

6. Innateness, self organization and self expression: When we will identify our innateness, it enables us to become self organized then we will attain harmony in our self that is called as "swatantrata". When we express our self and it naturally extends to my participation with the surroundings. We just have to initiate a dialogue with our inner self to attain it, which will be instrumental for us in gaining swatantrata.

Hence, we can say that through the process of self exploration, we identified our innateness, What I will want to be, then living accordingly enable us to being in harmony in our self and finally being in harmony with the whole existence.

Content of Self Exploration

We should design the content of self exploration such that it can provide us the answers of different questions such:

Desire/ Goal: It means, What is my desire or goal? What is my basic aspirations? What I really want to achieve in life?

Program: It means What is fulfilling my aspirations, my desires, etc .

Process of Self Exploration

The process of self exploration begins by presenting everything as a **proposal, verification, realization, understandings**.

- Whatever is started is proposal.
- Verify it on your right.
- Don't verify based on a written document.
- Just not try to justify based on others.
- Verify the proposal based on natural acceptance.

Mechanism of Self Exploration

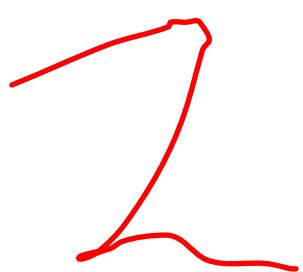
If one can explore and understand the self in such a manner she/he can perform at a large stage, then there are some mechanism to be identified. They are as follows;

1. Natural acceptance
2. Experiential verification

Natural acceptance: It is the process to understand our self first. It helps to find out the ego stage and try to reduce it. It helps to open our eyes and look around, the world full of good things. We need to accept the right things in our life. Once we accept naturally, we feel that we upgrade ourselves and we are above the rest of the world.

Characteristics of natural Acceptance

- It does not change with time. It remains invariant with time, they can easily verify this based on e.g. our acceptance for trust or respect does not change with age; People 100 yrs ago, also have the same natural acceptance for trust and respect.
- It does not depend on the place, whether you are at any place in any country, your natural acceptance will give you same answer for your queries.
- It does not depend on our past conditioning. Our natural acceptance for anything does not change. For e.g. If they tell us to disrespect any other religion but when we question our deep inner self, the answer will always be the different from is told or preached to us.



It is always present within us. Our likes, dislikes, wishes etc may be differ from one another. But our natural acceptance at a basic level has some common issues like need for happiness, respect, truth, prosperity.

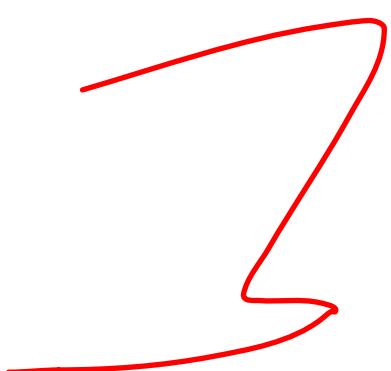
II. Experiential Validation: It is a process that infuses directly experience with the learning environment and content. It focuses on reflection of an individual which helps to increase knowledge, develop skills and clarify values. We know about our self is not only to our own opinion but also because of how people's views us. When we already believe to be true to us is validated by some situations. We may term it as experiential validation.

In present times, we remain sicked to our beliefs and assumption without experimentally validating them. We keep them secured to us in the name of privacy and freedom. Whenever there is a conflict between our assumptions and natural acceptance, we try to defend our assumptions. In defending our wrong assumptions we cheat ourselves and others. This makes us unhappy as there is disharmony in ourselves at the level of natural acceptance.

Difference between happiness and prosperity

Happiness as a myth defines itself to be earned from physical facilities like money, electronic gadgets , property or family. But in ultimate terms it is just a feeling or say a moment which we experience. For instance buying a new bike at the age of 15 can never keep us happy for our entire life, the happy moment may last for few days, weeks , months etc.

Prosperity on the other hand means a feeling of having more than you have. A prosperous human being can have a feeling of an underprivileged human being. For instance few guests turn up at Mr. A's home that to at a month end (A belonging to a lower middle income cant afford much), still he feels happy to see them and is ready to share what all little he has. On the other hand the taking the above situation again just replace Mr. A with a wealthy human being Mr. B and he behaves in a weird manner treating them as a burden and parasites. Now in this case Mr. B has a lot but still does not have the intention to share even a little, now this does not tell a prosperous story.



Descriptive Answer Type Questions-HVPE Unit:1-5

UNIT 1

Q. What do you mean by values or human values?

or

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

How does value education helps in fulfilling one's aspirations?

ANS. Character oriented education that instils basic values and ethnic values in one's psyche is called 'Value Based Education'. The subject that enables us to understand 'what is valuable' for human happiness is called value education. Value education is important to help everyone in improving the value system that he/she holds and puts it to use. Once, one has understood his/ her values in life he/she can examine and control the various choices he/she makes in his/ her life. Value education enables us to understand our needs and visualize our goals correctly and also helps to remove our confusions and contradictions and bring harmony at all levels. It also helps remove our confusions and contradictions and enables us to rightly utilize the technological innovations.

Values form the basis for all our thoughts, behaviours and actions. Once we know what is valuable to us, these values becomes the basis, the anchor for our actions. We also need to understand the universality of various human values, because only then we can have a definite and common program for value education. Then only we can be assured of a happy and harmonious human society.

Q. What are the basic guidelines for value education? (UPTU 2011 – 12)

Ans: The subject that enables us to understand 'what is valuable' for human happiness is called value education. In order to qualify for any course on value education, the following guidelines for the content of the course are important:

- Universal: It needs to be applicable to all the human beings irrespective of cast, creed, nationalities, religion, etc., for all times and regions.
- Rational: It has to appeal to human reasoning. It has to be amenable to reasoning and not based on dogmas or blind beliefs.
- Natural and verifiable: It has to be naturally acceptable to the human being who goes through the course and when we live on the basis of such values it leads to our happiness. It needs to be experientially verifiable, and not based on dogmas, beliefs or assumptions.
- All encompassing: Value education is aimed at transforming our consciousness and living. Hence, it needs to cover all the dimensions (thought, behaviour, work and realization) and levels (individual, family, society, nature and existence) of human life and profession.
- Leading to harmony: The value education ultimately is targeted to promote harmony within the individual, among human beings and with nature.

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Q. What is the need for value education?
or

Write a short note on the need for value education in today's scenario (MTU 2010-11)

Ans: The subject that enables us to understand 'what is valuable' for human happiness is called value education. Need for value education is:

○ Correct identification of our aspirations. The subject which enables us to understand 'what is valuable' for human happiness is called 'value education' (VE). Thus, VE enables us to understand our needs and visualize our goals correctly and also indicate the direction for their fulfilment. It also helps to remove our confusions and contradictions and bring harmony at all levels.

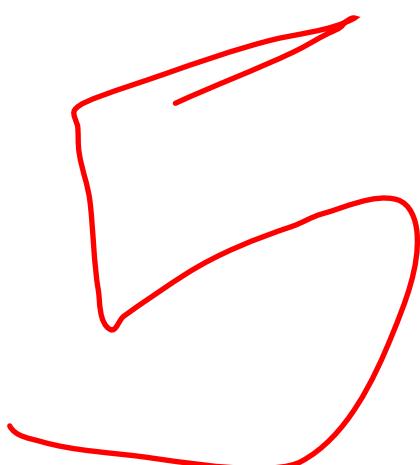
○ Understanding universal human values to fulfil our aspirations in continuity. Values form the basis for all our thoughts, behaviours and actions. Once we know what is valuable to us, these values becomes the basis, the anchor for our actions. We also need to understand the universality of various human values, because only then we can have a definite and common program for value education. Then only we can be assured of a happy and harmonious human society.

○ Complementarity of values and skills. To fulfil our aspirations both values and skills are necessary. When we identify and set the right goals and produced in right direction. This is known as value domain, the domain of wisdom, and when we learn and practices to actualize this goal to develop the techniques to make this happen in real life, in various dimensions of human endeavor (struggle). This is known as domain of skills.

○ Hence, there is an essential complementarity between values and skills for the success of any human endeavor. For example, I want to lead a healthy life. Only wishing for good health will not help me keep my body fit and healthy and without having understood the meaning of health, I will not be able to choose things correctly to keep my body fit and healthy.

○ Evaluation of our beliefs. Each one of us believes in certain things and we base our values on these beliefs, be they false or true which may or may not be true in reality. These beliefs come to us from what we read, see, hear, what our parents tells us, our friends talk about, what the magazines talk of, what we see from TV etc. Value Education helps us to evaluate our beliefs and assumed values.

○ Technology and human values. The present education system has become largely skill-based. The prime emphasis is on science and technology. However, science and technology can only help to provide the means to achieve what is considered valuable. It is not within the scope of science and technology to provide the competence of deciding what really is valuable. Value Education is a crucial missing link in the present education system. Because of this deficiency, most of our efforts may prove to be counterproductive and serious crises at the individual, societal and environmental level are manifesting.



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SELF EXPLORATION

We already know that the process of value education is through the self education. Hence the word '**Self Exploration**' itself suggest that exploring within yourself, finding out what is important to us. What is important for me, right for me, true for me should be jugged within myself only?

Understanding values is only possible if we can understand our relationship with all these living things around us. To understand your relationship with nature and existing things, one has to observe "**the self**".

We keep on observing the nature, its beauty, birds, other's human activities but we never explore what is happening inside us when we are observing others. So we have to shift our focus from external observation to self we can define exploration. According to Merriam Webster Online dictionary, "Self Exploration as the examination and analysis 'of one's own unrealized spiritual or intellectual capacities.' They define it as getting to know oneself to have a better understanding of human values and ethics.

Purpose of Self Exploration

There are several purposes of exploring own self. Some of them are briefly explained below:

- 1. It "What you are" and "What you really want to be":** There is always the great confusion between what you are and what you want to be. All the unhappiness in the life comes from this confusion only. If you can be the one you really want to be there will be no sadness in life and you will remain happy and it will make you achieve the things you want to with your effort. This self exploration will help you find the correct way towards the path to your success and help to find out what you really want to be.
- 2. It is the process of Self evolution through the self investigation:** As we know that the main reason behind the unhappiness of a human being is the confusion within us. So you need to self investigate yourself and try to change those beliefs which are not important to us and acceptable by the nature. Once you will find the mistake in your exploration, then you will start self evolving and will become comfortable with yourself and the nature.
- 3. It is the process of knowing our self and knowing the entire existence:** Once you have self discovered and you are at harmony with yourself only then you can relate to things around you. You can be able to understand the people living with you, your family, society, and the nature. After knowing everyone closely you will feel very curious to find the surrounding truth. So this process starts from yourself and then only you can think properly.
- 4. It is the process of recognizing one's relationship with every unit:** Once you are at the harmony with yourself and the people living around you. Then you will understand your different relationships with the different member of your family, society, and also with other entities of the universe like animals, birds, plants, trees, etc. Our relation with these things exists since the universe was created and we need not make any new relation with them rather we need to recognize them. We need to understand everything with their effort and need to fulfill our responsibilities towards them. The misunderstanding with these entities results in war, crime, pollution, global warming, etc. So need to control all these things on our own level.
- 5. It is the process of knowing human conduct and human character:** No one in this world want to live with uncertainty. If our own behavior keeps on changing, then we will not be comfortable with our all desires, certainty, constancy. If we know our true self and our true nature only then there can be stability in our thoughts, conduct and character. Human beings keep on changing them self according to the situation and requirements. Its only through the process of self exploration that will make understand the true nature and bring defectiveness of human conduct and live accordingly.