Lecture-17:

Understanding Harmony in the Society

HARMONY IN SOCIETY

All pervading harmony (*Akhand Samãj*) - from family to the world family

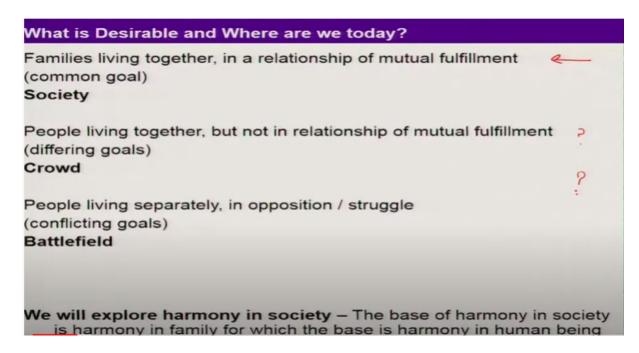
 Do we want harmony only among a limited section of people based on caste, creed, religion, nationality, etc. or with all the people on the globe?

What is Desirable and Where are we today?

Families living together, in a relationship of mutual fulfillment (common goal)

People living together, but not in relationship of mutual fulfillment (differing goals)

People living separately, in opposition / struggle (conflicting goals)



COMPREHENSIVE HUMAN GOAL □

In order to ensure a harmonious society, the following human goal has to be understood in a comprehensive manner:





FIVE DIMENSIONS OF UNIVERSAL HUMAN ORDER

The activity in the society to actualize the comprehensive human goal can be visualized in terms of the following five dimensions, the right understanding of which is essential:

- Education-Inculcation (Shikshā Sanskār)
- Justice Protection (Nyãya-Surakshã)
- Health Sanyam (Swasthya-Sanyam)
- Production Work (*Utpādan-Kārya*)
- Exchange Storage (Vinimaya-Kosh)

Human Order (मानवीय व्यवस्था)

Five Dimensions (पाँच आयाम)

1. Education - Sanskar - शिक्षा संस्कार

2. Health - Sanyam - स्वास्थ्य संयम

3. Production – Work - उत्पादन कार्य

4. Justice - Preservation - न्याय स्रक्षा

5. Exchange – Storage - विनिमय कोष

Program for Health-Sanyam

Sanyam in the Self (I): Feeling of responsibility for Nurturing, Protection and Right Utilization of the Body

Program for Sanyam

1a. Intake 1b. Daily Routine

2a. Labour 2b. Exercise

3a. Asan 3b. Pranayam

4a. Medicine 4b. Treatment