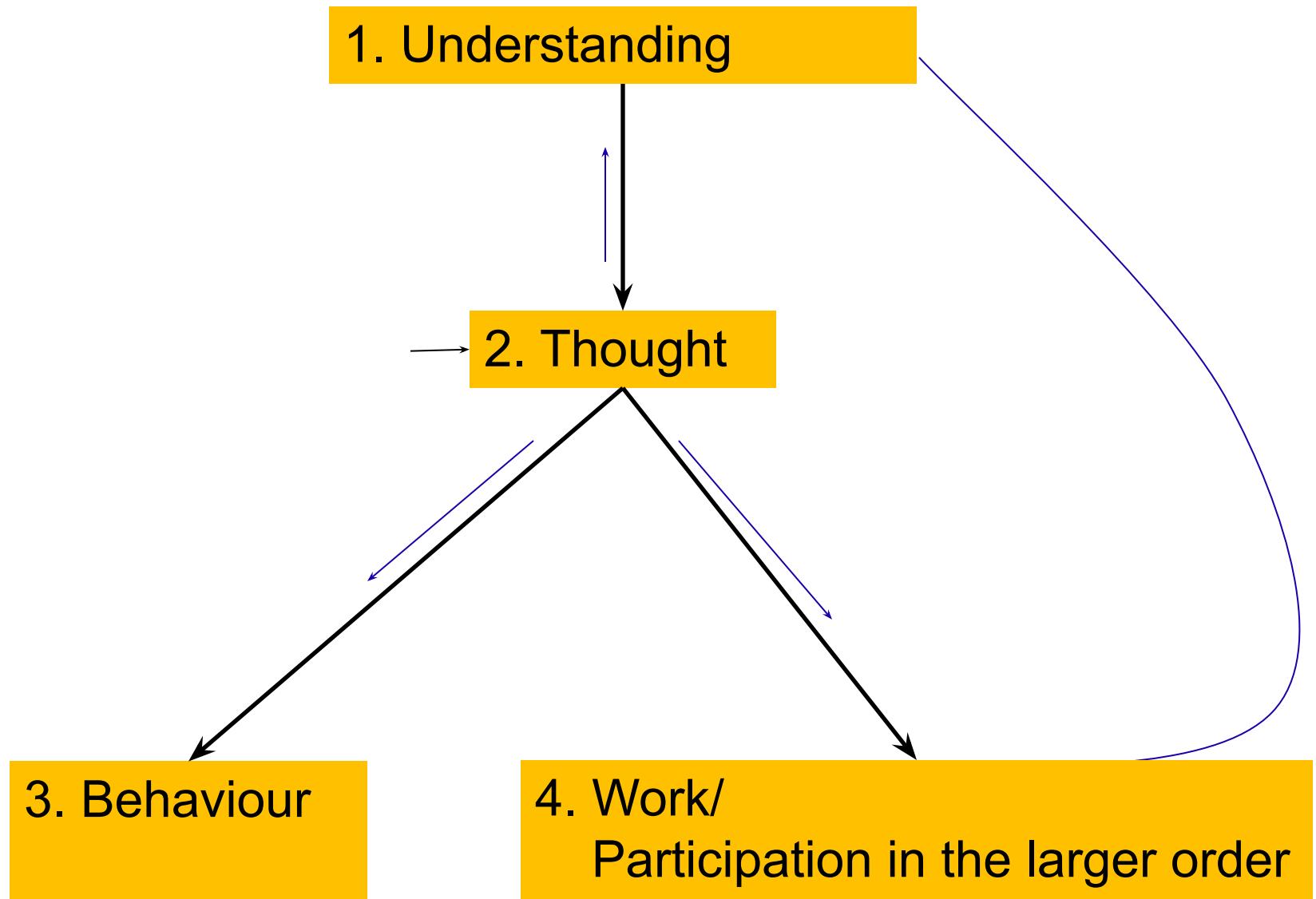
Eg. As a Family, Society – we want
Fearlessness / Trust
NOT fear (mistrust / opposition)

Covers all dimensions of human being, (as an Individual):

1. Understanding/Realization
2. Thought
3. Behaviour
4. Work/Participation in larger order

Eg. In Thought – we want clarity
(a state of resolution, solution)
NOT confusion (a state of problem)

Dimensions of Human Being (as an Individual)



Process of Value Education

Universal

The content needs to be universal – applicable to all human beings and be true at all times, all places

It should not depend on sect, creed, nationality, race, gender, etc.

Rational

It must be amenable to logical reasoning... should be able to question

It should not be based on blind beliefs

Verifiable

The student should be able to verify the values on one's own right

Should not be asked to believe just because it is stated in the course

Leading to Harmony

Values have to enable us to live in peace and harmony within our own self as well as with others (human being and rest of nature)

Process of Value Education – Self-exploration

Whatever is said is a **Proposal**

Verify it on Your Own Right – on the basis of our **Natural Acceptance**

Do not assume it to be true or false

It is a process of **Dialogue**

A dialogue between me and you, to start with

It soon becomes a dialogue **within your own self**

between what you are and what you really want to be (your natural acceptance)

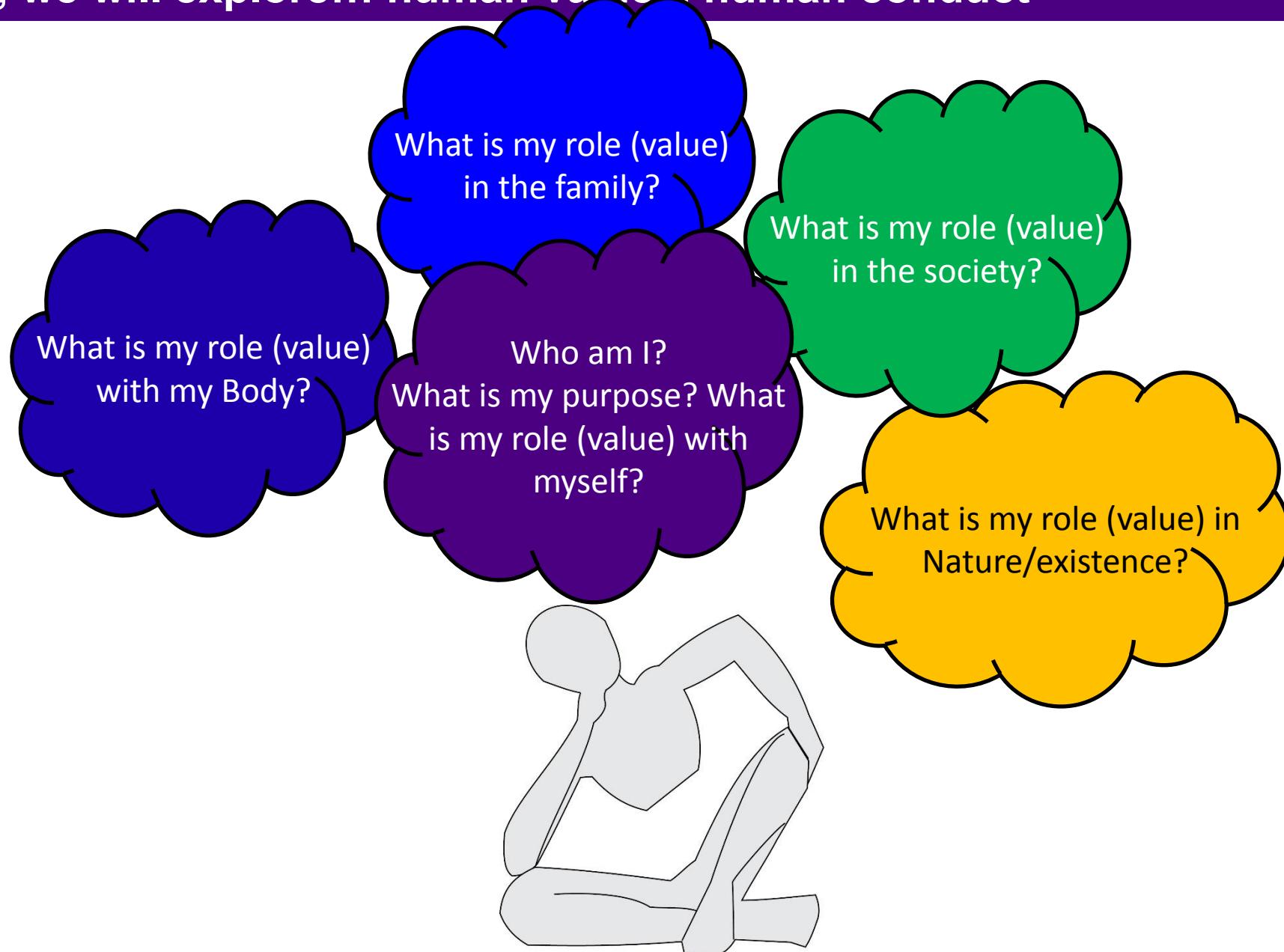
The purpose of this course is to initiate this internal dialogue,

to help you to be self-referential, self-confident

Is this process naturally acceptable to you?

Is the purpose of this course valuable for you?

In this course, we will explore... human values, human conduct



Sum Up

Need for Value Education

To live with fulfilment, happiness, continuous happiness...

it is essential to understand what is valuable for human being (human values)

To understand human values, human conduct we need value education

Basic Guidelines for Value Education

Basic Guidelines for Value Education

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Should not be confined to only few aspects of life.

Leading to Harmony

Values have to enable us to live in peace and harmony within our own self as well as with others (human being and rest of nature)

Content of Value Education

All encompassing

Holistic

Process of Value Education

Self exploration, becoming Self-referential



Self-exploration as the Process for Value Education

Process

Whatever is said is a **Proposal** (**Do not assume it to be true or false**)

Verify it on Your Own Right – on the basis of our **Natural Acceptance**

It is a process of **Dialogue**

A dialogue between me and you, to start with

It soon becomes a dialogue **within your own self**

between what you are and what you really want to be
acceptance) (your natural

The purpose of this workshop is to initiate/strengthen this internal dialogue

izLrko gS ¼ekuas ugha½

tk;jpas & Lo;a ds vf/kdkj ijA

viuh lgt LohÑfr ds vk/kkj ijA

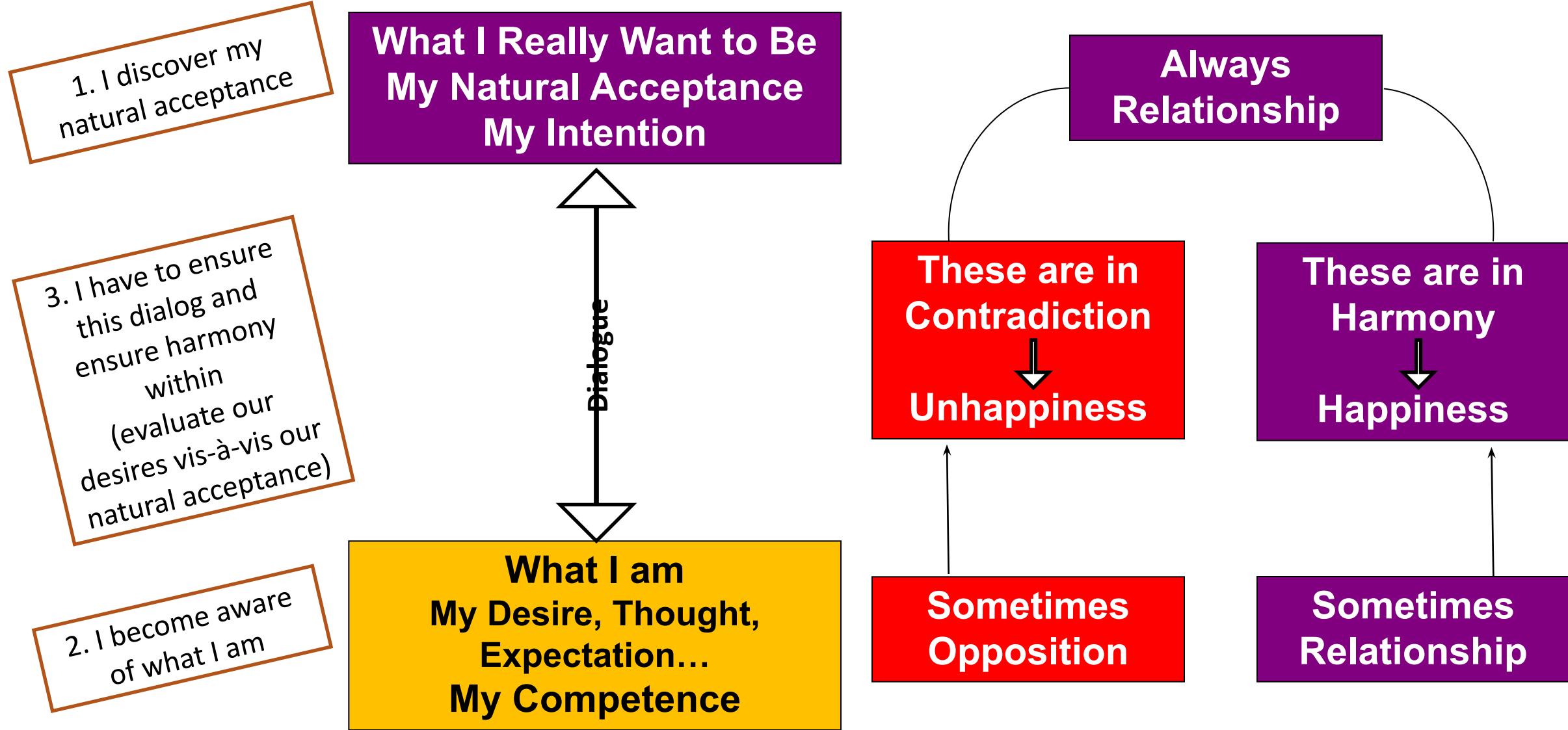
;g laokn dh izfØ;k gSA

;g laokn vkids vkSj esjs chp 'kq: gksrk gS] fQj vki eas pyus yxrk gSA

What is this Course

1. It is a process of dialogue – between me and you, to begin with
;g laokn dh izfØ;k gSA ;g laokn vkids vkSj esjs chp 'kq: gksrk gSA
2. It soon becomes a dialogue (Self-exploration) within your own Self...
“kh?kz gh ;g laokn vkids Lo;a eas pyus yxrk gSA

The Dialogue Within



Process of Self-exploration, Self-investigation

1. It is a process of dialogue – between me and you, to begin with. It soon becomes a dialogue within your own self
2. It is a process of dialogue between what I am (**tSlk eSa gjw**) and my Natural Acceptance or what I really want to be (**tSlk gksuk eq>s lgt Lohdk;Z gS = LoRo**)
3. It is a process of Self-exploration, Self-investigation Self-evolution
4. It is a process of knowing oneself; and nature and the entire existence through the self, knowing
5. It is a process of recognizing one's relationship with every unit in nature/existence; and fulfilling that relationship
6. It is a process of knowing Human Conduct (**ekuoh; vkpj.k**) and living according to it
7. It is a process of living in harmony within, living in harmony with others... living in harmony with entire existence

Scope of this Course: Self-evolution, Self-extension

Knowing your Natural Acceptance

What you really want to be

Natural Acceptance *Swatva LoRo*



Living in accordance with your Natural Acceptance

Living in harmony within

Self-organized *Swatantrata Lora=rk*



Living in harmony with others... with the entire existence

Self-extension *Swrajya LojkT;*



Harmony Everywhere – Universal Order

Self-exploration, Self-investigation

1. Content of Self Exploration:

a. Desire (**pkguk**) - Aim, Objective, Basic Aspiration, Purpose

What do I want to achieve?

b. Program (**djuk**) – Process of achieving the desire, action

How do I achieve it ?

Are these questions important for you?

Do you have any other questions?

Recall: Exercise from UHV-I (SIP)

Explore – Why are You Making Any Effort

to Become Something?	to Do Something?	to Get Something?	To Be Something?
an engineer	Build bridges...	Money, name, respect...	Happy, prosperous
a doctor	Keep people healthy...	Fame, money...	Happy, prosperous
a farmer	Grow nutritious food...	Acceptance, respect, money...	Happy, prosperous
an artist	Inspire through music...	Name, fame, money...	Happy, prosperous
a teacher	Educate...	Money, respect...	Happy, prosperous

-----Steps / Pathways ----- --Basic Aspiration--

Which is your basic aspiration? Your goal?
(if being is your goal, the others are steps/ pathways)

If one pathway is not available is there no way to achieve your basic aspiration?
(one can choose another pathway)

Desire – Aim, Objective, Basic Aspiration, Purpose (What do I want to achieve?)

1. Happiness
2. Prosperity
3. **The continuity of Happiness and Prosperity**

Let us find out:

Do we desire for Happiness?

Do we desire for Prosperity?

Do we desire for the continuity of both (happiness & prosperity)?

If continuity of happiness and prosperity is ensured then what else would you desire?

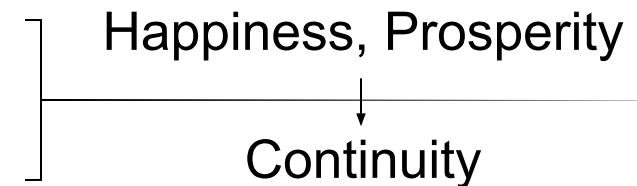
Our basic aspiration is for happiness, prosperity and its continuity
(our desires are not unlimited or indefinite)

Self-exploration, Self-investigation

1. Content of Self Exploration:

a. Desire (**pkguk**) - Aim, Objective, Purpose

What do I want to achieve?



b. Program (**djuk**) – Process of achieving the desire, action

How do I achieve it ?

2. Process of Self Exploration

a. Whatever is stated is a **Proposal**

Verify it on your own right

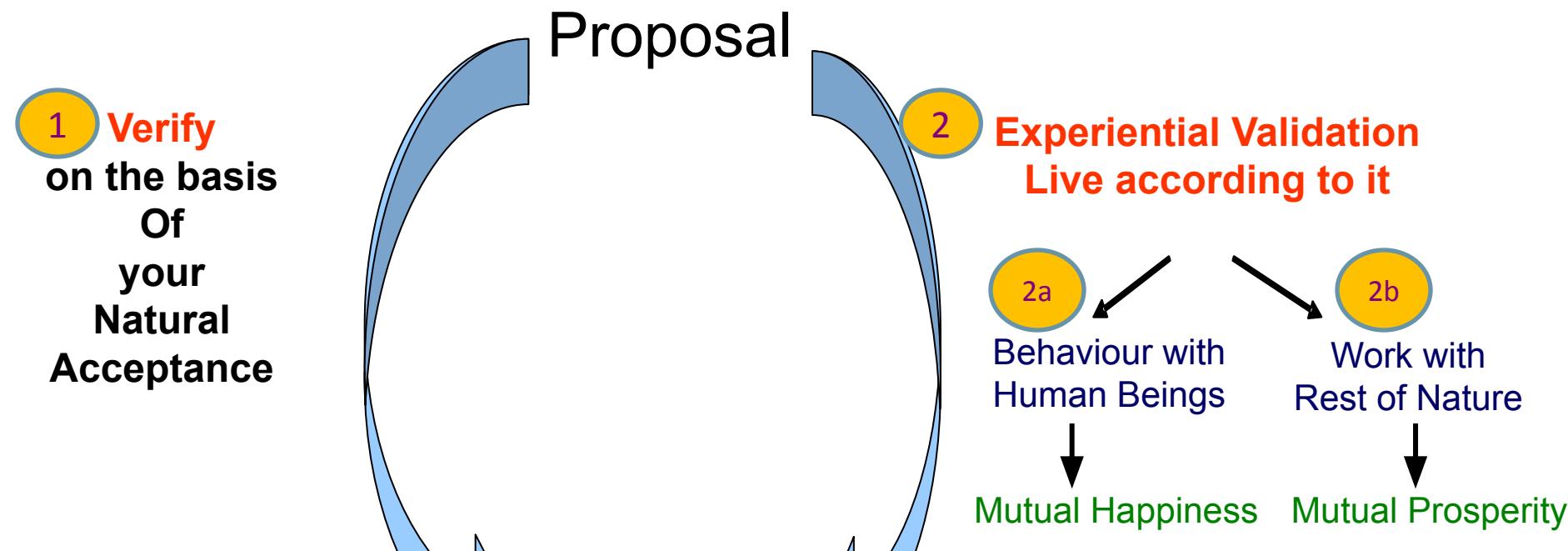
Do not assume it to be true/ false

b. Self-verification

Process of Self-verification

Whatever is stated is a **Proposal – Verify** it on your own right

(**Do not assume it to be true/ false**)



Which process is Naturally Acceptable to you?

A process of self-exploration, self-verification on your own right, leading to understanding in yourself
or

A process of do's & don'ts, in which you assume what is said, without verification

Acceptance

Natural Acceptance

**What one accepts
under the circumstances, influence of**

Others (peer pressure)

Own preconditioning, tastes, likes-dislikes...

Sensation...

Sometimes respect, sometimes disrespect...

Sometimes nurture Body, sometimes exploit...

Respect elders

What is acceptable naturally

Innate Nature (natural acceptance)

Always respect

Nurture the Body

Respect all

Acceptance

Natural Acceptance

**What one accepts
under the circumstances, influence of**

Others (peer pressure)

Own preconditioning, tastes, likes-dislikes...

Sensation...

May change with time

May change with place

May change with person

Indefinite

may depend on circumstances, influences...

Happiness or unhappiness

**What is acceptable naturally
About your participation with the other unit**

Innate Nature (natural acceptance)

Does not change with time

Does not change with place

Does not change with person

Definite

uncorrupted by preconditioning...

Happiness always (assurance, satisfaction)

Characteristics of Natural Acceptance

- It does **not change with time**. (Invariant)
- It does **not change with place**.
- It **doesn't change with the individual**. It is the same for all of us: it is a part and parcel of every human being.
- It does not depend on our **likes, dislikes, beliefs or past conditioning**.
- It is **innate** (constantly there), we **don't need to create it**.
- Natural Acceptance is **definite**.

Sum Up

Content of self-exploration Basic human aspiration happiness, prosperity continuity

How to fulfil it

Process of self-exploration

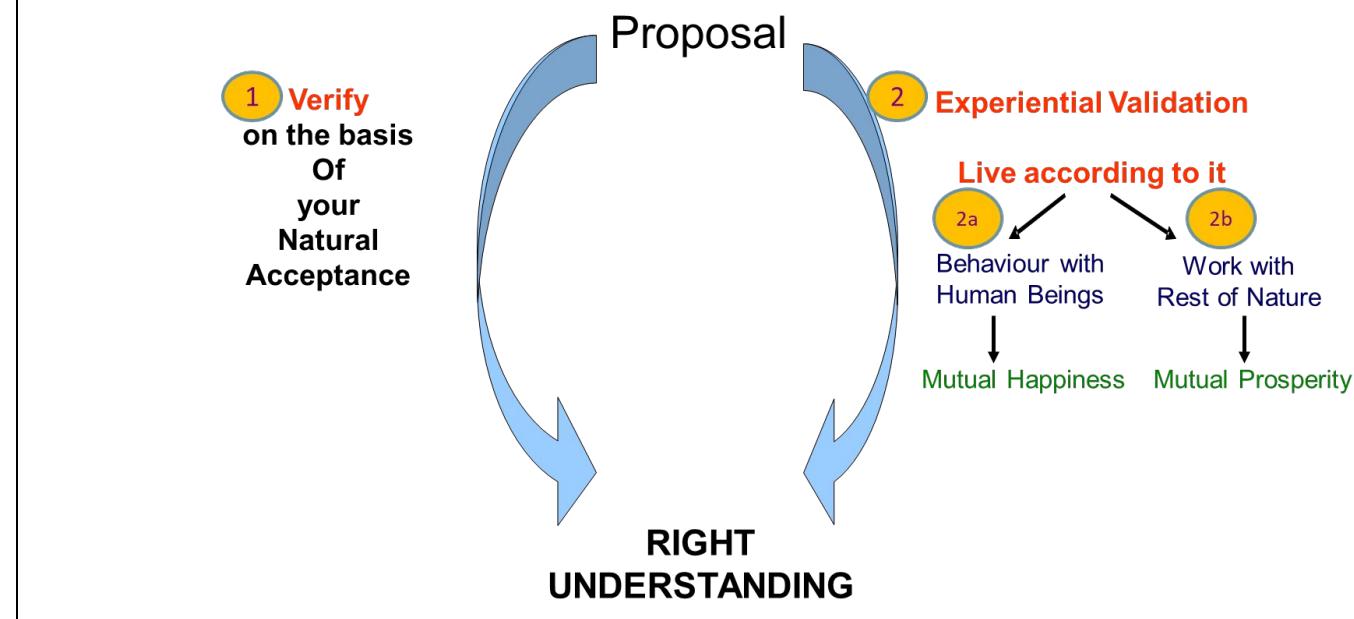
(it may start with the dialogue
between you and me,

but it soon becomes a dialogue within you
between "what you are" and
"your natural acceptance"

The Purpose of this workshop/course is
to initiate/strengthen self-exploration in you
(discover your natural acceptance...)

Self-investigation, self-verification

Whatever is stated is a **Proposal – Verify** it on your own right
(Do not assume it to be true/ false)





Basic Human Aspirations and Its Fulfilment

Desire, What We Want to Be

Do we want to be happy?

D;k ge lq[kh gksuk pkgrs gSa

Do we want to be prosperous?

D;k ge le`) gksuk pkgrs gSa

Do we want the continuity of happiness and prosperity?

D;k ge lq[k] le`f) dh fujarjrk pkgrs gSa

State of Being, What We Are

Are we happy?

D;k ge lq[kh gSa

Are we prosperous?

D;k ge le`) gSa



Is there continuity of our happiness and prosperity?

D;k gekjs lq[k] le`f) dh fujarjrk gSa

Why this gap?

- between our desire and our state of being
- between what we really want to be and what we are

What are we doing to fill this gap? Is it getting filled up or getting wider?

We will explore into this

Desire pkguk

Do we want to be happy?

D;k ge lq[kh gksuk pkgrs gSa

Do we want to be prosperous?

D;k ge le`) gksuk pkgrs gSa

Do we want the continuity of happiness and prosperity?

D;k ge lq[k] le`f) dh fujarjrk pkgrs gSa

Effort djuk

Is our effort (**gekjk iz;kl**):

- For continuity of happiness and prosperity?
lq[k] le`f) dh fujarjrk ds vFkZ esa gS
or ;k
- Just for accumulation of physical facility?
dsoy lqfo/kk&laxzg ds vFkZ esa



Have we assumed that happiness and prosperity will be ensured when we have enough physical facility?

What effort are we making, other than accumulation of physical facility?

Physical Facility is Necessary...

When an animal has lack of physical facility it becomes uncomfortable, when it gets physical facility it becomes comfortable

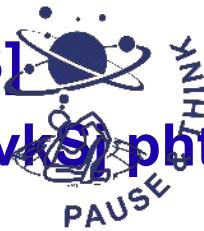
Eg. When a cow gets a stomach-full of grass, it becomes comfortable, sits and chews the cud

**i'kq dks lqfo/kk dk vHkko gksrk gS] rks og ijs'kku gksrk gS] lqfo/kk fey tk, rks og vkjke esa
vk tkrk gS] (tSIs isV Hkj ?kkl fey tk, rks xk; vkjke ls tqxkyh djrh gS)A**

When a human being has lack of physical facility, he becomes uncomfortable and unhappy

But once he gets the physical facility, he forgets about it and starts thinking about hundred other things

**euq"; dks lqfo/kk dk vHkko gksrk gS] rks og ijs'kku o nq%[kh gksrk gS]
ijarq lqfo/kk fey tk, rks mlds ckjs rks Hkwy gh tkrk gS] mlds vykok lkS vks phtsa lkspus
yxrk gSA**



(Check for yourself if you feel happy every day that you are getting enough to eat?)

**(vki gh vius esa tkap dj ns[ksa] D;k vki bl ckr ij jkst [kq'k gksrs gSa fd vkidks isV Hkj
Hkkstu fey jgk gS)**

Something more is required (over and above physical facility)

Physical facility is necessary for human being

but

something more is also required

To find out what else is required (over and above physical facility)

Check: Is the unhappiness in our families

- More due to lack of physical facility or
- More due to lack of fulfillment in relationship?

vkids ifjokj esa tks nq%[k gS] og lqfo/kk ds vHkko esa T;knk gS ;k laca/k dk fuokZg u gksus ds dkj.k T;knk gS



To find out what else is required (over and above physical facility)

How much time and effort are we investing:

- For physical facility
- For fulfillment in relationship



**vki lqfo/kk tqVkus ds fy, fdruk le; o iz;kl yxk jgs gSa vkSj laca/k dk fuokZg ds fy,
fdruk le; o iz;kl yxk jgs gSa**

The unhappiness is more due to lack of fulfillment in relationship

Most of the time and effort is spent for physical facility

**nq%[k laca/k dk fuokZg u gksus ds dkj.k T;knk gS(ijUrq] le; o iz;kl lqfo/kk ds fy,
T;knk yxk;k tk jgk gS**

For Human Being, Relationship is also Necessary

For human being physical facility is necessary but relationship is also necessary

ekuo ds fy, lqfo/kk Hkh vko';d gS] ijarq laca/k Hkh vko';d gSA

On examining carefully, we find that this is a fundamental difference between animals and human being

/;ku ls ns[ksa rks ekuo o i'kq ds chp ;g ,d ewyHkwr varj gSA

Physical facility is necessary for animals and necessary for human being also

lqfo/kk i'kq ds fy, vko';d gS] euq"; ds fy, Hkh vko';d gSA

However, **ijarq]**

For animals physical facility is necessary as well as adequate

i'kq ds fy, lqfo/kk vko';d Hkh gS vkSj iw.kZ Hkh gS]

For human being physical facility is necessary but not adequate

euq"; ds fy, Hkh lqfo/kk vko';d gS ij iw.kZ ugha gSA

In Addition to Physical Facility, Relationship is Necessary

For human beings physical facility is necessary but relationship is also necessary

ekuo ds fy, lqfo/kk Hkh vko';d gS] ijarq laca/k Hkh vko';d gSA

**RELATIONSHIP
laca/k
with human being**

**PHYSICAL FACILITY
lqfo/kk
With nature**

**For animals:
necessary & largely
adequate**

**i'kq ds fy,
vko';d
,oa iw.kz**

**For human beings:
necessary but not
adequate**

**ekuo ds fy,
vko';d
ijarq iw.kZ ugha**

Although we have Recognised the need for Relationship...

We do get into arguments, opposition and fights... even in the family, with close friends, with colleagues at work... in the marketplace...

Every time we have a fight, we want to resolve it...

We say sorry, patch up and promise not to fight in future but...

Even though we don't want to, a fight does take place once again

(we want the other to improve... and the other wants us to improve...)

Is this happening?

Are incidences of reaction... not speaking to the other... arguments... debates... divorce... increasing or decreasing?

Explore your close relationships – in the family, with friends, in the workplace, in the society

In spite of our acceptance for relationship, why is it happening?

Let's check our Perspective about Relationship

Let us find out if

1. We want to live in relationship (harmony) with others or
2. We want to live in opposition with others or
3. We believe living has to be necessarily in opposition with others, i.e. There is 'struggle for survival', 'survival of the fittest' and check if we feel happy living this way?

vki gh vius esa tkap dj ns[ksa]

**1- vkidh pkguk laca/kiwoZd thus dh gS ;k
2- vkidh pkguk fojks/kiwoZd thus dh gS ;k**

3- vkius eku j[kk gS fd thuk rks fojks/kiwoZd gh laHko gSA 'struggle for survival',
'survival of the fittest' **vkSj D;k vki oSlk thrs qq, lq[kh gksrs gSa**



What is our present perspective? Which view do we promote?
(at home, in the family... in schools and colleges... and in the society)

Is it the naturally acceptable view?

Right Understanding is also Essential for Human Being

For fulfilment in relationship, it is necessary to have right understanding about relationship

i.e. Right understanding is also necessary for human being

With right understanding:

- We have clarity about relationship with human being; we are able to fulfil relationship
- We also have clarity about how much physical facility we need

Right Understanding is also Essential for Human Being

RIGHT UNDERSTANDING
(le>)
in the self



RELATIONSHIP
(laca/k)
with human
being

PHYSICAL FACILITY
(lqfo/kk)
with rest of nature

For animals:
necessary & largely
adequate

For human beings:
necessary but not
adequate

Are all 3 required? Is something redundant? Is anything more required?

Are we working on all 3?

If all 3 are required, what would be the priority*?

*Working on the high priority facilitates the realisation of the lower priority

Priority: Right Understanding, Relationship & Physical Facility

1

RIGHT UNDERSTANDING

(le>)

in the self

2

RELATIONSHIP
(laca/k)
with human
being

Feeling
- Trust
- Respect
- ...

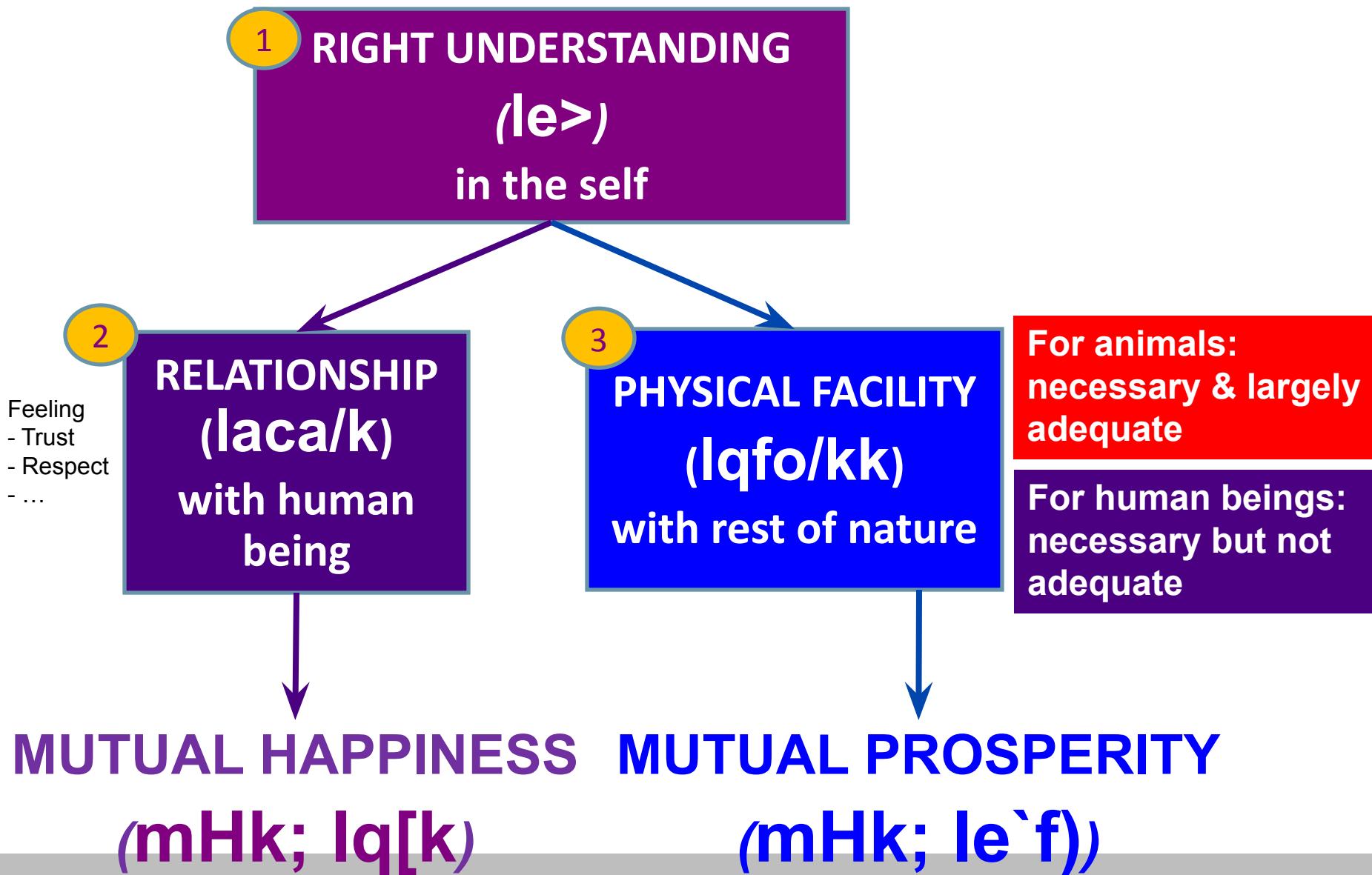
3

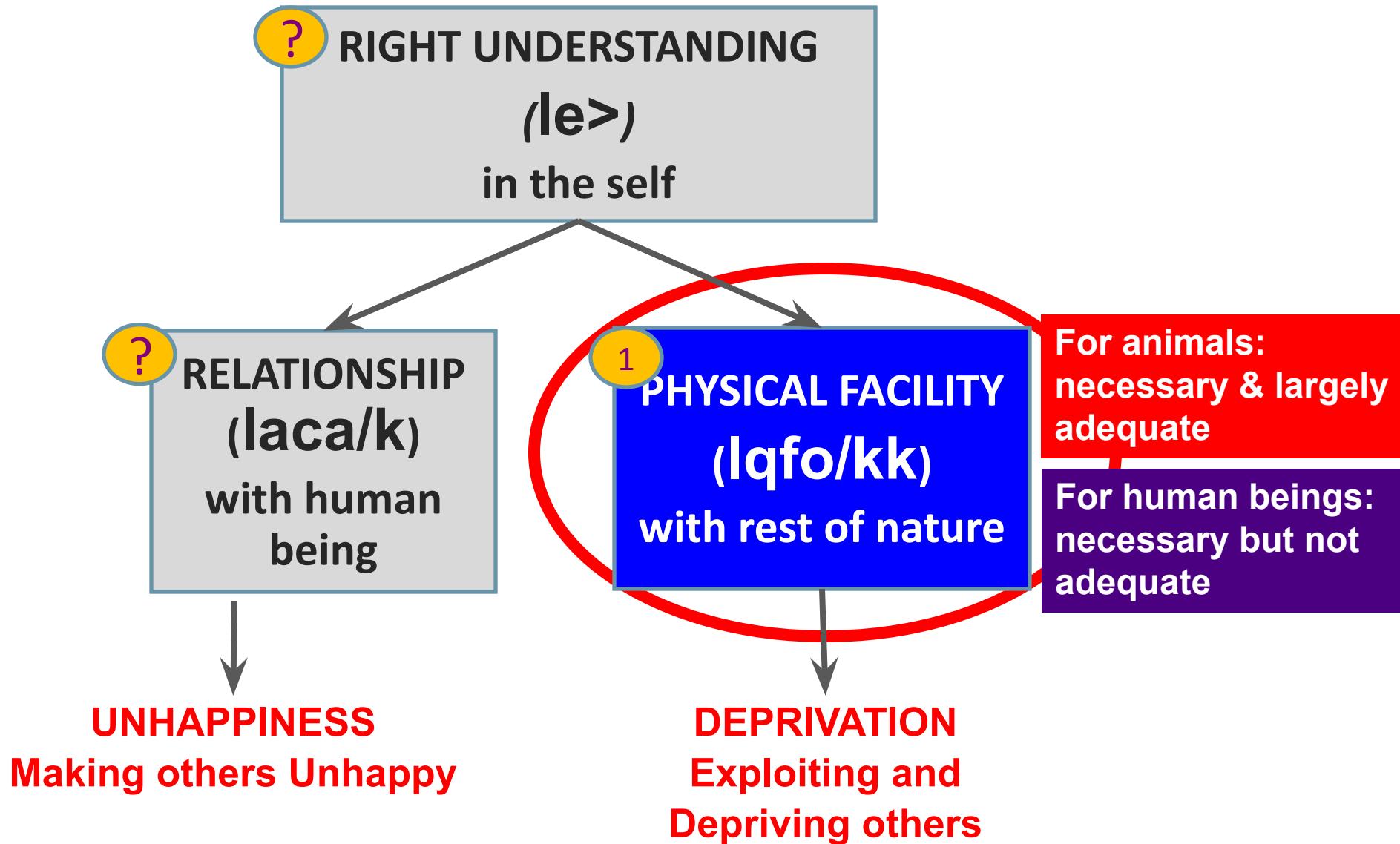
PHYSICAL FACILITY
(lqfo/kk)
with rest of nature

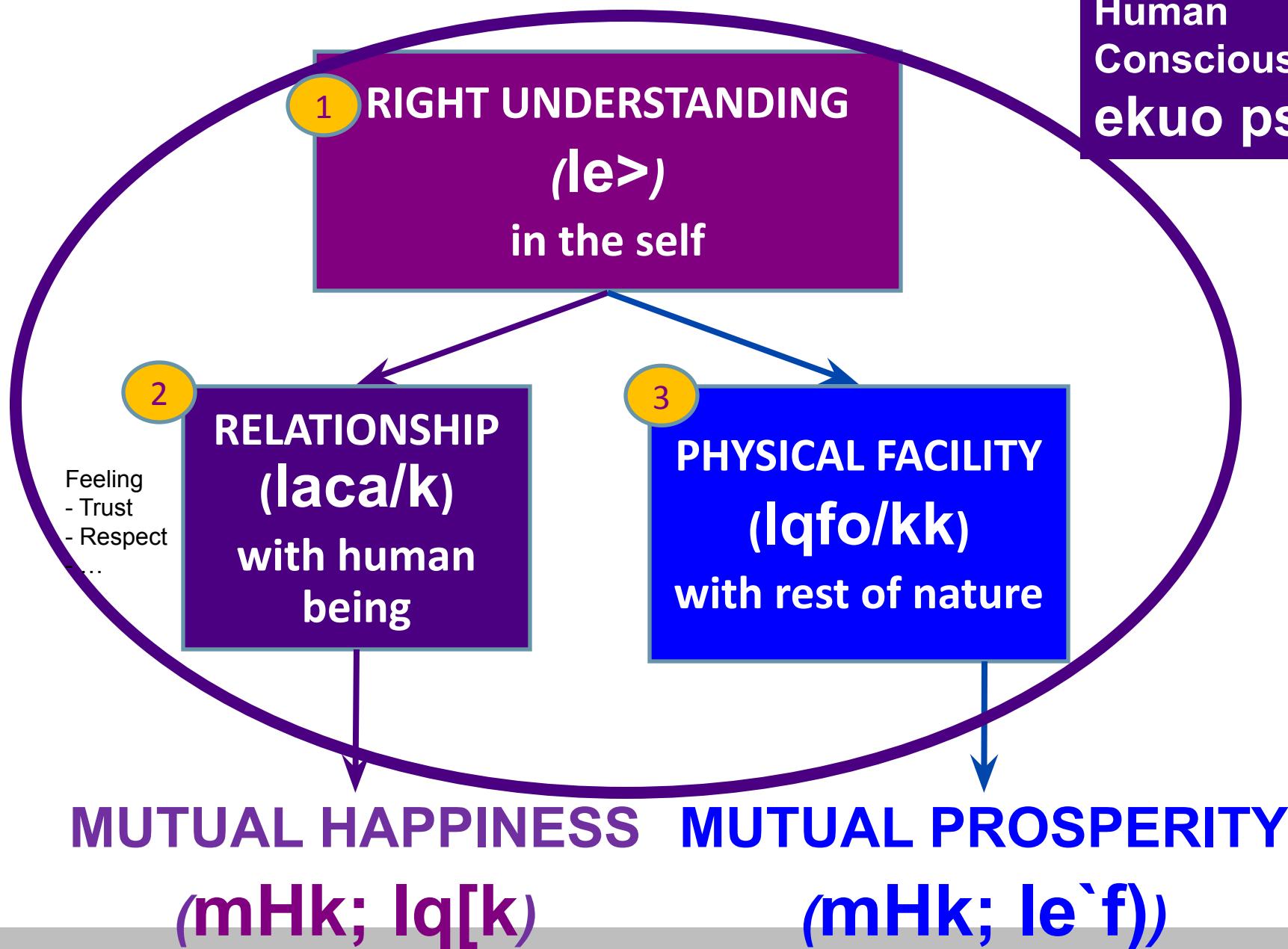
For animals:
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Priority: Right Understanding, Relationship & Physical Facility



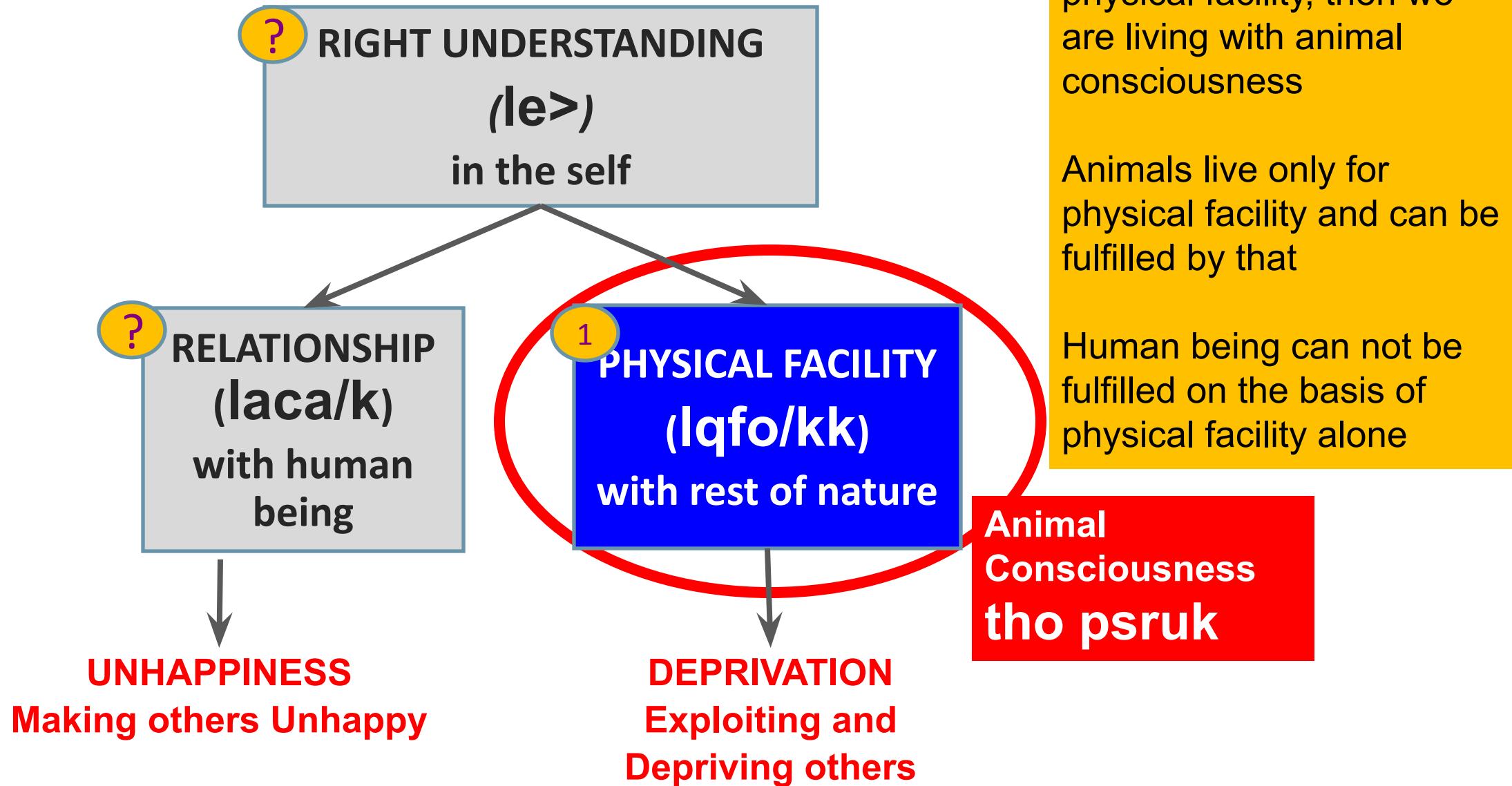




Human
Consciousness
ekuo psruk

If we are living with all three (right understanding, relationship and physical facility, in that priority order) then we are living with human consciousness

Human being can be fulfilled (be happy and prosperous) on the basis of these three



Animals living with
animal consciousness

they are in harmony

this is fine

Human being living with
human consciousness

they are in harmony

this is fine

Human being living with
animal consciousness

they are in disharmony

this is the
problem

Since we generally don't have clarity about our physical needs...

In the society, we can observe two categories of human beings

blhfy, vHkh nks rjg ds euq"; fn[kkbZ nsrs gSa&

1. Lacking physical facility, unhappy deprived (**lqfo/kk foghu nq[kh nfjnz**)
2. Having physical facility, unhappy deprived (**lqfo/kk laiUu nq[kh nfjnz**)

While we want to be – **tcfd ge gksuk pkgrs gSa&**

3. Having physical facility, happy prosperous (**lqfo/kk laiUu lq[kh le`**)

Find out

- Where are we now – at 1, 2 or 3 and
- Where do we want to be?

vius esa tkap dj ns[ksa&

- **vHkh ge dgka gS\& 1] 2 ;k 3 esa vkSj**
- **dgka gksuk pkgrs gSal**



Resources are already in Plenty!

Of the 4.2 billion tons of food produced, more than 1 billion tons of food is lost or wasted every year, UN-backed report finds (11 May 2011)

About a third of all the food produced for human consumption each year – or roughly 1.3 billion tons – is lost or wasted, according to a new study commissioned by the United Nations Food and Agriculture Organization (FAO)

Global Food Production is 6 times requirement

Global Food Wastage is 1/3rd of production

Wastage is enough to feed 1300 crore people/year

Have we understood right utilisation?

Is it a question of production?

Is it a question of distribution?

Is it a question of relationship?

Is it a question of right understanding?

It is a question of education

<http://www.un.org/apps/news/story.asp?NewsID=38344&Cr=fao&Cr1>



Transformation (laøe.k) = Holistic Development (fodkl)

Is development just in increasing physical facility or development is ensuring of all 3?

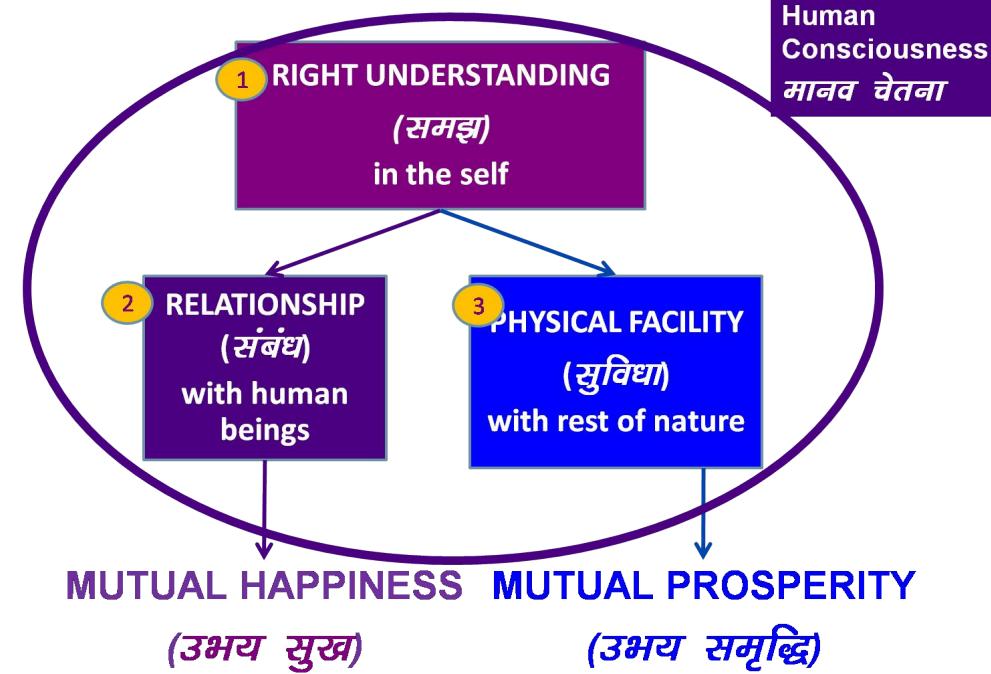
Is this transformation desirable?

Are we making effort for it?

Do we need to make effort for it?



Transformation& Progress
laøe.k&fodkl



We will explore into the effort required for transformation, for holistic development

Role of Education-Sanskar: To Enable Transformation

Holistic development is transformation to Human Consciousness

The role of education-sanskar is to enable this transformation by way of ensuring the **development of the competence to live with human consciousness and definite human conduct**

For this, it has to ensure

1. **Right understanding in every child**
2. **The capacity to live in relationship with the other human being**
3. **The capacity to identify the need of physical facility,**
the skills and practice for sustainable production of more than what is required – leading to the feeling of prosperity

Required for Transformation

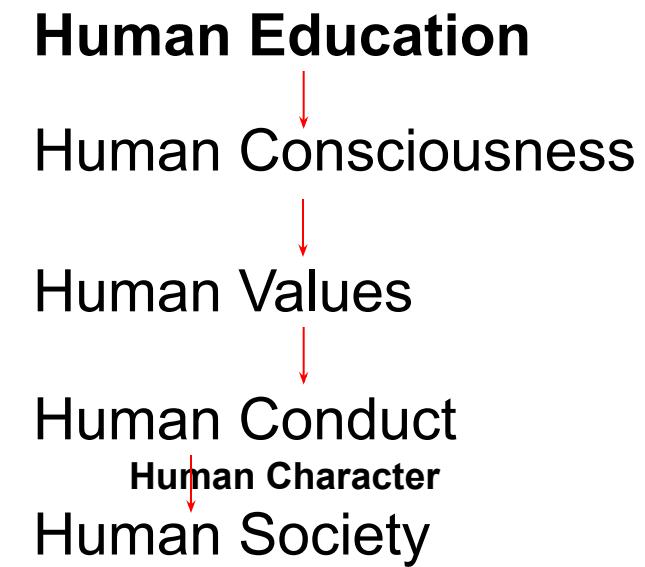
Present State

1. Right understanding in every child	Missing
2. The capacity to live in relationship with the other human being	Missing
3. The capacity to identify the need of physical facility, the skills and practice for sustainable production of more than what is required and right utilisation of physical facility leading to the feeling of prosperity	<p>Identification of need of physical facility is missing.</p> <p>The willingness to produce by way of labour is also missing.</p> <p>The core feeling generated is to accumulate more & more, to consume more & more, (rather than to produce more & more...)</p>

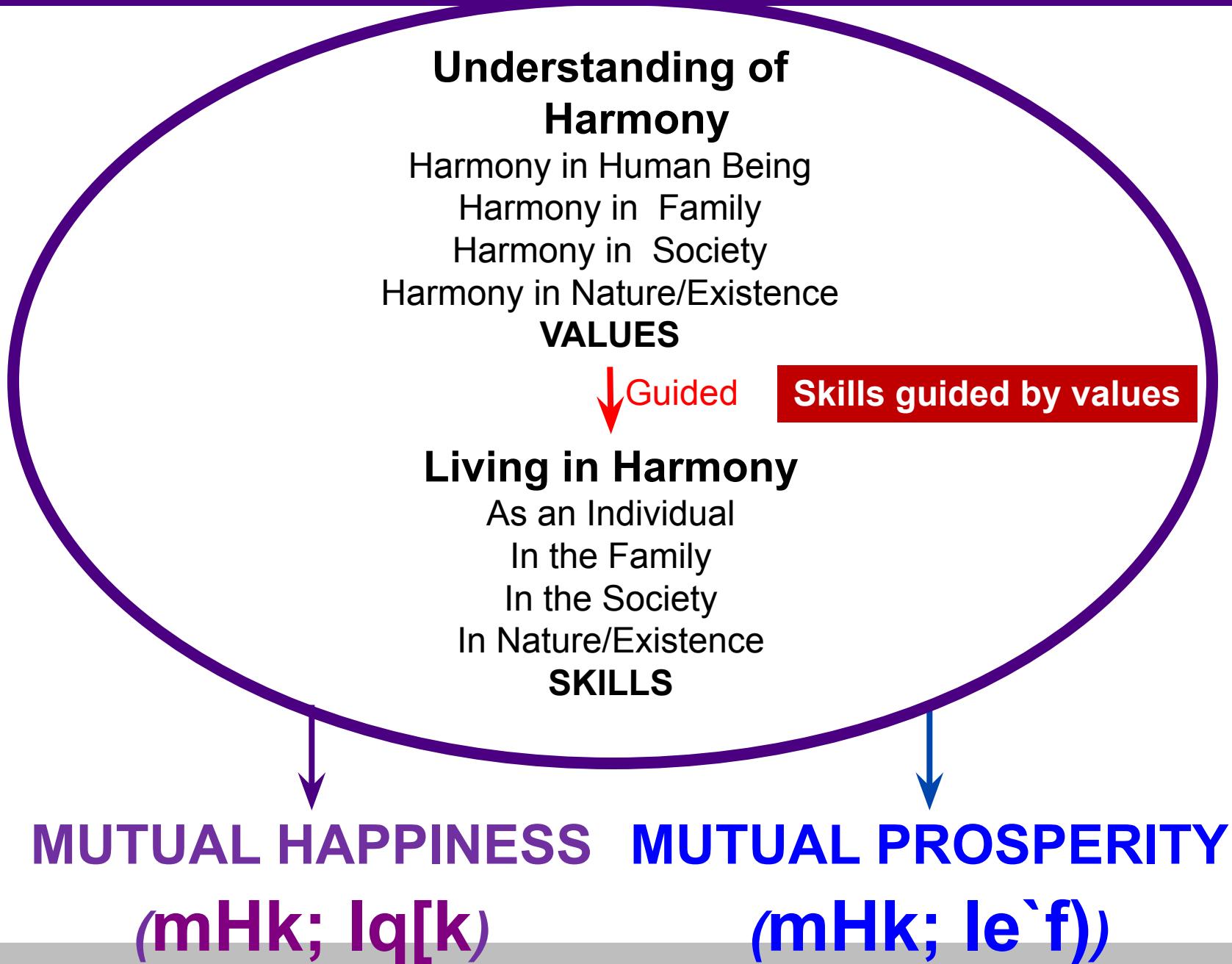
Problems = Indication of Lack of Effort for Holistic Development

Most of the problems we see around us are really only the symptoms of human beings not living with human consciousness

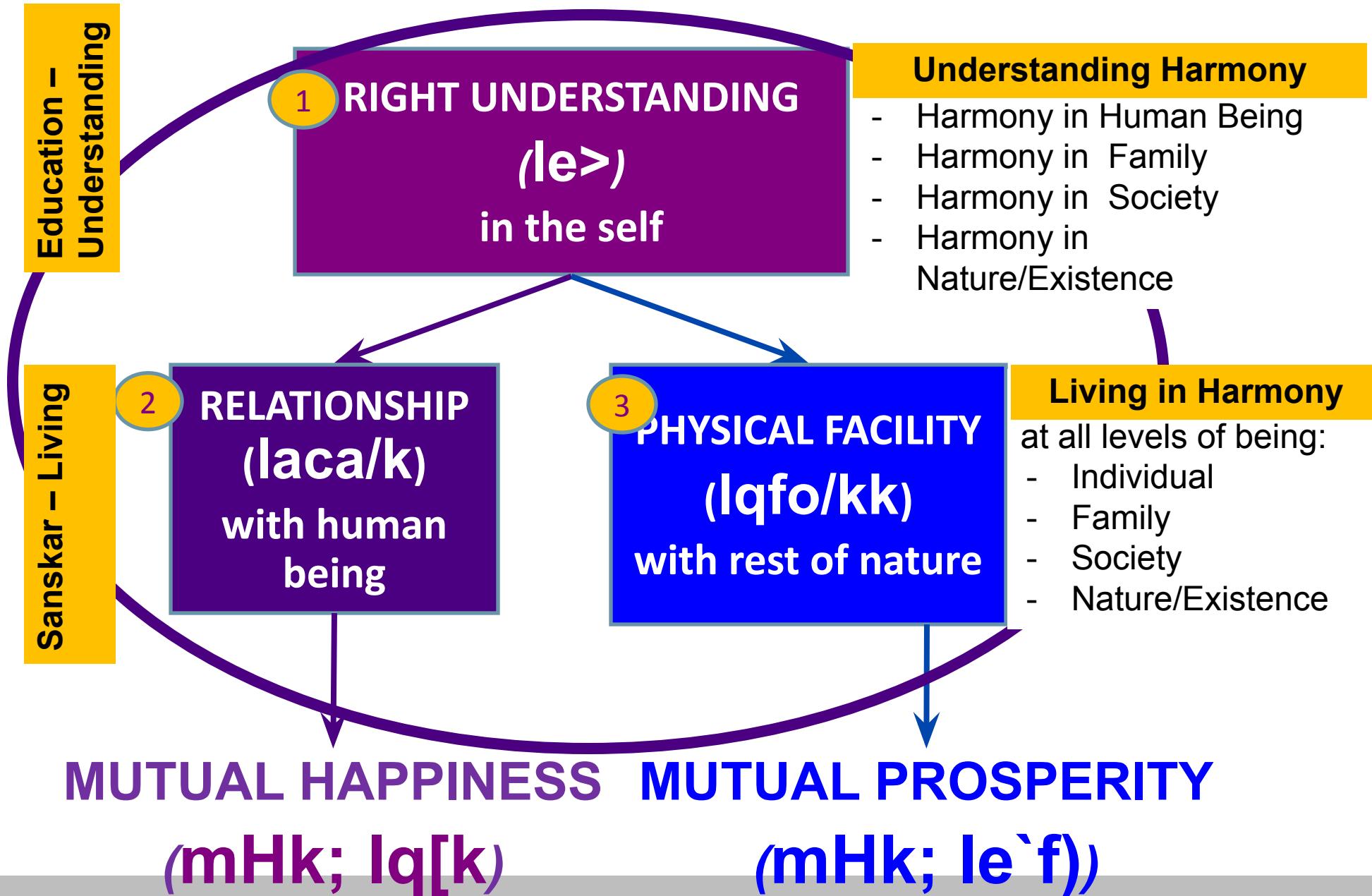
The basic effort is required to ensure human consciousness
(through human education)



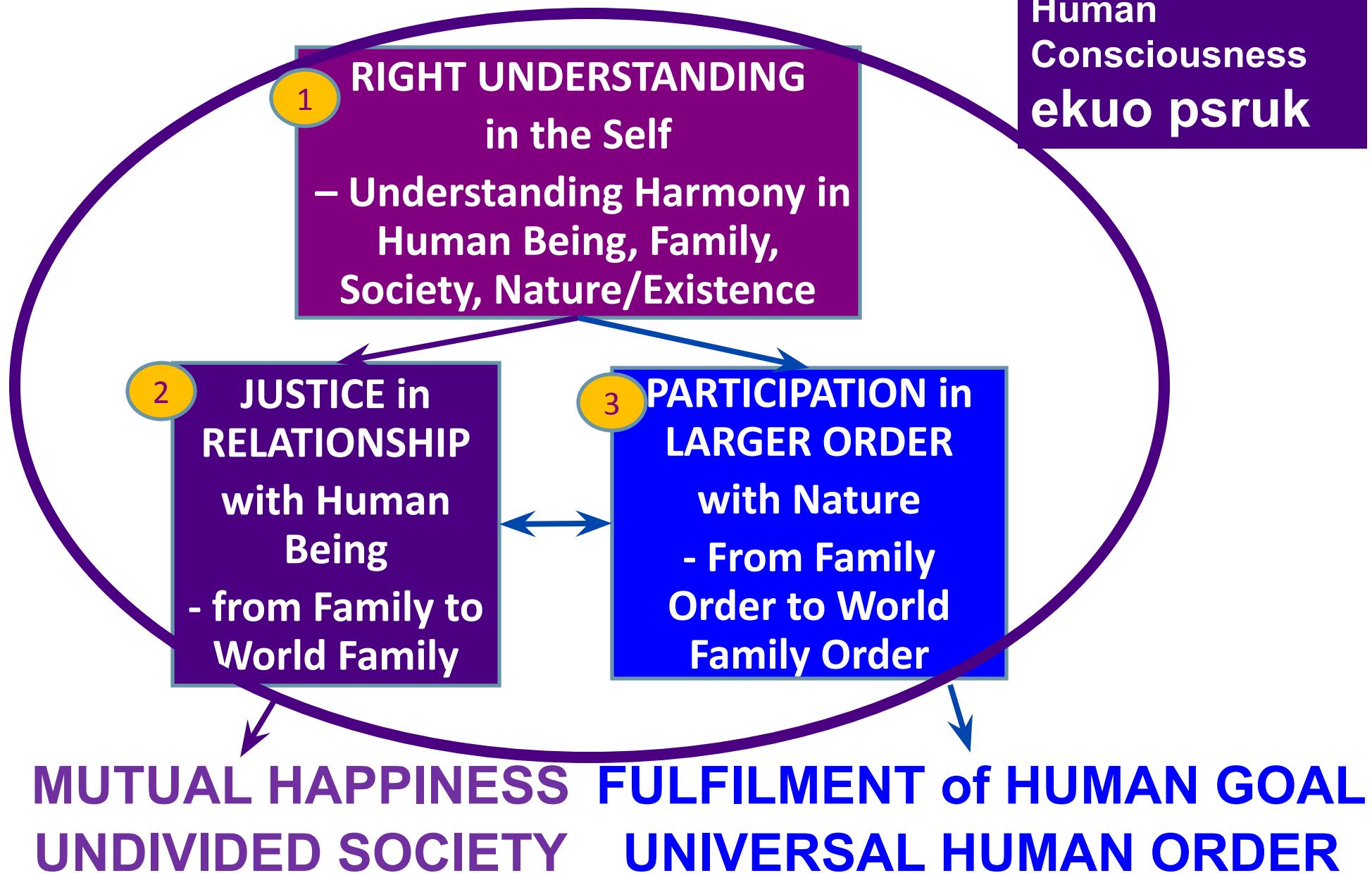
Ultimately it will result in a human tradition,
in which the human goal is fulfilled for all,
generation after generation



Human Being Living with Human Consciousness



Societal implications of living with Human Consciousness





Understanding Happiness and Prosperity

Their Continuity and Programme for Fulfilment

Happiness

Unhappiness

The state or situation, in which I live,

if there is harmony / synergy in it,

then it is Naturally Acceptable to me to be in
that state / situation

(and I want to continue to be in that state / situation)



To be in a state of Harmony / Synergy is
Happiness



Happiness = To be in Harmony

The state or situation, in which I live,

if there is disharmony / contradiction in it,

then it is not Naturally Acceptable to me to be
in that state / situation

(and I want to get out from that state / situation)



To be forced to be in a state of Disharmony /
Contradiction is Unhappiness



Unhappiness = Disharmony

Happiness

Continuity of Happiness

The state or situation, in which I live,

if there is harmony / synergy in it,

then it is Naturally Acceptable to me to be in
that state / situation

(and I want to continue to be in that state / situation)



To be in a state of Harmony / Synergy is Happiness

Happiness = To be in Harmony

State / Situation in which I live or expanse of my being:

1. As an Individual Human Being
2. As a member of a Family
3. As a member of Society
4. As an unit in Nature/Existence



Continuity of Happiness

= **Harmony at all levels of being i.e.**

5. Harmony in the Human Being
6. Harmony in the Family
7. Harmony in the Society
8. Harmony in Nature/Existence

Our Program

To facilitate understanding of the harmony at all levels of being

1. Harmony in the Human Being
2. Harmony in the Family
3. Harmony in the Society
4. Harmony in Nature/Existence

Proposals

To understand & to live in harmony at all levels of being

5. In the Human Being
6. In the Family
7. In the Society
8. In Nature/Existence

**1 Verify the proposals
on the basis of your
NATURAL ACCEPTANCE**

**2 Experiential validation
by LIVING ACCORDINGLY**

**Right Understanding
Right Feeling**

Prosperity (le`f))

Prosperity – The feeling of having / producing more than required Physical Facility

le`f) & vko";d lqfo/kk ls vf/kd dh miyfC/k@ mRiknu dk Hkko

A prosperous person thinks of right utilisation, nurturing the other
“ deprived ” “ ” accumulation, exploiting ” ”

le`) O;fDr Inqi;ksx dk] nwlij s dk iks"k.k djus dk lksprk gS
nfjnz “ laxzg ” ” ” ” **kks"k.k** ” ” ” ”

Continuous Happiness – Basic Aspiration of every Human Being

Every human being aspires for continuous happiness

The program for it depends on whatever s/he has understood or assumed about it

e.g. big house, lots of money... tasty food, loud music, fast car... attention, name, fame...

Keeps shifting from one program to another when the program is not successful

e.g. not getting attention of spouse... shift to watching TV... add tasty food... smoking, drinking...

Indulgence... renunciation...



Some Prevailing Notions related to Happiness

- I will be bored of happiness if I am always happy
- I will grow only if I am unhappy. If I become happy, my growth will stop
- I need to be unhappy to recognize that I am happy
- We think of others only when we are unhappy. Thus it is important/useful to be unhappy so that one can help others
- Happiness and unhappiness go together, they cannot be separated
- Yes, I want happiness. But my desiring does not guarantee it. So, why to talk of desire?
- My happiness depends on the others. What can I do about it
- We do not want happiness for ourselves – but we want to make others happy (while we stay unhappy)
- Happiness is a small thing. We have higher aspirations – like contentment, peace, bliss etc.
- Do not bother me with happiness. I have to live and deal with things in my real life.

Some Prevailing Notions of Happiness – Excitement not Happiness

Owning / accumulating physical facility

Physical facility is required, but it alone does not suffice for human being

Dependence on physical facility, **can't be continuous**

Pleasure (from favourable sensation)

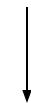
Sound, Touch, Form, Taste, Smell – Through the Body

Tasty-Necessary **Tasty-Unnecessary** **Tasteless-Unnecessary** **Intolerable**

Dependence on sensation, **can't be continuous**

Attention, appreciation... (favourable feelings) from others

Dependence on the other, **can't be continuous**



Sometimes “happiness”, excitement...

Sometimes “unhappiness”, depression...



Some Prevailing Notions about Escaping from Unhappiness, Depression

Over eating

Over sleeping

...

Gutka (Doma)

Alcohol

Drugs

...

Violence

...

Suicide

Excitement and Escape – Not Happiness

Excitement (Temporary Happiness) From Outside

Consumption of physical facility, enjoyment of favourable sensations (sound, touch, form, taste, smell)

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Receiving favourable feeling from others

Attention, appreciation...

Escape (Running away from unhappiness)

Over eating

Over sleeping

...

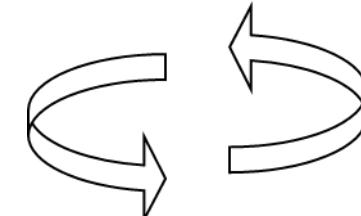
Gutka / Tobacco

Alcohol

Drugs

...

Temporary Excitement



Temporary Escape from Unhappiness

Animal Consciousness



Sources of Happiness

1. Right Understanding

Harmony at all levels of being

Human Being, Family, Society, Nature/Existence

- in Self (I) Definite completion point, Continuity is possible, Self-organization (*Swatantrata*)

2. Right Feeling

Trust, Respect, Affection, Care, Guidance,
Reverence, Glory, Gratitude, Love

- in Self (I) Definite completion point, Continuity is possible, Self-organization (*Swatantrata*)

- From Other ~~Temporary, Dependence on Other,~~
~~No completion point, Continuity not possible~~

3. Sensation, PF

Sound, Touch, Form, Taste, Smell

- Through Body ~~Temporary, Dependence on Body & Other,~~
~~No completion point, Continuity not possible~~

Tasty-Necessary Tasty-Unnecessary Tasteless-Unnecessary Intolerable

Some Prevailing Notions related to Prosperity

- Accumulation of Wealth = Prosperity?
- The richer you are, the more prosperous you are, i.e. the more you have accumulated, the more prosperous you are.



Prosperity (le`f))

Prosperity – The feeling of having / producing more than required Physical Facility

le`f) & vko";d lqfo/kk ls vf/kd dh miyfC/k@ mRiknu dk Hkko

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Our Program

To facilitate understanding of the harmony at all levels of being

1. Harmony in the Human Being
2. Harmony in the Family
3. Harmony in the Society
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by LIVING ACCORDINGLY**

**Right Understanding
Right Feeling**

Sum Up : Self-exploration, Self-investigation

1. Content of Self Exploration:

a. Desire (**pkguk**) - Aim, Objective, Purpose

What do I want to achieve?

Happiness, Prosperity
↓
Continuity

b. Program (**djuk**) – **To understand & to live in harmony at all levels of being**

1. In the Human Being
2. In the Family
3. In the Society
4. In Nature/Existence

2. Process of Self Exploration

a. Whatever is stated is a **Proposal**

Verify it on your own right

Do not assume it to be true/ false

b. Self-verification

