

## 1. values

- ① Goodness that guide us to take into account the Human element when we interact with other human life?
- ② Human values are → respect, acceptance, love appreciation, Empathy
- ③ permit us to live in harmony & contribute to peace
- ④ Five core human values

(i) Non violence

Non violence

Love

Truth

Right conduct

R

peace

P

⑤ Two factors of human values

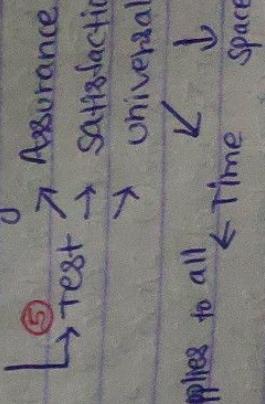
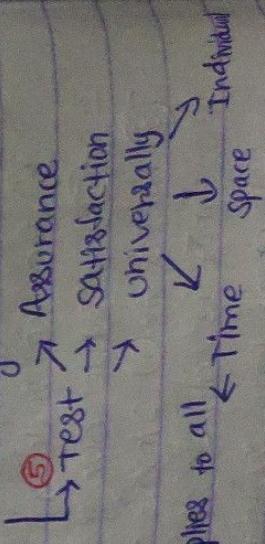
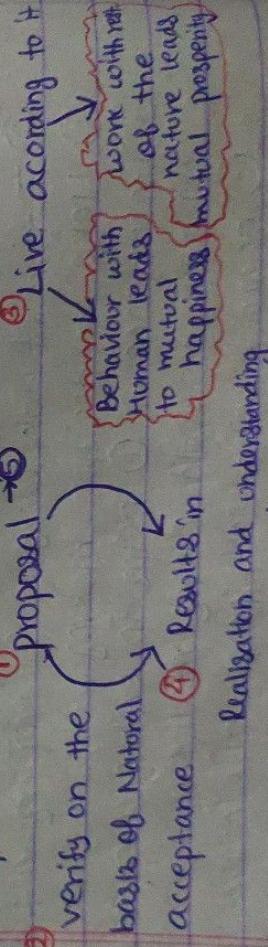
- ① Self monitoring
- ② Assertiveness

## 2. value Education

- ① Subject that enables us to understand what is valuable for human happiness.
- ② Important for everyone for improving value system
- ③ Helps in decision making
- ④ Importance → ① helps to explore inner happiness
  - ② helps to build strong relation
  - ③ harmony with self, people and nature
  - ④ Reduce jealousy and promote brotherhood
  - ⑤ visualize our goals clearly
- ⑤ Need → ① subject that enables us to understand what is valuable for us and our happiness
  - ② present education system has become largely skill based
  - ③ prime emphasis is on science & technology.

- ④ It is crucial missing link in present education system
- ⑤ Basic Guidelines of value education
  - ① Universal
  - ② Rational
  - ③ Natural and verifiable
  - ④ All encompassing
  - ⑤ Leading to harmony

3. ① 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
- ② Through it we get value of our self
- ③ Start observing inside, self exploration = Myself
- ④ Basic component of self exploration
- ① Desire / Goal
  - ② Program
- ⑤ process of self exploration → ⑥ proposal



#### ④ Basic Aspirations of Human Being

- ① Every human being puts his efforts towards it and outcome depend upon his notions about happiness
  - ② Notions right = Mutual happiness  
Notions wrong = unhappiness
  - ③ Human being aspires for way of life which ensures happiness and live with harmony in nature.
  - ④ At individual level, happiness = Harmony and integration in 3 dimensions

- ① Thought
- ② Behaviour
- ③ work

⑤ At level of society,  
Happiness = harmony and integration among 4 levels

① Individual      ② Family      ③ Society      ④ Native

⑥ example : If you want to be first ranker in class  
behind this lies happiness . ask All questions to  
yourself why do you want first rank ? keep asking and get to

⑦ Requirement to Fulfill basic aspirations :-

- ① Right understanding
- ② Right regulation & hip
- ③ Physical facilities

5. ① SVDD → Sadhan Vihen Dukhi Daridra  
Materially deficient, unhappy and Deprived  
SVDD → Sadhan Sampatti Dukhi Daridra  
Materially Affluent, unhappy and Deprived  
SSSS → Sadhan Sampatti Sukhi Samiddha  
Materially Adequate, happy and prosperous

- ② Today, most of people in above two SVDD, S SSDV  
while Natural acceptance is SSSS
- ③ By Right understanding, Right Relationship. Physical facilities  
one can Aodus to SSSS.

## 6. Happiness

- ① Results from variety of feelings that are effortless  
and comes naturally to us
- ② Trust honesty respect, confidence loved by all  
③ lead us to State of harmony within us and with  
Others around us
- ④ State where harmony is all around.

## Prosperity

- ① prosperity is linked with physical facilities  
② physical things we need to take care of body head  
③ once we have enough of these physical facilities  
we feel prosperous
- ④ feeling of having more than enough physical facilities  
⑤ we need to correctly assess the need of physical  
facilities

- ① Natural acceptance
  - ① mechanism of self exploration
  - ② method to explore our self
  - ③ Implies unconditional and total acceptance of self, people and environment
  - ④ Absence of exception from others
  - ⑤ way to accept good things Naturally
- ② Fundamental human values
  - ① Truth
  - ② Love
  - ③ Right conduct
  - ④ peace
  - ⑤ Non violence
- ③ Two basic aspirations of human being
  - ① Happiness
  - ② prosperity
- ④ Belief
  - Ad hoc values
  - not same for everybody
  - assumed values
  - change with time
- ⑤ Understanding
  - correct understanding is UHV
  - same for everyone
  - evaluated values
  - does not change with time

## UNIT-2 UHV FULL EXPLANATION [AKTU]

### ① Sukh and Savidha

Sukh	Savidha
① Complete and all surrounding State of mind that creates inner harmony, Happiness	① Looking for physical facilities and all the sources of obtaining such facilities.
② Sukh is inner happiness	② Savidha do not necessarily bring your happiness.
③ Sukh depends upon our happiness	③ Savidha depend upon physical facilities only
④ e.g:- working with truth, respect, trust	④ e.g:- Home, cloth, Appliance and other needs
⑤ It is qualitative	⑤ It is quantitative

- ⑥ Human require both Sukh and Savidha :-
- ① Animal Consciousness & Human consciousness
  - ② Trust of others but no house to live in
  - ③ Big house but no one for trust and love

### ② Need of self and body

- ① Need of self → happiness
- ② Sukh = qualitative
- ③ quantifiable = Continuously
- ④ either naturally acceptable
- ⑤ fair pattern → Necessary & useful or not
- ⑥ unnecessary but useful → unnecessary and useless

### ③ Relation between Self and body

① Human being      co-existence, Body  
                           Self      Information

### ② Activities concept

#### ② Activities of I and body

(I)		Needs of self & body
Needs are	Trust, respect, happiness & safety	Food, Clothing, physical facilities, Security

In Time  
needs are  
Quantity

Continuous  
Quality

Needs are Right understanding  
filled by Right feelings

#### ⑤ Activities of I and body

I	body
① Analyzing, Dreaming, Desiring, Speaking, Thinking	① Nourishment, Understanding, Imagining, Believing
	Feeling, Heart beat, Digesting
	Breathing, Blood flow

② These activities are going on in us all the time, and we are usually unaware of them. If we pay attention

② occur without I congett

③ Activities involving both [self] and [body]

- ① Listening
- ② Talking
- ③ Eating
- ④ Walking

② Eg: Food eating  
watching

⑥ Sensation → Type of feeling, placed up by one of 5 sense

- ① Feet eg:
- ② Bike eg: Greatness , looked

⑦ pre conditioning → ① we have assumed something about our desires on the basis of prevailing notion about it.  
② comes from greed, see, hear, TV, social media, more, less, wealth, desire to stimulate mind

⑧ Imaginations = Desires + Thoughts + Experience

⑨ Seer → Drastaat, seer within contract, the use of eyes  
Doer → Karta at skin level I understand  
Endurer → Bhokta

body is instrument of I

⑩ Sanyam → Self control

① Feeling of responsibility in the self for nurturing, protection part of the body is performing its utilization

Swoashtya → Health

② Control of mind and its desires, anger, emotions and self discipline - healthy, sound life, delusion, state and comfort

Sanyam endures Swoashtya  
Eg: Temperature one

(ii) Harmony in the self is something that leads to harmony at all levels of being. This understanding is essential for each of us to live a life of fulfillment and continuous happiness.

- ① Becoming aware of human → coexistence self and body
- ② Body is instrument of I, I is seer, doer and enjoyer
- ③ Becoming aware of action of I
- ④ Understanding harmony at all levels of existence, leading to realization and understanding.

### UNIT - 3

- ① (i) Trust or vishwas foundational value in all relationships want oneself and others to be happy and prosperous.
- (ii) Expectation of people that they can rely on our word
- (iii) built through consistency and integrity
- (iv) Two aspects of Trust
  1. Intention [wanting to our natural acceptance]
  2. Competence [being able to do]

### ① Harmony

- ① Aggregate of all the mutually interacting units - big or small , sentient or insentient together is nature
- ② Units are infinite in number and we could easily observe that there exists a dynamic balance , self regulation among all these units.
- ③ This self regulation is harmony in nature.
- ④ Solve problem of Global warming  
" energy saving , fresh air

### ② Nature

- |                         |                          |
|-------------------------|--------------------------|
| ① Nature is limited     | Space                    |
| ② active                | ① unlimited              |
| ③ can be energized      | ② No activity            |
| ④ Four Orders of Nature | ③ Equilibrium in state   |
|                         | ④ all per uniting entity |

### ③ Recyclability in Nature

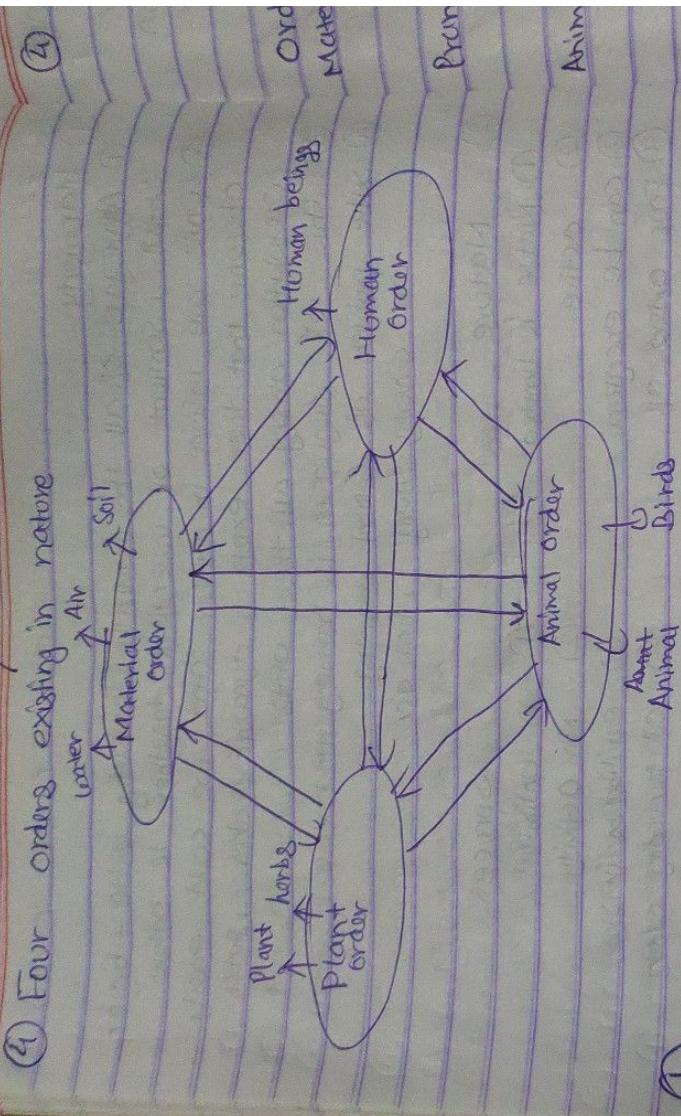
- ① Weather phenomenon
- ② Forest example
- ③ Animal example , Human example

### Self Regulation

- ① Forest example
- ② Air , Oxygen , Nitrogen , water cycle
- ③ Animal need , Human need

Certain core values = Svaranya

certainty



① Material Order → Non living

Various energies → Light, sound, heat, magnetism  
Fundamental Characteristics → Composition / decomposition  
Energy flow →  
eg: atomic energy release during nuclear fission / fusion

② Plant / Bio Order → Living → Small to big  
Activities - reproduction, digest, grow  
Provide nutrition to Animal and Human

Natural Characteristics → Nurture

③ Animal Order → Living  
→ Activities same as plant  
→ Greater degree of locomotion  
Natural characteristics → Breeding and acquire  
→ Self need, Onality, Non violence,

- ④ Human Order → Living (most evolved species)
- Natural characteristics → Same as plant and animal
  - Independent and self conscious
  - presence, bravery, generosity,慷慨 → विदर्भ
  - destructive

Order	Things	Natural characteristic
Material Order	Soil, water, metals	Composition   decomposition
Organic Order	Plant and trees	Com   " "
Animal Order	Animal and bird	Nurture   worsen
		Generosity and
		Cruelty   non cruelty in I

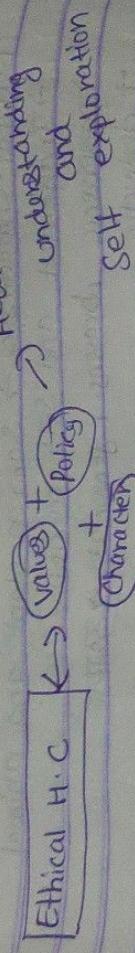
- Human order includes Human beings
- |       |        |      |   |   |   |
|-------|--------|------|---|---|---|
| Human | Animal | bird | " | " | " |
|-------|--------|------|---|---|---|
- Human order includes Human beings
- Human characteristics
  - Natural, Non natural, Non human
  - Preservence, bravery
  - Generosity

### ⑤ Innateness (Swatwa)

- ① exist naturally
- ② Intrinsic quality

## Unit - 5

① Ethical Human conduct Acquired through eight

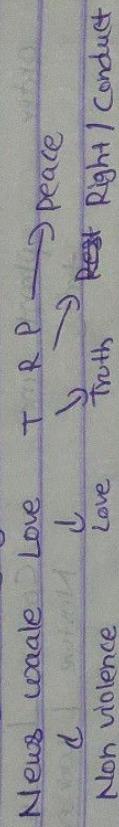


① Respect Humanity

② No conflict with I

③ Work toward enrichment of nature

④ 5 values necessary for ethical H.C.



② Work ethics

① moral benefit we can derive from hard work and diligence

② demonstrate inherent qualities of professionally Character

③ feeling or opinion about their occupation and workplace

④ skills  $\rightarrow$  communication, interactive, responsibilities

⑤ Guidelines for work Ethics

① maintain friendly relationship

② not take bribe

③ Guard all confidential information safely

④ Caution use employees assets

⑤ Faithful

③ Professional ethics

① code of conduct, moral values and policies  
that a professional should follow.

② engineering ethics

- ④ Sustainable development
- ① wise use of resources such that it meets the present need without disturbing future generation.
  - ② use of organic manure and organic pesticides
  - ③ works on principle of ecological cycle
  - ④ centralized dynamic nature of ecosystems
  - ⑤ Crop example

- ⑤ Human values affect life of professionals
- ① Quality of life largely affected by the work by which we earn our livelihood.
  - Our work shapes our attitude and personality
  - ② conflicts
  - ③ Attitudes to work

- (1) Work is necessity not compulsion
- (2) Gaining social prestige, esteem, authority
- (3) Sharpen our skills and develop creativity

Work is worship

- ② work ethics and quality of work life
- ① Salary, best
    - (1) No trust, relation bad
    - (2) Sense of loyalty to organization
    - (3) Written and Unwritten rules
  - ② Organizational values

- ③ pursuit of excellence