

Question Bank

Human Values and Professional Ethics

Unit 1

1. What is value education? Why there is a need of value education? How does value education help 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 become 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.

2. Explain the basic guidelines and process for value education?

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.

3. Interconnectedness between happiness, wealth and prosperity?

Ans: The feeling of having or making available more than required physical facilities is prosperity. Almost all of us feel that wealth alone means prosperity and try to explain this phenomenon on this non-existent or half fact.

Happiness may be defined as being in harmony/synergy in the state/ situation that I live in. "A state or situation in which I live, if there is harmony in it then I like to be in that state / situation. The state of liking is happiness." Whereas, prosperity is the "feeling of having or making available more than required physical facilities".

Wealth is a physical thing. It means having money, or having a lot of physical facilities or both. This is a very important distinction. We mostly fail to make this distinction today. We keep working for wealth, without realizing that the basic desire is for the feeling of prosperity, to have a feeling of having enough. Prosperity is more acceptable to us because wealth is just a part of prosperity. We are trying to achieve happiness and prosperity by maximizing accumulation and consumption of physical facilities.

4. How to attain right attitude and develop moral values of respect in students?

Ans: Moral values play an essential role in any student's life. They help build a positive character with traits such as compassion, respect, kindness, and humility.

They can make students distinguish between right and wrong or good and bad. And it can eventually promote rational thinking and unbiased judgement among students.

Inculcating moral values to students in the longer run works as a moral compass that helps them stay off the negative influence of peers, social media, or society in general, as they grow into teens and then into adults.

Moral values also help in shaping students' attitudes and beliefs towards various aspects of life and provide them with a unique perspective.

They may also help in boosting their self-confidence and help them stay positive in difficult situations.

The importance of teaching moral values to students should begin right at home and from the very beginning. Parents must take charge in shaping their kids' life at early stages.

Children learn from the people around them, so in order to teach your kids good values, you must model them in your life, first. You may verbally explain numerous values, but your kid will only pick up the ones you showcase through your own behaviour.

Personal experiences are like stories, and all kids love hearing stories. Share stories from your own life, where abiding by a moral value had a positive experience in your life, and your child is bound to understand better.

Come up with a system, where you reward your child for using these values in his/her life. Praise and rewards are positive reinforcement that works incredibly well in shaping children.

Students can also benefit from moral education being included in the pedagogy. Schools play an essential role in teaching moral values as well.

5. Discipline plays a vital role in student's life -explain its importance?

Ans: Discipline is one of the most essential features of a student's life to achieve their goals. It lays a good foundation for being selective, independent, punctual, focused, encouraged, and organized. It also helps students to maintain a proper schedule of everything and prioritize their work as per its importance.

With so many distractions around them, it is easy for students to develop laziness. Therefore, the importance of discipline cannot be ignored. Discipline is a way of being honest, hardworking, motivated, and encouraged throughout their life.

The following are the 7 most important points on how discipline is critical in a student's life:

1. Time Management

If students follow the discipline in a better way than they can manage their time efficiently.

2.Staying Active

Good discipline generates a positive attitude in students which is the most essential thing that they need throughout their lives.

3.Being Focused

Discipline teaches students to be more focused and motivated towards studies as well as other fields of their life.

4.Self-Control

If the students are disciplined, they are more likely to have self-control which is required to override an impulse in order to respond appropriately.

5.Relieve Stress

When students are self-disciplined and have control over time, their tasks don't get accumulated for the next day. This reduces a lot of stress and anxiety concerning studies.

6.Improves Academic Performance

Self-discipline enables an all-round learning experience which helps them cultivate the ability to process the information better.

7.Being A Good Example to Others

Discipline is always inspirational. When a student is self-disciplined in their own way, they also encourage others to make a change in their lives.

HVPE

UNIT -2

1. How to understand harmony in Myself?

Ans: Harmony is the highest form of wisdom a human being can possess. To attain harmony with ourselves, we need to understand ourselves first. We need to understand and analyse the activities we perform every second to better comprehend the actual harmony with ourselves.

Harmony in self relates to the actions of self. One needs to understand the abstract things existing inside a human body. The three significant forces of mind are desire, thought and expectation. We constantly have these three types of emotions running inside our minds.

For us, harmony means a coming together of two or more souls, opinions, thoughts or feelings to blend, to become more together than we can be alone, to be connected as a whole. It also means gathering together in peace and friendship.

2. Define what are social needs, self-esteem, self-actualization needs and how are they seen in day-to-day life?

Ans:

Social needs:

- Humans need to feel a sense of belonging and acceptance, whether it comes from a large social group, such as clubs, office culture, religious groups, professional organizations, sports teams, gangs or small social connections (family members, intimate partners, mentors, close colleagues, confidants).
- They need to love and be loved (sexually and non-sexually) by others.
- In the absence of these elements, many people become susceptible to loneliness, social anxiety, and clinical depression.

Self-esteem:

- All humans have a need to be respected and to have self-esteem and self-respect.
- Also known as the belonging need, esteem presents the normal human desire to be accepted and valued by others.
- Imbalance at this level can result in low self-esteem or an inferiority complex.
- People with low self-esteem need respect from others.

Self-actualization:

- This level of need pertains to what a person's full potential is and realising that potential.
- In order to reach a clear understanding of this level of need one must first not only achieve the previous need, physiology, safety, love, and esteem, but master these needs.

3. How do you understand the needs of self (sukh) and the body (suvidha)?

Ans: Sukh is a holistic and all-encompassing state of the mind that creates inner harmony. Sukh is also called as happiness. Suvidha implies that it is looking for physical comforts and all the sources of attaining such comforts. When our body gets used to a certain level of comfort then we will only feel comfortable at that level e.g., comfort in fan, cooler or air conditioner. Different people have a different perception of suvidha and will seek a corresponding level of suvidha according to their perceptions. By nature, man is fond of comfort and happiness so he goes on making desires and ambitions one after the other to enjoy more in life. To lead a comfortable life, he also accumulates many facilities, so that his life may become full of comfort and happiness. Sukh depends upon our thinking, so many times we are surrounded by materialistic possessions but we feel unsatisfied. People think that their happiness depends upon suvidha (facilities) but is it not so; happiness depends upon our thinking or our mental satisfaction.

4. Write in detail about the understanding of activities in the self and activities in body?

Ans:

Needs are:

1. The needs of the body like food for nourishment clothes for protection, and instruments to ensure right utilization can be categorized as being 'physical' in nature, or also called 'physical facilities' (suvidha) whereas the need of I is essentially to live in a state of continuous happiness (sukh). The needs of the body are physical in nature, whereas the needs of the self ('I') are not physical in nature – like trust, respect, happiness etc.
2. In time, needs are... The needs of 'I' are continuous in time, unlike the need of the body, which is temporary in time. We want happiness continuously. We also want the feeling of respect continuously and so also acceptance in relationship. If we talk about food, clothing, shelter, or instruments, these are needed only for some amount of time, or we can say that the need for physical facilities of the body is temporary in time- it is not continuous.
3. In quality, needs are.... Physical facilities are needed for the body in a limited quantity. When we try and exceed these limits, it becomes troublesome for us after some time. Let's take the example of eating. As far as, physical facilities (say rasgulla) go, they are necessary in the beginning, but if we keep consuming, it becomes intolerable with the passage of time. This applies to every physical facility. We can only think of having unlimited physical facilities, but if we try and consume, or have too much of physical facilities, it only ends up becoming a problem for us. Whereas the needs of 'I' are qualitative (they are not quantifiable), but we also want them continuously. Our feelings are qualitative. Either they are or they are not. Ex.

Happiness is qualitative. Either we are feeling happy or we are not. Also, if a feeling is not naturally acceptable; we do not want it even for a single moment. If acceptable, we want it continuously.

4. Needs are fulfilled by.... The need of the self ('I'), for happiness (sukh) is ensured by right understanding and right feelings, while the need of the body, for physical facilities (suvridha), is ensured by appropriate physio-chemical things

5. Human being is a co-existence of the self and the body – explain this statement?

Ans: The human being is the co-existence of 'I' and the body, and there is exchange of information between the two, i.e. 'I' and body exist together and are related. There is a flow of information from 'I' to the body and from body to the 'I'. We can make this distinction between the self and the body in three ways in terms of the needs, activities and the types of these two entities. All the needs of I, say respect, trust, etc., can be called as Happiness (such), while the needs of body are physical facilities (suvridha) like food. The two things are qualitatively different. There is no relevance of quantity for the needs of I as it is qualitative, while the needs of body are quantitative, and they are limited in quantity. The activities of 'I' are activities like, desire, thinking, selection, while the activities of body are activities like eating, breathing etc. The mode of interaction of 'I' includes knowing, assuming, recognizing and fulfilment. The fulfilment depends on recognition depends on assumptions and assumptions depends on knowing or not knowing (beliefs). If assuming is based on knowledge, then recognition will be correct and fulfilment will be correct. If assuming is not based on knowledge, then things may go wrong. The mode of interaction of body is only recognizing and fulfilling. Self is a conscious entity and the body is a material entity, or physio-chemical in nature.

To conclude we can say that the human being can be understood in terms of a co-existence of two entirely distinct entities, namely sentient 'I' and material body. Their needs and activities are quite different and have to be understood accordingly. But these two constituents of human being are to act in close synergy with each other.