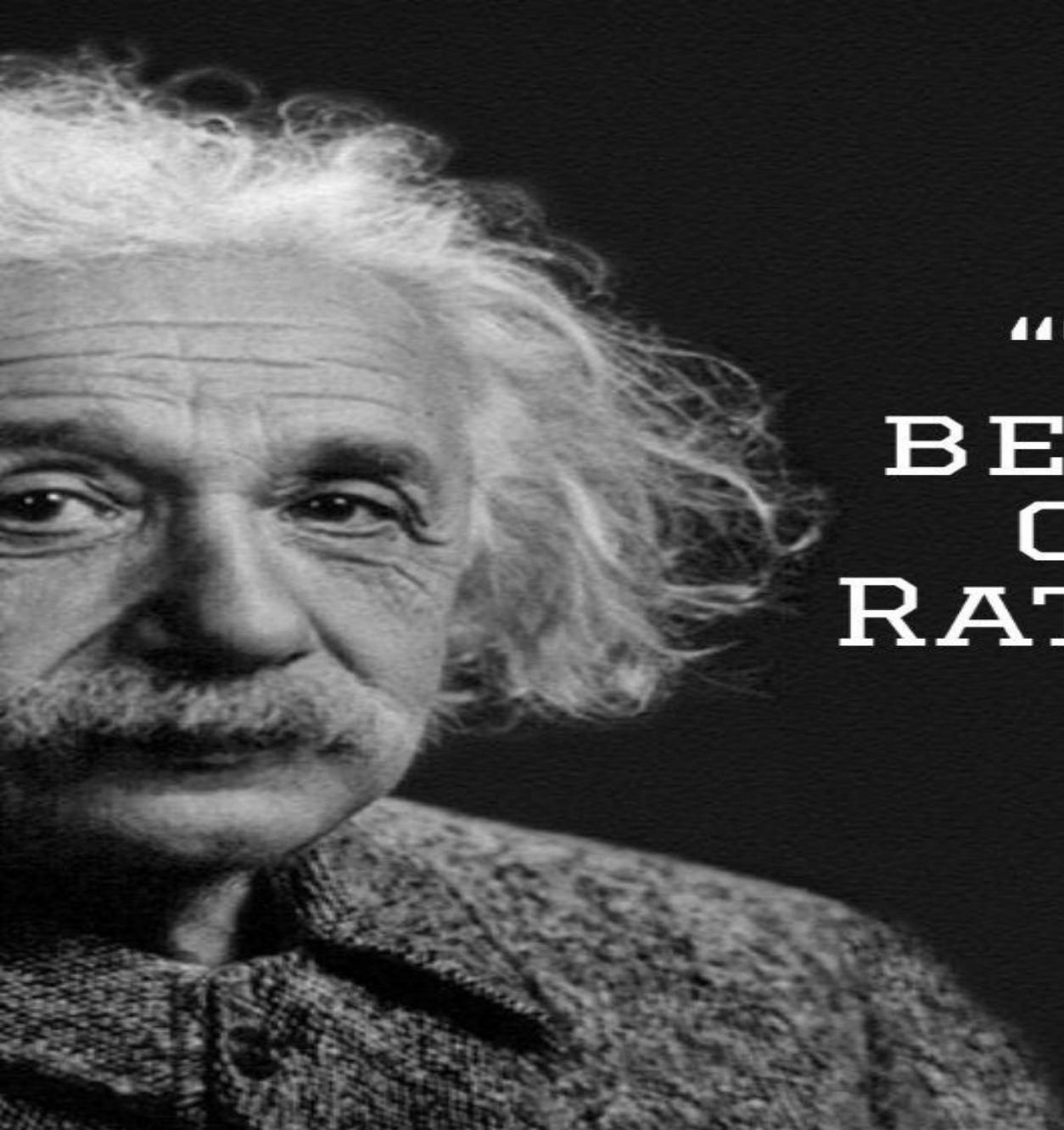


# HUMAN VALUES AND PROFESSIONAL ETHICS

## UNIT - 1



**Dr. Krati Kulshrestha**

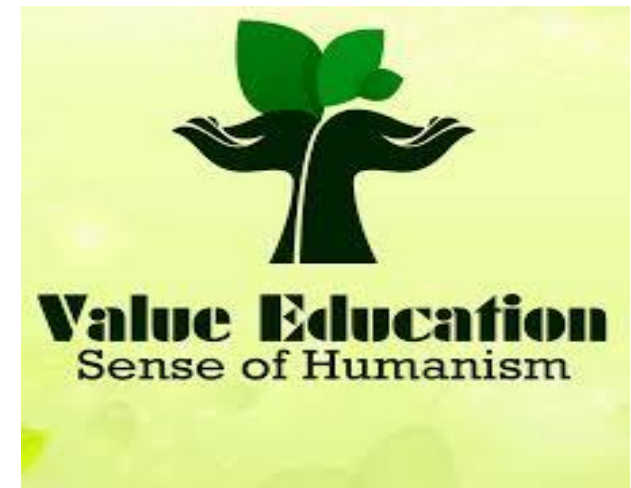


**“TRY NOT TO  
BECOME A MAN  
OF SUCCESS.  
RATHER BECOME  
A MAN OF  
VALUE.”**

**—ALBERT EINSTEIN**

# DISCLAIMER

- The terms used and discussed in this subject are to be considered as contextual and not universal.
- All the discussion and the examples considered are for academic purpose alone and are not to be associated with any ideology.

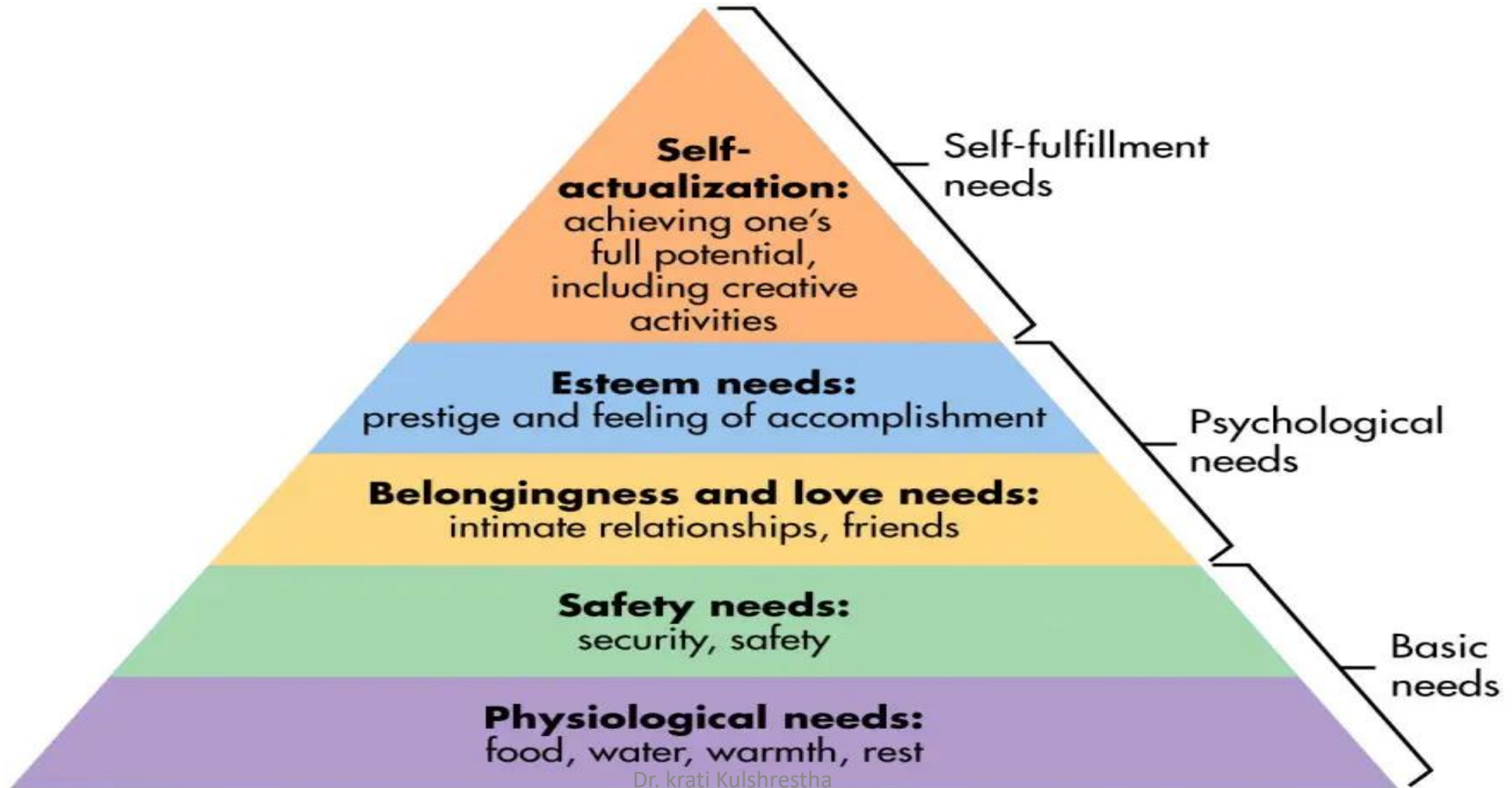


# 1. INTRODUCTION – COURSE OUTLINE

- *Value Education*
- *Self Exploration*
- *Natural acceptance vs. Experiential validation*
- *Human Aspirations*
- *Happiness and Prosperity*



# MASLOW'S NEED HIERARCHY THEORY (1943)



# VALUE EDUCATION

- Value Education is the education which enables to understand 'what is valuable' for human happiness.
- It is all about enabling a transformation in the human beings to help them move from Animal Consciousness to Human Consciousness.

# DEFINITION OF VALUE

- Value is one by which men live, for which, they are willing to sacrifice comforts, facilities and even lives to preserve their values.
- Describing the dominant characteristics of the Raghu Kul **Tulsi Das** writes -  
“Raghu Kula Rita Sada Chali - aaie  
Pran Jaay Par Vachanna Jaai”
- This is the highest value according to Indian Philosophy.
- International Encyclopedia of Social Sciences (1968) defines values as “**a set of principles whereby a conduct is directed and regulated as a guide for individual or social groups**”.
- Values as defined by Good are “**any characteristic deemed important because of psychological, social moral and aesthetic considerations.**”

# HUMAN VALUES

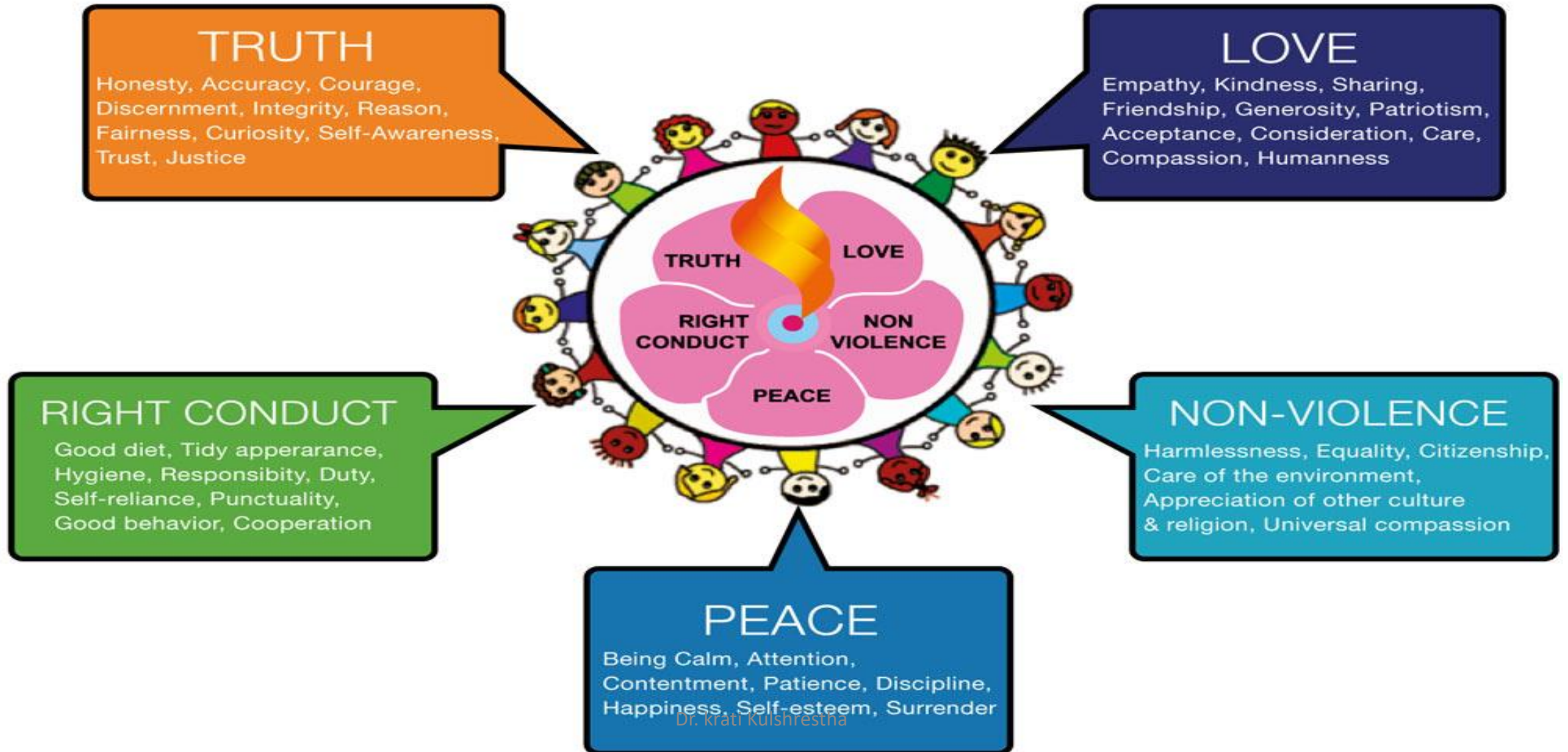
- Human values refer to those values which are at the core of being human.
- The values which are considered basic inherent values in humans include truth, honesty, loyalty, love, peace, etc. as they bring out the fundamental goodness of human beings and society at large.



# HUMAN VALUES

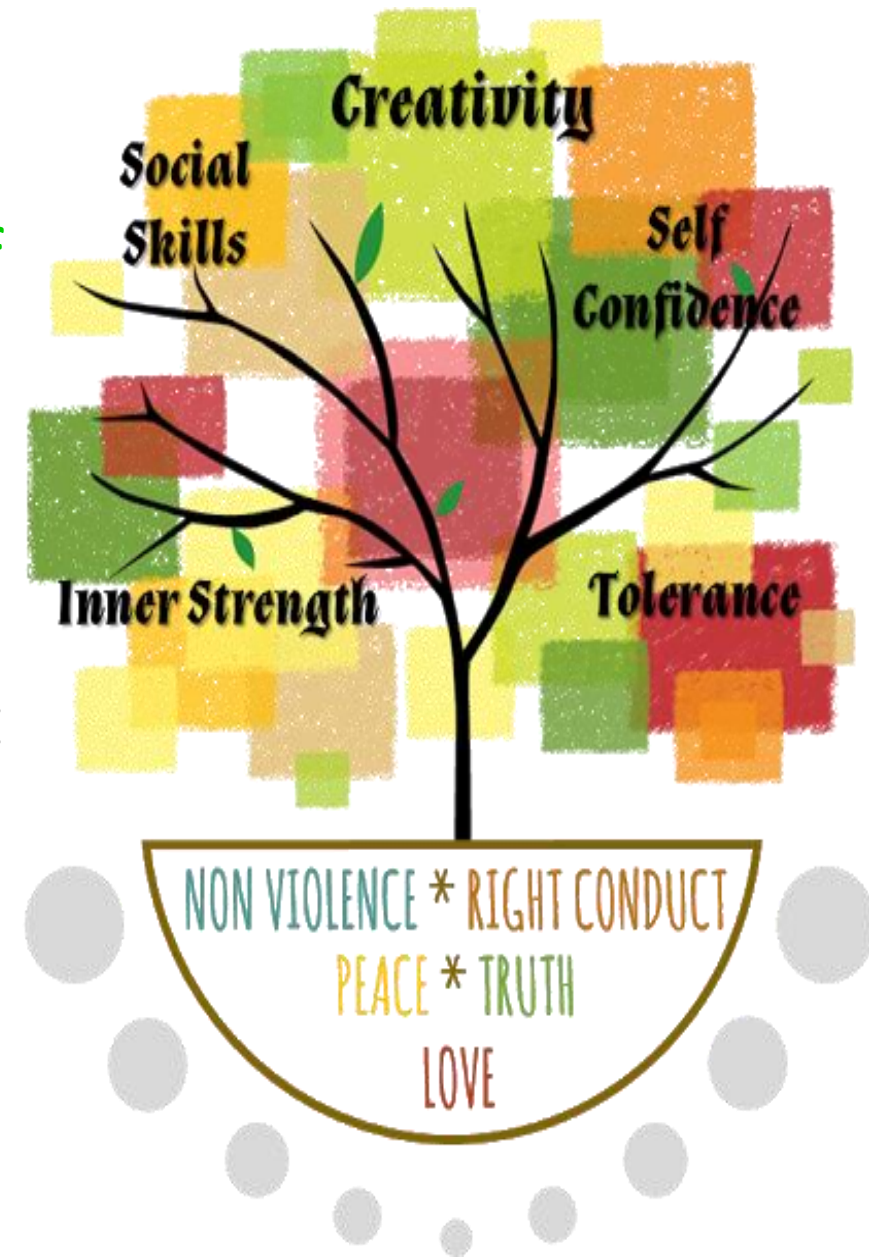
- **Shaver** – Values are Standard and Principles of judging worth
- **Gawande** - It is an adjusted human behavior which is conductive to the development of himself, society, nation and international understanding.
- **Kluchhohn** - Value is a conception of desirable and not something desired.

# VALUE EDUCATION INCULCATES



# HUMAN VALUES

- Human values are considered as set of Emotional rules.
- Where values are used:
  - a) In a professional setting, they are called ethics.
  - b) Every day decision making at work and at home.
  - c) A sense of integrity, honesty and diligence in people.
- Without good values, people would become corrupt, dishonest and undependable as people and employees.



# FULFILLING LIFE INCLUDES

- 1) Feeling of Happiness within You
- 2) Good Health
- 3) You have required physical facility and feeling of prosperity
- 4) Good relation with everyone connected to you
- 5) Peace and harmony in the society around you
- 6) Co-existence with nature and environment in terms of no pollution or depletion of resources
- 7) Able to understand your own reality as well as rest of existence as it is

# NEED FOR VALUE EDUCATION

- 1) **Correct identification of our aspirations** - 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.
- 2) **Understanding universal human values to fulfill our aspirations in continuity** - Values form the basis for all our thoughts, behaviors and actions. Once we know what is valuable to us, these values becomes the basis, that anchors our actions.

We also need to understand the universality of various human values, because only then we can have a definite and common understanding of value education. This can then help us build happy and harmonious human society.



**3) Complementarity of Values and Skills** - To fulfill our aspirations both values and skills are necessary. When we identify and set the right goals and produced in right direction, 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), 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.



**4) 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 tell 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.**

**5) 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.

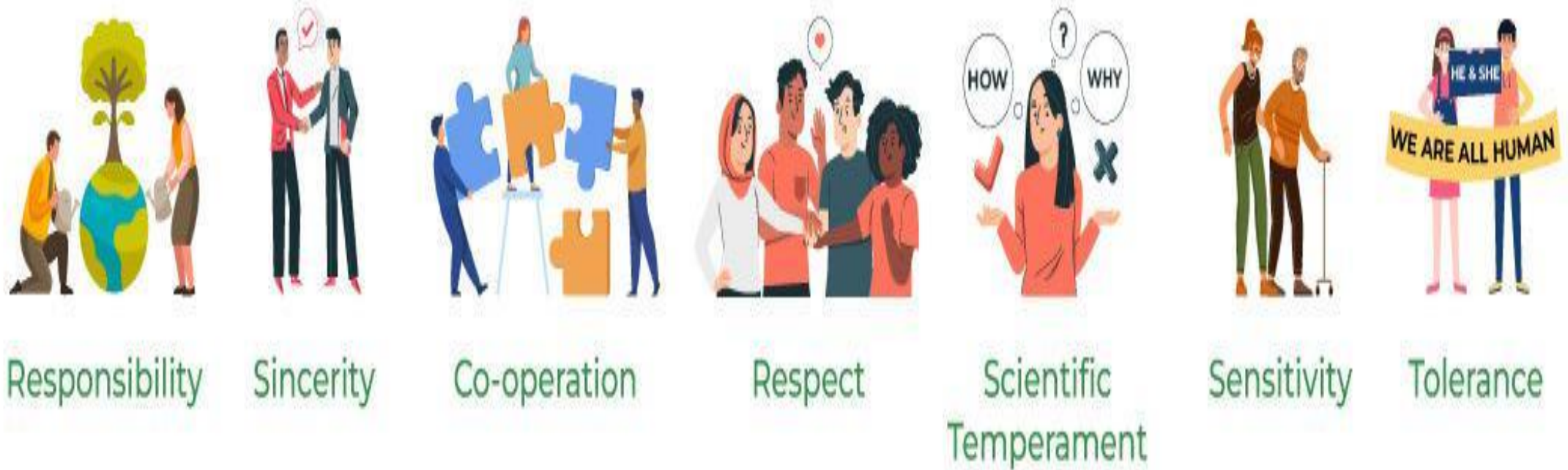
Value Education is a crucial missing link in the present education system. Because of this deficiency, most of our efforts may prove to be counterproductive and serious crises at the individual, societal and environmental level are manifesting.

# AIM OF VALUES EDUCATION

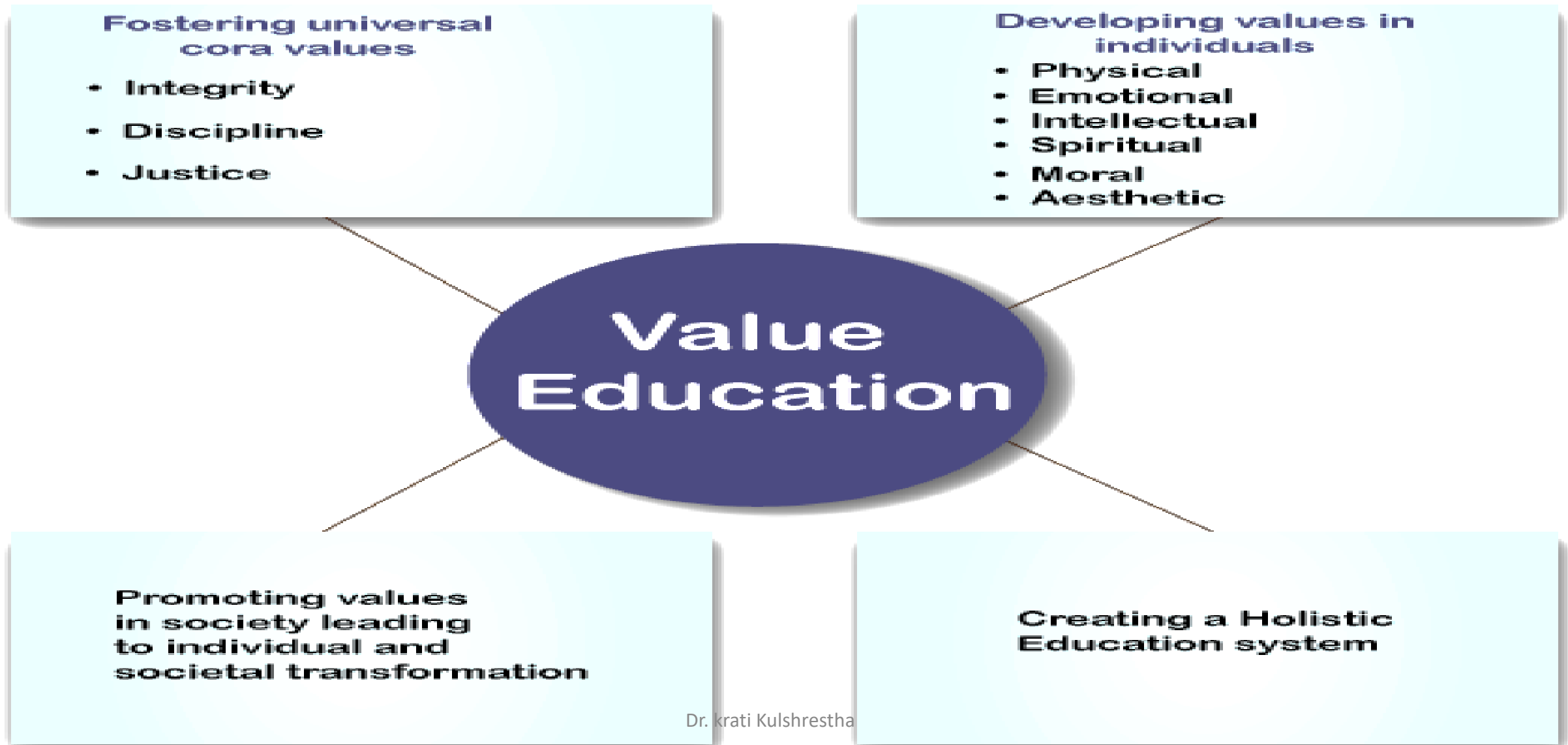
Value Education is about the **educational process that instils moral standards to create more civil and democratic societies.**

Values education therefore promotes tolerance and understanding above and beyond our political, cultural and religious differences, putting special emphasis on the defense of human rights, the protection of ethnic minorities and the most vulnerable groups, and the conservation of the environment.

# Importance of Value Education



# PURPOSE OF VALUE EDUCATION



EDUCATION	VALUE BASED EDUCATION
opens up our mind	gives us purity of heart too
provides us with skills	provides us sincerity too
extends our relationship with the world	links us with our own family members too
makes our living better	makes our life better too
teaches us to compete with others	encourages us to be complete too
makes us a good professional	makes us a whole human too
takes us to the top	takes the whole society to the top
gives us capacity of better learning	gives us the tool for a deeper understanding too
gives us Annya (food)	provides us Ananda too
may bring limitations	is for liberation

# CHARACTERISTICS OF VALUES EDUCATION



## COLLECTIVE IDENTITY

Promotes respect and **understanding for diversity** beyond, for example, cultural, religious and ethnic differences.



## CRITICAL THINKING

Stimulates creative and systematic analysis to **identify different perspectives** and angles to problems.



## COOPERATION

Promotes collaboration to find global solutions to problems and defend **the collective good**.



## GLOBAL VISION

Deepens knowledge of **world problems**, and of values such as justice, equality and dignity.



## SOCIAL SKILLS

Encourages empathy, communication skills, **teamwork** and interaction with different people.

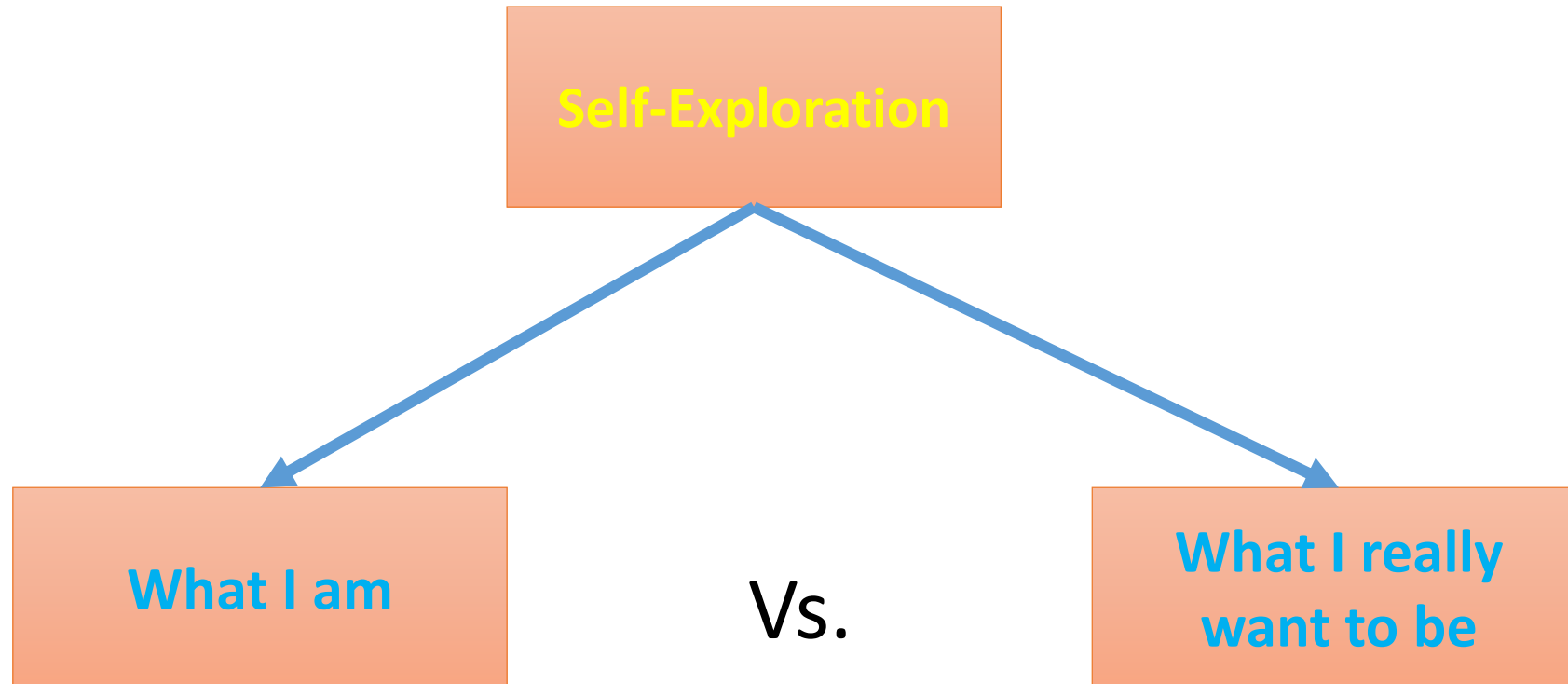


# ROLE OF VALUE EDUCATION

- Build human beings who possess strength, integrity and courage
- Values of cooperation, peace & tolerance
- Efficiency can step up if a person possesses the right values - this may include punctuality, keeping one's word, professionalism, lack of bias etc.
- Cordial relationships
- Promoting personality
- Nation- building
- Character-building
- Inculcate moral and spiritual values
- Promoting harmony
- Identifying the core universal values of:
  - a. Truth (satya)
  - b. Righteous conduct (dharma)
  - c. Peace (shanti)
  - d. Love (prema)
  - e. Non-violence (ahimsa)
- Quality of life.

# PROCESS OF VALUE EDUCATION

- Value Education begins with Self-Exploration i.e. looking inside yourself.



# THE PROCESS OF VALUE EDUCATION

The process of Value Education has to be that of *Self Exploration*, and not of giving sermons or telling dos and don'ts. What ever is found as truth or reality may be stated as proposal and has to be verified at the own right.

- ✖ It is process of dialogue between ‘ *What you are*’ and ‘ *What you really want to be*’.
- ✖ It is a process of knowing oneself and through that knowing entire existence.
- ✖ It is a process of recognizing one's relation with every unit in existence and fulfilling it.

This process of self exploration helps you be in harmony within yourself and in harmony with everything around.



# 10 IMPORTANT HUMAN VALUES

Fearless **Soul**



# MEANING AND IMPORTANCE OF DISCIPLINE

- Discipline is a set of standard rules that is set up by scholarly individuals. It is a way of being honest, hard-working, motivated & encouraged throughout the life.
- It refers to orderliness in life, which is essential for success in one's life. Additionally, it demonstrates respect to physical and moral laws in society.
- Its being said that -
  - **“Life without discipline is just like a ship without radar”**

- Students are the “**Future Assets of the Nation**”.
- As per research conducted by top Girls boarding school in Dehradun, discipline lays a good foundation of being selective, independent, punctual, focused, encouraged & organized in life.
- Self-discipline is very important that lies in inhibiting our headlong desires and passions.
- As compared to those who disregard discipline, a disciplined child takes an interest in studies. He/ she can choose subjects & his/ her career more easily & independently.



# IMPORTANCE OF DISCIPLINE IN LIFE

- **Being Focused** - A person with strong goals is more focused and always keeps his work up on time in everyday life. In short, discipline helps you stay focus in the task you're performing.
- **Lead Stress-Free Life** - A well-disciplined person always remain happy by relieving stress one faces during exams or daily routine work. This is inner tension or unknown fear about the result of the work.

Staying disciplined helps to study well ahead of time and not just before exams. Because of discipline in a workplace, the work is planned well and executed in time.

Discipline helps one stay stress-free and also get out of depression.

- **Better Academic Performance** - Students who are disciplined tend to get much better scores & get more benefit from their classes as well. In a student life, discipline is very important for better education. Education becomes incomplete without learning discipline.

Discipline in Education is very important for better education. A disciplined student can achieve success.

- **Stay Active** - Disciplined people, often stay healthy & active throughout the day. They know what is good & bad for them, which is a good time for doing a particular task. They do study, play, eat, sleep & wake up well on time, thus staying active the entire day.

Hence, discipline encourages people to remain healthy, active & dynamic which is useful for the development of the body as well as mind.

- **Ensures Time Management** - A disciplined person always takes out time to do extra chores. If we miss work, then everything piles up, and it becomes harder to perform the next task. So, it is easier to stay disciplined later on by staying disciplined right from the start of our studies.
- It becomes difficult to live a happy & secure life without proper discipline. If we try to live in our way, there will be indiscipline and chaos.

# ATTAINING RIGHT ATTITUDE

- Listen to your Internal Voice/dialogue – Believe in yourself
- Interact with positive people and positive environment
- Volunteer
- Be loved
- Take responsibility
- Change your thoughts towards progress
- Have a purpose
- Focus on the good
- Stop expecting life to be easy
- Give up entitlement

# Functions of Attitude

## 4- Value-Expressive

Attitudes provide individuals with a basis for expressing their values.

## 3- Ego-Defensive

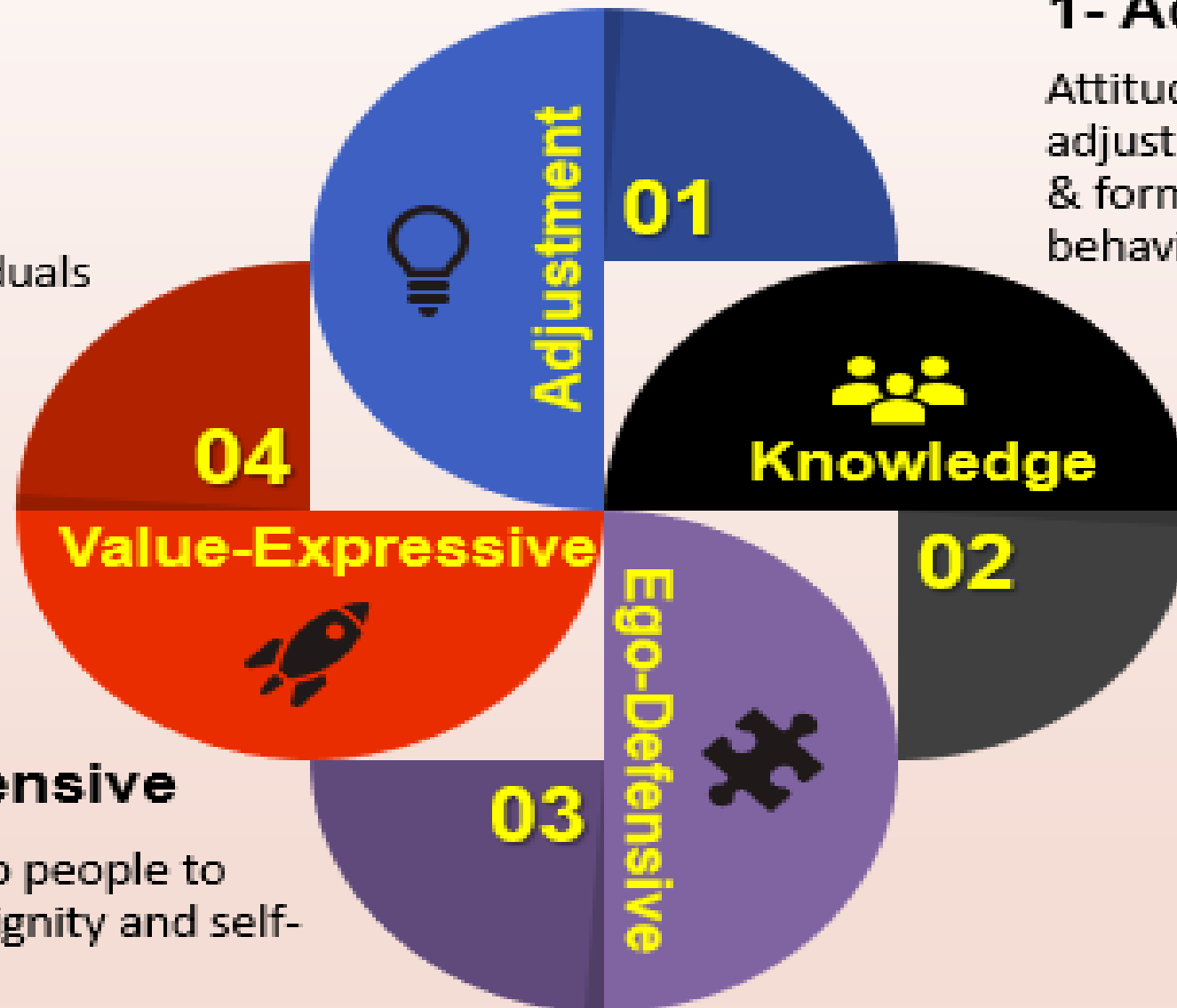
Attitudes help people to retain their dignity and self-image.

## 1- Adjustment

Attitudes help employees adjust to their environment & form a basis for future behavior.

## 2- Knowledge

Attitudes provide standards and frames of reference that allow people to understand and perceive the world around them.



# DEVELOPING MORAL VALUES OF RESPECT IN STUDENTS

- **MEANING:** Respect means giving value to someone or something. When we respect someone, we show great admiration and love to him/her. However, the meaning of respect can be different for different people.
- **IMPORTANCE OF RESPECT:** Respect is a moral value that is the basis of a happy, healthy, and fulfilled life. It is a two-way process that means a person can get respect when he respects others.

- SELF-RESPECT
- RESPECT FOR INDIVIDUAL AND SOCIETY
- RESPECT FOR VULNERABLE
- RESPECT FOR NATURE



Respect is one of the moral values which shows civilized human behaviour. **R.G. Risch** stated "Respect is a two-way street, if you want to get it, you will have to get to give it."



# SELF-EXPLORATION

It is the process of finding out what is valuable to me by investigating within myself.

Exploration = Observing Outside

Self-Exploration = Observing Inside



# PURPOSE OF SELF EXPLORATION

1. It is a process of dialogue between “what you are” and “what you really want to be.”
2. It is a process of self-evaluation through self-investigation.
3. It is a process of knowing oneself and through that, knowing the entire existence.
4. It is a process of recognizing one’s relationship with every unit in existence and fulfilling it.
5. It is a process of knowing human conduct, human character and living accordingly.
6. It is a process of being in harmony in oneself and in harmony with entire existence.
7. It is a process of identifying our innateness and moving towards self-organization and self-expression.



# Purpose of Self-Exploration:

Self exploration helps us to identify  
our Innateness (Svatva)  
and move towards  
Self-Organization (Swantantrata)  
and Self-Expression (Swarajya).



# CONTENT OF SELF EXPLORATION

1. **The Desire/Goal:** What is my (human) Desire/ Goal?
2. **Program:** What is my (human) program for fulfilling the desire?

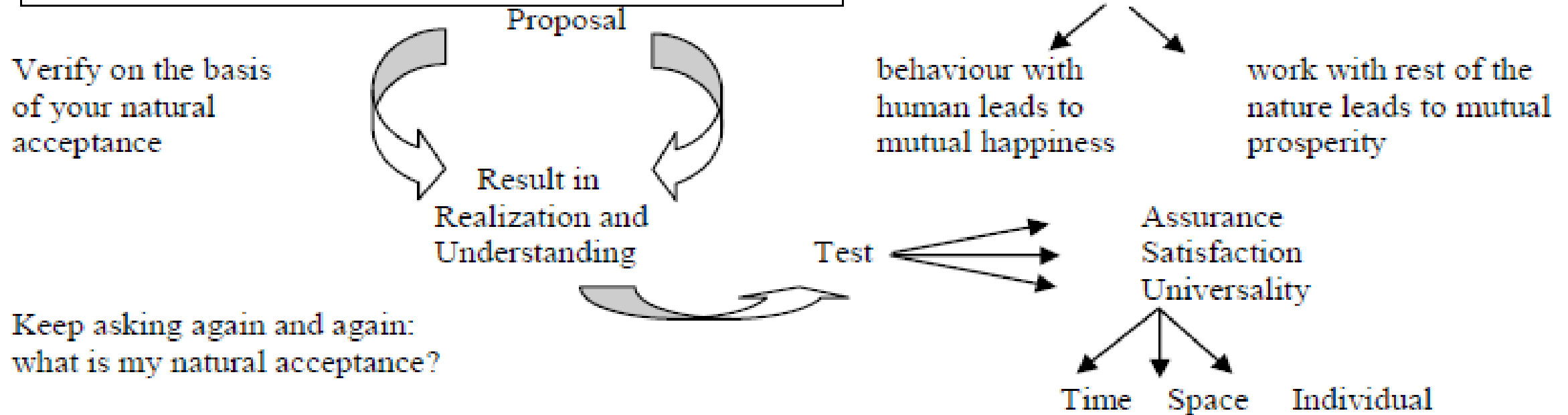
The main focus of **self-exploration is myself- As the Human Being.** Basically, it should dwell on the following two key questions:

1. What do I really want in life, or what is the goal of human life?
2. How to fulfil it? What is the program to actualize the above?

In short, the above two questions cover the whole domain of human aspirations and human endeavor. Thus, they form the content of self- exploration.

# PROCESS OF SELF-EXPLORATION

- It is a proposal
  - o Don't assume it to be true
  - o Verify it in your own right
    - Not on the basis of scriptures
    - Not on the basis of readings from instrument
    - Not on the basis of others
- Self verification





# MECHANISM OF SELF EXPLORATION

- If an individual can explore and understand the self in such a manner that he/she grasps the essence of the self, there may never require any psychological help at all.



# MECHANISM OF SELF EXPLORATION

## 1) Natural Acceptance

- Natural acceptance implies unconditional and total acceptance of the self, people and environment.
- It refers to the absence of any exception from others.
- Once we fully and truly commit ourselves on the basis of natural acceptance, we feel a holistic sense of inner harmony, peacefulness and fulfillment.

# MECHANISM OF SELF EXPLORATION

## 2) Experimental Validation

- It is a process that infuses direct experience with learning environment and content.
- It may be regarded as philosophy and methodology in which the direct experience and focused reflection of the individual helps to increase knowledge, develop skill and clarify values.
- What we already believe to be true of us is validated by some situation, phenomena or outcome. We may term it as Experimental Validation.

# Basic Human Aspirations

- **Aspiration** : can be stated as strong desire to achieve something , eg. Success. Aspiration means Desire , goal and objective of life
- Long lasting **happiness**, becoming a **joyous**, **loving** person, attaining **peace** of mind- These all exist and present in universe but reactivity is absent!!
- We Desires many things say materialistic needs, respect, recognition, love, trust etc. but in the form of all these desire we are actually looking continuous happiness and prosperity .
- Basic Human Aspiration is : **Continuous Happiness and Prosperity**

# Basic Human Aspirations

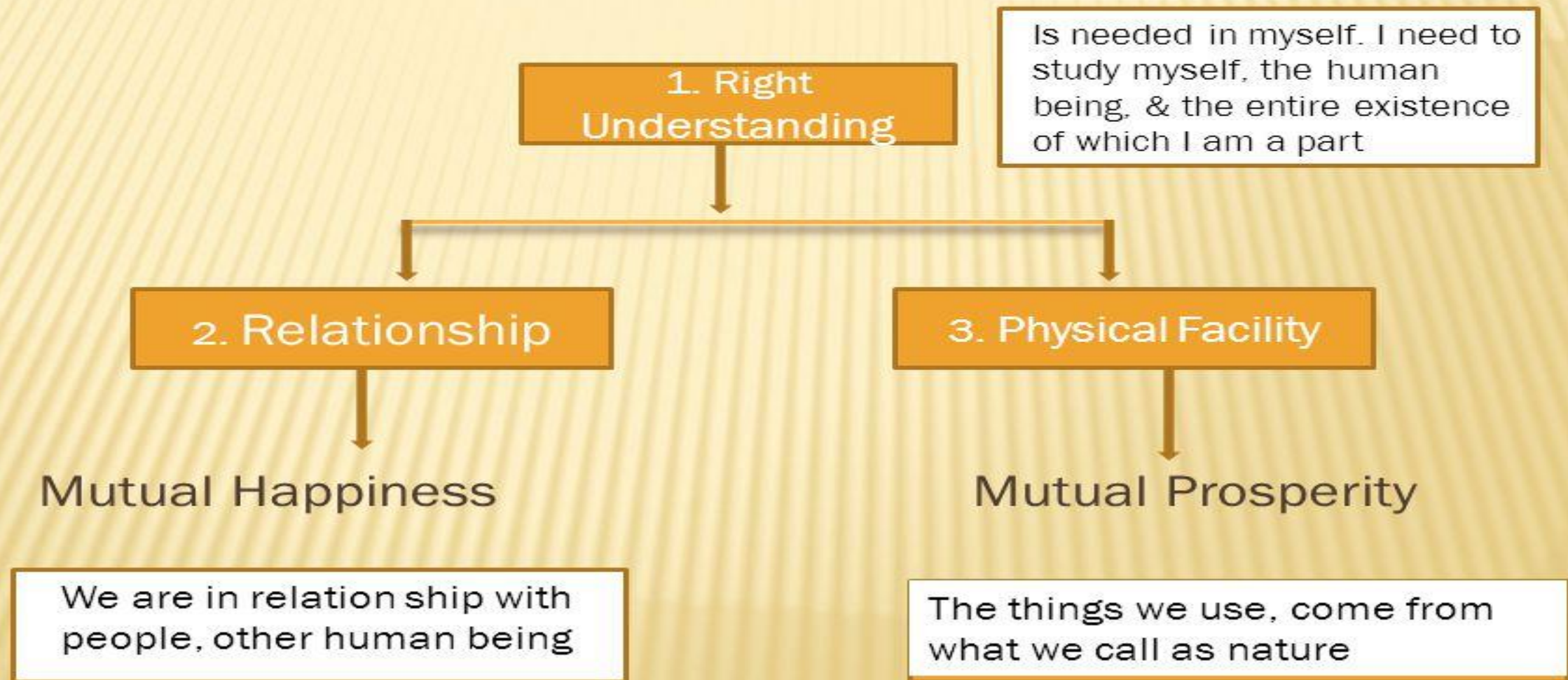
Happiness: “ To be in a state of liking is happiness.” “ To be in a state of harmony is happiness.”

:is non-contradictory, a joy without penalty, joy that don't lash with any of your values

Prosperity: **Feeling** of having more than required facility than what is needed.

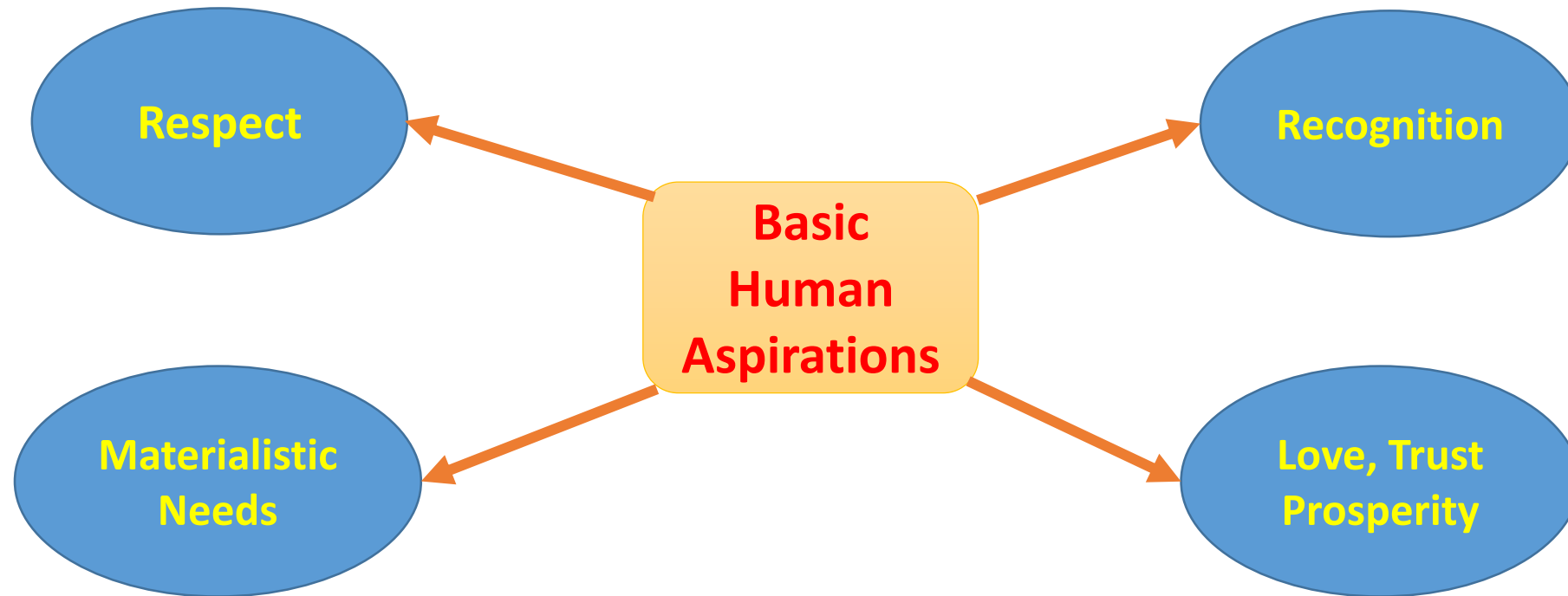


# BASIC REQUIREMENT FOR FULFILLMENT OF HUMAN ASPIRATION





# BASIC HUMAN ASPIRATIONS



# BASIC HUMAN ASPIRATIONS

## Continuous Happiness

**Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.**

## Prosperity



# BASIC HUMAN ASPIRATIONS

- **Happiness:** Happiness may be defined as being in harmony/ synergy in the states/ situations that we live in. Happiness is being in a state of liking. Unhappiness is a lack of this synergy or harmony. To be in a state of disliking is unhappiness.
- Happy situations comprise of feelings such as trust, respect, confidence etc. All these feelings carry an element of harmony in them. Hence they make us feel relaxed and happy.
- On the other hand, feelings like failure, disrespect, lack of confidence, doubt etc. lack the element of harmony and hence make us unhappy.
- **Prosperity:** It is the feeling of having more physical facilities than required. Prosperity creates a desire to share what one possesses. However, since the need for physical facilities is limitless, the feeling of prosperity cannot be assured.

# BASIC HUMAN ASPIRATIONS

## WEALTH VERSUS PROSPERITY

*Wealth* refers to the state of being rich or having an abundance of material assets and money.

*Wealth* is a kind of prosperity.

*Wealth* is the origin of the adjective wealthy.

*Prosperity* refers to the state of having an abundance of material assets and money as well as other factors like health and happiness.

*Prosperity* includes wealth as well as other factors.

*Prosperity* is derived from the adjective prosperous.

Health  
+  
Prosperity  
+  
Love  
=  
Happiness

# PREVAILING NOTIONS OF HAPPINESS AND PROSPERITY

In the modern world, the desire for physical facilities has become unlimited. The physical facilities are no longer seen as objects fulfilling bodily needs but as a means of maximizing happiness.

This unlimited desire for physical facilities has become anti-ecological and anti-people endangering human survival itself.

- **The false notions of happiness and Prosperity have affected human living at all four levels:**

- a) **At the level of Individual:** Problems of depression, psychological disorders, suicides, stress, insecurity, psycho-somatic diseases (lacks medical explanation), loneliness etc.
- b) **At the level of family:** Breaking of Joint families, mistrust, conflict between older and younger generations, insecurity in relationships, divorce, dowry tortures, family disputes, wasteful expenditures in family functions etc.
- c) **At the level of Society:** Terrorism, naxalism, communism, casteism, racial, ethnic struggles, wars between nations, genocide (Russia – Ukraine war), nuclear genetic warfare etc.
- d) **At the level of Nature:** Global Warming, pollution, depletion of mineral resources, deforestation, loss of soil fertility etc.

# UNDERSTANDING AND LIVING IN HARMONY AT VARIOUS LEVELS

- Living in harmony is a concept that refers to the state of peaceful co-existence and cooperation between individual, group and societies. Understanding and living in harmony is important at various levels individual, interpersonal, community and global levels.

1) At **Individual Level**, harmony begins with self-awareness and understanding one's own emotions, thoughts & beliefs which involves mindful of one's own biases, preconceptions and impact of our own action's on others.

By developing strong sense of self, individuals are better equipped to navigate social interactions and resolve conflict in peaceful and respectful manner.



# UNDERSTANDING AND LIVING IN HARMONY AT VARIOUS LEVELS

2) At **interpersonal level**, living in harmony involves building positive relationships with others. This involves active listening, effective communication & empathy.

3) At **community level**, living in harmony require collaboration & cooperation between different groups.

This helps to promote cultural understanding, encouraging diverse voices & perspectives and creating inclusive policies and programs that benefits all members of a community.

Community leaders can play a critical role in fostering harmony by promoting a sense of belonging & encouraging open dialogue.

# UNDERSTANDING AND LIVING IN HARMONY AT VARIOUS LEVELS

4) Finally, at the **Global level** living in harmony requires a shared commitment to peace, justice and sustainable development. This includes addressing the root cause of conflict, promoting equality, human rights & support initiatives that promotes mutual understanding & cooperation between nations.

Global leaders can play critical role in promoting peace & harmony by resolving conflicts through diplomatic means.

# **Happiness = To be in Harmony**

- To understand Harmony at all 4 levels:
  1. Harmony in the Human Being
  2. Harmony in the Family
  3. Harmony in the Society
  4. Harmony in Nature/Existence

# UNDERSTANDING AND LIVING IN HARMONY AT VARIOUS LEVELS

- The need for living in harmony is driven by following factors :-

- 1) Improved Mental & Emotional well being
- 2) Conflict resolution
- 3) Increased productivity
- 4) Improved social cohesion
- 5) Global peace & security

# SELF AWARENESS ACTIVITIES

- How do you **perceives yourself as an Individual** (Human Being)?
- Answer the following:-
  - a) I am really good at...
  - b) I have trouble/fear with...
  - c) My favorite thing to do in my free time is...
  - d) When I am bored, I...
  - e) One thing that makes me feel sad is...
  - f) One thing that helps me when I feel sad is...
  - g) When I make a mistake, I...
  - h) When my day doesn't go my way, I...
- What **qualities do you wish you had or that you admire in others?**

# SELF AWARENESS ACTIVITIES

- **VALUES**

- Enlist **Ten (10) core values** that you have.
- **Eg.** let's say you chose 'openness' as a value, yet you or others observed that you 'don't listen' and 'interrupt' others...therefore, There is a mismatch.
- What are the **three (3) most important things to you?**
- **Do you spend enough time on/with the things you most value? Why or why not?**
- What are the **values that you hold most near to your heart?**



# LIST OF VALUES

- . Kindness
- . Integrity
- . Acceptance
- . Focus
- . Responsibility
- . Honesty
- . Commitment
- . Loyalty
- . Open-mindedness
- . Growth
- . Friendship
- . Faith
- . Knowledge
- . Leadership
- . Optimism
- . Spirituality
- . Sense of community
- . Empathy

- . Respect
- . Perseverance
- . Gratitude
- . Curiosity
- . Blessing
- . Compromising
- . Adjusting
- . **Trust**
- . Respectful
- . Humility
- . Being true to yourself
- . Love for family
- . Hard work
- . Courage
- . Responsibility
- . Generosity
- . Justice & fair
- . Determination
- . Patience
- . Confidence