

UNIVERSAL HUMAN VALUES 2: UNDERSTANDING HARMONY

R 20 IV YEAR I SEM COMMON TO (CSE, EEE, MECH, AGRI)

Human Values Courses

This course also discusses their role in their family. It, very briefly, touches issues related to their role in the society and the nature, which needs to be discussed at length in one more semester for which the foundation course named as “H-102 Universal Human Values 2: Understanding Harmony” is designed which may be covered in their III or IV semester. During the Induction Program, students would get an initial exposure to human values through Universal Human Values – I. This exposure is to be augmented by this compulsory full semester foundation course.

Universal Human Values 2: Understanding Harmony

Course code: HSMC (H-102)

Credits: L-T-P-C 2-1-0-3 or 2L:1T:0P 3 credits

Pre-requisites: None. Universal Human Values 1 (desirable)

1. Objective:

The objective of the course is four fold:

1. Development of a holistic perspective based on self-exploration about themselves (human being), family, society and nature/existence.
2. Understanding (or developing clarity) of the harmony in the human being, family, society and nature/existence
3. Strengthening of self-reflection.
4. Development of commitment and courage to act.

2. Course Topics:

The course has 28 lectures and 14 practice sessions in 5 modules:

Module 1: Course Introduction - Need, Basic Guidelines, Content and Process for Value Education

1. Purpose and motivation for the course, recapitulation from Universal Human Values-I
2. Self-Exploration–what is it? - Its content and process; ‘Natural Acceptance’ and Experiential Validation- as the process for self-exploration
3. Continuous Happiness and Prosperity- A look at basic Human Aspirations
4. Right understanding, Relationship and Physical Facility- the basic requirements for fulfilment of aspirations of every human being with their correct priority
5. Understanding Happiness and Prosperity correctly- A critical appraisal of the current scenario
6. Method to fulfil the above human aspirations: understanding and living in harmony at various levels. Include practice sessions to discuss natural acceptance in human being as the innate acceptance for living with responsibility (living in relationship, harmony and co-existence) rather than as arbitrariness in choice based on liking-disliking

Module 2: Understanding Harmony in the Human Being - Harmony in Myself!

4. Understanding human being as a co-existence of the sentient 'I' and the material 'Body'
5. Understanding the needs of Self ('I') and 'Body' - happiness and physical facility
6. Understanding the Body as an instrument of 'I' (I being the doer, seer and enjoyer)
7. Understanding the characteristics and activities of 'I' and harmony in 'I'
8. Understanding the harmony of I with the Body: Sanyam and Health; correct appraisal of Physical needs, meaning of Prosperity in detail
9. Programs to ensure Sanyam and Health.

Include practice sessions to discuss the role others have played in making material goods available to me. Identifying from one's own life. Differentiate between prosperity and accumulation. Discuss program for ensuring health vs dealing with disease

Module 3: Understanding Harmony in the Family and Society- Harmony in Human-Human Relationship

10. Understanding values in human-human relationship; meaning of Justice (nine universal values in relationships) and program for its fulfilment to ensure mutual happiness; Trust and Respect as the foundational values of relationship
11. Understanding the meaning of Trust; Difference between intention and competence
12. Understanding the meaning of Respect, Difference between respect and differentiation; the other salient values in relationship
13. Understanding the harmony in the society (society being an extension of family): Resolution, Prosperity, fearlessness (trust) and co-existence as comprehensive Human Goals
14. Visualizing a universal harmonious order in society- Undivided Society, Universal Order- from family to world family.

Include practice sessions to reflect on relationships in family, hostel and institute as extended family, real life examples, teacher-student relationship, goal of education etc. Gratitude as a universal value in relationships. Discuss with scenarios. Elicit examples from students' lives

Module 4: Understanding Harmony in the Nature and Existence - Whole existence as Coexistence

18. Understanding the harmony in the Nature
19. Interconnectedness and mutual fulfilment among the four orders of nature- recyclability and self regulation in nature
20. Understanding Existence as Co-existence of mutually interacting units in all-pervasive space
21. Holistic perception of harmony at all levels of existence.

Include practice sessions to discuss human being as cause of imbalance in nature (film "Home" can be used), pollution, depletion of resources and role of technology etc.

Module 5: Implications of the above Holistic Understanding of Harmony on Professional Ethics

22. Natural acceptance of human values
23. Definitiveness of Ethical Human Conduct
24. Basis for Humanistic Education, Humanistic Constitution and Humanistic Universal Order
25. Competence in professional ethics: a. Ability to utilize the professional competence for augmenting

universal human order b. Ability to identify the scope and characteristics of people- friendly and ecofriendly production systems, c. Ability to identify and develop appropriate technologies and management patterns for above production systems.

26. Case studies of typical holistic technologies, management models and production systems

27. Strategy for transition from the present state to Universal Human Order: a. At the level of individual: as socially and ecologically responsible engineers, technologists and managers b. At the level of society: as mutually enriching institutions and organizations

28. Sum up.

Include practice Exercises and Case Studies will be taken up in Practice (tutorial) Sessions eg. To discuss the conduct as an engineer or scientist etc.

3. READINGS:

3.1 Text Book

1. Human Values and Professional Ethics by R R Gaur, R Sangal, G P Bagaria, Excel Books, New Delhi, 2010

MODULE - 1

INTRODUCTION TO UNIVERSAL HUMAN VALUES

The main Human Values are honesty, fairness, respect, responsibility, caring and citizenship. These values are the core of any human society and they should be applied in every area of life. Honesty is not just telling the truth, but also includes telling people how you feel about them when necessary to maintain their trust.

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 in terms of facilities. 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.

The five universal Human Values of Love, Truth, Right Conduct, Peace and Non-violence encompass all the noble values, have endless depth and breadth in their beauty, purity and power, and lie within every human being in full measure, largely hidden from conscious awareness like diamonds inside a mountain.

Meaning

A humane society is composed of families living together in a relationship of mutual fulfilment. Such a society would make effort for a common, humane goal, which can be articulated as... Happiness in every individual (through right understanding and right thought)

Definition

The 20th century philosopher Martha Nussbaum puts forth a list of ten innate human values: truth, beauty, justice, courage, temperance, wisdom, love, equality, modesty and hope.

Universal Human Order (Sarvabhauma Vyavastha) - feeling of being related to every unit including human beings and other entities of nature. Undivided society (Akhandam samaja) - feeling of being related to every human being. An undivided human centric society is one of the higher human goals.

NEED OF UNIVERSAL HUMAN VALUES

Human values are necessary in today's society and business world. Human values are the features that guide people to take into account the human element when one interacts with other human. They have many positive characters that create bonds of humanity between people and thus have value for all human beings.

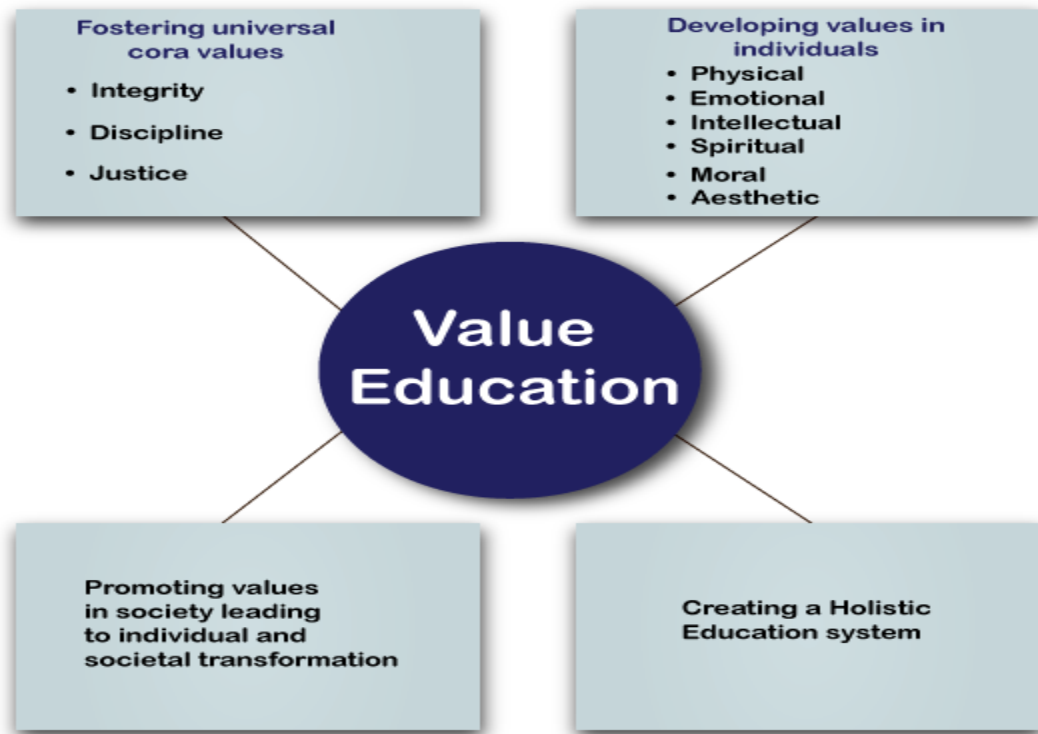
Common human values are as under:

1. Brotherhood, friendship, empathy, compassion, and love.
2. Openness, listening, welcoming, acceptance, recognition, and appreciation.
3. Honesty, fairness, loyalty, sharing, and solidarity.
4. Civility, respect, and consideration

Need of human values:

Value education is always essential to shape one's life and to give one an opportunity of performing on the global stage. The need for value education among the parents, children, teachers etc, is constantly increasing as we continue to witness increasing violent activities, behavioral disorders and lack of unity in the society etc. Value education enables us to understand our needs and visualize our goals correctly and also indicate the direction for their fulfilment. It also helps remove our confusions and contradictions and enables us to rightly utilize the technological innovations.

There are different views that call urgent need to inculcate human values in Indian society. Numerous traditional values which have been inherited from past remain valid and true to be adapted by future citizens but many fresh values to match confronting problems in emerging Indian culture. Presently, negative human values are in upper side. It may be because of neglect of value education which created vagueness and indiscipline in the mind of people (Satya Pal Ruhela, 1996).



1. Integrity / Honesty

Integrity means being honest and having strong moral principles. A person with integrity behaves ethically and does the right thing, even behind closed doors.

Integrity is a valuable trait to have in the workplace and one that employer's prize in their employees. A company that has employees who value integrity is likely to have a professional and reliable work culture. The employees in the company are more likely to have a good working relationship with their employers and also among themselves. They will be respectful of each other, will be highly motivated at work and will consequently be more productive.

2. Discipline

The word "discipline" is from the Latin word disciplina, meaning "instruction and training." It is derived from the root word discere—"to learn."

Discipline is the quality of being able to behave and work in a controlled way which involves obeying particular rules or standards. It was that image of calm and discipline that appealed to voters. Synonyms: self-control, control, restraint, self-discipline More Synonyms of discipline

3. Justice

Justice means giving each person what he or she deserves or, in more traditional terms, giving each person his or her due. Justice and fairness are closely related terms that are often today used interchangeably. There have, however, also been more distinct understandings of the two terms.

The meaning of justice is that all the citizens of India should be given social, economic and political justice.

Social Justice means that there will be no discrimination based on caste, creed, and colour.

Economic Justice aims at providing equal opportunities for all to earn livelihood and equal pay for work.

Political Justice means providing equal political rights to all without any discrimination such as:

1. Right to vote
2. Right to contest elections
3. Right to form political parties
4. Right to criticise the government.

4. Physical

Physical indicates connected with, pertaining to, the animal or human body as a material organism: physical strength, exercise. Bodily means belonging to, concerned with, the human body as distinct from the mind or spirit: bodily pain or suffering.

5. Emotional

A widely accepted theory of basic emotions and their expressions, developed Paul Ekman, suggests we have six basic emotions. They include sadness, happiness, fear, anger, surprise and disgust

Primary emotions such as love, joy, surprise, anger, and sadness can then be further broken down into secondary emotions. Love, for example, consists of secondary emotions, such as affection and longing.

6. Intellectual

Intellectual means involving a person's ability to think and to understand ideas and information. High levels of lead could damage the intellectual development of children. He has written seven thrillers, and clearly enjoys intellectual pursuits

Examples of intellectual capacity include memory, verbal comprehension, reasoning, analysis, problem-solving, and reasoning skills.

7. Spiritual

Spirituality involves the recognition of a feeling or sense or belief that there is something greater than myself, something more to being human than sensory experience, and that the greater whole of which we are part is cosmic or divine in nature.

Types of Spirituality

2. Breathwork.
3. Meditation or quiet time.
4. New age spirituality.
5. Prayer.
6. Service to their community.
7. Spending time in nature.
8. Spiritual retreats.
9. Yoga.

8. Moral

Morals are what you believe to be right and wrong. People can have different morals: you might say, "I like his morals" or "I wonder about his morals." Your morals are your ideas about right and wrong, especially how you should act and treat other people.

Morals Examples

Some examples of absolute moral principles include:

1. Don't kill.
2. Speak the truth.
3. Be careful with what you say and do to others.
4. Respect the property of others.
5. Treat people in need or distress as we would want to be treated if our situation were reversed.

9. Aesthetic

Aesthetic is used to talk about beauty or art, and people's appreciation of beautiful things. ... Products chosen for their aesthetic appeal as well as their durability and quality.

Among the examples of beautiful objects are landscapes, sunsets, humans and works of art.

THE MOST RECOGNIZED VALUES IN HUMAN BEINGS

1. Respect

It is a fundamental value that refers to the consideration and appreciation of the needs, interests, opinions and feelings of others. Respect is important because it helps us build healthy and harmonious relationships with others, foster cooperation and understanding, and promote equality and justice..

2. Honesty

It refers to integrity and sincerity in our actions and relationships. Honesty is important because it helps us build trusting relationships and foster credibility and transparency in our social interactions.

3. Solidarity

One of the most important human values is solidarity. It is about collaboration and mutual support among people. Solidarity is important because it helps us overcome adversity and face life's challenges together.

4. Responsibility

It is the ability to assume the consequences of our actions and decisions, and to take action to correct any mistakes or problems we have caused. Accountability is important because it helps us develop a strong work ethic and become responsible and committed citizens.

5. Empathy

It is the ability to put oneself in the shoes of others and to understand their feelings and perspectives. Empathy is important because it helps us develop healthy and meaningful relationships with others, foster understanding and compassion, and build more inclusive and just communities.

6. Gratitude

It is recognizing and valuing the positive things we have in life and expressing our appreciation for them. Gratitude is important because it helps us develop a more positive and optimistic outlook on life, cultivate healthier and more meaningful relationships, and improve our emotional and mental well-being.

7. Tolerance

Among the most outstanding human values is tolerance. It refers to accepting and respecting the differences of others, whether in terms of culture, religion, race, gender, sexual orientation, among others. It is important because it helps us to foster inclusion and diversity, to overcome prejudice and discrimination, and to build more harmonious and equitable communities.

8. Generosity

Generosity refers to sharing and giving selflessly to others, whether in terms of time, money, resources, among others. Generosity is important because it helps us to develop an attitude of service and collaboration with others, to foster compassion and empathy, and to contribute to the well-being of our community and society in general.

9. Self-discipline

It refers to the ability to control our actions and decisions, and to maintain a constant and consistent focus on our objectives and goals. Self-discipline is important because it helps us develop a strong work ethic and achieve success and well-being in our lives.

BASIC GUIDELINES OF HUMAN VALUES

1. Peace

All values are interconnected and have diversified levels of meaning. When talking about Peace, one tends to think 'peace', by recalling the lack of it, focusing on conflict and war, and on the hopes of humankind to realise unity among people and achieve peace at a world-wide level. Seldom does one realise that to seek peace in life and for the world is not a political issue, but an individual choice of self- development. It means living up to the value, and securing a state of inner peace within oneself.

2. Truth

Truth has been sought throughout the ages and philosophers have affirmed that beyond the borders of the individual, egocentric self, there is a deeper reality and a higher self, far more true. SSEHV covers all these aspects of truth, by exploring the outer world of phenomenon – the world we see, touch and feel – and the inner world – the world of being, conscience and consciousness, which is the root cause of all the rest, as are the roots of a tree, of the trunk, branches, leaves and fruits.

3. Love

Love is the undercurrent of all other values. It manifests at various levels: in the form of the love of the mother and father for their children, affection between husband and wife, fondness for family members and friends, devotion to one's motherland, appreciation for nature, yearning for God.

Though love is expressed through feeling, it is, in truth, energy: it flows, joins, heals and transforms; when it is pure, it is unchanging.

4. Non-Violence

"Today humanity is in decline because life lacks balance. If we promote Human Values, we will be able to maintain the right harmony in life." Nonviolence is the zenith of human achievement, the practice of which is the ultimate expression of the harmony of head, heart and hands (thought, feeling and action). It can be understood on three levels: personal, societal and universal.

5. Right Conduct

When Right Conduct is associated with others, the value takes the form of good behaviour, respect for others, helpfulness, capacity to cultivate good relationships. It later broadens into ethical skills and morality, developing attributes such as courage, ecological sensitisation, determination, initiative, sense of duty. Finally, the highest level of Right Conduct results when we act in accordance with our conscience and carry out thoughts and intentions that are rooted in love

The primacy of Love can be understood a little more by referring to the following loose formulation:

Love + Thought = Truth.

Love + Action = Right Conduct.

Love + Feeling = Peace.

Love + Understanding = Non-Violence

MOTIVATIONAL TYPES OF VALUES

The theory of basic human values recognizes eleven universal values, which can be organized in four higher-order groups. Each of the eleven universal values has a central goal that is the underlying motivator.

1. Openness to change

- Self-direction – independent thought and action—choosing, creating, exploring
- Stimulation – excitement, novelty and challenge in life

2. Self-enhancement

- Hedonism – pleasure or sensuous gratification for oneself
- Achievement – personal success through demonstrating competence according to social standards
- Power – social status and prestige, control or dominance over people and resources

3. Conservation

- Security – safety, harmony, and stability of society, of relationships, and of self
- Conformity – restraint of actions, inclinations, and impulses likely to upset or harm others and violate social expectations or norms
- Tradition – respect, commitment, and acceptance of the customs and ideas that one's culture or religion provides

4. Self-transcendence

- Benevolence – preserving and enhancing the welfare of those with whom one is in frequent personal contact (the 'in-group')
- Universalism – understanding, appreciation, tolerance, and protection for the welfare of all people and for nature

5. Other

- Spirituality was considered as an additional eleventh value; however, it was found that it did not exist in all cultures.

CONTENT AND PROCESS FOR VALUE EDUCATION

Values education topics can address to varying degrees are character, moral development, Religious Education, Spiritual development, citizenship education, personal development, social development and cultural development.

Value education is a process of inculcating moral, ethics and human values in individuals through structured and international learning. The basic guidelines include, creating a supportive learning environment integrating values into daily activities, using role models and real life examples, and promoting reflection and self awareness

Value education is an important part of a comprehensive education. It involves teaching principles that guide human behavior, such as ethics, morals, and values. In today's fast-paced world, where competition is emphasized, value education is crucial in shaping individuals' character and promoting the well-being of society.

Value Education Meaning

Value education is a lifelong process that starts at home and extends to schools, colleges, and workplaces. It is a process of imparting essential values and principles to individuals at different stages of life. Value education helps individuals to develop a strong sense of self-awareness, encourages them to reflect on their actions, and make responsible choices.

OBJECTIVES OF VALUE EDUCATION

The primary objective of value education is to create individuals who are sensitive to the needs of others, respect diversity, and are committed to the betterment of society. It is about developing the right attitude and mindset toward life, where individuals learn to prioritize values like empathy, compassion, honesty, and respect.

Here are some of the key objectives of value education:

- 1. Instilling values:** The primary objective of value education is to instill essential values in individuals such as honesty, integrity, respect, empathy, responsibility, and compassion.
- 2. To build character:** The goal of value education is to help people build strong characters based on moral principles and become responsible, accountable citizens.
- 3. Fostering critical thinking:** Value education encourages people to think critically and reflect on their actions and beliefs, which helps them make better decisions and solve problems in a constructive way.
- 4. To promote social harmony:** Value education aims to promote social harmony by instilling respect for diversity, encouraging empathy, and encouraging individuals to work together to build a better society.
- 5. Encourage positive behavior:** Value education aims to cultivate positive behavior in individuals by promoting ethical principles such as honesty, responsibility, and empathy.

6. To enhance personal growth: Value education aims to assist individuals in achieving personal growth and development by instilling in them a sense of self-awareness, self-esteem, and self-worth.

BASIC GUIDELINES FOR VALUE EDUCATION

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:

- 1. Universal:** It needs to be applicable to all the human beings irrespective of cast, creed, nationalities, religion, etc., for all times and regions.
- 2. Rational:** It has to appeal to human reasoning. It has to be amenable to reasoning and not based on dogmas or blind beliefs.
- 3. 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.
- 4. 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.
- 5. Leading to harmony:** The value education ultimately is targeted to promote harmony within the individual, among human beings and with nature

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Value education is a critical aspect of personal and societal growth that aims to inculcate desirable moral and ethical values in individuals. The following guidelines can help ensure that value education is effective and impactful:

- 1. Inclusivity:** Value education should be designed to be suitable for all individuals, regardless of their age, gender, caste, nationality, religion, or beliefs. It must be inclusive, avoiding any biases or stereotypes.
- 2. Universal applicability:** It must be a common and valued education, applicable to all individuals regardless of their social background. It should be an integral part of the education system, accessible to everyone.
- 3. Holistic approach:** Value education should be comprehensive and cover all aspects of an individual’s life, including their thoughts, actions, work, and beliefs. It should address the mind, body, and spirit and not just focus on one or two aspects of life.
- 4. Relevance:** Value education must be relevant and applicable to real-world situations. It should be natural and unquestionably valuable, capable of inspiring people to become better individuals.

5. Rationality: Value education must be expository, based on reason and logic. It should speak to human thinking and be agreeable to reasoning, not based on blind faith or authoritarianism.

6. Ethical focus: The focus of value education should be on ethical and moral values that lead to personal and societal growth. It should encourage individuals to act with integrity, honesty, compassion, and responsibility.

7. Practicality: Value education should be useful and give people the tools and skills they need to put the values into practice in their daily lives.

ROLE OF VALUE EDUCATION

The role of value education is to help individuals develop a strong moral compass and understand the importance of ethical and moral principles in their lives. It aims to provide individuals with the knowledge, skills, and attitudes they need to become responsible and compassionate members of society.

Some of the key roles of value education include:

1. Teaching individuals about the importance of virtues such as honesty, integrity, empathy, and compassion
2. Helping individuals develop critical thinking and problem-solving skills
3. Providing opportunities for individuals to reflect on their own values and beliefs
4. Encouraging respect for diversity and inclusion
5. Instilling a sense of responsibility and accountability for one's actions
6. Promoting community service and engagement with social issues
7. Creating a supportive and inclusive learning environment.

IMPORTANCE / CONCEPT OF VALUE EDUCATION

Value education is a process by which individuals are taught the values that are considered important in life. It can help individuals develop a strong moral character, a sense of personal responsibility, and a commitment to doing what is right. Some of the key reasons for the importance of value education are:

1. Promotes moral development: Value education plays a critical role in the moral development of individuals. It helps individuals understand the difference between right and wrong, and encourages them to make decisions based on ethical and moral principles. This, in turn, can help individuals develop a strong moral character and a sense of personal responsibility.

2. Fosters empathy and compassion: Value education can also help individuals develop empathy and compassion for others. By teaching individuals the importance of treating others with kindness and respect, value education can help individuals become more understanding and caring. This can lead to stronger relationships and a more compassionate and empathetic society.

3. Encourages critical thinking: Value education can also encourage critical thinking. By teaching individuals to think for themselves and to evaluate different ideas and perspectives, value education can help individuals become more open-minded and better able to make informed decisions.

4. Builds character: Value education can also help individuals build character. By teaching individuals the values considered important in life, such as honesty, integrity, and hard work, value education can help individuals develop strong character traits that will serve them well throughout their lives.

5. Contributes to overall well-being: Finally, value education can also contribute to overall well-being. By teaching individuals the values that are important in life, value education can help individuals lead more fulfilling and meaningful lives. This, in turn, can lead to greater happiness and overall well-being.

NEED FOR VALUE EDUCATION

The subject that enables us to understand ‘what is valuable’ for human happiness is called value education. Need for value education is:

1. Correct identification of our aspirations. The subject which enables us to understand ‘what is valuable’ for human happiness is called ‘value education’ (VE). Thus, VE enables us to understand our needs and visualize our goals correctly and also indicate the direction for their fulfillment. 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, 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.

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 produce in right direction. This is known as value domain, the domain of wisdom, and when we learn and practice to actualize this goal to develop the techniques to make this happen in real life, in various dimensions of human Endeavour (struggle). This is known as domain of skills.

4. Evaluation of our beliefs. Each one of us believes in certain things and we base our values on these beliefs, are 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

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NEED OF VALUE EDUCATION

Value education is the process of teaching and learning about the principles and ideals that are considered important in life. It is an essential component of education because it helps individuals to develop a set of values that will guide their behavior and decision-making. Some sub-headings that could be used to discuss the need for value education are:

- 1. Developing moral and ethical values:** Value education helps individuals to develop a strong moral and ethical compass, which is essential for living a fulfilling and meaningful life. It helps them to understand the difference between right and wrong and to make decisions based on what is fair, just, and good for others.
- 2. Promoting positive social behavior:** Value education encourages individuals to behave in a way that is respectful and considerate of others. It helps them to develop empathy and compassion and to understand the importance of cooperation, collaboration, and teamwork.
- 3. Building character and resilience:** Value education helps individuals to develop the personal qualities and characteristics that are necessary for success in life. This includes traits such as honesty, integrity, responsibility, perseverance, and self-discipline.
- 4. Preparing for responsible citizenship:** Value education helps individuals to understand their roles and responsibilities as members of a community and to become active and engaged citizens who contribute to the common good.
- 5. Creating a more peaceful and harmonious world:** Value education promotes peace, harmony, and tolerance and helps individuals understand the importance of working together to create a more peaceful and just world.

TYPES OF VALUE EDUCATION

There are 5 types of value education: personal, spiritual, social, cultural, and environmental.

- 1. Personal Values Education:** This type of value education focuses on developing a person's personal values and qualities, such as honesty, responsibility, perseverance, empathy, respect, and self-discipline. Personal values education helps people figure out who they are and what their strengths and weaknesses are. It also helps them develop good attitudes and habits.
- 2. Social Values Education:** This type of value education emphasizes the importance of social values and responsibilities such as cooperation, citizenship, social justice, and environmental awareness. Social values education helps people become responsible citizens who can make a positive and meaningful contribution to society.
- 3. Spiritual Values Education:** This type of value education is concerned with the development of a person's spiritual values and beliefs, such as compassion, forgiveness, gratitude, and inner peace. Spiritual values education helps people get in touch with their inner selves and understand how all living things are connected.
- Cultural Value Education:** This type of value education emphasizes the significance of cultural diversity, heritage, and identity.
- 4. Cultural Value Education:** This type of value education emphasizes the significance of cultural diversity, heritage, and identity. It fosters a sense of belonging and pride in one's own cultural identity by promoting respect for different cultures and traditions, assisting individuals in understanding the significance of cultural practices and rituals, and fostering a sense of belonging and pride in one's own cultural identity.

5. Environmental Value Education: This type of value education emphasizes the significance of environmental awareness and sustainability. It assists individuals in understanding the impact of human activities on the environment and in developing attitudes and practices that promote ecological balance, conservation, and the protection of natural resources. Environmental value education also fosters a sense of responsibility and stewardship for the planet and its ecosystems.

PROCESS OF VALUE EDUCATION

The process of value education typically involves the following steps

1. Assessment

A needs assessment is conducted to determine the value that needs to be emphasized and the current understanding and attitudes towards these values

2. Planning

Based on the results of the assessment a plan is developed for incorporating values education the curriculum or learning program

3. Implementation

Values are taught through a variety of methods such as lectures discussions role playing and real life scenario

4. Reflection

Opportunities for self reflection and evaluation are provided to help individuals internalize the value they have learned

5. Evaluation

The effectiveness of the values education program is evaluated through assessments, feedback from participants and other methods

6. Continuous improvement

Based on the evaluation results the values education program is refined and improved to better meet the needs of individuals and society

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There can be many ways to impart knowledge to students. The process should be easily understandable. There can be following four methods that can be adopted for value education:-

1. Individualized Learning: - This is the highly interactive way of learning the values. This is very personal one to one interaction with the learner. The basic drawback of this type of this type of learning as we are the part of a society and we should develop all those values in student as well.

2. Group Learning: - The group working is always different from individual working. Some students are lack behind from interpersonal skills. The group learning helps these students in overcoming these problems. This method teaches co-operation and coordination among the members of the group.

3. Project Learning: - This is one of the best methods of learning. The projects are basically real life problems and students need to find out the solutions on the basis of their value system. This teaches the concept of self-explanation and Self- verification to do best in their respective field.

4. Open Learning: - Open learning is a teaching method i.e. among others, founded on the work of 'Maria Montessori'. Open learning is supplied to allow pupils self-determined, independent and interest-guided learning

CONTENT OF VALUE EDUCATION

Value education is the understanding of fundamental values. It cover following types of values in life. They are as follows:-

1. Love: - The first of the most important values in life is love. It is an important personal value to open your mind to the concept of lone. Love is the bringer of compassion. Once we are led by compassion, we see the best in ourselves.

2. Understanding:- This is the second important value in life. If we are ready to understand accept people and circumstances for what they are, we can gain control over it. One must understand and appreciate the efforts done by others rather than questioning them.

3. Respect: - Respect is the only way we can adopt the best of all around us, making us a better person every day, every moment. A very important fact about respect is that the more we give, the more we earn. It is in fact the most important values in society.

4. Discipline: - The fourth, of the important values in life is discipline. A disciplined and responsible person will respect his as well as other's time. As such, he will always be punctual.

5. Honesty: - Honesty is admitting to ourself that we are not perfect. It means quidding to make a mistake. An honest person always try not to commit mistakes, but if he commits he not only admit it, but accept the consequences also. All the other values need to be accepted with honesty.

PURPOSE OF HUMAN VALUES / RECAPITULATION FROM UNIVERSAL HUMAN VALUES-I

Value-based education aims at training the student to face the outer world with the right attitude and values. It is a process of overall personality development of a student. It includes character development, personality development, citizenship development, and spiritual development.

1. Autonomy is the ability to be self-directed and take charge of our own actions. When someone has autonomy they have the freedom to choose their own path in life and they can pursue a career or lifestyle they want without feeling like they are being pushed into something that isn't for them.

2. Community is the sense of belonging and connection to other people. People who value community tend to feel like everyone needs each other to survive and succeed.

3. Creativity is all about having fun with new ideas and thinking outside the box. It's important because it helps us solve problems in creative ways so we don't have to rely on old methods that might not work anymore.

4. Justice means fairness for everyone and taking care of those who need it most, even if it costs more than usual.

Power is the ability to act on one's desires without interference from others.

5. Self-direction refers to making choices and living according to one's beliefs instead of letting others tell you how to live your life..

MOTIVATION FOR THE COURSE

Together with emotion, motivation is part of a core psychological phenomenon referred to as affect. We feel these experiences, physiologically and emotionally, and they motivate and guide our behavior and decision making. Most importantly, they have a significant impact on our mental and physical health.

1. Health and Energy.

This might be the most important value of all to some people. It will be the most important value of all to some of those who have experienced serious health problems. Without physical health, it is very unlikely you can experience and enjoy all the other values at their deepest levels.

2. Love.

The overuse of this word makes it easy to misunderstand the true meaning of it. This is not just romantic love, but LOVE of all things. True, non judgemental LOVE. The love you have for your family, friends. The love you have for your favourite things. The love you have for your passion, and your mission.

3. Gratitude and Appreciation

There's truly no greater power on earth than gratitude. REAL gratitude shuts down all other negative emotions in the moment.

So, how important is Gratitude to you? Well, how important is it for you to FEEL GOOD? If it is important, you must make gratitude a top VALUE and practice it as a priority every day.

4. Kindness and Compassion.

The world would certainly be a better place if people showed more kindness and compassion. Less judgement, more respect.

5. Integrity.

Knowing you do the right thing, even when no one is watching, and no one will no either way. The inner knowing you always do what is right. That brings PRIDE and it brings inner PEACE.

6. Giving

This ties in with Kindness and Compassion as humans we are built to GIVE. Not just give money, or things, but give ourselves fully to others in need. To serve, selflessly.

7. Growth.

It's about becoming the greatest version of yourself. Not just FOR yourself, but for others. Setting the example of what is truly possible. Reaching your highest potential with INTENTION. How much better will your life be, when you VALUE GROWTH higher on your list?

8. Family, Friendship and Connection.

It's caring about someone more than you care about yourself. It's putting others first. It's making time for the people you care about.

9. Happiness

It's Joy. It's Playfulness. It's Fun. It's Non-Seriousness. It's a state of real happiness. When time stops and you LOVE what you are doing.

It's what we all seek. But we do it in so many different ways. Some try and find it through money. But no type of paper is going to bring it to you. Some try and find it through achievements and success... but they come up empty.

10. Peace.

Ahhhhh peace. Peace. Nothing more needs to be said. It's getting to that place of needing nothing.

SELF-EXPLORATION

Self-exploration is the practice of “taking a look at your own thoughts, feelings, behaviors and motivations and asking why. It's looking for the roots of who we are — answers to all the questions we have about

Self-exploration is a process of personal discovery and understanding one's thoughts, feelings, beliefs, and values. This can involve introspection, self-reflection, journaling, therapy, and other methods of self-analysis, the content of self-exploration is aimed at promoting personal growth, self-awareness, and well-being

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

Exploration = Observing Outside

Self-Exploration = Observing Inside

NEED OF SELF- EXPLORATION

The needs for self exploration arises from the following factors

1. Personal growth and development

Through self-exploration of themselves their thoughts, feelings and motivations leading to personal growth and self-awareness

2. Improved relationship

Self-exploration can help individuals better understand their own needs and desires, leading to more fulfilling and satisfying relationships with others

3. Coping with stress and challenges

By exploring and understanding their own emotions and beliefs, individuals can develop resilience and better cope with life challenges and stressors

4. Clarity of purpose

Through self-exploration individuals can gain a clearer understanding of their value goals and purpose in life leading to greater fulfillment and meaning

5. Improved mental health

By exploring and resolving emotional and psychological issues individuals can improve their mental health and well-being

6. Overcoming limiting beliefs

Self-exploration can help individuals identify and challenge limiting belief and behaviors leading to greater self confidence and personal empowerment

7. Better decision-making

By gaining a deeper understanding of themselves and their values individuals can make more informed and authentic decisions in their personal and professional living

PROCESS OF SELF-EXPLORATION

Self-exploration is a journey of personal discovery that can lead to greater self-awareness and personal growth. The process of self-exploration typically involves the following steps.

1. Assessment

Individuals can start by taking inventory of their thoughts, feelings, beliefs introspection and self-reflection

2. Setting goals

Based on their initial assessment individuals can set goals for what they hope to learn and gain from self-exploration process

3. Gathering information

This may involve reading books, attending workshops, seeking therapy or counseling or seeking feedback from other. The goal is to gain a deeper understanding of one's thoughts, feelings and beliefs

4. Reflecting on experiences

Individuals can reflect on past experiences both positive and negative to gain insight into their thoughts feelings and behaviors

5. Challenging limiting beliefs

Through self exploration individuals can identify and challenge limiting beliefs that may be holding them back. This may involve questioning assumptions and seeking evidence to support or disprove beliefs

6. Engaging in new experiences

Individuals can broaden their perspective by engaging in new experiences and trying new things. This can help to broaden their understanding of themselves and the world around them

7. Seeking feedback

Individuals can seek feedback from trusted sources such as family member's friends, or therapists, to gain a better understanding of themselves from different perspective

8. Reflecting on progress

Throughout the self-exploration process individuals can reflect on their progress. Noting areas of growth and areas where they would like to focus further attention

9. Continuing the journey

Self-exploration is an ongoing process and individuals should continue to seek out new experience, engage in self-reflection, and seek feedback in order to continue their personal growth journey

MECHANISM OF SELF EXPLORATION

If one can explore and understand the self in such a manner that he/she grasps the essence of the self there may never need to be any reason for psychological help at a large stage. The two mechanisms for self-exploration may be identified as:

- 1. Natural Acceptance**
- 2. Experiential Validation**

NATURAL ACCEPTANCE OF SELF-EXPLORATION

Natural acceptance implies unconditional and total acceptance of the self, people and environment. It also refers to the absence of any exception from others. In other words, Natural acceptance is way to accept the good things naturally.

Natural acceptance is a process to understand yourself first. Natural acceptance implies unconditional acceptance of the self, people and environment.

Natural acceptance is a way to accept the good things naturally

This refers to the idea of accepting and embracing ones thoughts, feelings, and experience without judgment. By accepting ones emotions and experiences as they are individuals can gain a deeper understanding of themselves and increase self-awareness

This mechanism involves recognizing and acknowledging ones emotions and experiences instead of trying to resist, suppress, or control them. Natural acceptance helps individuals to become more self-aware and gain deeper understanding of themselves and their motivations. The following are steps involved in the mechanism of natural acceptance

1. Acknowledging emotions

The first step in natural acceptance is acknowledging and recognizing ones emotions and experience. This involves becoming aware of what one is feeling and accepting that it is a part of their current reality

2. Letting go of judgment

The next step is letting go to any judgment or criticism one may have about their emotions and experience. This means accepting them without trying to change or control them

3. Embracing experience

Once one has acknowledged and let go to any judgment about their emotions and experience thus can embrace and fully experience them. This involves allowing one self to feel their emotions and experience without resistance

4. Reflecting on experience

Ofter embracing ones emotions and experience individuals can reflect on what they have learned from them. This can involves journaling, talking with a trusted friend or therapist or engaging in self-reflection

5. Practicing non-judgment

Finally to sustain natural acceptance individuals need to practice non-judgment in all aspects to this life. This involves accepting and embracing all experience, both positive and negative, without judgment

BENEFITS OF NATURAL ACCEPTANCE

1. Reduces stress and anxiety

By accepting experience without judgment, individuals can reduce stress and anxiety as they are no longer struggling to resist or control their emotions

2. Improves self-awareness

By embracing their thoughts feeling and experience, individuals can become more self-aware and gain a deeper understanding of themselves

3. Enhances relationship

By acceptance themselves as they are individuals can improve their relationship with others as they are no longer struggling to hide or suppress their true emotions and motivation

CHARACTERISTICS OF NATURAL ACCEPTANCE

1. Natural acceptance does not change with time.
2. Natural Acceptance does not depend on the place.
3. Natural Acceptance does not depend on our beliefs or past conditioning.
4. This natural acceptance is 'constantly there', something we can refer to.
5. Natural acceptance is the same for all of us: it is part and parcel of every human being, it is part of humanness.

EXPERIENTIAL VALIDATION OF SELF-EXPLORATION

Experiential validation is a process that infuses direct experience with the learning environment and content. It may be regarded as a philosophy and methodology in which the direct experience and focused reflection of the individual helps to increase knowledge, develop skill and clarify values. Most of what we know about our self is not only through our own opinion of our self but also because of how others view us.

Experiential validation is a process that infuses direct experience with the learning environment and content. Experiential validation may be regarded as a philosophy and methodology in which the direct experience and focused reflection of the individual helps to increase knowledge, develop skill and clarify values.

This refers to the idea of validation ones thoughts feelings, and experiences through direct experience by engaging in new experience and trying new things, individuals can gain a better understanding of their belief, values and motivations leading to greater self-awareness and personal growth

BENEFITS OF EXPERIENTIAL VALIDATION

1. Enhance Personal Growth

By trying new experience and engaging in self-discovery, individuals can broaden their perspectives and gain a deeper understanding of themselves and the world around them

2. Increases self-confidence

By trying new things and gaining new experience individuals can increase their self-confidence and personal empowerment

3. Improve decision making

By engaging in experiential valuation, individuals can make more informed decisions based on their own personal values and beliefs

Both natural acceptance and experiential validation can contribute to a process of self- exploration that can lead to greater self- awareness, continuous happiness and prosperity by accepting and embracing their experience individuals can gain a deeper understanding of themselves and their place in the world. This can lead to greater self-confidence, better relationship, and increased resilience, helping individuals to lead more fulfilling and prosperous lives

Some steps that individuals can take to incorporate natural acceptance and experiential validation into their self-exploration journey include

1. Engaging in self-reflection

Individuals can reflect on their thoughts, feelings, and experiences in order to gain a deeper understanding of themselves

2. Seeking new experience

By trying and engaging in new experiences individuals can broaden their perspective and gain a deeper understanding of themselves and the word around them

3. Accepting thoughts and feeling

By embracing and accepting their thoughts feeling and experiences without judgment, individuals can reduce stress and anxiety and become more

4. Seeking feedback

Individuals can seek feedback from trusted sources, such as family members, friends, therapists to gain a better understanding from perspectives

5. Reflecting on progress

Throughout the self-exploration journey individuals can reflect on progress ,noting areas of growth and where they would like to focus further attention

A LOOK AT BASIC HUMAN ASPIRATIONS

Aspirations are dreams, hopes, or ambitions to achieve a life goal. 1 They can be thought of as overarching life goals that can help provide a sense of purpose and direction. While the term is often used synonymously with goals, there are some important differences

Develop positive relationships: Strong, supportive relationships with others are a major contributor to happiness and well-being. By prioritizing relationship building and maintaining positive connections with family, friends, and community, individuals can greatly enhance their experiences of happiness and prosperity

There are two basic aspirations of every human being. **Continuous happiness and prosperity**. These are the bases of all our desires and the efforts that go towards achieving these. The correct meaning of these two terms are given below.

Human aspirations refers to the goals desires and dreams that individuals have for themselves and their lives. These aspiration can range from material possessions and carrer success to relationship and personal growth understanding basic human aspirations is important in order to have a better understanding of what drives individuals and what they strive for.

There are several human aspirations that can be seen across different cultures and societies these include

1. Happiness and well-being

Happiness and well-being are among the most fundamental human aspirations people strive for a sense of contentment, joy and fulfillment in their lives

2. Career success

Many individuals aspire to attain professional success and recognition in their chosen careers. This can involves achieving a high level of competence, developing a positive reputation and achieving financial stability

3. Material wealth

Material wealth including financial stability and ownership of assets such as a home car and other possessions, is often key aspiration for many individuals

4. Strong relationship

Building and maintaining strong relationships with family friends and partners is another common human aspiration people seek connections, love and support from other as well as sense of belonging and community

5. Personal growth and development

Personal growth and development are also important for many individuals. this can involve self-exploration, learning new skills and knowledge and striving to become the best version of one self

CONTINUOUS HAPPINESS AND PROSPERITY / UNDERSTANDING HAPPINESS AND PROSPERITY CORRECTLY / A CRITICAL APPRAISAL OF THE CURRENT SCENARIO

Happiness is, to be in a state of liking and in harmony within oneself, with others and with nature at all times. Unhappiness is, to be in a state of dislike and in disharmony. Prosperity is, the feeling of having more than the required facilities

Continuity of Happiness = Harmony at all 4 levels of my Being. (Individual, Family, Society, Nature/Existence)
Program for Continuity of Happiness = Understanding the Harmony & Living in.

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.

Wealth: Wealth is a physical thing. It means having money, or having a lot of physical facilities, or having both.

Prosperity Vs Wealth: Wealth means possessing more number of physical things while Prosperity is a feeling of possessing more than required physical facilities.

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:

1. At the level of Individual: Problems of depression, psychological disorders, suicides, stress, insecurity, psycho-somatic diseases, loneliness etc.

2. At the level of family: Breaking of Joint families, mistrust, conflict between older and younger generations, insecurity in relationships, divorce, dowry tortures, family feuds, wasteful expenditures in family functions etc.

3. At the level of Society: Terrorism, naxalism, communism, casteism, racial, ethnic struggles, wars between nations, genocide, and nuclear genetic warfare.

4. At the level of Nature: Global Warming, pollution, depletion of mineral resources, deforestation, loss of soil fertility.

5. Improved well-being

By correctly understanding happiness and prosperity individuals are able to identify what truly brings them joy and fulfillment, leading to improved well-being and overall life satisfaction

6. Better decision-making

When individuals understand what truly brings them happiness and prosperity they are more likely to make decision that align with their values and priorities such as societal pressure or materialistic desires

7. Positive impact on other and the world

Understanding happiness and prosperities in a holistic and sustainable manner can help individuals to pursue them in ways that not only benefit themselves but also have a positive impact on the wider community and world

8. More resilient in the face of life's challenges

By recognizing that happiness and prosperity are not dependent on external factors alone individuals are better equipped to cope with life's challenges and maintain their well-being and sense of purpose even in difficult times



FACTS OF HAPPINESS

1. Poverty is not only lack of money
2. Surrounding yourself with happy people will cause that happiness to rub off on you
3. Money is not the only support that human needs. People need social support too.
4. Not only poor people need support, but even rich people also need support. They need social support for their happiness.
5. Poor people need financial support, while rich people need non monetary support.
6. People who spend a portion of their income towards charities and buying gifts for loved ones have a happier disposition than those who don't.
7. Indeed, money can buy happiness, but only if you spend it on other people
8. Higher income is associated with less daily sadness but not more daily happiness. [Source]

Two kinds of people in the world today:

1. **SVDD** – Sadhan Viheen Dukhi Daridra

(Materially deficient, unhappy and deprived)

2. **SSDD** – Sadhan Sampann Dukhi Daridra

(Materially affluent, but unhappy and deprived)

These two states are unwanted by all human beings. With the help of Right Understanding, human beings can move to a third category:

3. SSSS – Sadhan Sampann Sukhi Samridh

(Materially affluent, happy and prosperous)

RIGHT UNDERSTANDING

Right Understanding refers to higher order human skills – the need to learn and utilize our intelligence most effectively. In order to resolve the issues in human relationships, we need to understand them first, and this would come from 'right understanding of relationship'.

This refers to higher order human skills – the need to learn and utilize our intelligence most effectively.

1. Right View (Right Understanding)

In Buddhism, it is the relentless drive to fulfill our never-ending cravings that produces dukkha. Like a vicious cycle, instead of making us happy, fulfilling our desires only drives us to fulfill other bigger, more complex desires when we realize that we were not completely satisfied. It is only when we can have the right views about the nature of reality that we can become free from the vicious cycle of suffering.

2. Right Intention (Right Thought)

According to Buddha, our thoughts are very powerful; they determine our mental states (such as happiness or sadness) and then our actions. With this understanding, one is then asked to have the right intentions. While this means several different things, it is essentially asking you to turn away from the vicious cycle of craving and desire by committing to a lifestyle of self-improvement and ethical conduct.

3. Right Speech

Buddha knew the tremendous power of words. Words and the ideas that they represent can change minds and lives and so Buddha advised: 1) don't lie 2) don't gossip 3) don't hurt others with words and 4) to avoid idle chatter. In positive terms, we might be asked to tell the truth, be polite, courteous to others when we speak and to talk only when it is necessary. In this way, consideration and kindness to others brings happiness to others and consequently,

4. Right Action

The Dhamma (truth or law) must live through our actions. Just as our thoughts influence our actions, our actions can influence our minds and who we become. As such, Buddha recommends that we: 1) do not harm others 2) do not cheat, steal or be dishonest and 3) avoid sexual misconduct and to help others to live a life of similar values.

5. Right Livelihood

In the same way, Buddha also advises one to making a living through legal and peaceful profession. As such he advises one to avoid livelihoods that deal with 1) weapons 2) living things (people and animals) 3) meat and

butchery and 4) intoxicants (e.g., drugs and alcohol). (something about our lifestyle and their ethical implications for those around us)

6. Right Effort

Buddha recommended that his disciples make the “right effort” to rid one’s self of unwholesome thoughts, words and actions and ultimately to perfect a good and wholesome state of being. There are certain levels of effort that the Buddha encouraged, with the higher levels taking more effort and practice than the lower levels.

1. The lowest level might be the effort to try to prevent bad thoughts or bad things.
2. The level after that might be getting rid of a bad thought or feeling.
3. Next you would try to have good thoughts and feelings.

7. Right Mindfulness

Mindfulness is one of the most influential teachings of Buddhism and has filtered into popular culture as well as modern psychotherapy. The Buddha felt that it was imperative to cultivate right mindfulness for all aspects of life in order to see things as they really are, or in other words, to “stop and smell the roses.”

He encouraged keen attention and awareness of all things through the four foundations of mindfulness:

1. contemplation of the body
2. contemplation of feelings
3. contemplation of states of mind
4. contemplation of phenomena.

8. Right Concentration

Right Concentration is a mental discipline that aims to transform your mind. As the core practice of “meditation,” right concentration is a foundational activity within Buddhist thought and practice.

According to Buddha, there are four stages of deeper concentration called Dhyana:

1. The first stage of concentration is one in which mental hindrances and impure intentions disappear and a sense of bliss is achieved.
2. In the second stage, activities of the mind come to an end and only bliss remains.
3. In the third stage, bliss itself begins to disappear.
4. In the final stage, all sensations including bliss disappear and are replaced by a total peace of mind, which Buddha described as a deeper sense of happiness.

IMPORTANCE/ NEED FOR RIGHT UNDERSTANDING:

Right Understanding helps to create harmony at all four levels of human living. Right Understanding enables us to –

1. Resolve the issues in human relationships
2. Be prosperous
3. Enrich Nature
4. Work out our requirements for physical facilities
5. Correctly distinguish between wealth and prosperity
6. Understand the harmony in Nature

RELATIONSHIP AND PHYSICAL FACILITY / HUMAN ASPIRATIONS AND THEIR CORRECT PRIORITY

Three things are needed in order to fulfill basic human aspirations. an aspiration–right understanding, right relationships and physical facilities. Our basic aspirations are happiness (mutual fulfillment) and prosperity (mutual prosperity).

Our basic aspirations are happiness (mutual fulfillment) and prosperity (mutual prosperity). Happiness is ensured by the relationships with other human beings and prosperity is ensured by working on physical facilities.

Three things are needed in order to fulfill basic human aspirations. **An aspiration–right understanding, right relationships and physical facilities.** Our basic aspirations are happiness (mutual fulfillment) and prosperity (mutual prosperity). Happiness is ensured by the relationships with other human beings and prosperity is ensured by working on physical facilities

GOOD RELATIONSHIPS: This refers to the interpersonal relationships that a person builds in his or her life – at home, at the workplace and in society.

This refers to the interpersonal relationships that a person builds in his or her life – at home, at the workplace and in society.

Defining the relationship is the key to creating healthy boundaries, communication, and a relationship that is built on trust and vulnerability. Having “the talk” can be the beginning of a new chapter — and through clear communication individuals can be guided through their own expectations, wants, and needs

In every relationship, it’s important to consider how we treat one another. Whether it’s romantic, platonic, familial, intimate, or sexual, your relationship with another should be respectful, honest, and fun.

When relationships are healthy, they promote emotional and social wellness. When relationships are unhealthy, you may feel drained, overwhelmed, and invisible.

In a pandemic, it's even more important to consider how you engage with others. Boundaries, communication, and time apart are vital to having relationships everyone involved feels good about. Reflect on your current relationships and consider how you can incorporate the elements listed below:

- 1. Communication.** The way you talk with friends or partners is an important part of a relationship. Everyone involved should be able to communicate feelings, opinions, and beliefs. When communicating, consider tone and phrasing. Miscommunication often occurs when individuals choose to text versus talking in person or a phone call. Figuring out the best ways to express your feelings together will help eliminate miscommunication.
- 2. Boundaries.** Boundaries are physical, emotional, and mental limits or guidelines a person sets for themselves which others need to respect. You and your partners or friends should feel comfortable in the activities you are doing together. All individuals involved should be respectful of boundaries. Whether it's romantic, sexual, or platonic, consider what you want the relationship to look like and discuss it with the other(s).
- 3. Consent.** Consent is important in all relationships. Consent is uncoerced permission to interact with the body or the life of another person. Coercion can look like pressure to do something, physical force, bargaining, or someone holding power over another to get what they want. Consent can look like asking about boundaries in relationships, actively listening to responses, and always respecting those boundaries.
- 4. Trust.** Each person in the relationship should have confidence in one another. If you are questioning whether to trust someone, it may be important to communicate your feelings to them. Consider what makes you not trust someone. Is it something they did, or is it something you've experienced in other relationships?
- 5. Honesty.** Honesty is important for communication. Each person within the relationship or friendship should have the opportunity to express their feelings and concerns. If you don't feel comfortable being honest with someone, consider why and seek support if needed.
- 6. Independence.** It's important to have time to yourself in any relationship. Having opportunities to hang with others or time for self-care is important to maintain a healthy relationship. If you live with your partner(s) or friend(s), set up designated areas within your place where you can spend time alone.
- 7. Equality.** Each person in the relationship should have an equal say in what's going on. Listen to each other and respect boundaries.
- 8. Support.** Each person in the relationship should feel supported. It's important to have compassion and empathy for one another. In addition to supporting one another, it's important to recognize your own needs and communicate boundaries around support.
- 9. Responsibility.** Some days you may find you said something hurtful or made a mistake. Make sure to take responsibility for your actions and do not place the blame on your partner(s) or friend(s). Taking responsibility for your actions will further trust and honesty.
- 10. Healthy conflict.** You may think conflict is a sign of an unhealthy relationship, but talking about issues or disagreements is normal. You won't find a person that has the exact same interests, opinions, and beliefs as you;

thus, at times disagreements may occur. Communicating your feelings and opinions while being respectful and kind is part of a healthy relationship.

11. Safety. Safety is the foundation of connection in a relationship. In order to set boundaries, communicate, and have fun, everyone must feel safe. If you do not feel safe to express your feelings, have independence, or anything else on this list, seek support using the resources below.

12. Fun. In addition to all these components, you should be enjoying the time you spend with others. Again, it's important that your relationships promote your well-being and do not diminish it.

PHYSICAL FACILITIES: This includes the physiological needs of individuals and indicates the necessities as well as the comforts of life.

This includes the physiological needs of individuals and indicates the necessities as well as the comforts of life. It means the feeling of having or being able to have more physical facilities than is needed

Physical facilities include buildings, their internal configuration, building support systems and major equipment. In a cancer centre, buildings include structures that house the centre's operations, including its clinical services, support services, administrative services, parking

Physical facilities are necessary and complete for animals, while they are necessary but not complete for humans. It is easy to verify.

For Animals: Animals need physical things to survive, mainly to take care of their body. For example; cow will look for food when it is hungry. Once it gets the grass or fodder. It eats it, sits around to chew at leisure. Hence, we can say that as long as animals have physical things, they are largely fine. They don't desire other things like knowledge or a peaceful animal society or getting a good MBA.

For Humans: While physical facilities are necessary for human beings, they are not complete by themselves to fulfill our needs. Our needs are more than just physical facilities. We all have other needs, other plans, perhaps we think of going to a movie or reading a book, or go to college, or watch some TV, or spend time with family and friends..... this list is endless. Thus it is easy to see that while physical facilities are necessary for us human beings, they are not complete by themselves to fulfill our needs. Hence we can say that for animals – “Physical facilities are necessary and complete.” For humans “Physical facilities are necessary but not complete.”

The basic requirements for fulfilling the aspirations of every human being with correct priority are

1. Physical and mental

Good physical and mental health is essential for individuals to be able to pursue their aspiration and achieve their goals

2. Safe and secure living environment

A safe and secure living environment provides individuals with the stability and resources necessary to pursue their aspirations

3. Adequate financial resources

Adequate financial resources are essential for individuals to be able afford the basic necessities of life and pursue their aspiration

4. Personal growth and development

Personal growth and development are critical for individuals to be able to pursue their aspirations and achieve their goals

METHOD TO FULFIL THE ABOVE HUMAN ASPIRATIONS

To fulfill the aspirations of happiness and prosperity is essential to adopt a holistic and sustainable approach that considers both inner and outer factors. Here are several methods can help individuals to active these aspirations

1. Cultivate a growth mindset

A growth mindset is a belief that personal abilities and characteristics can be developed and improved through effort and learning has embracing a growth mindset individuals are more likely to pursue challenges and opportunities for personal growth

2. Engage in activities aligned with ones passions and purpose

Pursuing activities that align with ones passions and purpose is factors in experiencing happiness and well-being whether it's a hobby, volunteering or career finding activities

3. Develop positive relationship

Strong supportive relationships with other are a major contributor to happiness and well-being by prioritizing relationship building and maintain positive connecting with family friends and community

4. Practices mindfulness and gratitude

Regular practices such as mindfulness and gratitude can help individuals to cultivates a more positive and grateful outlook on life leading to greater well-being and happiness

5. Pursue financial stability

While material wealth is not the only factor in prosperity it is important to pursue financial stability in a responsible and sustainable manner. This can be achieved through smart money management investing and reducing debt

6. Focus on physical and mental health

Physical and mental health play a crucial role in overall well-being and happiness by prioritizing exercise, health eating and self-care individuals can improve their physical health leading to greater energy and resilience

7. Consider the wider impact of one's action

It is important to understand that personal actions and decision have a wider impact on the world and society. By considering the impact of one's choice on the environment society and future generations

BENEFITS OF METHOD TO FULFILL THE HAPPINESS AND PROSPERITY HUMAN ASPIRATION

The benefit of using the methods to fulfill the aspirations of happiness and prosperity are numerous and can greatly improve overall well being and quality of life some of the benefits include

1. Increased happiness and well-being

By focusing on inner growth positive relationship and meaningful activities individuals are more likely to experience increased happiness and well-being leading to more fulfilling and satisfying life

2. Improve physical and mental health

By prioritizing physical and mental health through practices such exercise health eating self can an seeking help for mental health issues

3. Stronger relationships

By developing and maintain positive relationship with family friends and community individuals can experience greater support connection and fulfillment in their social lives

4. Increased financial stability

By pursuing financial stability in a responsible and sustainable manner individuals can ensure their financial well-being and reduce financial stress

5. Greater sense of purpose and meaning

By pursuing activities that align with ones passions and purpose individuals can experience a grater senses of purpose and meaning in life leading to greater fulfillment and happiness

6. Improved resilience

By cultivating a growth mindset practicing mindfulness and gratitude and prioritizing physical and mental health individuals are better equipped to cope with life

7. Positive impact on the world and society

By considering wider impact of one's actions and decisions individuals can ensure that their pursuit of happiness and prosperity is sustainable and has a positive impact on the world and society

UNDERSTANDING AND LIVING IN HARMONY AT VARIOUS LEVELS, INCLUDE PRACTICE SESSIONS TO DISCUSS NATURAL ACCEPTANCE IN HUMAN BEING AS THE INNATE ACCEPTANCE FOR LIVING WITH RESPONSIBILITY (LIVING IN RELATIONSHIP, HARMONY AND CO-EXISTENCE) RATHER THAN AS ARBITRARINESS IN CHOICE BASED ON LIKING-DISLIKING

At the level of society, individuals aspire to ensure harmony and integration among four levels - Individual, Family, Society and Nature

Living in harmony is a concept that refers to the state of peaceful coexistence and cooperation between individuals groups and societies understanding and living in harmony is important at various levels including the individual's interpersonal communities and global levels

The need for living in harmony at various levels is driven by several factors including

1. improved mental and emotional well-being

Harmonious relationship and environments can have a positive impact on an individual's mental and emotional well-being. When individuals feel safe respect and valued they are more likely to experience

2. Conflict resolution

Conflicts are a natural part of human interactions are relationship. However living in harmony requires effective conflict resolutions skills that can minimize the negative impacts of conflicts

3. Increase productivity

Harmonious relationship and environment are more conducive productivity and efficiency. When individuals feel supported and valued they are more likely to contribute their best efforts to a task or project

4. Improved social cohesion

Living in harmony can improve social cohesion by promoting mutual understanding and respect between different individuals and groups. This can level to greater collaboration and cooperation

5. Global peace and security

At the global level living in harmony is critical for promoting peace and security conflicts between nations and cultural misunderstanding can lead to violence and instability by promoting mutual understanding and cooperation