

Value Education

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Abstract:

This research aims to awake and aware regarding reality of human existence and its role under the sun through Human Values by following its vivid factors ,content and process where the significance of Self Exploration to check Natural Acceptance in the context of Holistic Vision with the help of 9 bhawas and four orders.

Values are abstract concepts but discernible and perceivable by the actions of a person who has them. Values are considered universal .These values are important for human beings in general and professional in particular. Human Values can be defined as the fundamental constructs, principles or standards developed over a period of time that we use as reference to base our decisions and actions. These can be categorized as personal values, social values, cultural values etcetera.

Value system is a set of consistent values and measures that one uses to direct the course of action in a given situation. Values are used to take decisions, perform actions and judge them. Emphasis on values is required those values are efficiency, good temper, cooperation integrity and discipline.

To understand value education, it is important to understand human values first because human values are the values which are imparted & inculcated in our child hood by our parents at our parents at our homes.

The results are dirtiness of modern life whereas Human values teach a man to adopt fair dealings for with money, Relations & material.

As a human being must not hurt others.

We must respect & preserve human lives performing every responsibility with commitment. Always support honest & moralistic person.

Never become the part of politics and a tool of anyone to harm others.

Never exploit physically & emotionally anybody

Value Education: - Value education teaches us to think deeper about the welfare of the people of society because today is the world, full of divergence where people are self centred & to maintain the lost glory of our cultural one has to take bold decision to support various factors of value education to bring the glory of human life back Materialism is not important to live a good life because saints establish their positive images living in forests, following the factors of human values and moreover their aim was not to hurt others for our personal reasons Human values , the form of value education, teach us patience & tolerance. It gives transformation to Body, soul & mind of human being where modern education provides intellectual development only, while values education will give change for overall change in personality.

Various factors of Human Values:

Honesty: Honesty means one should be truthful not only in sense but also in behaviour.

Compassion:- Compassion means helping others, those who are in problem or are unhappy. Compassion brings the feeling of attachment with others.

Cleanliness:-It is of 2 types: External and Internal

External cleanliness is related with Body because it is gift of God, because a clear body has fewer chances for dirtiness. Internal Cleanliness is of mind & soul which tells us not to be jealous, greedy & telling of lies but a pure mind & soul will provide fresh & honest ideas.

Discipline: - It is a key of success a person without discipline is a body without backbone. Discipline is very important factor because even nature is very punctual in its daily routine..It is a must for human being.

Integrity: - It means to be truthful for society because it is very difficult in this world to be truthful but one who stands truth in every situation is trustworthy.

Love: - Love is a feeling, it comes after understanding of 9 'bhavas' like respect, care guidance, glory, satisfaction & so on. It spreads kindness, sense of belongingness and peace with others in society.

Industriousness:- It means to be laborious or hardworking. We must fulfil all the responsibilities with hardworking attitude for getting holistic output.

Frugality: - Frugality denotes lesser expenses, always spend for basic needs ,don't waste money for any luxurious items unnecessarily which is not required because it is wastage of money.

Humility: - It is telling us that a person should always be down to earth for. Ego can destroy us but Humility will provide us a platform to sustain.

Non Violence: - It is an act of adopting behaviour which is kind, violence doesn't allow us to understand others of our own.

Courage :-Courageous attitude projects us as daring person so courage helps to avoid pain & problems. We become tolerant & full of patience.

Service: - Service is to help others Sometimes service provides money but many times it should be the aim to help others without any expectation of benefit except happiness.

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Guidelines of Value Education: -

Every Value must be universally accepted.

One must be rational/ Logical that every value must be accepted on the basis of personal experimentation when we feel okay then only accept any value.

Any value must not be based upon to benefit of any cast or class.

We have to verify every value on everyday basis through practicing.

All encompassing: - Every value should be accepted to benefit whole human society including nature & animals also.

Harmony: - Harmony is understanding & Happiness with everyone

Content of Value Education: - There are 4 factors

Thoughts: - Thoughts are of 2 type Positive& Negative

Positive which makes us calm & serene, positive thoughts bring love, affection, while Negative thoughts make us stressed, unhappy because negativity brings greed, unhappiness, enmity etc.

Behaviour: - It should be the representation of somebody's character. Our behaviour establishes us in the society, behaviour should make others comfortable to you.

Work: - we maintain at both the places whether it is a workplace or home, one will always have to balance what we are doing that should be done in correct manner that none should be affected by being it is family, society, work place or an individual itself, every work must not be done for the sake of money but sometimes for the sake of soul too.

Realization: - Realization is different to understanding. Understand any proposal is understood as a part, while in realization we understand any proposal or value on the whole.

Process of Value Education

Identify any aspiration: - It is an important wish for us in life to decide the goal of life because it helps us to know our existence on the earth what one wants to become.

Use of Human Values to have continuous happiness: - Human beings must not accept the bookish language rather experiments every value from every angle of life to verify as a program. It helps to change one's behaviour, thinking & character.

Complementarity of Values & Skills: - Values alone cannot work because it may become theory but along with skill (regular practice) we can verify any particular value to be accepted or rejected.

Education of Our believe: - It is said that we start believing whatever comes from others like rich people are happy, selection in interviews, life in a metro is shining, Govt job settles as and so on. But at the time of experiment we see that our beliefs get changed. We are even though remain dissatisfied.

Use of technology for environment: - professional Scientist and technocrats make many experiments on earth which nowadays are harmful for our earth, so this must be kept in mind that our experiment should be environmental friendly & because of our experiments no body should be harmed or damaged

2 SELF EXPLORATION

Self-exploration means to find out or investigate within myself because it is our duty to know if we are happy or successful or unsuccessful and or are we right or wrong. It can be judged within our self when we start finding out that every unit like human beings, plants, animals and air, water, and all matters are maintaining a connection with us and we all have relationship with each other when we see something superficially we cannot establish relationship but seeing from inside about our relationship with others what connection we have with the other units is self-exploration.

It can be understood through various points;

It is a process of dialogue between what you are and what you really want to be.

When the answer of these 2 questions are same, there is no problem unless it gives contradictions because what you are is because of, preconditioning of childhood or impression or beliefs. But we really want to be which was naturally accepted to me i.e because of self-exploration in society we get notions about our surroundings and we start following but this thing reminds us that something is missing and therefore we are unhappy whether we are in school, college or at job but we are not happy so we need to explore within our self the missing unit to be continuously happy.

In the process of self-exploration one will have to involve internally about our own improvement to become better to maintain harmony. Investigation helps to explore inside to facilitate our relationship with others.

It is a process of knowing one's self to know entire existence ,self-exploration needs to know oneself better when no preconditions or believe will be accessed we need to ask a question to our self-do I want to know myself or do I want this self-investigation?, Am I satisfied with my living & myself?, When we get we answer it helps us to move on for self-exploration to understand all units around us like individual ,society & nature .We can learn our entire existence with all other units also because we do not know our self. Precondition and confusion are very much dominating upon us this process helps us to know better things properly.

It is a process of knowing relationship with every unit to fulfil our duty.

We are unhappy because we don't have understood our relationship with others like parents, plants, siblings animals etc., also have larger existence in our life as long as we consider them the other we cannot mention relationship because **trust** is missing, when we find that others are like us, It helps to maintain relationship & fulfil it.

Know the human conduct & humans -when we start maintaining our equal behaviour every time, everywhere with everyone it brings certainty & defiantness. It must not be changeable every time. It gives us a positive character to live accordingly.

Harmony in one's self entire existence- It is said that investigating oneself helps us to understand harmony with body & soul (self) (I) self-investigation also helps to make us understand that there is Harmony in nature also which we have to find out while interacting with our surroundings we have to learn to live in harmony by practicing about self-exploration.

Identify innate (natural) self-organisation & self-expressiveness- Until and unless we do not end up the dialogue what I am and what I wanted to be? - will not end till then we will be confused. It is the state of contradiction that makes us slave of our surroundings. Advises of Others, bookish knowledge & preconditioning which is not good for our self because we become dependent when the habit of questioning like- what I am & what I want to be will end in our self-then all contradictions and conflicts will be over because it is indication that we have understood Harmony with our self & others.

Content of self-exploration: -

Self-exploration can be done in the basis of 2 different entities one is desire and another is program.

Desire: - Desire is aspiration that we assume or want something in life not considering whether it is important for life or not.

Program: - Program is the process to fulfil our desire,the action that we take to actualize our desires .It is like we think, we use, we plan to execute to fulfil the desire but here we need to observe what we want how we want and how we do, because many times we make a list of many unwanted things which are not required so when we are pointed towards need but not the desire that can make us happy it means we have understood self-exploration.

3 Natural Acceptance

Natural acceptance is an in built property of every individual where it declares that every human being is incorrupt or the self of every person is good. It helps us to understand what is good, judge right or wrong on the basis of any proposal (Values) to be accepted.

Natural Acceptance teaches that no value is to be accepted without verifying otherwise it will be only assumption. It is unchangeable on the basis of following points: -

Time: - Natural acceptance equals to good & permanent value it doesn't change after for next 100 years

Natural acceptance would always be same at every place of this earth. It doesn't change with different places

N.A doesn't depend on believe of and preconditioning that tells us to hate the people of other religion & cast, we must analysis it, if it is naturally acceptable or if not then any kind of deep preconditioning cannot make us to accept these social beliefs naturally accepted.

N.A is constant in our hearts, n. a is that when somebody thinks about a negative thought to exploit or torture or disrespect others ,these thoughts of cheating others make us unhappy because these thoughts are not naturally accepted to us and that is why human beings are unhappy today. Although we give so many explanations to invent justification because these thoughts are not naturally acceptable.

N.A. is a part and parcel in our life every person needs respect and trust and therefore when a person A disrespects person B ,B would also disrespect A and If we respect others we get respect.

We take it as our own domain (our kingdom) we speak the words like personal life and privacy but these things conflict our thinking. Then we try out hard to justify to defend our thinking but we cheat ourselves and we love happiness and harmony in relationship because we don't verify our beliefs otherwise we could have been very happy.

Realisation & Understanding

We have to verify every assumption and on the basis of N.A. and experimental validation living according to N.A. will make us more authentic we are unhappy because we have not judged it on the basis of N.A

Proposal => Realization OR Understanding => Testing => Assurance => Satisfy Universality -Time, Spare, Individual

An individual needs to be assured on the basis of natural acceptance understating in very self.

Satisfying when the answer are fulfilled

This proposal is universally acceptable in every time everywhere with every individual because in past , present & future, on every portion of land with any person we can verify or re-verify a universal value is same everywhere.

When we have realization & understanding we get the knowledge that natural acceptance remains intact.

4 Basic Human aspirations Continuous Happiness & Prosperity.

Our Basic Requirement: - In human life is that we want so many things when a list is prepared longest one like studies, , a big car & house. Sometimes we succeed and sometimes we don't we feel that happiness must be with us for even without breaks it is a desire everyone when desires are unfulfilled we become unhappy so correct understanding is required to maintain harmony using our natural acceptance.

Physical facilities are the material things which help us to fulfil the needs of body and to have it in large amount we feel prosper so, finally we come to know that continuous happiness & prosperities are the basic aspirations of every individual. We need to understand it

Exploring Happiness & Aspiration

Happiness: - Today it is the feeling to feel happy. And we want to accept effortlessly naturally for example the feeling of respect that we want it continuously. It is a state of harmony between two people. It is reciprocal also when we give respect we receive respect .Two people feel relaxed when they have harmony in thoughts & feeling when the harmony is disturbed we feel unhappy every individual experience the feelings of failure disrespect lack of confidence doubts these are the states of conflict we

do not find harmony in this state and so continuity of happiness is disturbed and we become unhappy we must point out that our happiness is dependent on our sensory interactions like tasty food ,sweets, fragrance, beauty in the world which are short lived & these cannot be ensured for continuity this kind of happiness will lead unhappiness .

Prosperity: - Prosperity is related to material things or we can say physical facilities we need to think about the non-living things these non-living things are required to take care about our body. When a person capable to fulfil the need is feeling prosper.

Prosperity is the filling of having & or making available more than required the physical facilities where 2 things are important assessment and need before collecting physical facilities, if we limit the things we can avail the feeling of prosperity and secondly we can make a list of what we have extra & if we try to share it with others also then only person can be called prosper but who is not enriched with this feeling , is considered deprived.

Wealth is a physical thing to have lot of than we need but prosperity is a feeling of having to share what more we have with others we need to check what is our natural acceptance to accumulate more and feel poor or accumulate less & feel rich the answer is to feel prosper we need to check how much is needed, identifying our needs otherwise the hunger of accumulation will never be satisfied like a bottom less glass.

We are directly or indirectly dependent on nature so we are destroying it, here human beings must develop for appropriate technologies to use natural resources to make it renewable.

The prevailing notion of happiness & prosperity in our society

The latest idea present in the society is to maximise consumption of physical facilities on the basis of sensory interactions. But it has resulted in wrong assessment. It cannot make us continuously happy as it is anti-ecological & anti people The consequence are seen today are-

Individuals are depressed today.

Relationships are breaking

In society we see terrorism &is nature pollution & for happiness & prosperity. There can be some question like if I'm always happy? My learning will be stopped .Happiness may be a small thing.

Actually it is like two sides of one coin it cannot be learnt by disrespecting others. Very few of others try to understand Happiness we can't understand what we are &what we want to be. Our happiness is dependent on our believe and preconditioning, therefore, we become unhappy in our life so it is important to know harmony and motivation behind all works.

Conclusion

These are the values which teach us peace, care & selflessness so on and so for. The absence of Human values in modern time is responsible to incur great imbalance In society to make man unethical that man is found unhappy, unsuccessful & unsafe.

References-*A foundation Course in Human Values and Professional Ethics-R.R.GAUR, R. SANGAL, G.P.BAGARIA*