



H-101 END SEMESTER ASSIGNMENT

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Section-BA1

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1. Discuss the following values in detail using appropriate examples

a) Gratitude

Gratitude is the feeling of thankfulness or gratefulness for everything one has. It is the sense of appreciation and the recognition of the value in one's life. Gratitude is derived from the Latin word "gratus" which literary means "thankful". It strengthens one's relationship with society as one has a sense of appreciation for whatever value the society is adding to his life. In an individual's life, there are a lot of people who make his/her day-to-day life a lot easier and joyful and often a lot of people get ignored and we remain thankless to them.

If we will have gratitude towards them then their efforts and their importance will be duly recognized by one. Gratitude also makes one's life more benevolent and content and also makes a person more humble. The sense of gratitude does not allow a person to have undue pride and be egoistic as one recognizes the importance of every person around him/her.

Ideally, a person should have gratitude towards anything which adds any value to one's life be it living or non-living but generally we neglect the nonliving things. A non-living thing can create a lot of value in one's life by saving one's time so one should have gratitude towards non-living things as well.

There is not a specific way in which one can depict gratitude but it is an emotion and our actions depict our values so if one has gratitude for anything or anyone his/her actions will automatically depict it.

Examples of depicting gratitude can be if anyone has ever helped us at any point in our life we can also help them whenever he/she needs it in any way. Being thankful for our good health, appreciating the people who do all the odd jobs for us, being thankful to our parents, being thankful to our parents, being grateful to our partner for his/her role in our life, being grateful to a book which added some value to our life.

B)Respect

Respect is a positive feeling or action towards someone or someone considered important or held in high esteem or regard. It conveys the sense of admiration for good or valuable qualities. It is also the process of honoring someone.

It is also the process of evaluating the individual as they are ie Right evaluation. Wrong evaluation would be considered disrespectful. Just as much as being respected is important, giving respect is also valuable. Giving respect means giving the right value to the other person. A person respects someone when the person assists them or plays an important role in their social life.

Respect is a feeling of deep admiration for someone or something because of his/her qualities and abilities and achievements and for the value addition they did in one's life.

The feeling of respect can be depicted in a lot of ways, some are through physical gestures and language. Referring to a person with honorific words represents a lingual way of depicting respect.

Physical gestures like touching feet or leg in Indian culture is a form of depicting respect, in African culture respect is

shown by touching the fists. We respect our parents, we respect our teachers, we respect our colleagues, we respect our revolutionaries, these are some of the common people generally a person respects in his/her life.

c)Trust

Trust is one of the most essential qualities in one's life. It is the quality of having a firm belief in someone's strength, ability, character, or truth of someone.

Trust plays a key role in developing and maintaining a relationship with anyone or anything, it is the soul of any relationship. Trust is having faith in someone or something.

Trust can be between a teacher and a student, trust can be between a parent and a child, trust can be between a boss and the employees, etc. In any relationship there are some expectations we and the other person have, we may fulfill their expectations but the fulfillment of our expectations is based on the amount of trust we may have in the other person.

When there is a lack of trust then doubt comes in and then the relationship does not provide happiness on the hand it provides jealousy, stress, and anxiety. A lack of trust affects the performance and progress of an individual as well as an organization. A team not trusting their leader or each other can't perform according to their ability.

Trust is always developed with time and effort from every person who is involved in the relationship. We not only trust living people but also nonliving things, a software engineer trusts his laptop, a doctor trusts his equipment, a

driver trusts his vehicle and a policeman trusts his gun, etc.

2. Explain the characteristics of self and body?

Explain how the intermixing of these two leads to a state of confusion and sadness?

Self and body are two different entities although they are linked to each other. A person is represented by his/her body in this universe but there is also an inner reflective consciousness that relates to all the feelings and thoughts and the body on the other hand is the physical representation of a person.

Self is a conscious entity as it has the capacity of thinking, knowing, recognizing, fulfilling, etc. The body on the other hand is a material entity as it only has the capacity of recognizing and fulfilling. Thinking, believing, desiring, and dreaming are also the activities involved in self, these activities are continuously going on in the self but we are usually unaware of these, however, on paying attention, we can become aware of them. However, all the activities done physically are executed by the body but the consent or order is given by the self. The activities of the body include eating, walking, breathing, etc. Our conscience needs emotions like happiness and respect but our body only has physio-chemical needs.

Our self's needs are fulfilled by proper understanding and belief, these needs are person dependent and can not be satiated by physical comforts only, whereas the needs of the body are mostly the same.

A lot of times we confuse bodily needs with those of selves needs which in turn causes a lot of confusion and sadness. A lot of times people set goals for bodily need and think that they can make them happy on the conscience front as well and if they are not able to achieve those goals then those worldly goals cause conscious sadness. However if one understands the needs of self and body then he/she will not face any sadness because of some worldly needs.

A lot of people who intermix self with body feel sad about the worldly money or resource loss but if they think properly then the money is not anything essential to make our self happy.

3. Define relationship incomplete sense. What is justice in a relationship? Enumerate the various type of existential relationships with the core values embedded in them.

A relationship is a bond that exists between people related or having any kind of dealing with each other. It is basically what people feel and how they behave towards one or a group of people. A relationship exists between two or more people or between countries, or between organizations. It is an outcome of emotional bonds and interactions. Mutual experiences, love, affection strengthen these bonds and make the relationship more delightful.

Justice in a relationship means that one must understand other feelings, thoughts, choices and support them. Also one must understand the expectations of the other person from the relationship after reviewing the relationship thoroughly and also give due time and effort for the fulfillment of those expectations. Trust is the foundation of

any relationship and justice to a relationship can't be given without trust, one must be truthful and become trustworthy for the other person.

The relationships can be broadly classified into 4 categories:

a)Friendship: Friendship is a relationship of mutual affection between people. It is a stronger form of interpersonal bond than an acquaintance or an association, such as a classmate, neighbor, or colleague.

b)Romantic Relationship: Romantic relationship is a relationship of strong attraction towards the other person and also involves the feeling of love. This relationship is based on trust, love, and affection.

c)Family Relationship: Family relationship is the relationship we share with our family members and relatives like parents, cousins, siblings, grandparents, uncles, aunts, etc. This relationship needs values like acceptance and patience.

d)Acquaintances: This relationship is shared between people who are not related and also are not friends. Acquaintances are people we know very little about and are not good friends. They can be people like people we travel with. This relationship transforms into friendship when more time and respect and effort are put in.

e)Work Relationship: This relationship occurs between people who work together. Like the relationship between office colleagues, boss, working staff, etc. This relationship also has needs trust, patience, faith. If this relationship is given more trust and faith then friendship can be developed.

4. Do you feel value education is also important or just skill-based knowledge is sufficient to make you happy in your future life. Describe a few

takeaways which feel you have taken during this course.

Value education is the process of providing necessary knowledge about the rules needed for an individual to live in peace and harmony in society. Value education serves a key role in the development of the overall personality of a student.

I believe that value education is also important along with skill-based knowledge as skill-based education, on one hand, provides us the necessary skills a person needs to be materialistically successful eg:-becoming financially successful but value education, on the other hand, provides us the skills we need for leading a mentally successful life.

Value education helps us to build strong and joyful relationships which are necessary for an individual to live in peace and harmony. Values make up a person's personality complete in physical, mental, and spiritual standards. Values also help a person to build a successful career as well, as the career also revolves around some values like faith, trust, and gratitude.

Values broaden the horizon of thinking of a person, values provide courage to an individual to explore newer ideas and thoughts. To lead every aspect of life peacefully and with happiness, we require certain values.

With each passing day people are becoming more and more materialistic and selfish, so in the present time value education becomes important. Value education enhances the social benefits of a person. Nowadays the increasing

number of alcohol and smoking addicts is evidence of the low level of values in the people.

Value education ensures individuals with high moral values are created.

Key Takeaways From This Course

- It provided the necessary guidance for shaping our future and introduced conscience-level thinking.
- It made me realize my responsibilities as an individual in society.
- It certainly changed my goals and incorporated mental goal along with financial goals.
- It made me realize that happiness is not dependent on materialistic reasons but depends on mental aspects as well.
- It helped me develop my personality but did a lot of value addition in my life.
- It made me realize the importance and the meaning of values like happiness, gratitude, discipline, compassion, etc.

5. In the context of our discussion on Four Orders, we saw that human order is not yet contributing to the way it should maintain harmony across these orders. Discuss your contributions (and lack of that) in this context.

This course included long and avid discussions on a lot of important topics for one's personal development like gratitude, happiness, peer pressure, self-materialistic needs, relationships, values providers, discipline, satisfaction, etc. These issues are really important for the scaling up of one's thoughts.

Understanding these topics in-depth provided a path to fulfillment, satisfaction, and joy. Still, a lot of topics were left out due to the shortage of time so I believe these topics could have been included in the discussion.

a)Time Management

With so many things to explore in today's world, the shortage of time is becoming a very big challenge for today's generation. For a college student managing extracurricular activities and skill development processes along with college, lectures is an even tough task. So an avid discussion on this topic could have been really helpful for enhancing day-to-day productivity.

b)Humility

In today's materialistic world a person in an IIT is regarded to be a special one which sometimes results in undue pride in one's self which is very dangerous as it hinders progress and development. The sense of pride and ego paves the path for the downfall of a man and it also hinders one's thoughts and thinking capabilities. So to be full of humility is getting tougher day by day, so a discussion on it could have been really good.

c)Compassion

Compassion is one of the most important values one needs to incorporate in it to be successful at the conscience level. Again with rising greed, the people are getting selfish and the levels of compassion are getting low day by day. But compassion is really important for the survival of the human race as we have seen in the past 2 years that during the lockdown it was compassion which helped people save their lives as well as to satiate the hunger of the needy ones so a discussion on compassion would have been nice.