

G H RAISONI COLLEGE OF ENGINEERING & MANAGEMENT, NAGPUR

(An Autonomous Institute Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur)

Accredited by NAAC with A+ Grade

Department of Civil Engineering

GH raisoni COLLEGE
Engineering and Management
Nagpur

raisoni EDUCATION

Name of Faculty	Dr. Vijaya K Kotapati
Name of Subject-	Understanding Human Values
Subject Course Code-	UHUL304
Year/Semester	III/VI

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Course Title: UNDERSTANDING HUMAN VALUES										
Semester	VI	Teaching Scheme				Evaluation Scheme				
						Theory			Practical	
Term	EVEN	Th	Tu	Pr	Credits	TAE	CAE	ESE	INT	EXT
Course Category	H	3 Hrs.	.		3	10	15	50	25	-
Course Code	UHUL304									
Teaching Mode	Offline	3 Hrs.			Total	75			25	
Duration of ESE	3.00					100				

Course Objectives	Development of a holistic perspective based on self- exploration about themselves (human being), family, society and nature/existence
	Understanding (or developing clarity) of the harmony in the human being, family, society and nature/existence
	Strengthening of self-reflection and development of commitment and courage to act.
Course Outcomes	**CO1**: Students are expected to become more aware of themselves.
	CO2: Students are expected to become more aware of their surroundings (family, society, nature).
	CO3: Students should become more responsible in life, and in handling problems with sustainable solutions, while keeping human relationships and human nature in mind.
	CO4: Students would have better critical ability, they would also become sensitive to their commitment towards what they have understood (human values, human relationship and human society).
	CO5: Students would be able to apply what they have learnt to their own self in different day-to-day settings in real life.

Mapping

Course Outcomes	Program Outcomes and Program Specific Outcomes													
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1						2	3	1			2			
CO2			3			2	2		2		2			
CO3			3			3	2							
CO4			2			2	2							
CO5			1			1	2				3			

Unit-1

Understanding Harmony in the Human Being

Understanding Human being as the Co-existence of the Self and the Body

About this Material and Effort on Universal Human Values

It has been prepared by UHV TEAM (uhv.org.in)

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We consider the efforts towards integrating value education in the present education system and moving towards holistic value-based education as a worthy mission for the wellbeing of all. In this spirit and to enable widespread usage, no royalty or fee is charged on this work.

We acknowledge, with deep gratitude, the existence, the entire nature and effort by generations of human beings for understanding and living by truth, love and compassion. The UHV effort is in continuation of this human tradition.

Guidelines for this effort and further efforts in this direction:

1. Universal – the content must be universal – applicable to all human beings and be true at all times, in all places
   Should not depend on sect, creed, nationality, race, gender, etc.
2. Rational – the content must be amenable to logical reasoning
   Should not be based on blind beliefs
3. Verifiable – the student should be able to verify the values on his/her own right (on the basis of their natural acceptance and experiential validation)
   Should not be asked to believe just because it is stated in the course
4. Leading to Harmony – the values have to enable us to live in peace and harmony within our own self as well as with others (human being and rest of nature)
   Should not lead to contradiction, differentiation, sectarianism, struggle, chaos, etc.

Understanding the Human Being
(As Co-existence of Self and Body)

We are human beings; and we need to first understand ourselves.
So, what is a human being? The proposal is that human being is co-existence of the Self and the Body.
Self is what we term as 'I' and Body is what we see with our eyes.

To understand the two realities, we can start by looking at the needs, activities and response of the Self and the Body.

Human Being मानव	Self मैं	Co-existence सहअस्तित्व	Body शरीर
Need आवश्यकता	Happiness (e.g. Respect) सुख (जैसे सम्मान)		Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
In Time काल में	Continuous निरन्तर		Temporary सामयिक
In Quantity मात्रा में	Qualitative (is Feeling) गुणात्मक (भाव है)		Quantitative (Required in Limited Quantity) मात्रात्मक (सीमित मात्रा में)
Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव		Physio-chemical Things भौतिक-रासायनिक वस्तु
Activity क्रिया	Desire, Thought, Expectation... इच्छा, विचार, आशा...		Eating, Walking... खाना, चलना...
In Time काल में	Continuous निरन्तर		Temporary सामयिक
Response	Knowing, Assuming*, Recognising, Fulfilling जानना, मानना, पहचानना, निर्वाह करना		Recognising, Fulfilling पहचानना, निर्वाह करना

* Assuming or Accepting

The Needs of the Self and the Body

The need of the Self is happiness (e.g. feeling of respect leading to happiness) while the need of the Body is physical facility (e.g. food). All the needs related to the Self are continuous in time while all the needs related to the Body are required for a limited time. This is one way we can differentiate between the need of the Self and the need of the Body.

The other way to see the difference between the two is in terms of quantity and quality. The need for food is quantitative in nature. We can identify the quantity of the food needed to nurture our body. Same is the case with the need of clothes, shelter, etc. On the other hand, the feeling of respect, trust, etc. is not quantitative. We don't say, 'today I got half kg of respect' or 'two metres of trust'. These feelings are qualitative in nature.

Now, let us see how these two different types of needs are fulfilled. The need for food is fulfilled by something physical. But when it comes to the need for respect, it is fulfilled by the feeling of respect. All the needs related to the Body are fulfilled by some physio-chemical things. All the needs related to the Self are in terms of feeling, and they are fulfilled by right understanding and right feeling.

The Activities of the Self and the Body

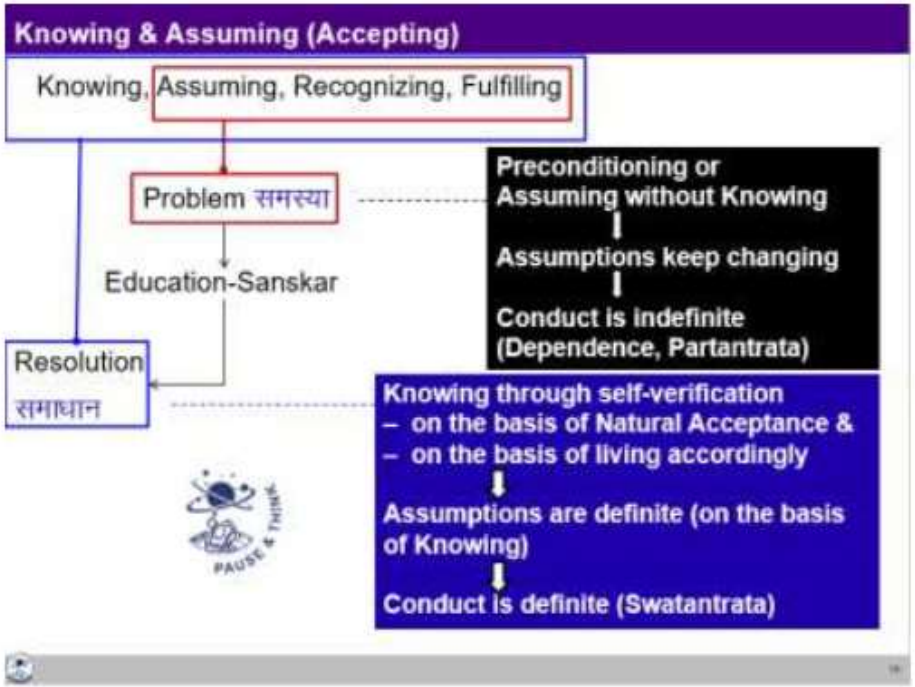
The Self has the activity of desire, thought and expectation which are continuous. On the other hand, any activity of the Body, like eating, walking, etc. is temporary in time.

The Response of the Self and the Body

The response of the Body is based on recognizing and fulfilling whereas the response of the Self is based on knowing, assuming, recognizing and fulfilling. The recognition and fulfilment of the Body is definite, while that of Self is determined by the activity of assuming. As assumption changes, the recognition and fulfilment by the Self also changes. The conduct of the human being basically depends upon the response of the Self, as all decisions are made by the Self. Only with the assumptions set right, i.e. assuming based on knowing (which is definite), can recognising and fulfilling be set right; and only then, the conduct can become definite.

All the problems of a human being are due to assumptions without knowing, and the solution lies in ensuring the activity of knowing. And this is possible only through education-sanskar.

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The Self as the Consciousness Entity, the Body as the Material Entity

The Self and the Body are two different types of reality. The Self is the domain of consciousness, which is characterised by the activity of knowing, assuming, recognising and fulfilling. The Body is the domain of material and it only has the activity of recognising and fulfilling.

Happiness is the need of the consciousness and it is fulfilled by right understanding and right feeling, which are activities of the consciousness itself. The Body is a material unit, its needs are material in nature and they are fulfilled by physio-chemical things.

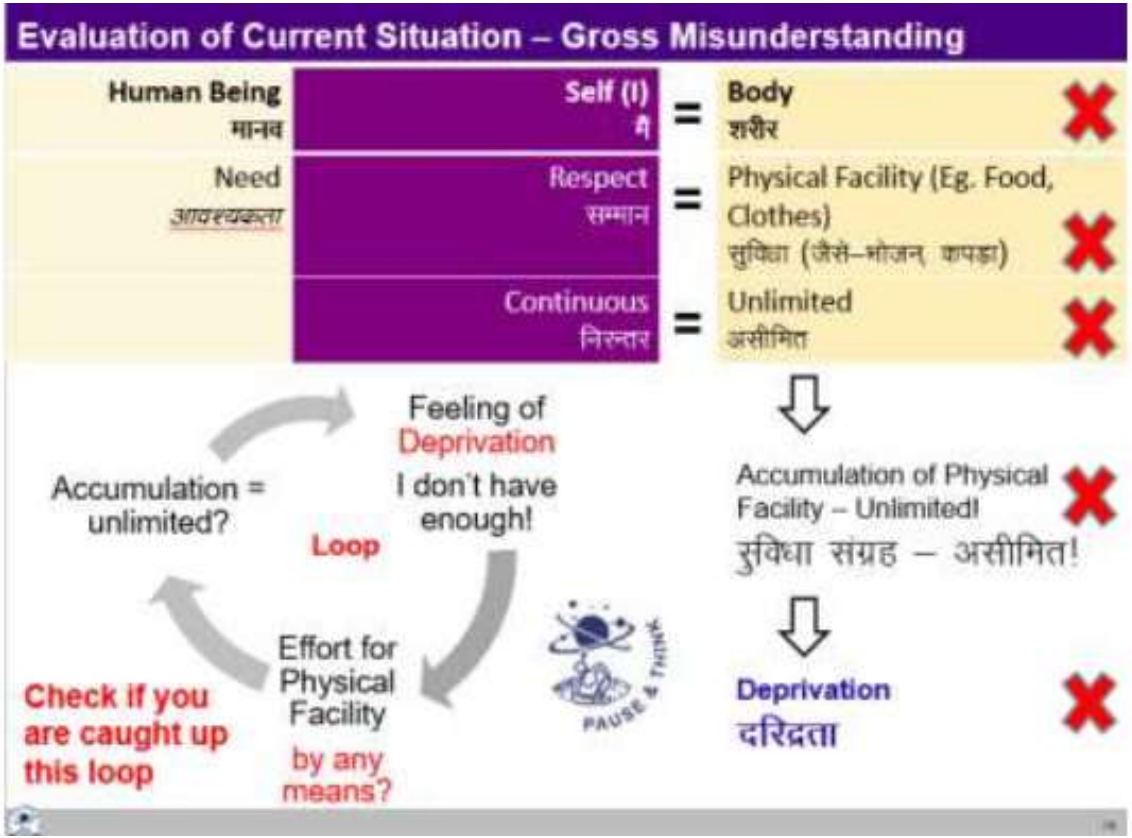
To understand the human being, both the domain of consciousness as well as the domain of material needs to be understood. For human being to be fulfilled, both domains need to be fulfilled separately.

Key Takeaways

Human being is co-existence of the Self (Consciousness) and the Body (Material). This can be seen on the basis of exploring into the need, fulfilment of need, activity and response of the Self and the Body. In particular, the response of the body is definite while the response of the self depends on assuming. With assuming based on knowing, the conduct of a human being gets definite, otherwise it is indefinite.

Gross Misunderstanding – Assuming Human Being to be only the Body

The gross misunderstanding is assuming the human being to be the Body; and therefore, trying to fulfil all the needs through physical facility.


Evaluation of Current Situation – Gross Misunderstanding
Human Being
मानव
Self (I)
मैं
=
Body
शरीर
Need
आवश्यकता
Respect
सम्मान
=
Physical Facility (Eg. Food, Clothes)
सुविधा (जैसे–भोजन, कपड़ा)
Continuous
निरन्तर
=
Unlimited
असीमित
Feeling of Deprivation
I don't have enough!
Accumulation = unlimited?
Loop
Accumulation of Physical Facility – Unlimited!
सुविधा संग्रह – असीमित!
Effort for Physical Facility by any means?
Check if you are caught up this loop
PAUSE & THINK
Deprivation
दरिद्रता

It is needless to say that due to over-use of physical facility, there are widespread repercussions at every level of human existence. On the one hand, there is exploitation of natural resources for more and more physical facility. On the other hand, human beings are exploited in the process and also, they are made to compete for the limited physical facility.

The Way Ahead

The only way to come out of this misunderstanding is to understand the human being as it is. The Self has to be understood as a conscious entity and Body as a material entity. Their needs are different, activities are different, response is different and basically, they are two different entities co-existing as a human being.

Understanding Harmony in the Self

Now we will explore into the activities of the Self and see how harmony can be ensured among all the activities of the Self, resulting into a state of continuous happiness.

Activities of the Self

The activities of the Self can be seen in terms of desire, thought and expectation.

Desire is the name given to the activity of imaging. You are making an image in the Self. Desire is in the form of an image which you have created within. Thought is the power for the activity of analysing based on comparing various possibilities to fulfil your desire. Expectation is the power for the activity of selecting based on tasting.

Activities of the Self are Continuous

These powers of desire, thought and expectation are inexhaustible, and the activities are continuous. The activities of imaging, analyzing-comparing and selecting-tasting are always going on, whether we are aware of them or not.

These Activities Together Constitute Imagination

These activities are together called imagination. We may not immediately be able to observe our desire, thought and expectation distinctly, but it may be easier to see that something is going on within. One imagination or the other is going on in us all the time.

Happiness and unhappiness depend on the state of imagination. If your imagination is in harmony with your natural acceptance, you are in a state of happiness. When it is in contradiction with your natural acceptance, you are in a state of unhappiness.
Imagination is expressed to the world outside, in terms of behaviour with human being and work with the rest of nature.

We have also referred to imagination as "what I am" and the natural acceptance as "what I really want to be".

State of Imagination

Once you start looking at your imagination, you will be able to find out the state of your imagination. Your imagination could be well organised, in harmony or it could be a random mixture of harmony and contradiction.

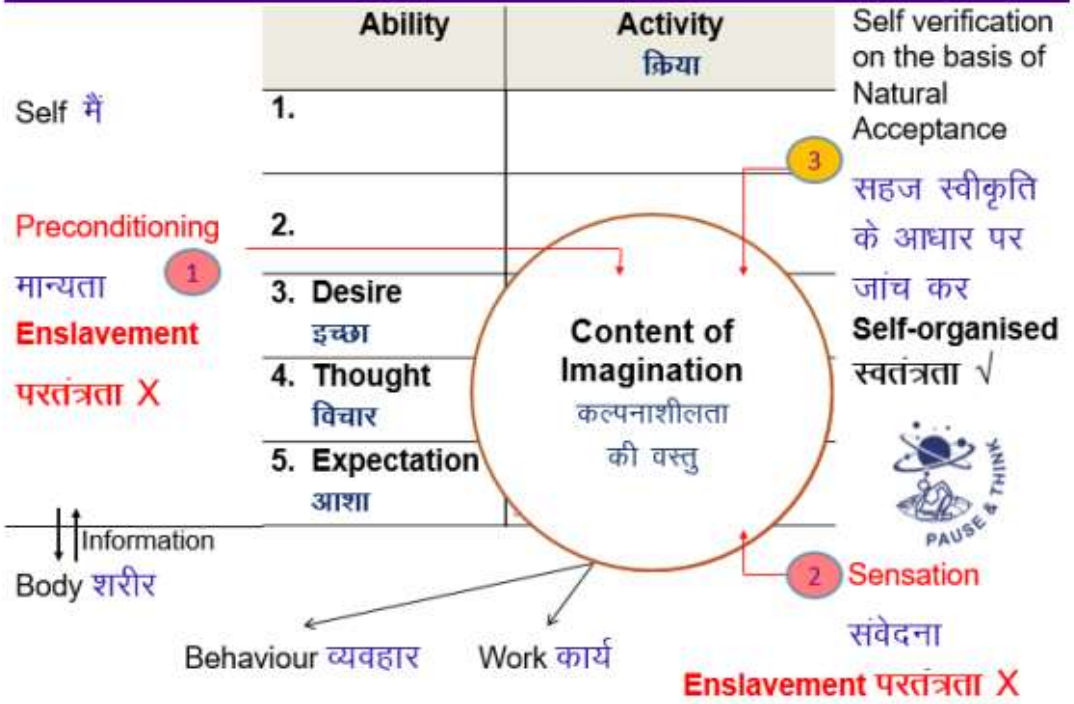
Possible Sources of Imagination

There are three possible sources of motivation for imagination: 1. Preconditioning, 2. Sensation and 3. Natural Acceptance

A dominant source of imagination is preconditioning. Preconditioning means the beliefs, notions, norms, ideas, views, dictums, goals, etc. prevailing in the family, in the society which we have assumed without knowing. They may influence our imagination.

Another major source of our desire, our imagination is the sensation. Sensation is the information we get from the Body through the five sense organs – of sound, touch, sight, taste and smell.

Sources of Motivation for our Imagination and its Implications

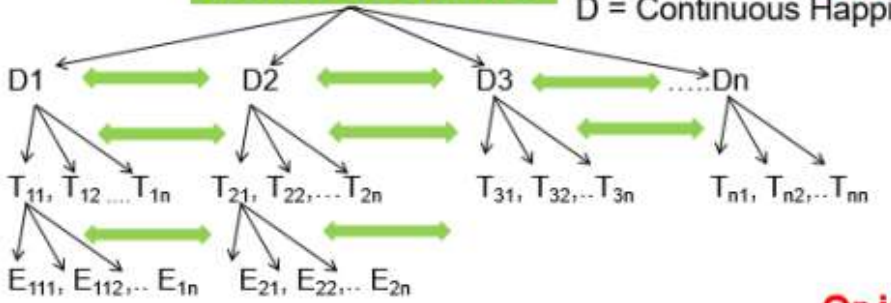


Content of Imagination in the Self

Natural Acceptance

Is it like this?

D = Continuous Happiness & Prosperity

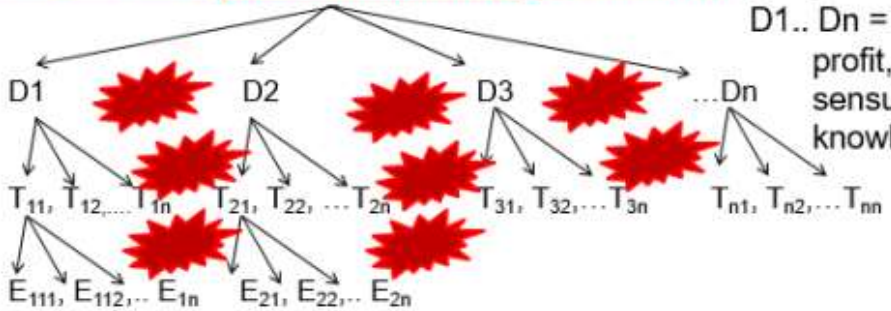


Or is it like this?

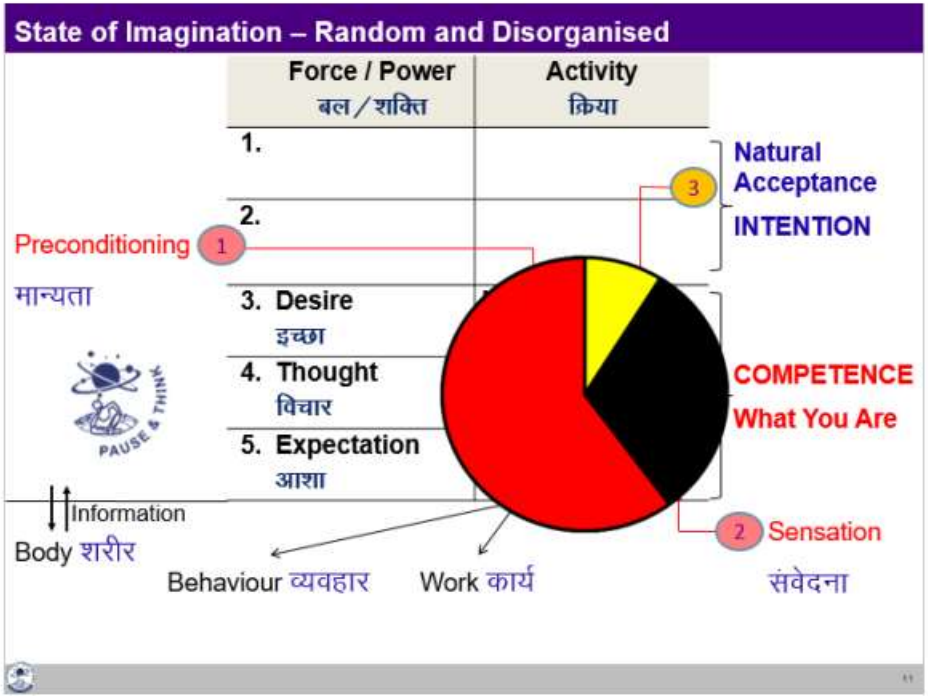
Natural Acceptance | Preconditioning | Sensation

D = ?

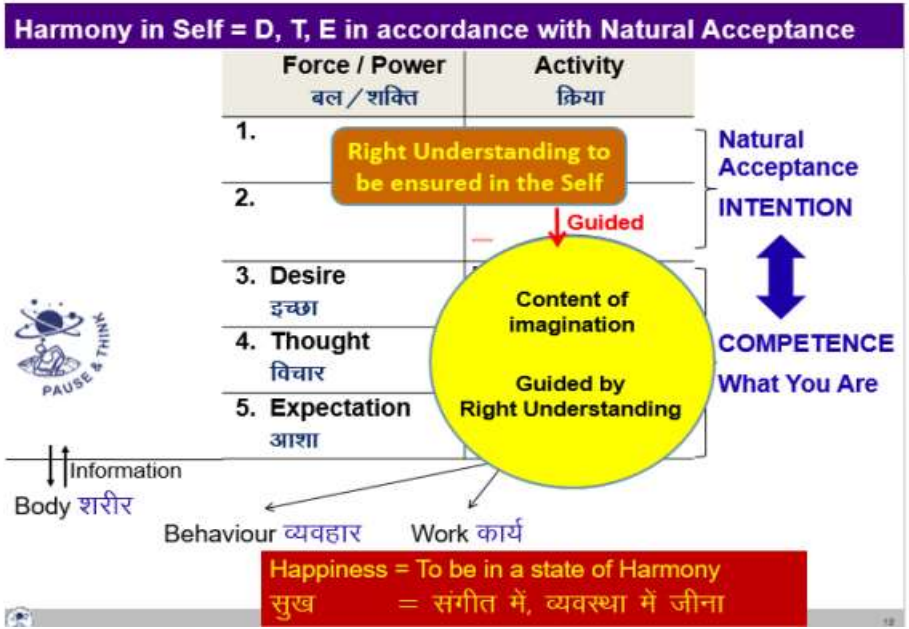
D1.. Dn = Consumption, profit, name, fame.. sensual pleasure … knowledge,…



And then there is a large possibility that there is contradiction in your desires, leading to contradiction in your thoughts and then expectations. In such a state of contradiction within, your imagination is enough to keep you unhappy all the time.



There is a possibility that a large share of your imagination is enslaved by preconditionings and sensations, while a very small share is guided by your natural acceptance. One thing to note here is that sensation is not an enslavement in itself. Through sensation only, the Self is able to take proper care of the Body. But problem arises when you try to associate happiness with favourable sensations. Similarly, there could be some preconditioning which may also be right. But unless you verify it, and validate in your living, it is just like an enslavement. And this leads to unhappiness.



If your imagination is guided by your natural acceptance, you are sure to be in harmony and happiness within. You are self-organized.

The Way Ahead

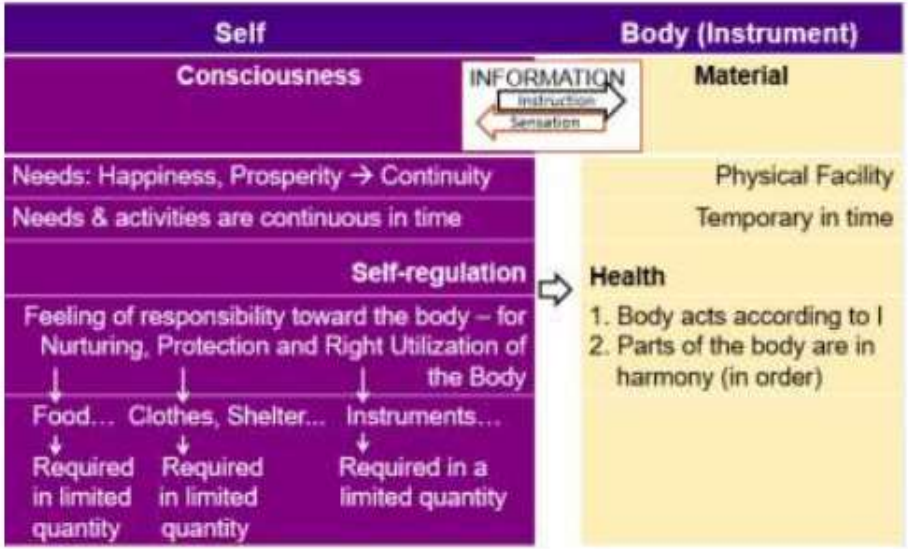
– Ensuring Harmony in the Self by way of Self-exploration

To achieve this harmony in the Self, we need to start self-exploration. In the process, we need to:

- Know our natural acceptance
- Be aware of our imagination
- Find out the source of imagination
- Work out a way to sort out our imagination till it is fully in line with our natural acceptance

When the imagination is in harmony with the natural acceptance, there is harmony in the Self. This harmony is happiness.

Feeling of self-regulation = the feeling of responsibility in the self towards the Body – for nurturing, protection and right utilization of the Body.



Programme for Self-regulation and Health

As we discussed earlier, feeling of self-regulation is the feeling of responsibility in the Self for nurturing, protection and right utilization of the Body. We can now detail it further:

Nurturing the Body

Nurturing means providing the necessary inputs to the Body. The right inputs nurture the Body, without disturbing its harmony.

The programme for nurturing and maintaining health of the Body includes the following:

1a. Intake	1b. Routine
2a. Physical Labour	2b. Exercise
3a. Balancing internal and external organs of body	3b. Balancing breathing of body
4a. Medicine	4b. Treatment

Revisiting Prosperity in the Light of the Harmony between the Self and the Body

The need for the physical facility is essentially related to fulfillment of this feeling of responsibility towards the Body, i.e. we need physical facility for nurturing the Body (food…), for protecting the Body (clothes, shelter…) and for rightly utilizing the Body (instruments…) and that's it. And if we can see this clearly, we can also see that the physical facility required to ensure each one of them is required in limited quantity. Hence, prosperity is very much possible.

As an exercise, one can list all the physical facilities required for these three purposes, and see whether they are limited. Next, one can assess the available facilities, and see if they are more than required. If not, then how much more will be required can be worked out. This will clearly give a vision for ensuring prosperity.

My Participation (Value) regarding Self and my Body

My participation (value) with my Body is:

- Ensuring a feeling of self-regulation in the Self
- Ensuring the nurturing, protection and right utilisation of the Body
- Ensuring the production / availability of more than required physical facility for the above

By ensuring these three, the Body continues to be in harmony, it remains healthy. And one also has the feeling of prosperity.