

# **UNIT 1: Introduction to Value Education (05 Hours)**

## **1.1 What is Value Education?**

### **Definition:**

Value Education means education for understanding and living in harmony with self, family, society, and nature.

### **Purpose:**

To help students understand *what to do* (values) and *how to do* (skills) in life to ensure **happiness and prosperity**.

### **Need for Value Education:**

- To live a meaningful and fulfilling life.
  - To make the right decisions and develop right understanding.
  - To promote peace, love, and harmony in society.
  - To face challenges like corruption, stress, and pollution.
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## **1.2 What is Self-Exploration?**

### **Definition:**

Self-exploration is the process of discovering what is valuable for me through **my own understanding and experience**, not through blind belief or external pressure.

### **Steps of Self-Exploration:**

1. **Verify** proposals through self-observation.
2. **Understand** the relationship between my desires, thoughts, and actions.
3. **Live accordingly** to maintain harmony.

### **Purpose:**

To know – *What is right? What is valuable? What should I do?*

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## **1.3 Basic Human Aspirations**

Every human being has **two main aspirations**:

- 1. Continuous Happiness** (inner satisfaction)
- 2. Prosperity** (having enough physical facilities)

Both must be achieved together for a **complete and balanced life**.

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## **1.4 Right Understanding, Relationship & Physical Facility**

Need	Description	Example
<b>Right Understanding</b>	Knowing what is valuable in life	Knowing honesty brings trust
<b>Relationship</b>	Living with others with trust and respect	Caring for family and friends
<b>Physical Facility</b>	Resources needed for physical comfort	Food, clothes, shelter

These three are **interconnected** — lack of one creates unhappiness.

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## **1.5 Current Scenario**

Today's society faces:

- Materialism without happiness
- Stress and competition
- Environmental degradation
- Lack of trust and respect

Hence, **Value Education** is essential to bring balance and harmony.

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## **1.6 Method to Fulfill Human Aspirations**

- **Right Understanding** → by Self-exploration
  - **Relationships** → by Trust and Respect
  - **Physical Facilities** → by Hard Work and Right Utilization
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## **Unit 1 – Summary**

- Value Education helps in living with happiness and prosperity.
  - Self-exploration is key to knowing oneself and right values.
  - Human aspirations = Happiness + Prosperity.
  - Three key requirements: Right Understanding, Relationships, and Physical Facilities.
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## **Exam-Oriented Questions**

1. Define value education. Explain its need and importance.
2. What is self-exploration? How does it help in value education?
3. Explain happiness and prosperity as basic human aspirations.
4. Write short notes on: (a) Right Understanding (b) Relationship (c) Physical Facility