

## Unit1

### needs

Guidance for behavior

Personal development

Social harmony

Cultural identity

Moral development

Long term success

### Value

Respect

Integrity

Fairness

Responsibility

Courage

Compassion

Wisdom

### guidelines

self-reflection

role modeling

continuous learning

dialog & comm

community activity

support system

### happiness

inner contentment

positive relationship

meaningful purpose

emotional balance

personal growth

### prosperity

financial security

material comfort

resource management

work life bal & community wellbg

## pathway happ&pros

### personal development

self-reflection

lifelong learning

mindfulness and meditation

healthy lifestyle

time management

### building positive Relation

Effective Communication

Empathy and Compassion

Conflict Resolution

Quality Time

### Achieving Financial and Material Prosperity

Financial planning

Smart investment

Sustainable living

Professional growth

Charitable giving

### Overcoming Challenges to Happiness and Prosperity

Stress and anxiety

Financial instability

Unhealthy relationship

Lack of purpose

Societal pressures

### Integrating Happiness and Prosperity

Holistic appro

Consistency

Adaptability

Gratitude

Community engagement

## Unit-2

### **I characteristics**

Self-awareness

Emotional and cognitive func

Purpose and values

Intuition & insight

### **Body char**

Physical health

Biological processes

Physical needs

Material interactions

### **Co-existence I & body**

#### **Interdependence**

Mutual influence

Integrated experience

### **Harmonizing the I & body**

Health & well being

Balance & integration

Personal growth

### **Programs to ensure Sanyam and Swasthya**

Mindfulness and meditation workshops

Physical fitness and wellness programs

Mental health awareness and support

Nutrition and healthy eating initiatives

Time management and self discipline training

Cultural and recreational programs

Wellness challenges and competitions

Peer mentorship and support networks

Digital detox programs

Work life balance seminars

## Unit-3

### **Harmony in human-human relation**

Trust

Respect

Empathy

Care

Communication

### **Harmony in the family**

Mutual respect

Roles and responsibilities

Understanding and acceptance

Cooperation

Conflict resolution

### **Values in human-human relation**

Honesty

Compassion

Responsibility

Equality

gratitude