UNIVERSAL HUMAN VALUES

UNIT-III

Understanding Harmony in the Family and Society- Harmony in Human Relationship

1) Understanding values in human-human relationship; meaning of Justice (nine universal values in relationships) and program for its fulfillment to ensure mutual happiness; Trust and Respect as the foundational values of relationship

2) Understanding the meaning of Trust; Difference between intention and competence

3) Understanding the meaning of Respect, Difference between respect and differentiation; the other salient values in relationship

4) Understanding the harmony in the society (society being an extension of family): Resolution,

Prosperity, fearlessness (trust) and co-existence as comprehensive Human Goals

5) 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.

UNIT-III

Understanding harmony in the Family; The basic unit of human interaction

Harmony in the family and society refers to a state of peaceful coexistence and cooperation among individuals. In human-human relationships, harmony is achieved through mutual respect, trust, and understanding. This involves recognizing and valuing differences, effective communication, and making an effort to resolve conflicts in a positive and constructive manner. By promoting harmony in our relationships, we can create a supportive and fulfilling environment where everyone feels valued and heard.

The basic unit of human interaction is considered to be a two-person relationship. It refers to the smallest social unit in which two individuals interact with each other, shaping and being shaped by their interactions. This interaction can be in the form of communication, cooperation, or conflict, and it forms the foundation for larger social structures like families, communities, and societies. The quality of these two-person relationships often affects the overall well-being and happiness of individuals within a society.

Harmony in the family is important for several reasons:

1. **Provides a stable and secure environment:** A harmonious family environment provides a sense of security, comfort, and stability to its members.

2. **Promotes mental and emotional well-being:** A supportive and loving family environment can help improve the mental and emotional well-being of its members, reducing stress and promoting happiness.

3. **Facilitates communication and understanding**: When there is harmony in the family, members are more likely to communicate effectively, leading to better understanding and reduced conflicts.

4. **Encourages healthy relationships:** A harmonious family environment can help foster healthy relationships among its members, promoting love, respect, and trust.

5. **Supports personal growth and development:** A supportive family environment can provide the support needed for personal growth and development, helping individuals reach their full potential.

Human Interaction

Human interaction theory refers to a body of research and theory that examines how individuals interact with each other and the impact that these interactions have on behavior and emotions. The theory draws on multiple disciplines, including sociology, psychology, anthropology, and communication, to understand the complex and dynamic nature of human interactions.

Here are some key concepts within human interaction theory:

1. **Social exchange theory:** This theory suggests that human interactions are driven by the exchange of rewards and costs between individuals. Interactions are seen as an exchange of resources, such as time, attention, or information, with the goal of maximizing rewards and minimizing costs.

2. **Social learning theory:** This theory posits that individuals learn through observing and imitating the behavior of others. Interactions with others can serve as opportunities for social learning and the development of new behaviors.

3. **Social comparison theory:** This theory suggests that individuals evaluate themselves and their abilities in relation to others. Interactions with others can provide opportunities for social comparison, leading to feelings of self- esteem and self-worth.

4. **Social identity theory:** This theory focuses on the role of social groups and social categories in shaping individuals' behavior and attitudes. Interactions with others can help shape and reinforce individuals' sense of self and their sense of belonging to a particular group.

5. **Social influence theory:** This theory focuses on the ways in which individuals are influenced by others in their interactions. Interactions with others can shape and change beliefs, attitudes, and behaviors, through processes such as persuasion, conformity, or obedience.

These are some of the key concepts within human interaction theory, which highlights the importance of social relationships and social interactions in shaping human behavior and emotions.

Benefits of human interaction:

1. **Promotes social and emotional well-being**: Interacting with others can help improve our mood, reduce stress, and promote overall emotional well-being.

2. **Facilitates learning and personal growth**: Interacting with others can provide new perspectives, experiences, and knowledge that can help us grow and develop as individuals.

3. **Strengthens relationships**: Interacting with others can help build and strengthen relationships, fostering feelings connectedness. of love, trust, and

4. **Improves communication skills**: Regular interaction with others can help us improve our communication skills and better understand the perspectives of others.

5. **Increases cultural understanding**: Interacting with individuals from diverse backgrounds can broaden our understanding of different cultures, helping to promote empathy and reduce prejudice.

Disadvantages of human interaction:

1. **Can lead to conflicts**: Interactions with others can sometimes lead to conflicts and disagreements.

2. **Can be stressful**: Interacting with others, especially in large groups or in tense situations, can be stressful and overwhelming.

3. **Can lead to disappointment**: Interacting with others can lead to disappointment if our expectations are not met or if we experience rejection.

4. **Can be time-consuming**: Interacting with others can take up a significant amount of time, leaving less time for other activities or responsibilities.

5. **Can be draining**: Interacting with others, especially with individuals who are emotionally demanding or draining, can be mentally and emotionally exhausting.

Meaning of Nyaya and program for its fulfillment to ensure Ubhayapriti (mutual happiness):

"Nyaya" is a Sanskrit term that refers to the principles of logic, reason, and evidence in Hindu philosophy. It is considered one of the six Hindu philosophical schools and is concerned with establishing the truth about the world and our place in it.

Nyaya is based on a number of key principles and concepts, including the use of reasoning, the examination of evidence, and the establishment of clear definitions. It is concerned with ensuring that arguments are sound and well- reasoned, and that evidence is examined and analyzed objectively.

In Hindu philosophy, Nyaya is seen as an important means of achieving "ubhayapriti," which refers to the fulfillment of both material and spiritual irations Uhhavatrinti encompasses the idea that individuals should strive for happiness and well-being in both the material and spiritual realms, and that the pursuit of truth through Nyaya is an important aspect of this process.

To ensure the fulfillment of Nyaya and the achievement of ubhayatripti, individuals can engage in a number of practices and programs, including:

1**. Study and Practice of Logic and Reason:** In order to develop the skills necessary to practice nyaya, individuals should study and practice the principles of logic and reason. This may involve reading and discussing classical works on the subject, engaging in critical thinking exercises, and practicing debate and argumentation skills.

2**. Examination of Evidence:** In order to ensure that arguments are well- reasoned and grounded in evidence, individuals should examine and analyze the evidence that supports their positions. This may involve engaging in research, conducting experiments, and evaluating data and information.

3. **Clear Communication:** In order to ensure that arguments and evidence are clearly communicated and understood, individuals should strive to develop clear and effective communication skills. This may involve practicing active listening, using clear language, and avoiding misunderstandings and confusion.

4. **Cultivation of Wisdom:** Nyaya requires individuals to have a deep understanding of the world and the nature of things. To achieve this understanding, individuals should engage in practices that cultivate wisdom, such as studying philosophy, engaging in spiritual practices, and cultivating a deep sense of curiosity and openness to new ideas.

5**. Integration of Material and Spiritual Aspirations:** In order to achieve ubhayatripti, individuals should strive to integrate their material and spiritual aspirations. This may involve balancing the pursuit of material wealth and success with spiritual practices like meditation and self-reflection, and integrating spiritual principles into daily life.

6. **Service to Others:** In Hindu philosophy, serving others is seen as an important aspect of achieving ubhayatripti. Individuals can engage in acts of service to their communities, such as volunteering, donating time and resources, and supporting charitable organizations.

Nyaya is a central concept in Hindu philosophy that refers to the principles of logic, reason, and evidence. By engaging in practices and programs aimed at fulfilling nyaya, individuals can achieve ubhayatripti, which encompasses the idea of fulfilling both material and spiritual aspirations. By integrating these practices into daily life, individuals can develop a deep understanding of the world and their place in it, and achieve a balanced and fulfilling life.

Program for fulfillment to ensure Ubhayapriti

To ensure the fulfillment of ubhayapriti, or the achievement of both material and spiritual well-being, individuals can engage in a number of practices and programs, including:

- Mindfulness and Meditation: Engaging in mindfulness and meditation practices can help individuals cultivate a sense of inner peace and balance, and enhance their spiritual well-being.

- Service to Others: Engaging in acts of service to others, such as volunteering or supporting charitable organizations, can help individuals fulfill their spiritual aspirations by contributing to the well-being of others.

- Personal Growth and Development: Engaging in activities that support personal growth and development, such as education, self-reflection, and therapy, can help individuals achieve their material and spiritual aspirations by increasing their knowledge, skills, and self-awareness.

- Building Strong Relationships: Building strong and supportive relationships with family, friends, and community members can enhance both material and spiritual well-being by providing a sense of belonging and connection. Healthy Habits: Developing and maintaining healthy habits, such as exercise, healthy eating, and sufficient sleep, can contribute to physical and mental well-being, which is essential for achieving ubhayapriti.

- Integration of Work and Spirituality: Integrating spiritual principles and practices into daily life, including work and career, can help individuals find meaning and purpose in their lives and achieve a sense of balance and fulfillment.

- Community Involvement: Engaging in community activities and events can help individuals build connections with others and contribute to the well- being of their community, which can enhance both material and spiritual well-being.

Trust (Vishwas) and Respect (Samman) as the foundational values of relationship

Trust and Respect are two of the most fundamental values that form the foundation of healthy relationships, whether they are personal or professional. In this essay, we will explore the meaning of these values, the ways in which they contribute to the well-being of individuals and relationships, and how to cultivate these values in personal and professional contexts.

Trust is defined as "a belief in the reliability, truth, ability, or strength of someone or something. In relationships, trust is the foundation that allows individuals to feel confident and secure in their interactions with each other". When trust is present in a relationship, individuals are able be vulnerable, share personal information, and rely on each other. On the other hand, when trust is absent, individuals tend to be guarded, and relationships can become strained, filled with misunderstandings, and lack a sense of connection.

Respect, on the other hand, is defined as a feeling of admiration and reverence for someone or something. In relationships, respect involves valuing the others, and treating them with dignity and kindness. When respect is present in a relationship, individuals feel valued and appreciated, which fosters a positive and supportive environment. In contrast, when respect is absent, individuals can feel unheard, disrespected, and dismissed, which can lead to conflicts and breakdowns in the relationship.

The combination of trust and respect in a relationship creates an environment of safety and support, where individuals can be their authentic selves and freely express themselves without fear of judgment or rejection. This type of relationship provides individuals with a sense of connection and belonging, and allows them to grow and develop as individuals.

In order to cultivate trust and respect in personal relationships, it is important to consistently communicate with each other, listen actively, and make an effort to understand the perspectives and needs of others. Additionally, it is important to practice honesty, transparency, and accountability, as these behaviors demonstrate a commitment to the relationship and build trust over time. One of the interpersonal communication theories, the Social Penetration Theory, posits that trust and respect are essential for building deep and meaningful relationships. The theory suggests that as relationships develop, individuals gradually reveal more personal and intimate information to each other, which requires a high degree of trust and respect. When individuals feel safe and valued in their relationships, they are more likely to open up and build deeper connections with each other.

Attachment theories also emphasize the importance of trust and respect in shaping the nature of relationships. The Secure Attachment theory posits that when individuals have a secure attachment style, characterized by feelings of trust and respect in their relationships, they are more likely to have positive and fulfilling relationships. On the other hand, individuals with an insecure attachment style, characterized by a lack of trust and respect, are more likely to have negative and unsatisfying relationships.

Social Exchange theories, such as the Social Exchange Theory and the Social Exchange Theory of Relationships, posit that relationships are based on a series of exchanges between individuals, in which each person contributes resources to the relationship and receives rewards in return. These theories suggest that trust and respect play a crucial role in shaping the nature of these exchanges, as individuals are more likely to engage in exchanges with others whom they trust and respect.

In professional relationships, trust and respect are equally important. A workplace where trust and respect are present fosters a positive and productive environment, where employees feel valued and motivated to perform at their best. In order to cultivate trust and respect in the workplace, it is important to foster a culture of openness, transparency, and inclusiveness, and to create opportunities for employees to connect with each other on a personal level. Additionally, it is important to provide regular opportunities for employee feedback and to listen to and act upon the suggestions and concerns of employees.

Understanding the meaning of Vishwas (TRUST)

Vishwas, also spelled "Vishvaas", is a Sanskrit word commonly translated as "trust" or "faith". It refers to a belief or confidence in the reliability, truth, or ability of someone or something. In a broader sense, Vishwas encompasses a sense of security, reliability, and certainty that allows individuals to have faith in the world around them.

Vishwas plays a crucial role in shaping the nature and quality of relationships, both personal and professional. When individuals trust each other, they are able to build deeper and more meaningful connections, share personal and intimate information, and collaborate in a more productive and effective manner. On the other hand, a lack of trust can lead to strained and superficial relationships, misunderstandings, and conflicts. Vishwas is also an essential component of personal well-being and mental health. When individuals have trust in themselves, they are more likely to have a positive self-image, feel confident and secure, and engage in positive and fulfilling activities. Similarly, when individuals have trust in the world around them, they are more likely to feel safe and secure, and less likely to experience anxiety, stress, and depression.

In order to cultivate Vishwas in relationships, it is important to consistently communicate with each other, listen actively, and make an effort to understand the perspectives and needs of others. Additionally, it is important to practice honesty, transparency, and accountability, as these behaviors demonstrate a commitment to the relationship and build trust over time.

In professional relationships, Vishwas is equally important. A workplace where trust is present fosters a positive and productive environment, where employees feel valued and motivated to perform at their best. In order to cultivate Vishwas in the workplace, it is important to foster a culture of openness, transparency, and inclusiveness, and to create opportunities for employees to connect with each other on a personal level. Additionally, it is important to provide regular opportunities for employee feedback and to listen to and act upon the suggestions and concerns of employees.

Theory of Vishwas

The theory of Vishwas, also referred to as the "Theory of Trust," is a concept that explores the role of trust in shaping relationships and outcomes. According to the theory, trust is a key determinant of the success and effectiveness of relationships, as well as of personal and professional outcomes.

The theory posits that trust is a dynamic and complex construct that develops over time, through a series of positive interactions and experiences. When individuals trust each other, they are more likely to engage in positive and constructive behavior, such as sharing information, collaborating effectively, and supporting each other.

On the other hand, when trust is lacking in a relationship, individuals are more likely to engage in defensive and destructive behavior, such as withholding information, sabotaging collaboration, and engaging in negative competition. In order to cultivate trust in a relationship, the theory suggests that it is important to consistently communicate with each other, listen actively, and make an effort to understand the perspectives and needs of others.

The theory of Vishwas also recognizes that trust is a multi-dimensional construct, that can be influenced by variety of factors, including personal values, beliefs, and experiences, as well as by contextual factors, such as thenorms and values of the environment.

In conclusion, Vishwas is a crucial value that plays a significant role in shaping the nature and quality of relationships, personal well-being, and mental health. By consistently practicing honesty, transparency, and accountability, and by creating an environment that fosters trust and security, individuals can cultivate Vishwas in their relationships, promote positive and fulfilling outcomes, and enhance their overall well-being.

Difference between Intention and Competence

Intention and competence are two distinct but related concepts that play a crucial role in shaping personal and professional outcomes. Intention refers to an individual's purpose, motivation, or aim, while competence refers to an individual's ability or skill to carry out that intention effectively.

Intention is an important factor in shaping personal and professional outcomes, as it provides a sense of direction and purpose, and helps individuals to focus their efforts and resources. Intention can take many forms, ranging from personal goals, such as improving one's health or relationships, to professional goals, such as advancing in one's career or starting a business.

Competence, on the other hand, refers to the skills, knowledge, and abilities required to effectively achieve one's intentions. Competence encompasses a wide range of personal and professional skills, such as technical skills, communication skills, leadership skills, and interpersonal skills.

The relationship between intention and competence is complex and dynamic. In order to achieve one's intentions, individuals must possess the necessary competence, but at the same time, developing competence often requires individuals to set and pursue intentional goals. For example, in order to become a successful professional in a particular field, individuals must first have the intention to pursue that career, and then develop the necessary skills, knowledge, and abilities through education and training.

Intention and competence are two important and interrelated factors that shape personal and professional outcomes. While intention provides a sense of direction and purpose, competence is essential for effectively achieving one's goals. By setting intentional goals and developing the necessary competence, individuals can promote positive and fulfilling outcomes in their personal and professional lives

The key difference between them is:

Intention refers to an individual's purpose, motivation, or aim, while competence refers to an individual's ability or skill to carry out that intention effectively.

Intention provides a sense of direction and purpose, and helps individuals focus their efforts and resources. Competence encompasses the skills, knowledge, and abilities required to achieve one's intentions.

The relationship between intention and competence is complex and dynamic, with competence being essential for achieving one's goals, and developing competence often requiring individuals to set intentional goals.

Process of intention and competence

The process of intention and competence can be understood as a feedback loop, where intention drives the development of competence, and competence in turn supports the achievement of intentional goals. The process can be broken down into several steps:

- **Setting intentions:** The first step in the process is to set clear and meaningful intentions. This can involve setting personal or professional goals, outlining a plan of action, and identifying the necessary resources and support.

- **Assessing competence:** The next step is to assess one's current level of competence in relation to one's intentions. This can involve identifying areas of strength and weakness, and determining the skills, knowledge, and abilities that are required to achieve one's goals.

- **Developing competence:** Once an individual has assessed their level of competence, they can take steps to develop the necessary skills, knowledge, and abilities. This can involve seeking education and training, seeking feedback and mentorship and practicing new skills and behaviors.

- **Re-assessing competence:** As an individual develops their competence, it is important to regularly re- assess their skills and abilities, and make any necessary adjustments to their goals and plans.

- **Achieving intentional goals:** As competence develops, individuals are better equipped to achieve their intentional goals, and experience the positive outcomes that come from pursuing meaningful intentions.

Understanding the meaning of Samman

Samman is a Hindi word that can be translated to mean "respect" or "dignity" in English. It refers to the recognition of an individual's inherent worth, value, and rights, and the treatment of that individual with dignity, honor, and consideration.

The process of cultivating Samman involves developing an awareness and appreciation of the inherent worth and value of others, and treating others with kindness, compassion, and fairness. This can involve actively listening to others, valuing their opinions and perspectives, and treating them with dignity and respect in all interactions.

Several theories exist to explain the nature and importance of Samman in personal and professional relationships. One such theory is social exchange theory, which posits that individuals form and maintain relationships based on a perceived balance of rewards and costs. According to this theory,

treating others with Samman contributes to a positive balance of rewards, strengthening the relationship and promoting mutual satisfaction and fulfillment.

Another theory is the self-determination theory, which posits that individuals have an inherent need for autonomy, competence, and relatedness, and that satisfying these needs is essential for well-being and fulfillment. According to this theory, treating others with Samman and recognizing their inherent worth and value contributes to their sense of relatedness and promotes positive outcomes for both parties.

Samman refers to the recognition of an individual's inherent worth and value, and the treatment of that individual with dignity, honour, and consideration. Cultivating Samman involves developing an awareness and appreciation of the inherent worth of others, and treating others with kindness, compassion, and fairness. Theories such as social exchange theory and self-determination theory highlight the importance of Samman in promoting positive outcomes in personal and professional relationships.

Advantages of Samman:

1. **Improved relationships**: Treating others with Samman promotes trust, understanding, and mutual respect, contributing to stronger and more fulfilling personal and professional relationships.

2. **Increased well-being:** Recognizing and treating others with Samman contributes to a sense of purpose, belonging, and fulfillment, and can positively impact both physical and mental well-being.

3. **Enhanced reputation**: Cultivating a reputation for treating others with Samman can increase one's social capital and promote positive outcomes in both personal and professional contexts.

4. **Improved communication**: Treating others with Samman fosters open and honest communication, reducing misunderstandings and conflicts, and promoting positive outcomes.

5. **Promotes equality and justice**: Samman promotes the recognition of the inherent worth and dignity of all individuals regardless of differences and contributes to a fairer and more just study.

Disadvantages of Samman:

1. **Difficult to cultivate:** Cultivating Samman can be challenging, especially in situations where cultural or personal differences create tensions or conflicts.

2. **Requires effort:** Treating others with Samman requires ongoing effort and commitment, and can be time- consuming and emotionally taxing.

3. **Not universally accepted**: Samman is not universally accepted, and individuals and cultures may have differing views on what constitutes respectful and dignified treatment.
4. **Can lead to cultural conflicts**: Treating others with Samman may conflict with cultural norms and values, leading to tensions or conflicts.

Difference between respect and differentiation; the other Salient values in relationship

Respect and differentiation are two distinct concepts that are often used interchangeably but have distinct implications and meanings.

Respect refers to the recognition of an individual's inherent worth, value, and rights, and the treatment of that individual with dignity, honor, and consideration. It involves valuing an individual for who they are, regardless of their background, beliefs, or characteristics, and treating them with dignity and respect in all interactions. Respect is considered an essential component of healthy relationships, promoting trust, understanding, and mutual fulfillment.

Differentiation, on the other hand, refers to the process of distinguishing or separating one thing from another. In the context of human relationships, differentiation refers to the process of establishing and maintaining a sense of self while also respecting and valuing the individuality and distinctiveness of others. This involves recognizing and respecting the differences between oneself and others, while also promoting mutual understanding and empathy.

The key difference between **respect and differentiation** is that respect is focused on the inherent worth and value of an individual, while differentiation is focused on the recognition and understanding of differences between individuals. While differentiation can contribute to respectful relationships, it is not the same as respect, which involves treating others with dignity and honor, regardless of their differences.

Respect is an essential component of healthy relationships, promoting trust, understanding, and mutual fulfillment, and is considered a fundamental human right. Differentiation on the other hand, can help to promote healthy relationships by promoting a deeper understanding of and appreciation for individual differences.

While respect and differentiation are related concepts, they are distinct and have different implications and meanings. Respect refers to the recognition of an individual's inherent worth, value, and rights, and the treatment of that individual with dignity, honor, and consideration. Differentiation refers to the process of establishing and maintaining a sense of self while also respecting and valuing the individuality and distinctiveness of others. Both concepts are essential components of healthy relationships, and both play important roles in promoting trust, understanding, and mutual fulfillment.

Respect and differentiation are two of the most salient values in relationships. They play important roles in promoting trust, understanding, and mutual fulfillment, and help to establish and maintain healthy relationships.

Respect is an essential value in relationships, as it involves recognizing and valuing an individual's inherent worth, dignity, and rights. When individuals are treated with respect, they feel valued, appreciated, and understood, which contributes to a positive and fulfilling relationship. Respectful relationships are characterized by open and honest communication, mutual trust, and a shared sense of purpose.

Differentiation, on the other hand, is a value that promotes the recognition and appreciation of differences between individuals. In relationships, differentiation involves recognizing and respecting the individuality and distinctiveness of others, while also maintaining a sense of self. By valuing and embracing differences, individuals are able to form deeper connections and understand one another at a more meaningful level, contributing to a more fulfilling relationship.

Both respect and differentiation are essential components of healthy relationships, and both play important roles in promoting trust, understanding, and mutual fulfillment. By valuing respect and differentiation, individuals are able to form and maintain healthy, fulfilling, and meaningful relationships with others.

Understanding the harmony in the society (Society being an extension of the family)

Harmony in society refers to a state of cooperation and mutual understanding between individuals and groups, characterized by a lack of conflict and a sense of unity and stability. It involves the balance and coordination of diverse interests, values, and beliefs to create a cohesive and functional community.

The promotion of harmony in society is considered important for several reasons. First, it contributes to the stability and security of society, reducing the likelihood of conflict and violence. Second, it fosters a sense of community, promoting a shared sense of purpose and identity, and contributing to the well-being of individuals. Third, it helps to promote equality and justice, reducing discrimination and promoting fairness and equality of opportunity.

To achieve harmony in society, it is necessary to address the underlying causes of conflict and division, such as in equality, discrimination, and misunderstandings. This can involve promoting understanding and cooperation between different groups, addressing systemic inequalities and injustices, and promoting a shared sense of identity and purpose.

In addition, it is important to promote open and honest communication and dialogue, so that individuals and groups can understand one another and work together towards a common goal. This can involve creating opportunities for discussion and collaboration, fostering mutual respect and understanding, and promoting transparency and accountability.

Another key component of promoting harmony in society is promoting a culture of tolerance and respect for diversity. This involves recognizing and valuing the unique contributions and perspectives of individuals and groups, and promoting equality and justice for all.

Harmony in society is an essential component of a stable, secure, and prosperous community. To achieve harmony, it is necessary to address the underlying causes of conflict and division, promote open and honest

communication, and foster a culture of tolerance and respect for diversity. By promoting harmony in society, individuals and communities can work together towards a shared sense of purpose and a more fulfilling and meaningful future.

Extending Relationship from Family to Society

Right Understanding at the individual level leads to harmony in the family. This leads to harmony in the society.

- Understanding relationships in family, recognizing the feelings in these relationships and living according to these feelings leads to mutual happiness and fulfillment.
- Slowly we become aware of our relatedness to all the human beings beyond the confines of our family such as friends, colleagues, people in the neighbourhood and even strangers.

Try to answer this question:

" Do I want to live in harmony inly within a limited set of people or with everyone?"

- Try to observe some most sought-after public figures. Also observe how famous personalities like Buddha, Mother Teresa, Vivekananda etc. established their connectivity with a vast majority of people – It is because they did not remain confined to the harmony with a limited set of people. They developed a relatedness with all the human beings.
- The more you feel connected/ related to more and more number of people, the more you feel relaxed and satisfied. This helps to develop a feeling of assurance, trust and fearlessness in the social web.

   Trust--------->Fearlessnes (Trust is the basis of Fearlessness, Peace and Harmony.)

- Our Natural Acceptance extends from the level of Individual to the levels of Family and then Society and finally into a feeling of World Family. This forms the basis of an undivided society (Akhanda Samaj) a feeling of relatedness for all (we are all one family).
- Thus, when we expand into a world family, we realize our responsibility in the society and participate in it.

Identification of Comprehensive Human Goal:

For the fulfillment of the basic human aspirations of all human beings, the following Comprehensive Human Goal should be understood:

The Comprehensive Human Goal comprises of four constituents namely:

1. Right Understanding (Samadhana)   In every individual

2. Prosperity (Samriddhi)   In every Family

3. Fearlessness / Trust (Abhaya/Vishwas)   In Society

4. Co-existence (Sah-astitwa)   In Nature

All the above four constituents form the Comprehensive Human Goal in the same sequence as above.

Where are we today?

Right Understanding (in individuals) – We have only information and skills, no right understanding, no true happiness.

Prosperity in Families – We forgot that the need for physical facilities is limited and are trying to generate only more and more wealth.

- Our economy, education, market is all luring us to generate more wealth.
- We are interested in the lists of millionaires and trillionaires in our society and not in the lists of prosperous people.
- We give importance to sensory enjoyment and are forgetting that wealth is needed only for keeping our body healthy.

    1. **Fearlessness/Trust in Society** – We are working for strategic power and not fearlessness (In the name of defence, we are misusing the valuable resources of nature to make weapons and ammunition). Thus, we are becoming more fearful (of wars, fights etc.). We have organizations like the UNO, but we don't have programs to ensure trust among people.
    2. **Co-existence (with Nature)** – We are not giving importance to co-existence with nature and are figuring out ways to exploit Nature.(The goal of our technological development is to get victory over Nature, to subjugate the entities in nature and to disrupt nature's cycles for our whims and fancies.

3. **Conclusion:** We have missed the core things in life and are unable to understand the harmony at all levels of our living.
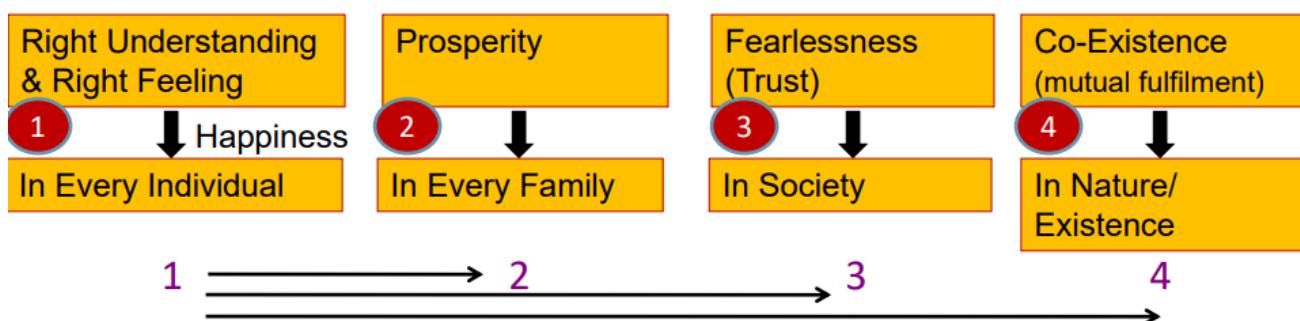
- The problem is that, the very first step towards change i.e. the Right Understanding is missing.
- Right Understanding is the only route to prosperity and social harmony.

Programs needed to achieve the Comprehensive Human Goal: The five dimensions of Human Endeavour

In order to achieve the Comprehensive Human Goal, the following five dimensions of Human Endeavour are to be shaped and implemented in the society:
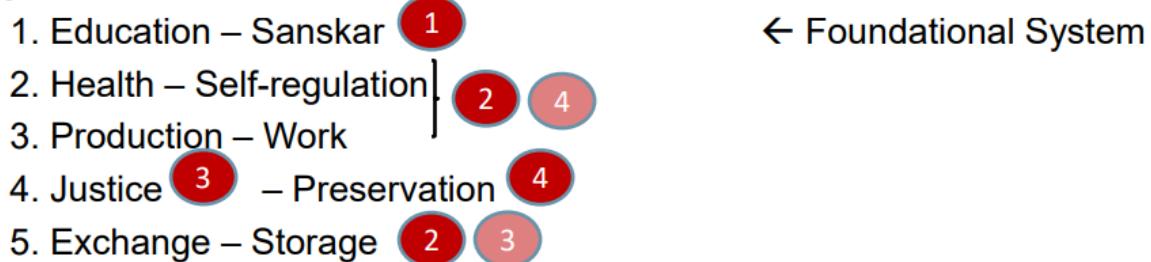
1. **Education – Right Living (Siksha – Sanskar)**

    (leads to Right Understanding, Right Feelings and an all compassing solution,Samadhana)

Education = To understand Harmony at all four levels of living)

Right Living = Commitment and Preparedness to live in harmony at all four levels of living
        The goal and objective of education is to ensure Right Understanding, Right Feelings and An encompassing   Solution(Samadhana)   in   every   individual   through   Right   Living.

2.   Health – Self Regulation (Svasthya – Sanyama)

(leads to Prosperity)

Health = Harmony among the parts of the body and having a fit body which acts according to the needs of the Self "I"

Self-Regulation = A feeling of responsibility for nurturing, protecting and rightly utilizing the body.

Self-regulation is the basis of Health.

3.   Justice – Preservation (Nyaya – Suraksha)

(leads to Fearlessness and Co-existence)

Justice = Human-Human Relation (relationship between human beings) – its recognition, fulfilment, evaluation – leading to mutual happiness

Preservation = Human – Rest of the Nature Relation – its recognition, fulfilment, evaluation – leading to mutual Prosperity

Preservation involves ensuring the following three aspects:

1. **Enrichment** – (I cultivate wheat; this enriches wheat as the quantity grows)

2.   **Protection** – (I protect it so that it is fit to eat)

3. **Right Utilization** – (I use it for the nurturing of the body and do not let it get wasted)

4. **Production – Work (Utpadana – Karya)**

    (leads to Prosperity and Co-existence)

    Production = Things obtained out of work

    Work = Labour that a human being does on the rest of the Nature

Two   important   questions   come   to   our   mind   when   we   talk   of   Production – Work :

A. What to produce?
B.   How to produce?

We should decide **what to produce** depending on the right identification of needs for the right utilization of the body. How to produce refers to the technology or systems we use for production. In Nature,

- The systems are cyclic and not open ended. For eg. Water cycle, Nitrogen cycle, Food chain etc.
- The systems are mutually fulfilling and mutually enriching. For eg. When birds, animals or humans eat guavas which come from nature, finally they go back to nature(soil) itself through excreta. Hence we should design our production systems in such a way that the mutual fufilment in nature is ensured and not disturbed.

5. **Exchange – Storage (Vinimaya – Kosa/ Kosh)**

   (leads to Prosperity and Fearlessness)

   Exchange = Exchanging of produce for mutual fulfilment and not for madness of profit

   Storage = Storing of produce after the fulfillment of needs with a view of right utilization in future and not for hoarding.

Samadhan, Samridhi, Abhay, Sah-astitva as comprehensive Human Goals

Samadhan, Samridhi, Abhay, and Sah-astitva are often considered as comprehensive human goals that can lead to a more fulfilling and satisfying life. These concepts can be understood as follows:

Samadhan: This refers to the concept of finding a resolution or solution to a problem or challenge. Samadhan can be seen as the process of finding peace and harmony in life, whether it be through resolving personal or interpersonal conflicts, or finding solutions to larger social and economic issues.

The components of Samadhan, or resolution, can be understood as follows:

1. **Identification of the problem:** The first step in the process of Samadhan is toaccurately identify the problem or challenge that needs to be addressed. This requires an understanding of the situation and the root causes of the problem.

2. **Analysis of options:** Once the problem has been identified, the next step is to analyze the various options for resolving it. This can involve brainstorming and evaluating different solutions, and considering the pros and cons of each option.

3. **Selection of the best solution:** Based on the analysis of options, the next step is to choose the best solution that will effectively resolve the problem. This decision should be based on a thorough evaluation of the various options and the potential outcomes of each.

4. **Implementation of the solution**: Once the best solution has been selected, the next step is to implement it. This can involve taking action to resolve the problem, and making any necessary changes to the situation.

5. **Evaluation of the solution**: After the solution has been implemented, it is important to evaluate its effectiveness and make any necessary adjustments. This can involve monitoring the situation to ensure that the problem has been resolved, and making any necessary modifications to the solution as needed.

6. **Maintenance of the solution**: Finally, it is important to maintain the solution over time to ensure that the problem does not reoccur. This can involve on going monitoring and adjustment of the solution, as well as making any necessary changes to the situation to prevent the problem from recurring.

Samridhi: This refers to the concept of prosperity and well-being. Samridhi encompasses both financial and material prosperity, as well as emotional and spiritual well-being. In other words, Samridhi refers to a sense of satisfaction and contentment with one's life, as well as the material resources and stability needed to support that contentment.

The components of Samridhi, or prosperity, can be understood as follows:

1. **Setting goals**: The first step in the process of achieving Samridhi is to set clear, achievable goals. This requires an understanding of what you want to achieve, and what is important to you.

2. **Developing a plan**: Once you have set your goals, the next step is to develop a plan to achieve them. This can involve breaking down your goals into smaller, more manageable steps, and determining the resources and support you will need to reach them.

3. **Taking action**: Once you have a plan, the next step is to take action and start working towards your goals. This can involve setting priorities, allocating time and resources, and taking steps to move forward.

4. **Measuring progress**: It is important to regularly measure your progress and assess whether you are on track to achieve your goals. This can involve setting benchmarks and tracking your progress over time.

5. **Making adjustments:** If you are not making progress towards your goals, it may be necessary to make adjustments to your plan. This can involve modifying your approach, changing your goals, or seeking additional resources or support.

6. **Celebrating success:** Finally, it is important to celebrate your successes along the way and acknowledge your hard work and progress. This can help you to stay motivated and continue to work towards your goals.

Abhay: This refers to the concept of fearlessness or courage. Abhay encompasses both the physical courage to face challenges and dangers, as well as the emotional courage to confront and overcome personal fears and limitations. Abhay can be seen as the foundation for personal growth and development, as it allows individuals to take risks, overcome challenges, and pursue their goals and aspirations.

The components of Abhay, or fearlessness, can be understood as follows:

1. **Understanding the sources of fear:** The first step in achieving Abhay is to understand the sources of fear in your life. This can involve identifying the things that cause you to feel afraid, and understanding why they trigger this response.

2. **Developing awareness**: Once you have identified the sources of your fears, the next step is to

develop greater awareness of your thoughts, feelings, and behavior. This can involve paying attention to your inner experience, and learning to observe your thoughts and feelings without judgment.

3. **Challenging negative beliefs**: Often, our fears are rooted in negative beliefs that we hold about ourselves and the world around us. The next step is to challenge these beliefs and begin to replace them with more positive and empowering beliefs.

4. **Facing your fears**: Once you have challenged your negative beliefs, the next step is to face your fears directly. This can involve taking small steps to expose yourself to the things that cause you to feel afraid, and learning to manage your fear in a healthy and constructive way.

5. **Building resilience:** As you continue to face your fears, it is important to build resilience and develop the ability to bounce back from difficult situations. This can involve practicing self-care, developing healthy coping skills, and seeking support from others when needed.

6. **Embracing a growth mindset**: Finally, it is important to adopt a growth mindset and embrace the idea that you can learn and grow through your experiences, even if they are challenging. This can help you to approach difficult situations with a sense of curiosity and openness, and to see them as opportunities for growth and personal development.

Sah-astitva: This refers to the concept of self-existence or self-identity. Sah-astitva encompasses an individual's sense of self-worth, purpose, and direction in life. By developing a strong sense of Sah-astitva, individuals can find a sense of meaning and fulfillment in their lives, and can feel confident and empowered in their relationships and interactions with others.

The components of Sah-astitva, or self-existence, can be understood as follows:

1. **Understanding self**: The first component of Sah-astitva is to understand your own self. This can involve exploring your thoughts, feelings, and behaviors, and developing greater awareness of your own identity and values.

2. **Cultivating self-awareness**: The next component of Sah-astitva is to cultivate self- awareness and self-reflection. This can involve setting aside time each day to reflect on your thoughts, feelings, and behavior, and to gain a deeper understanding of your own motivations and desires.

3. **Developing self-esteem**: Developing a strong sense of self-esteem is a crucial component of Sah-astitva. This can involve challenging negative self-talk, focusing on your strengths and accomplishments, and accepting and valuing yourself for who you are.

4. **Building self-confidence**: Building self-confidence is another important component of Sah-astitva. This can involve taking small steps to face your fears and overcome challenges, and learning to trust yourself and your abilities.

5. **Establishing healthy boundaries**: Establishing healthy boundaries is a key component of Sah-astitva. This can involve setting clear limits on what is acceptable in your relationships and interactions with others, and learning to say no when necessary.

6. **Practicing self-care:** Practicing self-care is a crucial component of Sah-astitva. This can involve taking care of your physical, emotional, and mental health through healthy habits, self-reflection, and engaging in activities that bring you joy and fulfillment.

These comprehensive human goals can be seen as interconnected and interdependent, with each one building upon and reinforcing the others. For example, by finding Samadhan and resolution in life, individuals can experience greater Samridhi and prosperity. By developing Abhay and facing personal challenges, individuals can strengthen their Sah-astitva and sense of self-identity. And by striving for Samridhi and prosperity, individuals can cultivate a sense of confidence and security that allows them to pursue their goals and aspirations with greater Abhay. Ultimately, these comprehensive human goals can provide a framework for individuals to pursue a more fulfilling and satisfying life. By focusing on Samadhan, Samridhi, Abhay, and Sah-astitva, individuals can work to create a sense of balance and harmony in their lives, and can cultivate the qualities and values needed to build strong and meaningful relationships with others.

Visualizing a universal harmonious order in society

Visualizing a universal harmonious order in society involves imagining a world where people of all backgrounds and beliefs coexist in peace and prosperity, without discrimination or conflict. This harmonious order can be achieved through several means, including:

-   **Mutual respect**: Respect for others, regardless of their background or beliefs, is crucial in creating a harmonious society. This can involve valuing each person's unique perspective and treating them with dignity and kindness.

-   **Open-mindedness:** Open-mindedness is essential in creating a harmonious society, as it allows people to see beyond their own biases and perspectives, and understand the views of others.

-   **Empathy**: Empathy is the ability to understand and share the feelings of others. By practicing empathy, individuals can develop a deeper understanding of the experiences and perspectives of others, and work

towards resolving conflicts in a peaceful and respectful manner.

- **Inclusiveness:** Inclusiveness involves creating a society where everyone is valued and included, regardless of their race, religion, ethnicity, or other differences. This can involve promoting policies and programs that support diversity and eliminate discrimination.

- **Cooperation**: Cooperation is essential in creating a harmonious society, as it allows people to work together towards a common goal. This can involve promoting teamwork and collaboration, and encouraging people to put aside their individual interests for the greater good.

- **Communication:** Effective communication is crucial in creating a harmonious society. This can involve promoting open and honest dialogue, and encouraging people to listen actively to each other and understand their perspectives.

There are several theories that attempt to explain how a universal harmonious order in society can be visualized and achieved. Some of these include:

a) **Social Contract Theory:** This theory posits that individuals enter into an implicit agreement with each other to give up some individual freedom in exchange for the protection and benefits provided by the state. This agreement creates a harmonious protection and benefits provided by the state. This agreement creates a harmonious order where everyone has a shared understanding of their rights and responsibilities.

b) **Utilitarianism:** This theory states that actions and policies should be evaluated based on their ability to produce the greatest good for the greatest number of people. By focusing on the well-being of society as a whole, utilitarianism seeks to promote a harmonious order.

c) **Libertarianism:** This theory emphasizes the importance of individual liberty and limited government intervention in promoting a harmonious order. By respecting the freedoms and rights of individuals, society can function effectively and efficiently.

d) **Communitarianism**: This theory emphasizes the importance of community and the common good in promoting a harmonious order. It holds that individuals have obligations to each other and to their communities, and that a focus on the common good is necessary for a healthy and prosperous society.

Undivided Society (AkhandSamaj)

Undivided society, also known as Akhand Samaj, is a concept that refers to a society where individuals are united and live together in peace and harmony. This type of society is characterized by mutual respect,

cooperation, and a shared sense of purpose. The idea of an undivided society is rooted in the belief that people have a common humanity and that diversity is a strength, not a weakness.

In an undivided society, individuals are encouraged to celebrate their differences and work together to achieve common goals. This is achieved through a focus on shared values, such as fairness, justice, and equality, which serve as the foundation for cooperation and collaboration. People are encouraged to engage in dialogue and build relationships based on mutual respect, regardless of their background or beliefs.

In an undivided society, people are also expected to be responsible for the well-being of their community. This means that individuals should be committed to serving the needs of others and working to create a society that benefits everyone. People are encouraged to be active citizens and engage in decision-making processes, whether it is through community meetings, town halls, or other forms of public engagement.

The concept of an undivided society also emphasizes the importance of sustainable development. People are encouraged to live in harmony with nature and to take care of the environment for future generations. This includes reducing waste, conserving resources, and protecting biodiversity. In addition, an undivided society is committed to ensuring that economic growth is balanced with social and environmental considerations, to ensure that the benefits of development are shared equitably.

One of the key features of an undivided society is that it seeks to eliminate the root causes of social conflict and division. This is achieved through a focus on addressing poverty, inequality, and other social issues. For example, in an undivided society, people would work together to provide basic services, such as education, healthcare, and housing, to everyone, regardless of their background or circumstances.

Another important aspect of an undivided society is the promotion of peace and non-violence. People are encouraged to resolve conflicts peacefully and to avoid violence or aggression whenever possible. This requires individuals to have a shared commitment to peace and to be willing to compromise and find mutually acceptable solutions to problems.

The nature of an undivided society, also known as Akhand Samaj, is characterized by unity, cooperation, and mutual respect. In this type of society, individuals are encouraged to celebrate their differences and work together to achieve common goals. The focus is on shared values such as fairness, justice, and equality, which serve as the foundation for cooperation and collaboration.

The benefits of an undivided society are numerous and include:

1. **Increased social cohesion:** When individuals live in an undivided society, they are more likely to feel a sense of belonging and connection to their community. This promotes a sense of unity and helps to foster a

more harmonious and stable society.

2. **Reduced conflict:** In an undivided society, individuals are more likely to resolve conflicts peacefully and to avoid violence or aggression. This promotes stability and security and helps to prevent the escalation of conflicts into more serious situations.

3. **Improved well-being:** By working together to address social and environmental issues, individuals in an undivided society are more likely to experience improved well-being. This includes access to basic services such as healthcare, education, and housing, as well as a cleaner and healthier environment.

4. **Increased economic prosperity:** In an undivided society, individuals are more likely to work together to create a prosperous and thriving economy. By sharing resources and skills, communities are better equipped to address the challenges of poverty and unemployment and to create new opportunities for growth and development.

5. **Fostered creativity and innovation:** An undivided society provides a supportive environment for creativity and innovation, as individuals are encouraged to work together to find new solutions to problems. This can lead to development of new technologies, products and services that can benefit society as a whole.

Universal Order (Sarvabhaum Vyawastha); from family to world family

The concept of a universal order refers to a systematic arrangement or organization of elements within a larger system, such as the universe or society. The idea is that the universe operates according to a set of principles or laws that govern the behavior of matter and energy. This order is seen as being inherent in the universe, and it is believed that understanding these principles can help us to better understand the world and our place within it.

In society, the idea of a universal order is often used to refer to the belief that there is a natural and harmonious way of organizing human relationships and institutions. This view holds that society operates best when it is structured according to a set of universal principles, such as justice, equality, and cooperation. These principles are believed to be based on a shared human nature and to be applicable to all people, regardless of their background or culture.

The benefits of a universal order are numerous and include:

a) **Increased stability**: When society is organized according to a universal order, individuals are more likely to behave in predictable and stable ways. This helps to create a more orderly and harmonious society, which in turn leads to greater stability and security.

b) **Improved decision-making**: In a society organized according to a universal order, decision-making processes are more likely to be based on objective criteria and to be fair and just. This helps to ensure that decisions are made in the best interests of society as a whole, rather than being influenced by personal or political interests.

c) **Enhanced cooperation**: By promoting a shared understanding of the principles that govern human relationships and institutions, a universal order helps to foster greater cooperation and collaboration. This in turn leads to more effective and efficient solutions to problems and greater progress in areas such as social and economic development.

d) **Increased understanding**: A universal order helps individuals to understand the underlying principles that govern the world and their place within it. This can lead to a greater appreciation of the interconnectedness of all things and a deeper understanding of the world and our place within it.

e) **Reduced conflict**: By promoting a shared understanding of the principles that govern human relationships and institutions, a universal order helps to reduce the risk of conflict and to promote peace and stability. This is because individuals are more likely to understand and respect each other's perspectives and to work together to find mutually acceptable solutions to problems.

However, while the idea of a universal order holds great appeal, it is important to note that it can also be used to justify oppressive and authoritarian systems of government. In these cases, the idea of a universal order is often used to impose a particular set of values or beliefs on society, which can limit individual freedom and lead to the suppression of diversity and dissent.

From Family to World Family

The idea of a "world family" refers to the belief that all individuals are connected and should be treated as part of a larger, global community. This concept is based on the idea that all human beings are part of a shared humanity, regardless of their background, culture, or nationality. It holds that just as families work together to support and care for one another, the entire human race should work together to address the common challenges facing society and to create a better future for all.

The idea of a world family is closely related to the concept of global citizenship, which emphasizes the responsibilities that individuals have to each other and to the world as a whole. This view holds that individuals should act in the best interests of the global community, rather than being solely focused on their own individual interests.

The Benefits of a world family perspective include:

➢ Increased understanding and respect: By recognizing the common humanity that we shar with others, individuals are more likely to understand and respect each other's perspectives. This can lead to greater cooperation and collaboration, and can help to reduce conflicts and tensions.

➢ Improved well-being: By working together to address global challenges such as poverty, inequality, and environmental degradation, individuals can contribute to the overall well-being of the world and future generations.

➢ Enhanced cooperation: When individuals view each other as part of a larger, global community, they are more likely to work together to address shared challenges and to find common solutions.

➢ Greater empathy: The idea of a world family encourages individuals to recognize the interconnectedness of all things and to understand that the well-being of others is connected to their own. This can lead to greater empathy and compassion for others.

➢ Increased sense of purpose: By viewing themselves as part of a larger, global community, individuals are more likely to feel a sense of purpose and meaning in their lives, as they work to make a positive contribution to the world.