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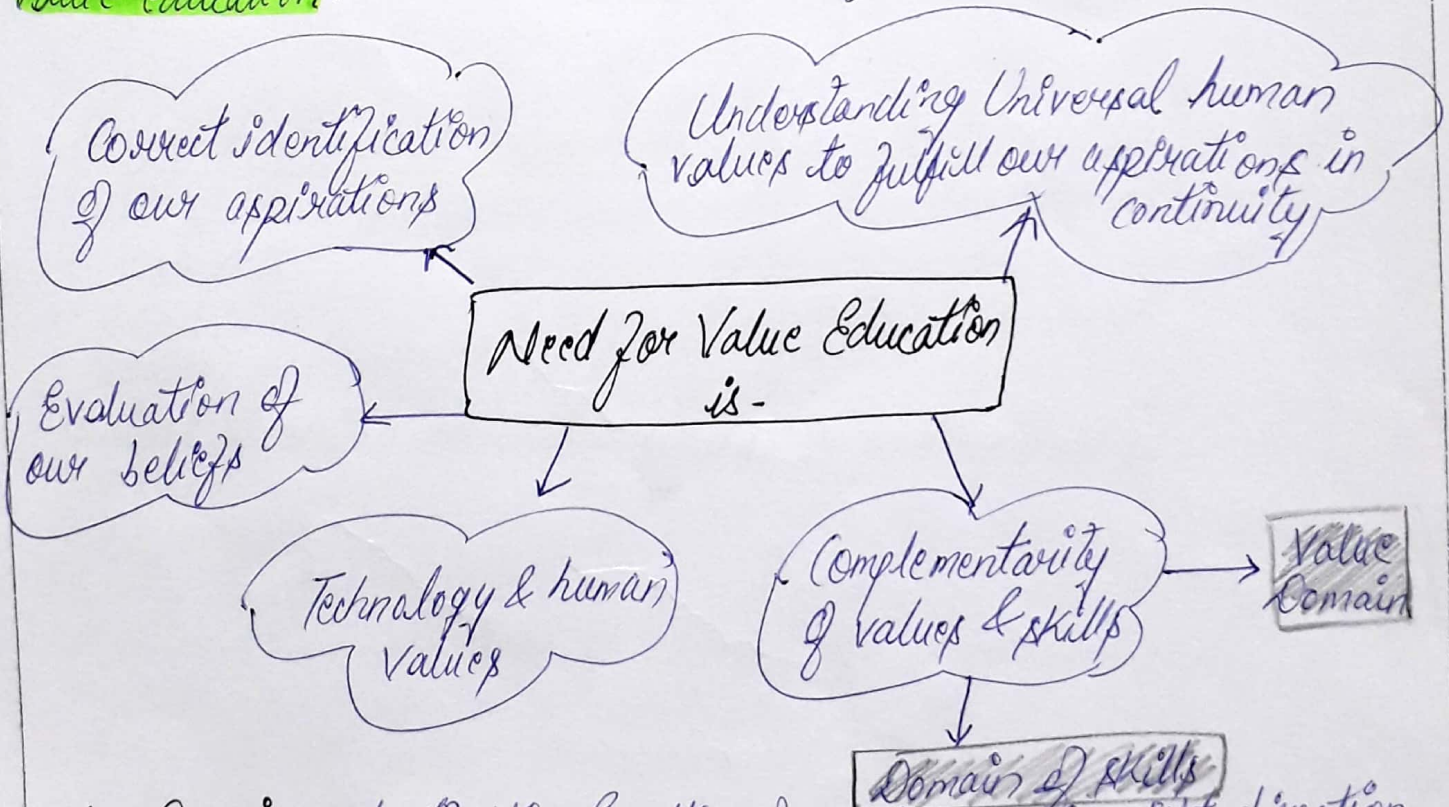
Class/Section:
Name of Subject: HUMAN VALUES

Date:
Code: 103

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

"Try not to become a man of success. Rather become a man of Value"
- Albert Einstein

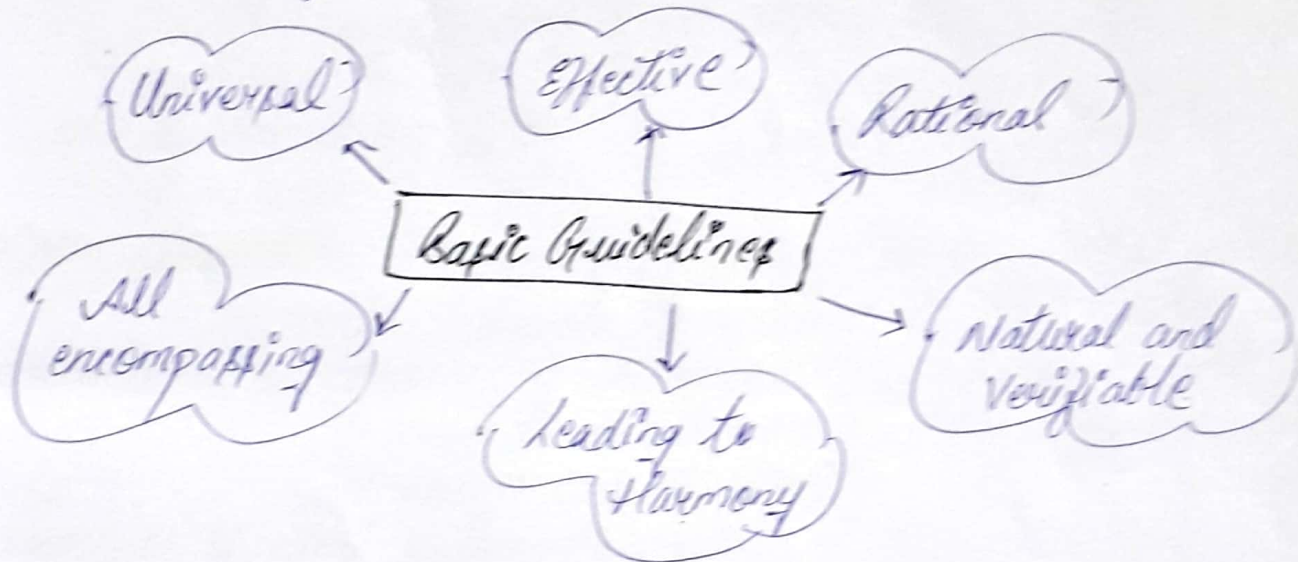
Value education is rooted in Indian philosophy & culture and ingrained in every tradition of Indian culture. Value education deals with what is universally valuable to all of us, what is conducive to our individual and collective happiness and prosperity in a sustainable way. The subject that enables us to understand 'what is valuable' for human happiness is called value education.



Value Domain:- Identification & setting of right goals in right direction.
Domain of skills:- Learning & practice to actualize this goal to develop techniques to make this happen in real life in various dimensions of human endeavors (struggles)

Basic Guidelines for Value Education

Effective and widely acceptable guidelines which will enable the introduction of value education in the present system are:-



CONTENT OF VALUE EDUCATION:-

Scope of Value Education includes the following dimensions:-

- thoughts
 - behaviour
 - work and religion
 - Individual
 - family
 - society
 - Nature
- } Levels

Content of Value education will be to understand:-

- myself
- my happiness
- my aspirations
- Understand the goal of human life comprehensively
- Understand the other entities in nature
- the innate inter-connectedness
- the coexistence in the nature-existence
- Role of human beings in this nature/existence entirely
- Learning to live with harmony & in accordance to all levels

Process for Value Education

- Self Exploration

The process for value education has to be that of self exploration
Self Exploration

Verification at the level
of natural acceptance

experiential validation
in living

Self Exploration:- is a process of dialogue between what you are and how it contrasts from what we really want to be, it is a process of self-evolution and thought that self investigation. It leads to knowing oneself better, thus leading up to know all things around correctly.

Purpose of Self-Exploration is:-

- 1> It is a process of dialogue between "what you are" and "what you really want to be"
- 2> It is a process of self evolution through self investigation
'what we are' ↔ 'what to be'
- 3> It is a process of knowing oneself and through that, knowing the entire existence.
- 4> It is a process of recognizing one's relationship with every unit in existence and fulfilling it.
- 5> It is a process of knowing human conduct, human character and living accordingly.
- 6> It is a process of being in harmony in oneself and in harmony with entire existence.
- 7> It is a process of identifying our innateness and moving towards self organization and self expression.

Swatva :- Innateness of self - the natural acceptance of harmony

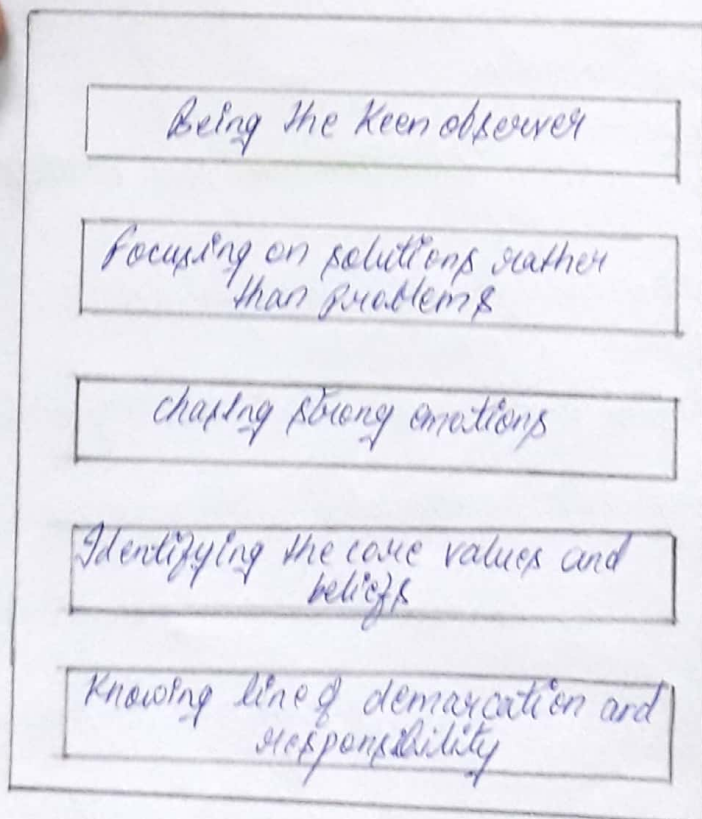
Swatantrata :- Being self-organized - being in harmony with ^{one self}

Swarajya :- Self-expression, self-extension - living in harmony with others

Swatva Swatantrata Swarajya :- Swatva is already there, intact in each one of us. By being in dialogue with it we attain Swatantrata enabling us to work for swarajya.

Self Exploration Process

Self exploration is an ongoing process that includes collecting information about your interests, abilities & skills, values, personality & career ^{things that we enjoy} readiness



The process of self exploration :- First of all we have to keep in mind that :-

1) Whatever is being presented is a PROPOSAL

2) Don't assume it to be true or false & there, nor reject it without proper exploration

3) Verify it in your own sight, on the basis of it being naturally acceptable to you.

→ Not just on the basis of scriptures

→ Not on the basis of equipment / instrument etc

→ Not on the basis of opinion by other human beings.

Self exploration has to be authenticated by us alone by means of verification at the level of natural acceptance & experiential validation.

The process of self exploration will be complete when on verification on the basis of natural acceptance and testing in our living ultimately results in realization and understanding in us.

- results in realization & understanding
- * If the proposal is true in behaviour with human leads to mutual happiness
 - * If the proposal is true in work with rest of the nature leads to mutual prosperity

on having realization & understanding

↓ we get

Assurance

Satisfaction

Universality (applies to all time, space & individual)

Mechanism of self exploration

Natural Acceptance

(unconditional & total acceptance of self people & environment)

- It doesn't change with time
- doesn't depend on the place
- doesn't depend on our beliefs or past conditionings
- It is 'constantly' there something we can refer to
- It is same for all of us, it is a part & parcel of every human being, part of humanness.

Experimental Validation

→ It is a process that infuses direct experience with the learning environment and content.

→ What we already believe to be true of us is validated by some situations, phenomena or outcomes.

→ A methodology where direct experience of the individual helps to increase knowledge; develop skill and clarify values

PROCESS OF SELF-EXPLORATION

- It is a proposal
 - * Don't just assume it to be true
 - * Verify it in your own sight
 - Not on the basis of scriptures
 - Not on the basis of others
 - Not on the basis of readings from instruments
- Self-verification

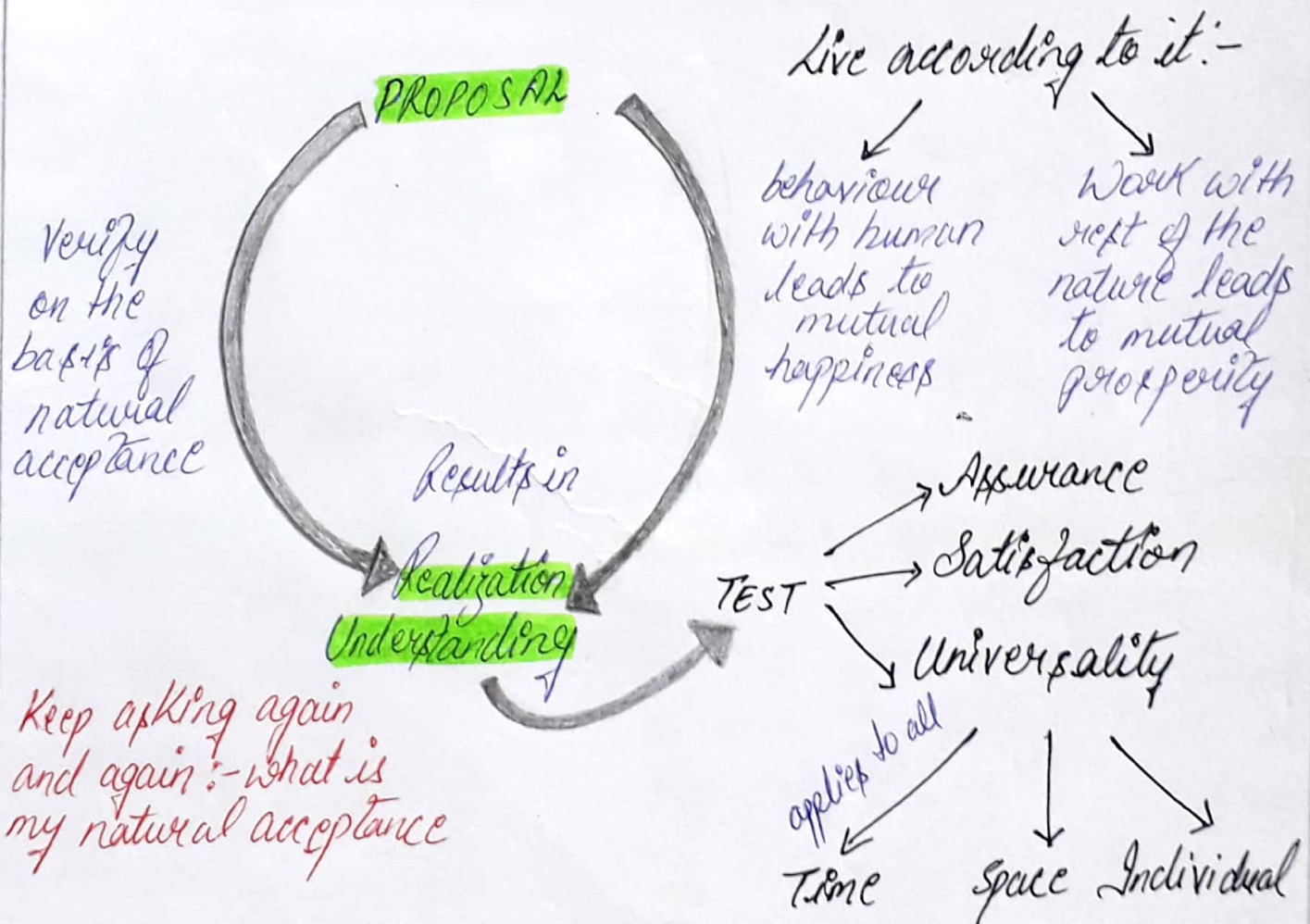


Figure:- Process of self-exploration

Human Aspirations :- Continuous Happiness and Prosperity

Happiness is :-

- a mental state of well being characterized by positive emotions of intense joy, contentment & good life
- the positive nature of self. Happiness & self are not different
- there is no happiness in the objects of the world.

"To be in a state of liking is HAPPINESS"

"To be in a state of harmony is HAPPINESS"

According to MARTIN SEIGMAN :- Happiness is not just external momentary pleasure. Human seems happiest when they have :-

- PERMA 1) Pleasure 2) Engagement 3) Relationships
4) Meaning 5) Accomplishments

Prosperity is :-

- a state of flourishing, thriving, success & good fortune
- a feeling of having more than required physical facilities. It is not just physical facilities.

In current scenario we are trying to achieve happiness & prosperity by maximizing accumulation & consumption of physical facilities.

Some of the consequences of such trend are :-

- At the level of individual :- depression, suicides, stress, insecurity, psychosomatic diseases, loneliness etc.
- At the level of family :- breaking of joint families, mistrust, divorce, family feud, conflict
- At the level of society :- racism, terrorism, nationalism, casteism, genocide, fear of nuclear war.
- At the level of nature :- global warming, pollution - air, water, soil, depletion of minerals, deforestation.

Right Understanding, Relationship and Physical Facilities

Our basic aspirations are happiness and prosperity. Happiness is ensured by the relationship with other human beings and prosperity is ensured by working on physical facilities.

Right Understanding

The need to learn and utilize our intelligence most effectively.

This refers to the highest order of human skills.

Good Relationships

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

Physical Facilities

Physiological needs of individual. Necessities and the comforts of life. Feeling of having facilities more than actually required.

RIGHT UNDERSTANDING in the self

RELATIONSHIP with human beings

PHYSICAL FACILITY with nature

mutual fulfilment

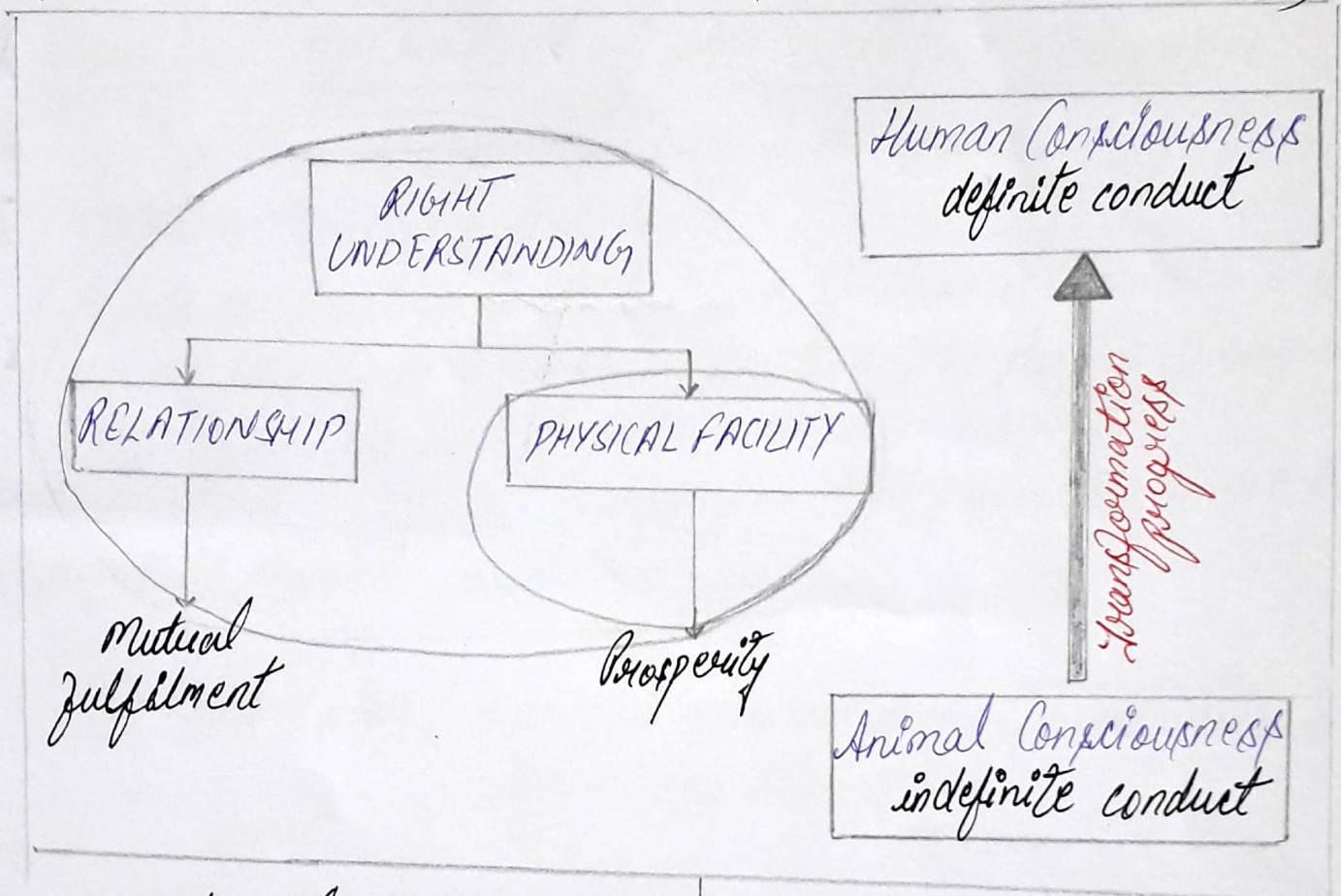
Prosperity

Giving all priorities to physical facilities only or to live solely on the basis of physical facilities may be termed as Animal Consciousness.

Human Consciousness :- Living with all three :-

Right Understanding Relationship Physical Facilities

Fig:- Animal to human Consciousness (Transformation)



Animal Consciousness

- For animal, physical facility is necessary as well as complete
- Working only for physical needs/facilities is living with animal consciousness.
- There is a need, from animal consciousness (for transformation)

Human Consciousness

- For human beings, physical facility is necessary but not complete
- Working for right understanding as priority implies living with human consciousness.
- Transformation from animal to human consciousness forms the basis for human values and value based living.

Understanding Happiness & Prosperity Correctly - A critical appraisal of the CURRENT SCENARIO

→ Happiness may be defined as being in harmony/synergy in the state/situation that I live in.

"A state or situation in which I live, if there is harmony in it then I like to be in that state/situation. The state of liking is HAPPINESS." The state of unlikingness is UNHAPPINESS.

→ Prosperity is the "feeling of having or making available more than required physical facilities."

PRESENT STATE

Our Present state / A critical appraisal of the Current Scenario

Present Day Relationships

STATE	REASON
→ Sometimes more good & fulfilling relationships	→ Good understanding
→ Sometimes less fulfilling relationships leading to unhappiness	→ living with wrong assumptions → Unable to understand others & their expectations.

Present Day Physical Facilities

→ Want to feel prosperous but only accumulate wealth.	→ Wrong assumptions of getting more happiness with more wealth.
→ Want to enjoy nature but are exploiting and destroying it.	→ Adopting bad & eco-destructive practices for our development.



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DETAILED LECTURE NOTES

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Method to Fulfill the Human Aspirations:

Understanding & living in Harmony at Various levels

Right understanding helps to create harmony at all four levels of human living. Right understanding enables us to :-

- Resolve issues in human relationships
- Be prosperous
- Enrich nature
- Work out our requirements for physical facilities
- Correctly distinguish between wealth and prosperity
- Understand the harmony in nature.

Right understanding forms the basis on which we can work for relationships & also acquire physical facilities.

Presently as we look around, we find most of the people in the following categories:-

- | | |
|--------------------------------------|---|
| SSDO → Sadhan Viheen Dukkhi Dardidra | } Sadhan - to acquire
Dardidra - Poverty / Poor
Viheen - Lack of
Sameidha - Prosperous |
| SSDO → Sadhan Sampan Dukkhi Dardidra | |
| SSSS → Sadhan Sampan Sukhi Sameidha | |

1) Sadhan Viheen Dukkhi Dardidra

- Person who doesn't have means to fulfill his materialistic desires
- in materialistic desires
- Food, shelter, cloth
- in Non-materialistic desires
- Respect, Trust, Happiness, Love

2) Sadhan Sampan Dukkhi Dardidra

- Person has all the means to acquire materialistic needs of life but still something is lacking in his life.

3) Sadhan Sampan Sukhi Sameidha

- Availability of physical facilities
- Continuous happiness and prosperity
- Right understanding } mutual fulfillment
- Relationship }
- Right understanding } mutual
- Physical facilities } Prosperity

Living in Harmony at all LEVELS of LIVING with the help of right Understanding

RIGHT UNDERSTANDING

<p>At the level of MYSELF</p>	<p>→ Self exploration with the help of natural acceptance & experiential validation help to develop a sense of right understanding.</p> <p>Right Understanding: - * Understand myself clearly * feeling of satisfaction within</p>
<p>At the level of FAMILY</p>	<p>→ Right understanding helps us to understand others feelings & expectations in a better way</p> <p>→ This ensures harmony & peace in the family</p>
<p>At the level of SOCIETY</p>	<p>→ Our family is a part of a society</p> <p>→ when we understand our relationships in the family, we also start understanding others in the society</p> <p>→ Fulfilling relations with everyone</p>
<p>At the level of NATURE/ EXISTENCE</p>	<p>→ Existence refers to all things that exist in nature.</p> <p>→ Once we learn to maintain harmony with the society, we also feel concerned towards plants, trees and animals etc in nature</p> <p>→ Hence right understanding leads to mutual fulfillment with Nature.</p>