

**Where Practice Meets Theory**



**(HUMAN VALUES) (B.COM SEMESTER 2)**

 **(UNIT 1)**

**Course Introduction - Need, Basic Guidelines, Content and Process for Value Education**

**What is Self Exploration?**

**INTRODUCTION**

* It is process MECHANISM OF SELF EXPLORATION

to find out what is valuable to me investigating within myself. Since it is me who feel happy, successful, unhappy or unsuccessful. Therefore,what is right for me is to be judged by myself .Though self exploration we get the value of

ourselves. We live with different entirety (family, friends , air , soil , water , tree etc.) and we want to understand our relation with all these. For this we need to start observing inside.

It soon becomes a dialog within your own Self…

According to Merriam-Webster:-

“ The examination and analysis of one's own unrealized spiritual or intellectual capacities.’’

* The main focus of self exploration is myself “ The Human Being’ .

Content of self exploration is just finding answers to the following fundamental questions .

* 1. The desire / goal , what is my (Human) desire/goal ?

What do I really want in life, what is the goal in human life ?

* 1. What is my programme for fulfilling the desire ?

How to fulfil it ?what is the programme to actualise the above

In short, two questions cover the whole domain of human aspirations and human desire ? Thus they form the content of self exploration.

# **PROCESS OF SELF EXPLORATION**

1. It is a process of dialogue – between me and you, to begin with. It soon becomes a dialogue within your own self .
2. It is a process of dialog between what I am and my Natural Acceptance or what I really want to be.
3. It is a process of Self-exploration, Self-investigation

 Self-evaluation.

1. It is a process of knowing oneself and through the self, knowing Nature and the entire existence.
2. It is a process of recognizing one's relationship with every unit in nature/existence; and fulfilling that relationship.
3. It is a process of knowing Human Conduct and living according to it.
4. It is a process of living in harmony in oneself, living in harmony with others…living in harmony with entire existence
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**Being a keen observer**

**Focusing on strong emotions**

**Chasing strong emotions**

**Identifying core values and beliefs**

**Knowing line of demarcation and**

**responsibility**

**PURPOSE OF SELF EXPLORATION**

* It is a process of dialogue between “what you are” and “what you really want to be”
* It is a process of self evaluation through self Investigation
* Process of knowing oneself and through that understanding entire existence.
* Process of recognizing relationship with every unit in existence.
* Process of knowing human conduct, human character & living accordingly.
* Process of being in harmony with oneself and with entire existence.
* Process of knowing innateness, & moving towards self organization & self expression.

**MECHANISM OF SELF EXPLORATION**

## NATURAL ACCEPTANCE

|  |  |
| --- | --- |
| Natural Acceptance | Experiential Validation |
| **Given independent choice, what is acceptable naturally**Natural AcceptanceE.g.Relationship Food for health Mobile for communication | **Under the given circumstances, what one ends up accepting**Peer pressure, conditioning Sensation AcceptanceE.g.Sometimes relationship, sometimes opposition Sometimes food for health, sometimes food for tasteSometimes for communication, sometimes for respect, show-off |

* Natural acceptance implies unconditional and total acceptance of the self, people and environment.
* It also refers to the absence of any exception from others.
* Once we fully and truly commit ourselves on the basis of natural acceptance, we feel a holistic sense of inner harmony, tranquility and fulfillment.

## EXPERIENTIAL VALIDATION:

* 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.
* Self exploration takes place in the self and not the body.

## ****What is Value Education System?****

[Value Education](https://www.admitkard.com/blog/importance-of-value-of-education/) is a stimulated process through which we impart value-based education. The idea is about the educational procedure that ingrains moral guidelines to make progressively polite and majority rule social orders.

Values education along these lines advances resilience and comprehension well beyond our political, social, and strict contrasts, putting extraordinary accentuation on the barrier of human rights, the insurance of ethnic minorities and the most helpless gatherings, and the preservation of nature.

The objective is that kids in the future add to society through great citizenship and morals. Moral education and character education, morals, and theory-based training have endeavored to do comparable things. Such education should assume a significant job in making an understudy socially capable, socially rich, just and firm.

## ****Importance of Value Education****

Value education shall always play a very crucial role in the development of the child and our society as our values are moral guides. There shall always be more emphasis on the value of knowledge as it helps in molding and developing in the personality of an individual and has below-mentioned importance:

* Assimilating this value through education will invigorate an individual’s physical, mental, enthusiastic prosperity.
* Value education helps in the most extreme advancement of a youngster’s character, perspectives, propensity, development, and so forth.

## ****Types of Values****

Values education along these lines advances resilience and comprehension well beyond our political, social and strict contrasts, putting extraordinary accentuation on the barrier of human rights, the insurance of ethnic minorities and the most helpless gatherings, and the preservation of nature and could be further classified into two types:

* ****Terminal Values****: The term refers to those values which are most desired by human beings and are of utmost importance to the self and are long term goals like happiness, harmonious excellence, etc.
* ****Instrumental Values:****The term refers to that value which is acceptable modes of conducting and are means of achieving the terminal values and includes traits like sincerity, honesty, personal ethics among others.

## ****Need for Value Education****

Value-based education is fundamental to build up an individual and help him/her deep-rooted from multiple points of view:

* It provides positive guidance to the understudies to shape their future and even causes them to know the motivation behind their life.
* It shows them the most ideal approach to life that can be helpful to people just like the individuals around them.
* Value education additionally encourages the understudies to turn out to be increasingly mindful and reasonable.
* It encourages them to comprehend the viewpoint of life in a superior manner and have an effective existence as a capable resident.
* It likewise encourages understudies to build up a solid relationship with loved ones.
* It builds up the character and character of the understudies.
* Value education builds up a positive perspective on life in the understudy’s brain.

## ****Objective**** Of ****Value Education****

Values are core values of life, which are conducive to one’s physical, social, and emotional well-being. The teaching of alluring values is felt important through education and for this reason educators, the educational establishments, and society, by and large, ought to be readied.

Principle target of value education is to incorporate the fundamental values relying on the destinations, they might be individual, social and national values for instance in India, Maharashtra State has received the accompanying values to be taught among the understudy through education.

## ****Value Education in School****

Value education in another word can be portrayed as character education or good education. It is an education where students take in value from teachers and execute them in the future to have a superior existence, the life of mankind where religion has no significance, what value most is your character.

Value education begins from home and it proceeds for the duration of life, however, value education in schools has a significant impact on a man’s life so it ought to be instructed in every single school to add values to the kids for their better tomorrow.

* Collaboration in posing inquiries to educators.
* Shows obligation in doing schoolwork.
* Increment ability to work autonomously.
* Actualize their learning in their commonsense life.
* Mindful in class.
* Causes understudies to settle on their own choices.
* Creates a sound brain in them.

## ****Guideline for Value Education****

The subject that empowers us to comprehend ‘what is important’ for human bliss is called value education. So as to meet all requirements for any seminar on value education, the accompanying rules for the substance of the course are significant:

* ****Universal:****It should be appropriate to all the individuals independent of the cast, statement of faith, nationalities, religion, and so on., for all occasions and districts.
* ****Rationale:****It needs to speak to human thinking. It must be agreeable to thinking and not founded on authoritative opinions or visually impaired convictions.
* ****Natural and undeniable:****It must be normally worthy to the individual who experiences the course and when we live based on such values it prompts our bliss. It should be experientially evident, and not founded on creeds, convictions, or suppositions.
* ****All enveloping:**** Value education is planned for changing our awareness and living. Subsequently, it needs to cover all the measurements (thought, conduct, work, and acknowledgment) and levels (singular, family, society, nature, and presence) of human life and calling.
* ****Leading to amicability:**** The value education, at last, is focused to advance concordance inside the person, among individuals, and with nature.

## ****Components of Value Education****

Value education in another word can be portrayed as character education or good education. Following are some of the important components of value education:

### 1. Character Education:

Character or moral education is a very important component of value education. It helps an individual to become well mannered, well-behaved, and socially acceptable well beings.

### 2. Health Education:

This type of education is designed for individuals to gain knowledge and skills to maintain one’s or another person’s health.

### 3. Environmental Education:

This education enables individuals to explore environmental issues and take essential measures to solve them. It helps them to take responsible decisions to maintain environmental quality.

## ****Human Rights and Value Education****

Human Rights Education (HRE) is discovering that builds up the KNOWLEDGE, SKILLS, and VALUES of human rights with the expansive objective of building a general human rights culture. As such, understudies ought to know about the issues, worried by the issues, and equipped for defending human rights.

Human rights education will move understudies from understanding human rights ideas to analyzing their encounters from a human rights point of view and fusing these ideas into their own values and dynamic procedures.

# **Basic Human aspirations – Continuous happiness and prosperity**

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. To ensure that, one needs to know the required quantity of physical facilities.

For an animal, physical facility is necessary as well as complete- where as for human beings it is necessary but not complete.

Working only for physical facilities is living with animal consciousness, while working for right understanding as the first priority followed by relationship and physical facilities implies living with human consciousness.

Transformation from animal to human consciousness forms the basis for human values and value based living.

**Present scenario**

There is an urgent need to rectify the prevailing notion about happiness and prosperity through right understanding.

Can one achieve continuous happiness through maximization of pleasant sensory interactions? Can one attain continuous prosperity by maximization of physical facilities & with assumed unlimited wants and unlimited resources?

When basic human aspirations tend to become unachievable, contradictions, tensions and insecurity at various levels are bound to increase, hence peace and harmony among human beings are increasingly at peril.

At individual level- we see problems of depression, anxiety, suicide, insecurity, stress, lack of confidence, conviction etc.

At family level- we see breaking up of joint families, mistrust and disharmony in relationships, divorce, generation gap, dowry deaths, neglect of older people etc.

At society level- we see growing incidences of terrorism, violence, communilism, racial and ethnic struggle, corruption, sex crimes, adulteration, exploitation, wars between Nations, proliferation of lethal weapons etc.

At the level of nature- we see deforestation, global warming, weather imbalances, depletion of mineral and energy resources, soil degradation etc.

The global environmental imbalance is a serious threat to human survival.

All the problems are a direct outcome of an incorrect understanding, our wrong notion about happiness and prosperity and their continuity. This is an issue for serious exploration.

There exists an inherent harmony and co-existence in the whole universe and the prime goal for human being is to gain the right understanding of this harmony at various levels and to learn to live in accordance with it. This is the way towards continuous and collective human happiness as well as sustainable prosperity.

**(Unit 2)**

**Understanding Harmony in the Human being (Harmony in Myself)**

# Human being- co-existence of self and body.

Human being is the coexistence of two entirely distinct entities, sentient non-material ‘I’ and the material Body.

Their needs and activities are quite different, but they act in close synergy with each other through flow of information.

All the needs of ‘I’ can be called as Happiness, while the needs of body are physical facilities like food, clothing, shelter. Feelings like respect, trust give happiness. With time physical facilities successively change from necessary and tasteful => unnecessary but tasteful => unnecessary and tasteless => intolerable.

Happiness is ensured by having both right understanding & right feelings, while physical facility is ensured by appropriate physico-chemical things. One cannot ensure the other.

The need of ‘I’ is continuous, while the need of body is for a limited time, never continuous. Even air is required by the body intermittently. Feeling and its expression are two different things. We want the continuity of any naturally acceptable feeling but not the continuity of it’s expression.

The needs of ‘I’ are qualitative, while the needs of body are quantitative & limited. One does not need 5 kg of trust or 2 meterss of respect.

The activities of ‘I’ are- desiring, thinking, selecting, while the activities of body are- eating, breathing etc.

The mode of interaction of ‘I’ includes-knowing, assuming, recognition and fulfillment, while the mode of interaction of body is only recognising and fulfilling.

Fulfillment depends on recognition, recognition depends on assumption and assumption depends on knowing or not knowing (belief). If assuming is based on knowledge, then recognition will be correct and fulfillment will be correct.

**What is the meaning of prosperity? How can you say that you are prosperous?**

The feeling of having or making available more than required physical facilities is prosperity. Almost all of us feel that wealth alone means prosperity and try to explain this phenomenon on this nonexistent or half fact. We are trying to achieve happiness and prosperity by maximizing accumulation and consumption of physical facilities. It is becoming anti-ecological and anti-people, and threatening the human survival itself. For prosperity, two things are required-

**1.**      Identification of the required quantity of physical facilities, and

**2.**      Ensuring availability / production of more than required physical facilities.

We can be prosperous only if there is a limit to the need for physical facilities. If there is no limit what so ever be the availability the feeling of prosperity cannot be assured.

Secondly, just assessing the need is not enough. We need to be able to produce or make available more than the perceived need.

**Differentiate between prosperity and wealth with examples.**

Prosperity is a *feeling*of having more than required physical facilities; it is not just physical facilities. Almost all of us feel that wealth alone means prosperity and try to explain this phenomenon on this nonexistent or half fact. Wealth is a physical thing. It means having money, or having a lot of physical facilities or both. This is a very important distinction. We mostly fail to make this distinction today. We keep working for wealth, without realizing that the basic desire is for the feeling of prosperity, to have a *feeling*of having enough. Prosperity is more acceptable to us because wealth is just a part of prosperity. We are trying to achieve happiness and prosperity by maximizing accumulation and consumption of physical facilities. It is becoming anti-ecological and anti-people, and threatening the human survival itself. A person has lot of money, but does not want to share even a bit of it. The person ‘has wealth’ but feels ‘deprived’. If one felt prosperous he/she would have shared what one has, since there is lot more than enough wealth anyway.

**Three things are needed in order to fulfill basic human aspirations–right understanding, right relationships and physical facilities.**

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

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

**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.

**Physical Facilities:**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.

In order to resolve the issues in human relationships, we need to *understand*them first, and this would come from ‘*right understanding of relationship*’. Similarly in order to be prosperous and to enrich nature, we need to have the ‘*right understanding*’. The ‘*right understanding*’ will enable us to work out our requirements for physical facilities and hence correctly distinguish the difference between wealth and prosperity. With nature as well, we need to understand the harmony in nature, and how we can complement this harmony.

**Different Mindsets**

**The Mindset of Positive Thinking**

There are many traits and characteristics associated with a positive mindset, including:

* [Optimism](https://positivepsychology.com/learned-optimism/): a willingness to make an effort and take a chance instead of assuming your efforts won’t pay off.
* [Acceptance](https://positivepsychology.com/act-acceptance-and-commitment-therapy/): acknowledging that things don’t always turn out how you want them to, but learning from your mistakes.
* [Resilience](https://positivepsychology.com/resilience-in-positive-psychology/): bouncing back from adversity, disappointment, and failure instead of giving up.
* [Gratitude](https://positivepsychology.com/gratitude-exercises/): actively, continuously appreciating the good things in your life (Blank, 2017).
* [Consciousness/Mindfulness](https://positivepsychology.com/what-is-mindfulness/): dedicating the mind to conscious awareness and enhancing the ability to focus.
* [Integrity](https://positivepsychology.com/honesty-integrity-worksheets-activities-tests/): the trait of being honorable, righteous, and straightforward, instead of deceitful and self-serving (Power of Positivity

Not only are these characteristics of a positive mindset, but they may also work in the other direction—actively adopting optimism, acceptance, resilience, gratitude, mindfulness, and integrity in your life will help you develop and maintain a positive mindset.

Mindset of taking responsbility for our emotion

## **Affect Vs. Emotion**

To accurately answer this question, we must first distinguish between affect and emotion.

Affects are the forces that precede, produce, and inform our experiences. Affect is pre-personal and pre-subjective; it’s the result of forces acting on us. In the scenarios above, affect is the pre-subjective experience we have as a result of the situational factors; e.g. long line, slow order ahead of you, clock ticking, your daughter sitting next to you. Affect isn’t what you feel, so much as it is what forces you to feel. Affect usually involves a pre-conscious physiological response, like increased heart rate or butterflies in your stomach.

Emotions are personal experiences or states, like anger, disgust, fear, happiness, sadness, and surprise: these are the six basic emotions cataloged by the psychologist Paul Ekman in his 2012 book, [Emotions Revealed.](https://www.amazon.com/Emotions-Revealed-Second-Recognizing-Communication/dp/0805083391%22%20%5Ct%20%22/home/pandimaharaja/Documents%5C%5Cx/_blank) Emotions are a result of your own interpretation of affect, the meaning you ascribe to it, how you label it.

According to Lisa Feldman Berrett, emotion researcher at Northeastern University and pioneer of the [Constructed Theory of Emotions](https://en.wikipedia.org/wiki/Theory_of_constructed_emotion%22%20%5Ct%20%22/home/pandimaharaja/Documents%5C%5Cx/_blank), we construct emotions as cognitive constructs early in life. We build a database associating words with affective states. In other words, we learn how to give meaning to affect.

Your emotions are a unique result of how YOU interact with what’s going on around you and inside of you. They are a result of your unique experience. Two people experiencing the very same external situation could have the same affect, but express different emotions, as illustrated by the scenarios above. No one and nothing can make you feel a certain way.

## **Avoiding Your Emotional Responsibility**

So why do people so frequently blame others for their emotions?

“She made me mad.”

“You really hurt my feelings.”

“That triggered me.”

Similarly, why do we invite others to avoid their own emotional responsibility?

“How did that make you feel?”

“I’m sorry I hurt your feelings.”

Even our revered sages perpetuate the myth that we aren’t responsible for our feelings. Remember [Maya Angelou’s famous quote?](https://www.next-element.com/resources/blog/maya-angelous-myth/%22%20%5Ct%20%22/home/pandimaharaja/Documents%5C%5Cx/_blank)

## **Myth-Based Emotional Labels**

And then there are all the emotion words that imply we aren’t responsible for our feelings.

Disrespected, hurt, put-upon, triggered, fazed, bothered by, humiliated, patronized, hooked.

Life happens. People do stuff. These things can definitely cause affective states and push our buttons. But your feelings belong to you. Only you. Your emotions are a result of how you interpret and interact with what happens to you and around you.

## **Five Steps for Emotional Responsibility**

1. It’s OK to identify how you feel, give it a name, and express it in an authentic way.
2. Instead of looking outward for someone or something to blame, look inward and take responsibility for how you arrived at your emotion.
3. It’s OK to confront unwanted behavior, but stop blaming others for your feelings.
4. Eliminate myth-base emotional labels from your vocabulary.
5. Remember, no matter what happened to you, you are 100% responsible for what you do next.

Example in scenario 1 above: “I feel anxious and worried that I will be late to the meeting today. I really want to do a good job and impress my team. What is the best next choice I can make?”

Example in scenario 2 above: “I feel relaxed and happy. I am with one of my favorite people and I’m not in a hurry. I will continue to enjoy our conversation while I wait.”

## ****What is a motivational / Inspiration mindset?****

A motivated mindset is a positive and goal-oriented mindset that is fueled by a desire to succeed.

**[Motivation](https://www.psychologytoday.com/us/basics/motivation%22%20%5Ct%20%22/home/pandimaharaja/Documents%5C%5Cx/_blank)** is the desire you have to do something that’s important to you.  It’s what inspires you to wake up before dawn and work hard towards a goal you have.

A motivated mindset can help you succeed because you will have the drive to accomplish even the most difficult tasks through hard work, positive thinking, goal setting, and discipline.

It’s important to set goals, and find what your motivation is – because with the right mindset and ambition, you will be able to push through and continue to work hard every day, even in the toughest of circumstances.

Some great tools to help you on your path to success: are to read **[personal development books](https://theremotemom.com/quotes-for-a-motivated-mindset/%22%20%5Cl%20%22Motivational_mindset_books_that_will_inspire_you%22%20%5Ct%20%22/home/pandimaharaja/Documents%5C%5Cx/_blank)**,**[join a motivating community](https://www.instagram.com/theremotemom/%22%20%5Ct%20%22/home/pandimaharaja/Documents%5C%5Cx/_blank)** (you can find like-minded people on Twitter and Instagram), **[watch motivational videos](https://theremotemom.com/quotes-for-a-motivated-mindset/%22%20%5Cl%20%22Growth_mindset_videos_to_inspire_you%22%20%5Ct%20%22/home/pandimaharaja/Documents%5C%5Cx/_blank)**,**** and to continue to remember motivational quotes like the ones below during your journey.

## ****How can these success mindset motivational quotes help you?****

A success mindset and positive thoughts can lead you in the right direction because it is a powerful way to give us a clear mental image of our goals.  A small mindset or a fixed mindset may make life’s failures feel like our greatest mistake and a tough problem may seem impossible to defeat.

When you have a successful mindset, the approval of others doesn’t matter, and this new way of thinking leads to a strong positive mindset which in turn leads to greater success.

Some of the best attributes of successful people is that in the most challenging times, their strong mindset and positive state of mind inspires them to keep working hard instead of giving up in defeat.

These inspirational quotes can help you have a motivated mindset because our greatest teacher is our own failures and setbacks.  The only thing keeping you from the success rate you want to possess is yourself.

Mindset of Purity of Intention

Intention is the starting point of every dream. It is the creative power that fulfills all of our needs, whether for money, relationships, spiritual awakening, or love.

Everything that happens in the universe begins with intention. When I decide to buy a birthday present, wiggle my toes, or call a friend, it all starts with intention.

The sages of India observed thousands of years ago that our destiny is ultimately shaped by our deepest intentions and desires. The classic Vedic text known as the Upanishads declares, “You are what your deepest desire is. As your desire is, so is your intention. As your intention is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny.”

An intention is a directed impulse of consciousness that contains the seed form of that which you aim to create. Like real seeds, intentions can’t grow if you hold on to them. Only when you release your intentions into the fertile depths of your consciousness can they grow and flourish. In my book *[The Seven Spiritual Laws of Success](http://www.amazon.com/Seven-Spiritual-Laws-Success-Fulfillment/dp/1878424114%22%20%5Ct%20%22/home/pandimaharaja/Documents%5C%5Cx/_blank),*the Law of Intention and Desire lays out the five steps for harnessing the power of intention to create anything you desire.

## **1. Slip into the Gap**

Most of the time our mind is caught up in thoughts, emotions, and memories. Beyond this noisy internal dialogue is a state of pure awareness that is sometimes referred to as “the gap.” One of the most effective tools we have for entering the gap is meditation. Meditation takes you beyond the ego-mind into the silence and stillness of pure consciousness. This is the ideal state in which to plant your seeds of intention.

## **2. Release Your Intentions and Desires**

Once you’re established in a state of restful awareness, release your intentions and desires. The best time to plant your intentions is during the period after meditation, while your awareness remains centered in the quiet field of all possibilities. After you set an intention, let it go—simply stop thinking about it. Continue this process for a few minutes after your meditation period each day.

## **3. Remain Centered in a State of Restful Awareness**

Intention is much more powerful when it comes from a place of contentment than if it arises from a sense of lack or need. Stay centered and refuse to be influenced by other people’s doubts or criticisms. Your higher self knows that everything is all right and will be all right, even without knowing the timing or the details of what will happen.

## **4. Detach from the Outcome**

Relinquish your rigid attachment to a specific result and live in the wisdom of uncertainty. Attachment is based on fear and insecurity, while detachment is based on the unquestioning belief in the power of your true Self. Intend for everything to work out as it should, then let go and allow opportunities and openings to come your way.

## **5. Let the Universe Handle the Details**

Your focused intentions set the infinite organizing power of the universe in motion. Trust that infinite organizing power to orchestrate the complete fulfillment of your desires. Don’t listen to the voice that says that you have to be in charge, that obsessive vigilance is the only way to get anything done. The outcome that you try so hard to force may not be as good for you as the one that comes naturally. You have released your intentions into the fertile ground of pure potentiality, and they will bloom when the season is right.