

# 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
Right Understanding	Knowing what is valuable in life	Knowing honesty brings trust
Relationship	Living with others with trust and respect	Caring for family and friends
Physical Facility	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