

**UNIVERSAL HUMAN VALUES – UNDERSTANDING HARMONY AND
ETHICAL HUMAN CONDUCT
UNIT I – Introduction to Value Education**

Practice Sessions for UNIT I – Introduction to Value Education

PS1: Sharing about Oneself

Introduce yourself in detail.

What are the goals in your life?

How do you set your goals in your life?

How do you differentiate between right and wrong?

What have been your achievements and shortcomings in your life? Observe and analyze them.

Home Work:

What is your idea of success/progress/development?

Expected outcome:

The students start exploring themselves: get comfortable to each other and to the teacher and start finding the need and relevance for the course.

PS2: Exploring Human Consciousness

Now-a-days, there is a lot of talk about many techno-genie maladies such as energy and material resource depletion, environmental pollution, global warming, ozone depletion, deforestation, soil degradation, etc. - all these seem to be manmade problems, threatening the survival of life Earth - What is the root cause of these maladies & what is the way out in opinion? On the other hand, there is rapidly growing danger because of nuclear proliferation, arms race, terrorism, breakdown of relationships, generation gap, depression & suicidal attempts etc. - what do you think, is the root cause of these threats to human happiness and peace - what could be the way out in your opinion?

Home Work:

1. What is your idea of success/progress/development?

2. What is your idea of happiness?

Expected outcome:

The students start finding that technical education without study of human values can generate more problems than solutions. They also start feeling that lack of understanding of human values is the root cause of all problems and the sustained solution could emerge only through understanding of human value based living. Any solution brought out through fear, temptation of dogma will not be sustainable.

PS3: Exploring Natural Acceptance

1. Observe that each of us has the faculty of „Natural Acceptance“, based on which one can verify what is right or not right for him. (As such we are not properly trained to listen to our „Natural Acceptance“ and may a time it is also clouded by our strong per-conditioning and sensory attractions).

Explore the following:

i) What is „Naturally Acceptable“ to you in relationship the feeling of respect or disrespect for yourself and for others?

(ii) What is „naturally Acceptable“ to you - to nurture or to exploit others?

Is your living in accordance with your natural acceptance or different from it?

2. Out of the three basic requirements for fulfillment of your aspirations - right understanding, relationship and physical facilities - observe how the problems in your family are related to each. Also observe how much time & effort you devote for each in your daily routine.

Home Work:

1. What are the 3 key problems you see around yourself at each of the 4 levels – individual, family, society and nature/existence?
2. What are the possible solutions you can think of for each of the problems identified earlier?

Expected outcome:

1. The students are able to see that verification on the basis of natural acceptance and experiential validation through living is the only way to verify right or wrong, and referring to any external source like text or instrument or any other person cannot enable them to verify with authenticity; it will only develop assumptions.
2. The students are able to see that their practice in living is not in harmony with their natural acceptance most of the time, and all they need to do is to refer to their natural acceptance to remove this disharmony.
3. The students are able to see that lack of right understanding leading to lack of relationship is the major cause of problems in their family and not the lack of physical facilities in most of the cases, while they have given higher priority to earning of physical facilities in their life ignoring relationships and not being aware that right understanding is the most important requirement for any human being.