



A T M E
College of Engineering



DEPARTMENT OF MECHANICAL ENGINEERING

Universal Human Values

(Based on Jeevan Vidya)

Dr. Mohanakumara K C
Assistant professor,
Dept. of Mechanical Engineering,
ATMECE, Mysuru



Why UHV?

- In the last few decades, how has the life changed for all of us ?
- What are the changes that we have liked, are we happy about ?
- Are there some changes we wish had not happened ? We are worried and concerned about ?

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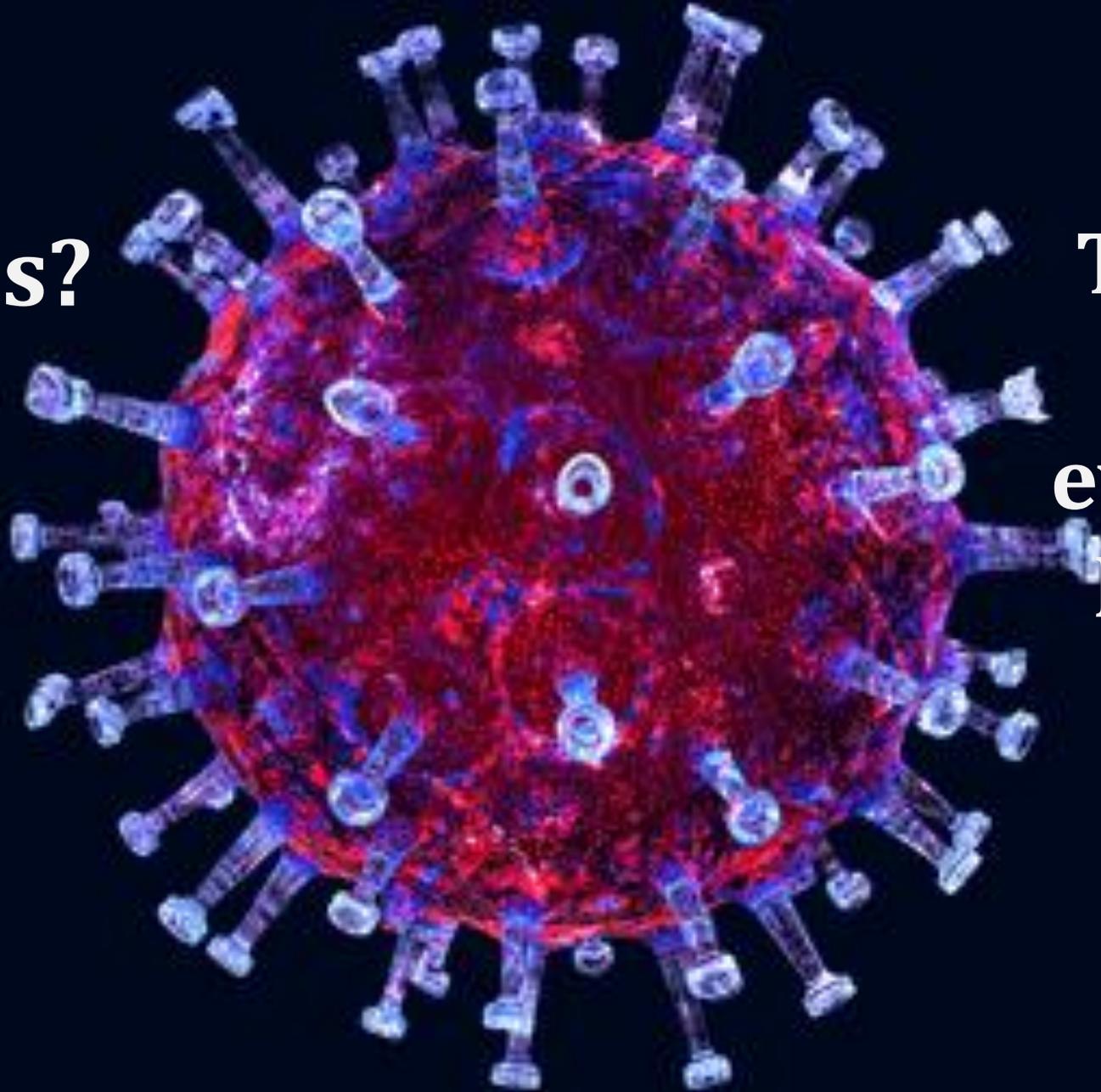
Why UHV?



Why UHV?



What is this?

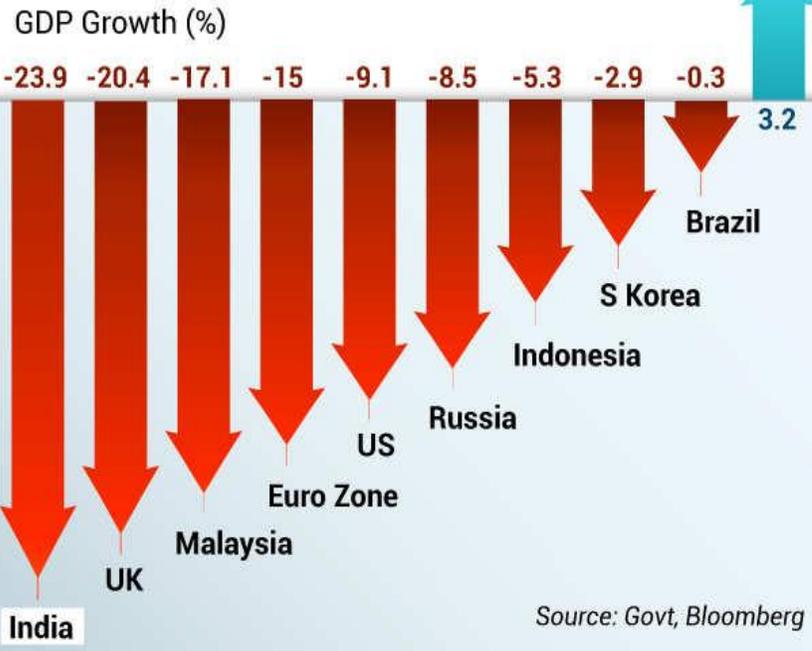


**The greatest
challenge
ever faced by
Human race
in 21st
Century.....!**

ECONOMY



In June-quarter, India is among economies worst hit by pandemic



Source: Govt, Bloomberg



This combination of pictures created on May 13, 2020, shows a general view of the **Barceloneta beach in Barcelona**, overcrowded on August 21, 2017 (L) and empty on May 13, 2020, during the national lockdown to prevent the spread of the COVID-19 disease. (Photos by Josep LAGO / AFP)



HOSPITALITY, TOURISM
 Industry Size: Hotels - ₹37,000-39,000 cr, Tourism - ₹18 lakh cr
 Total Employees: 40 million
CORONA IMPACT
 1) Tourism body expects direct job losses
 2) Ancillary industries like hotels also take a severe hit
 3) Hotelivate estimates revenue \$1.3-1.55 billion (₹9,600-11,400 crore) in short term, 27-32% drop over last 15-25% casual/contract employees
 4) Indians make up 10% of global cruise liner staff; most may lose jobs

BANKING/NBFC
 SIZE ₹233 lakh crore (Deposits/Loans/Investments)

FINTECH
 SIZE ₹32 lakh crore

FMCG
 SIZE ₹4.7 lakh crore
THE COVID SHOCK
 Out-of-home to suffer first blow
 Supermarket already down

RETAIL
 SIZE ₹60 Lakh Crore
THE COVID SHOCK
 2 lakh outlets shut countrywide

WHAT FMCGWANTS
 Targeted rural stimulus
 Income tax rate cuts
 90-day grace period for tax filing

WHAT AVAIL
 Relief on land charges
 Making ATF tax-1
 Credit availability, discounted rates
 New charge to fund losses

THE SCARY NUMBERS
A Jobs Crisis Like No Other
 Massive unemployment...
 For many sectors, the worst is yet to come... it with minimal notice, in a country where the few bright spots. Here's

Retail: Organised and Unorganised
 Pre-Covid Employees: 46 Million | Job Losses Due To Covid: 6 million in next 3 months
 Can It Get Worse? YES, down, more jobs may go
STANDOUT FACTOID
 Samsonite's largest franchisee Bagzone Lifestyle is shutting 100+ stores

Travel & Tourism
 Pre-Covid Employees: 55 Million | Job Losses Due To Covid: 38 m in next few months
 Can It Get Worse? Tourism unlikely to pick YES, up even later this year
STANDOUT FACTOID
 Allied sectors such as guides, tourist transport can see 0-12 m more job losses

Telecom: Service, Manufacturing
 Pre-Covid Employees: 2 Million | Job Losses Due To Covid: 70,000
 Can It Get Worse? YES, industry, real estate stay down
IT FACTOID
 Job losses will be in IT sector

THE GOOD NEWS
 IT (4.3 m pre-Covid jobs) has seen minimal job cuts, will add 60K this year
 Education tech (1 m pre-Covid jobs) may hire 50% more than pre-Covid
 Banking and finance (4.5 m pre-Covid jobs) may hire 150,000 more

50 lakh demonetised
 India's unemployed affected than...

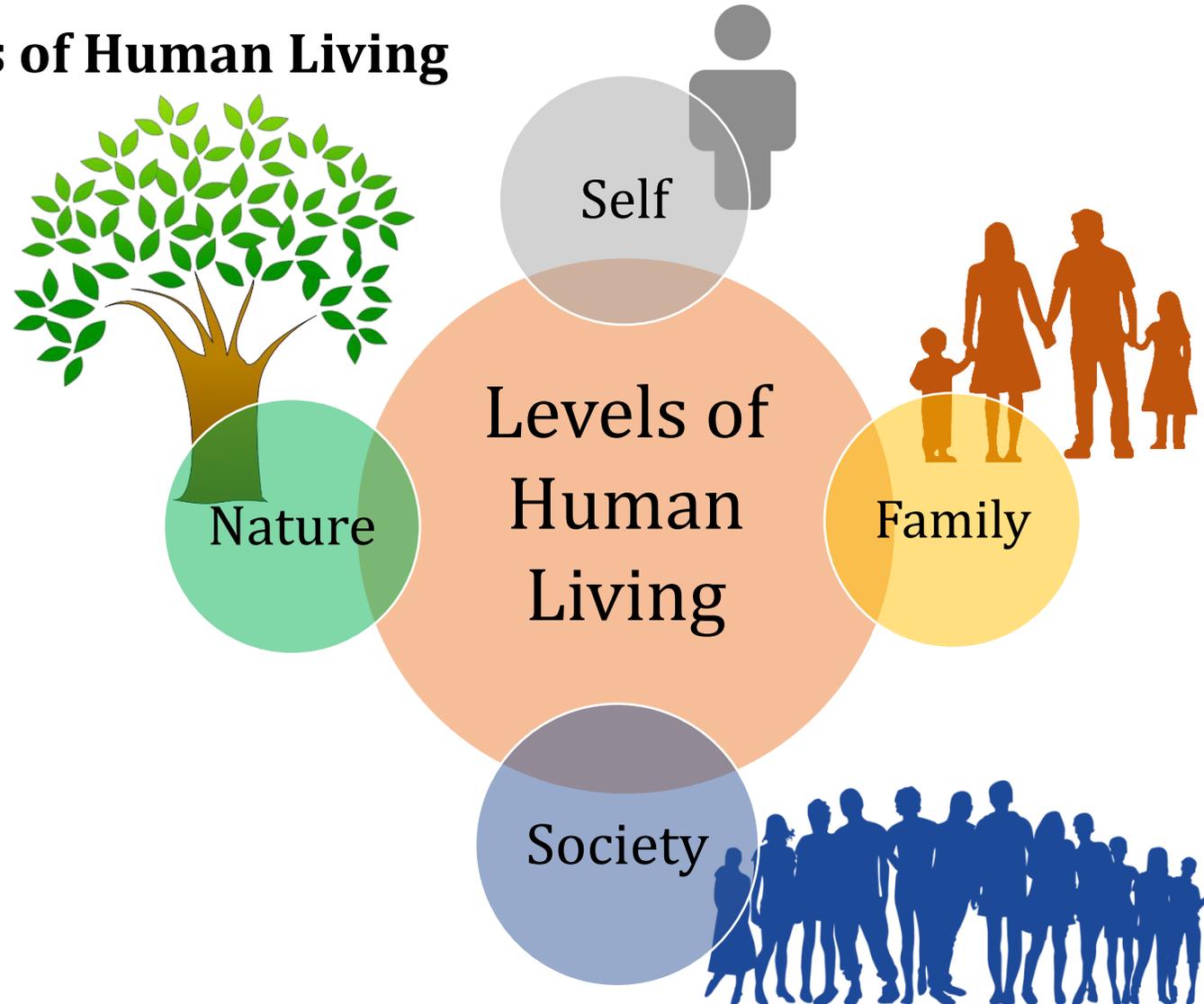
ak among millennials

6-4.5 m

education ground

INMENT

Four Levels of Human Living



Problems!

Self: Internal conflicts (to be rich person, or a good person), Loneliness, Directionless, Bored, Confusion about right or wrong, *Café Coffee Day CEO example*, Increasing pressures to succeed (*student suicides, getting distracted due to social media*)



Family: Breaking families, Who will keep old parents, (*Ambani brothers*), Generation gap

Problems!

Society: Wars, Terrorism, Corruption, Crime, Exploitation,
Profiteering



Nature: Pollution, Global warming, Resource depletion,
Reducing water levels, pandemics, *Cancer Express*:
<https://www.businessinsider.in/the-shocking-tale-of-indias-cancer-train/articleshow/52690219.cms>

- ❖ Universal human Values (UHV) is a proposal - based philosophy – Dialogue based
- ❖ Will not refer to any religious books. Experiential exploration.
- ❖ Basis for verification, **Explore** it within yourself on the basis of your **Natural**

Acceptance

- ❖ Logical
- ❖ Universal
- ❖ Practicable
- ❖ Verifiable



UHV is **about**

To know/ understand

- To understand the reality;
From Word to Meaning; From Meaning to Reality

UHV is **not-about**

Assumption / Belief

- To accept without knowing;
May be right, may be wrong

Word-Meaning

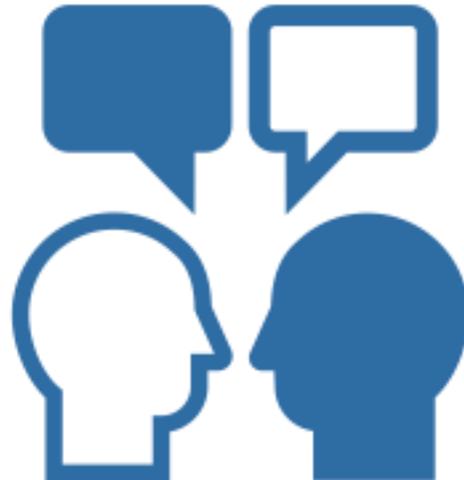
1. Dialogue

When does a dialog happen?

When B hears what A says, and A hears what B says ?

Or

When B understands what A says, and A understands what B says ?

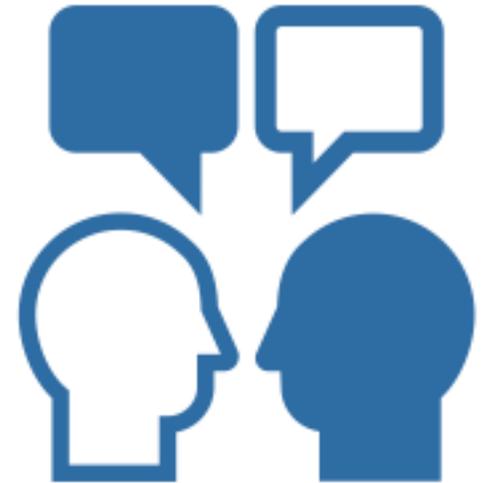


Word- Meaning: Dialogue

Dialog happens when Meaning is conveyed, not only the Word.

If the meanings are different for A and B, the meaning is NOT to be imposed.

But at least both the parties (A and B) should realize that their Meanings are different, although they are using the same Words.



Word- **Meaning:** 2.Universal

- Does not change with Individual
- Does not change with place
- Does not change with time



Word- Meaning: 3. Literate – Educated

Literate:

- Acquiring the Skills and Learning
 - (Able to read and write)
- cannot make a person Wise



Educated:

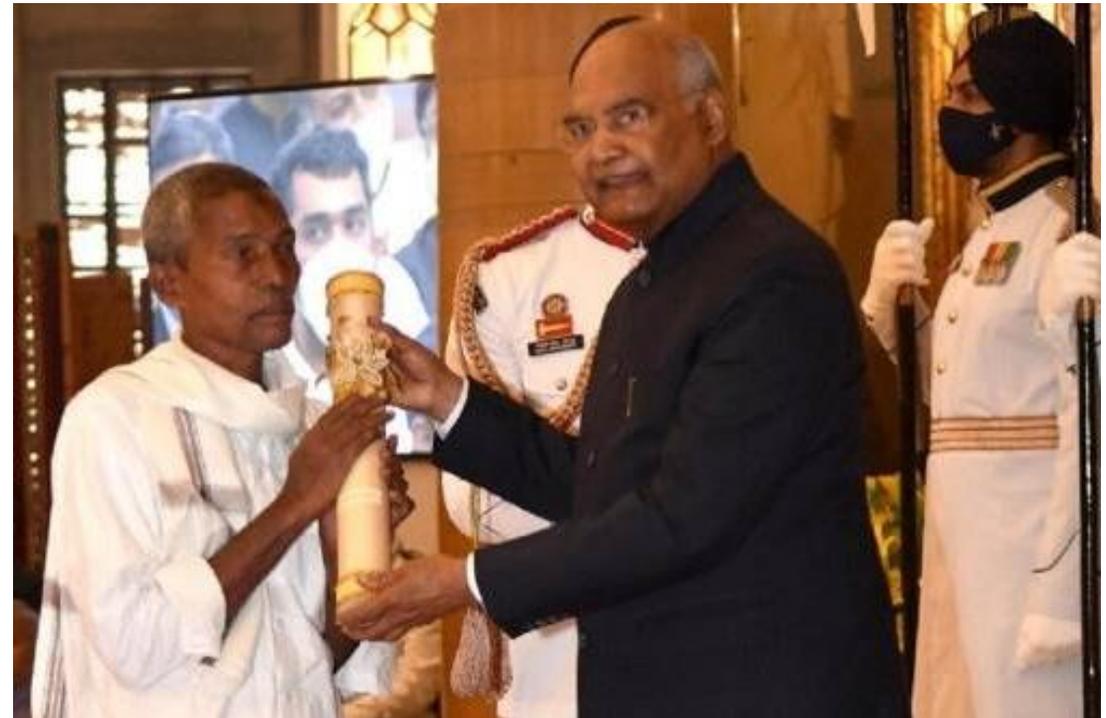
- Is about applying the Skills & Learning for the benefit of other people and society. (Imparting right understanding and skill)
- Can make person Wise

Word- Meaning: 3. Literate – Educated

Tulasi Gowda (environmentalist) – Padma Shri



Harekala Hajabba (social work) – Padma Shri



Word- Meaning: 3. Literate – Educated

Matha B. Manjamma Jogati(Art) – Padma Shri



Word- Meaning: 4. Information - Knowledge

Information:

- Facts provided or learned about something or someone.



Knowledge:

- The Fact or condition of being aware of something. Which is acquired through experience or education by perceiving, discovering, or learning.
- Having the right understanding of reality

Word- Meaning: 5. Medium- Goal

Medium:

- The path to Reach the goal



Goal:

- The object of a persons Ambition or Effort.
[Ultimately what we have to reach]

Word- Meaning: 6. Value-Price

Price:

- Is variable with respect to time, place & individual.



Value:

- Is absolute with respect to time, place & individual.
- Value of any unit in this existence is its participation in the larger order, of which it is a part
- The subject that enables us to understand “what is valuable” for human beings is called “Value education”. Also covers how to become valuable.

Word- **Meaning:** 7. Learning- Understanding

Learning:

- To gain Knowledge of Skills by Study/
Instruction



Understanding:

- Ability to know how to apply the acquired
knowledge

Word- Meaning: 8. To be alive- To live

To be Alive:

- To be alive = With fear, Scarcity, Insecure, Humiliation, Worries, Sad, Stress, Bore.



To live:

- To live = With confidence = Feeling of prosperity + Fulfilling relationships = Is with celebration

Two fundamental questions to man kind:

1. Why to live? (Basic Aspiration)
2. How to live? (Process to fulfil it)

“Why to live” will have same answer for everyone ? Or different answers ?

Aspirations and Concerns

- Make a list of your aspirations, the expectations of your family and friends and the hopes you see the nation has from you.
- Make a list of your concerns, fears, confusions, questions, etc.

Let us get some of the points from these lists on the board

| Aspirations | Concerns |
|--------------------|-----------------|
| | |
| | |
| | |
| | |
| | |
| | |

Effort

We are all making tremendous effort!

Is the effort that you are making:

- To fulfil your aspirations?
- To resolve your concerns, confusions and questions?
- For something else?

Now,

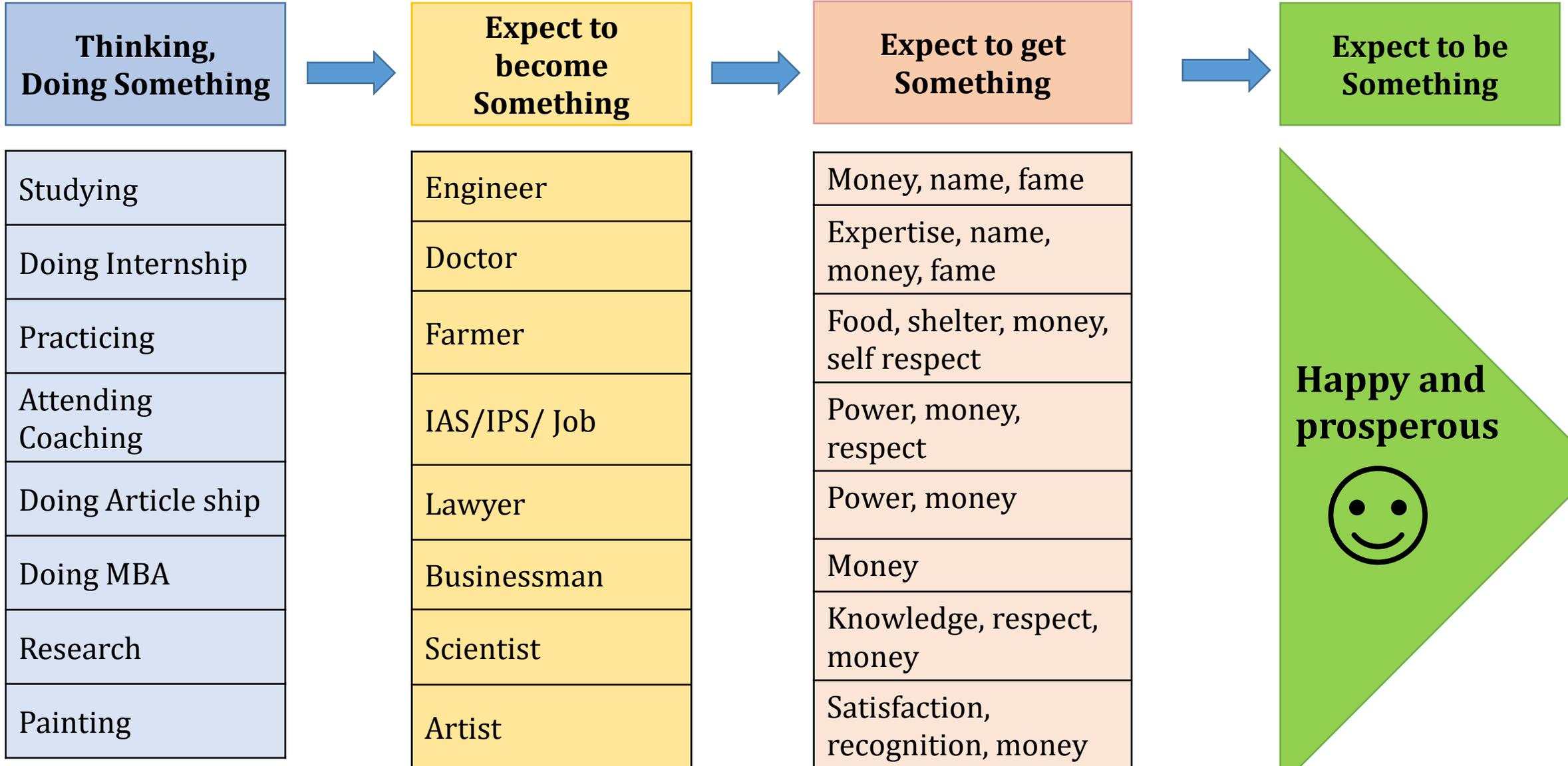
Make a list of all the effort that you are making, Also note down why you are making that effort

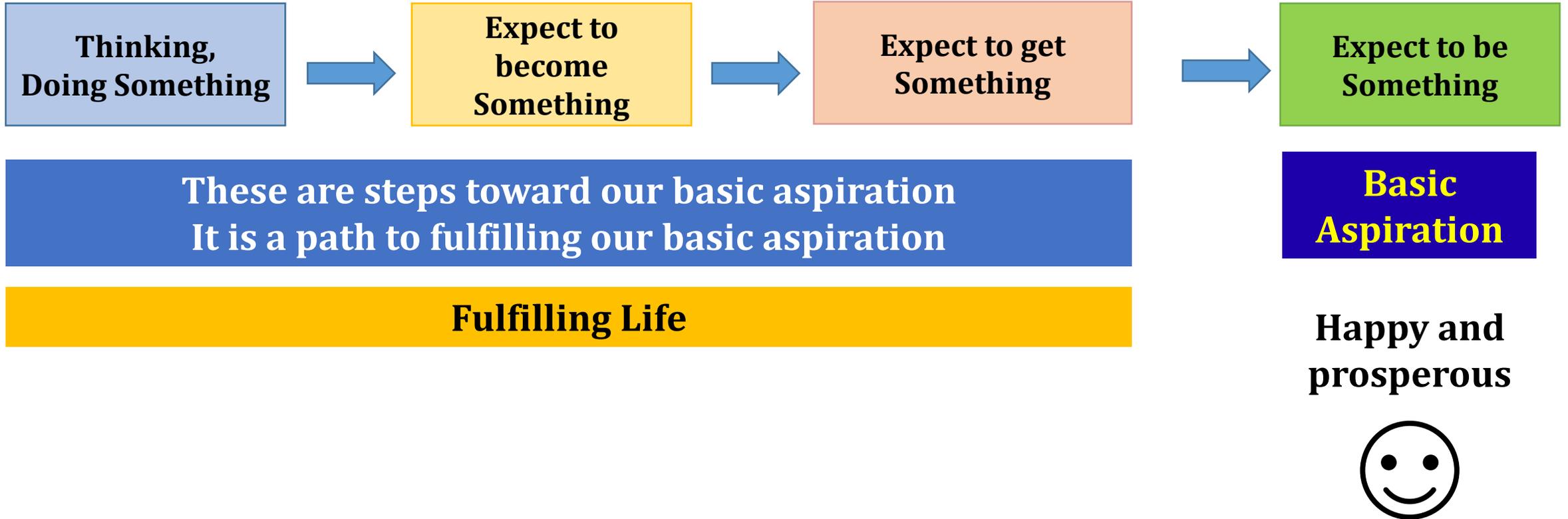
What is your basic aspiration?

Example:

I am studying hard... so that I get a degree... so that...

I am working diligently... to earn a respectable living... so that...







All the effort of human beings is for **HAPPINESS**, and **HAPPINESS** only.

Happiness

Happiness: The state or situation, in which I live, if there is harmony / synergy in it, then it is naturally acceptable to me to be in that state / situation

“Happiness is a state of living/ feeling of acceptance”

- Do we want happiness once in a while ?
 - Or continuously ?
- Continuous acceptance for continuous happiness
 - Acceptance for Order (harmony) or Disorder (disharmony) ?
 - Order (or Orderliness) = All parts working harmoniously



Happiness

Continuous Happiness!

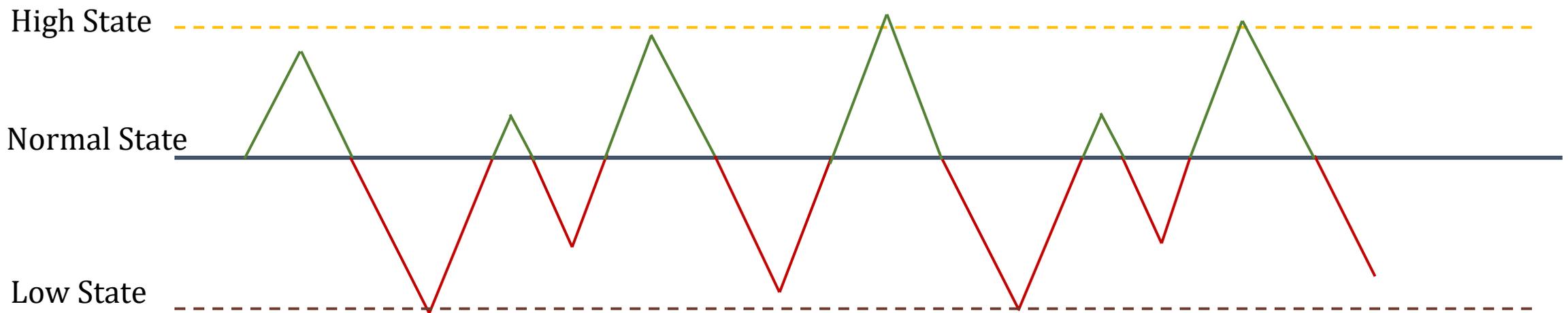
- Is happiness is at source ?
(Electronic gadgets, food, dress, vacation/ travelling?)
- Or happiness is inner state ?

Happiness

Happiness is **NOT**

- **NOT** what to do or what not to do.
- **NOT** moral Science – Something to preach.
- **NOT** a discourse – but creating Journey for learners.

- Happiness is more than a state of excitement, or momentary pleasures.



Happiness

Wisdom = Resolution = Happiness

Absence of wisdom = Problem = Unhappiness

Resolution = Freedom from doubt and illusion

Resolution = Answers of Why and How

Wise human being:

Ability to live harmoniously with other human beings and nature.

Goal of Education

Basic Question?

Education to get Degree



Education to Secure Job



Education to make money



Goal of Education

The Expectation from Education is.....!

**Understanding “What to do?”
&
Learning “How to do?”**

**Are both required or we can do with
just one of them?**

Goal of Education

Both are required.....

Understanding “**what to do**” = **Value Education**

Learning “**how to do**” = **Skill Development**

What would be the priority between these two?

The priority is:

Value Education (Understanding ‘what to do’)

Skill Development (Learning ‘how to do’)

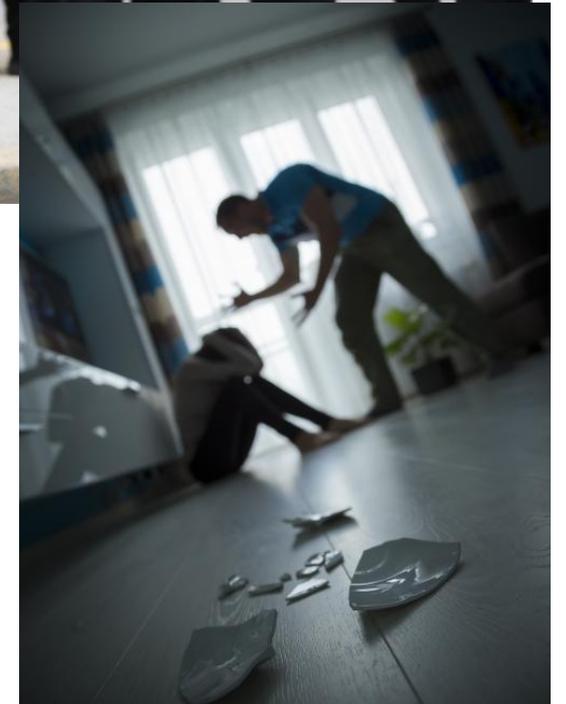
*There is **complementarity** between **Values & Skills***

Value Based Education



Why the need for Value Education:

- Increasing violent activities.
- Behavioral disorder.
- Lack of unity in society.
- Lack of obedience and discipline.



- The quantity of education has considerably increased, but the quality has decreased. **Why?**
- The number of educated people has reached at a high level, but murder, hatred, and selfishness have spread out like wildfire everywhere. **Why?**
- Many institutions are opened, but only few civilized people are produced. **Why?**
- Degrees are available for all, but the dignity has gone down. **Why?**
- Trained people are produced from many institutions, but sincere people are very few. **Why?**
- Many books are written; much research is done; many professional achievements are attained, but humanity is threatened. **Why?**



**Lack of
Value
Education**



| Education | Value Education |
|--------------------------------------|--|
| Opens up our mind | Gives us purity of heart too |
| Provides us with skills | Provides us sincerity too |
| Makes us a good professional | Makes us a good human too |
| Gives us capacity of better Learning | Gives us the tool for a deeper understanding |
| Makes our living better | Makes our life better |
| Takes us to the top | Takes the whole society to the top |
| Gives us “ Rice ” | Provides us “ Happiness ” too |

| <u>Year</u> | <u>Literacy</u> | <u>Values</u> |
|-------------|-----------------|------------------|
| 1947 | 12% | |
| 2001 | 65% | |
| 2011 | 74% | Declining |

- The Supreme Court recently said that the education system in the country has failed to achieve its objective and **it has to be reformed immediately.**
- It is unfortunate that today Education **instead of reforming the human behavior, in our humble opinion, appears to have failed to achieve its objective. Sadly, now a days Institutions turns out to be profit oriented business sector.**

Edn system failed to achieve objective, needs reform: SC

Education system in the country has failed to achieve its objective and it has to be reformed immediately, the Supreme Court has said.

"It is unfortunate that today education instead of reforming the human behaviour, in our humble opinion, appear to have failed to achieve its objective. Instead we find troubled atmosphere in the society at large, which calls for immediate reformation with the efforts of one and all," a bench of justices B S Chauhan and F M Ibrahim Kalifulla said.

The bench said that in comparison to earlier times, the literacy level has increased but it did not result in better human value which calls for transformation in education system.

"With great respect, it will also have to be stated that bereft of improvement in the educational field when we pose to ourselves the question as to what extent it has created any impact, it will have to be stated that we are yet to reach the preliminary level of achievement of standardised literate behaviour.

"In fact, in the earlier years, though the literate level was not as high as it now stands, the human value had its own respected place in the society," the bench said.

The court passed the order on a petition filed by Maharishi Mahesh Jogi



Supreme Court of India

"In fact, in the earlier years, though the literate level was not as high as it now stands, the human value had its own respected place in the society," - SC

Vishwavidyalaya of Madhya Pradesh challenging the state government's decision to amend the law under which the university was set up.

The apex court said it is still a matter of concern that so many people are illiterate and it is imperative that the institution, the teachers, the parents, the students and the society play a role in bringing transformation in the present system.

"When the British rule ended in 1947, the literacy rate was just 12 per cent. Over the years, India has changed socially, economically, and globally. After the 2011 census, literacy rate in

India, during 2011 was found to be 74.04 per cent. Compared to the adult literacy rate here, the youth literacy rate is about 9 per cent higher.

"Though this seems like a very great accomplishment, it is still a matter of concern that still so many people in India cannot even read and write. The number of children who do not get education especially in the rural areas are still high. Though the government has made a law that every child under the age of 14 should get free education, the problem of illiteracy is still at large," the bench said.

- Agencies



Dr. Kalam, the then President of India, had 4 personal discussions about this, recognized its potential and spoke about the effort in his address to the nation on the eve of Independence Day in Aug 2006

“... being practiced by Prof Ganesh Bagaria, ... Prof Rajeev Sangal... and their teams ... [it] is a ‘teachable human value based skill’... This process of imparting self-knowledge would promote a learning atmosphere, where this whole movement of inquiry into knowledge, into oneself, into the possibility of something beyond knowledge would bring about naturally a psychological revolution.. **From this comes inevitably a totally different order in human relationship and therefore society as a whole. The intelligent understanding of this process itself can bring about a profound change in the consciousness of mankind...**”

Goal of Education



Right understanding and feelings in the human being

Capability to earn livelihood for one's family leading to a feeling of prosperity

Live in good relationships in family and extended family

Understanding one's role and doing things in society

Coexistence with nature



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.

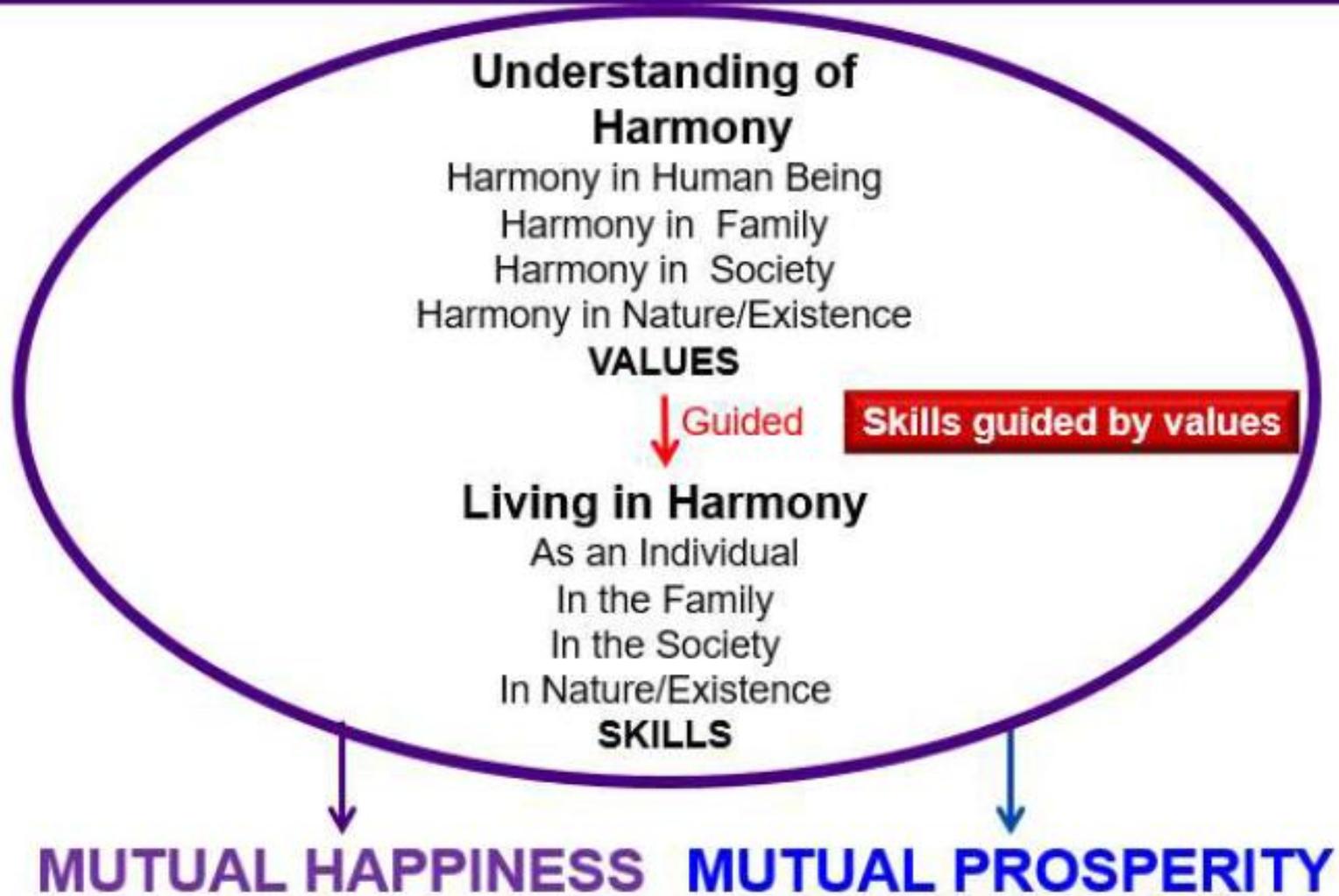
Guidelines for this effort and further efforts in this direction:

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.

BASIC REQUIREMENTS FOR FULFILMENT OF HUMAN ASPIRATIONS



Outcome of Human Education-Sanskar



Universal Human Values

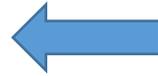
| Jeevan Values | Humanness Values | Behavioral Values | | | | Production Values |
|---------------|------------------------|--------------------|-------------------|-----------------|--------------------|-------------------|
| | | Realised Values | Manifested Values | Realised Values | Manifested Values | |
| Happiness | Patience /Resoluteness | Confidence / Trust | Helpfulness | Care | Generosity | Utility |
| Peace | Courage | Gratitude | Composure | Guidance | Transparency | Aesthetics |
| Contentment | Generosity | Respect | Cordiality | Reverence | Worship | |
| Bliss | Kindness | Admiration | Simplicity | Love | Equitable/ Oneness | |
| | Benevolence | Affection | Dedication | | | |
| | Compassion | | | | | |

Human Values:

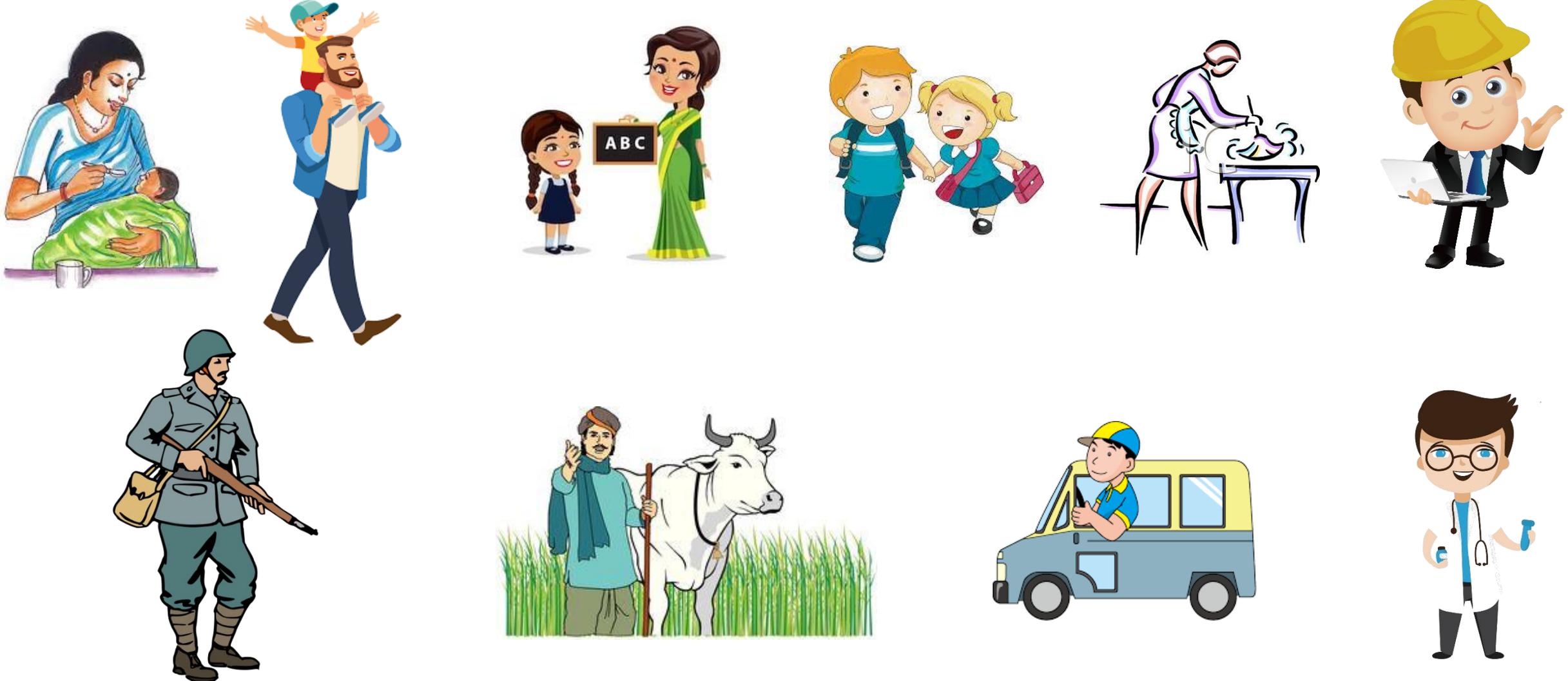
Gratitude



Human Values: Gratitude



You are here today because of.....



Gratitude:

Noun;

The quality of being thankful; readiness to show appreciation for and to return kindness.

It should be distinguished from thanks, which is too often a matter of words, and not accompanied by a feeling of thankfulness or by those actions which indicate a grateful mind.

In almost all the relations of ordinary life the feelings of gratitude should be aroused. The child owes thanks to his parents for food, clothes, education and tender care; the scholar to his teachers for the training of his intelligence; personal friends to one another for mutual services.

Gratitude:

As citizens, there are few who have not cause to be grateful. Great generals who have given devoted service gratuitously, statesmen, poets and philosophers, all those who have stood for right, justice and freedom of thought, have conferred inestimable benefits upon their countrymen.

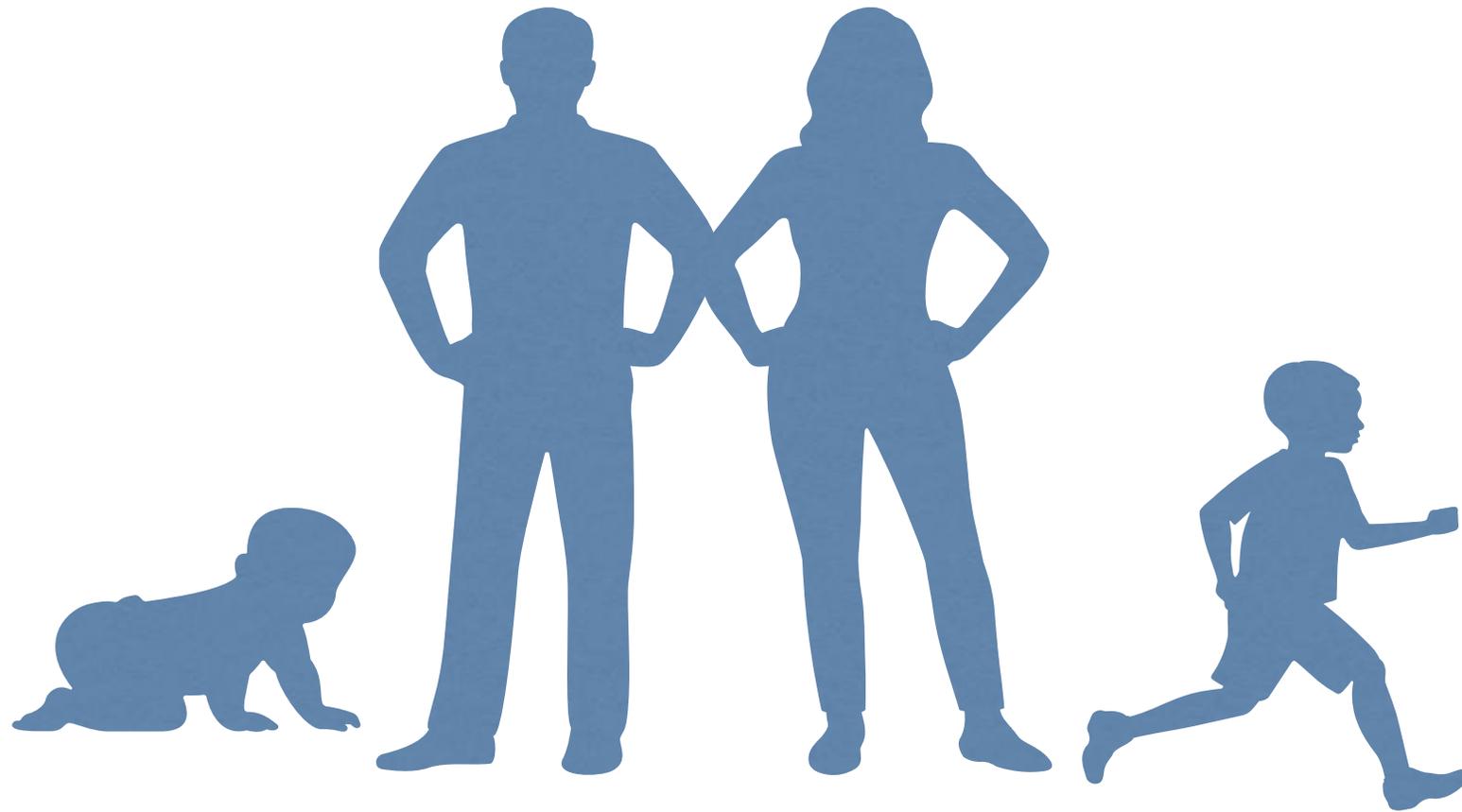
In almost every town can be found public institutions, schools, hospitals and charities established and supported by the munificence of private individuals for the benefit of the public.

Gratitude:

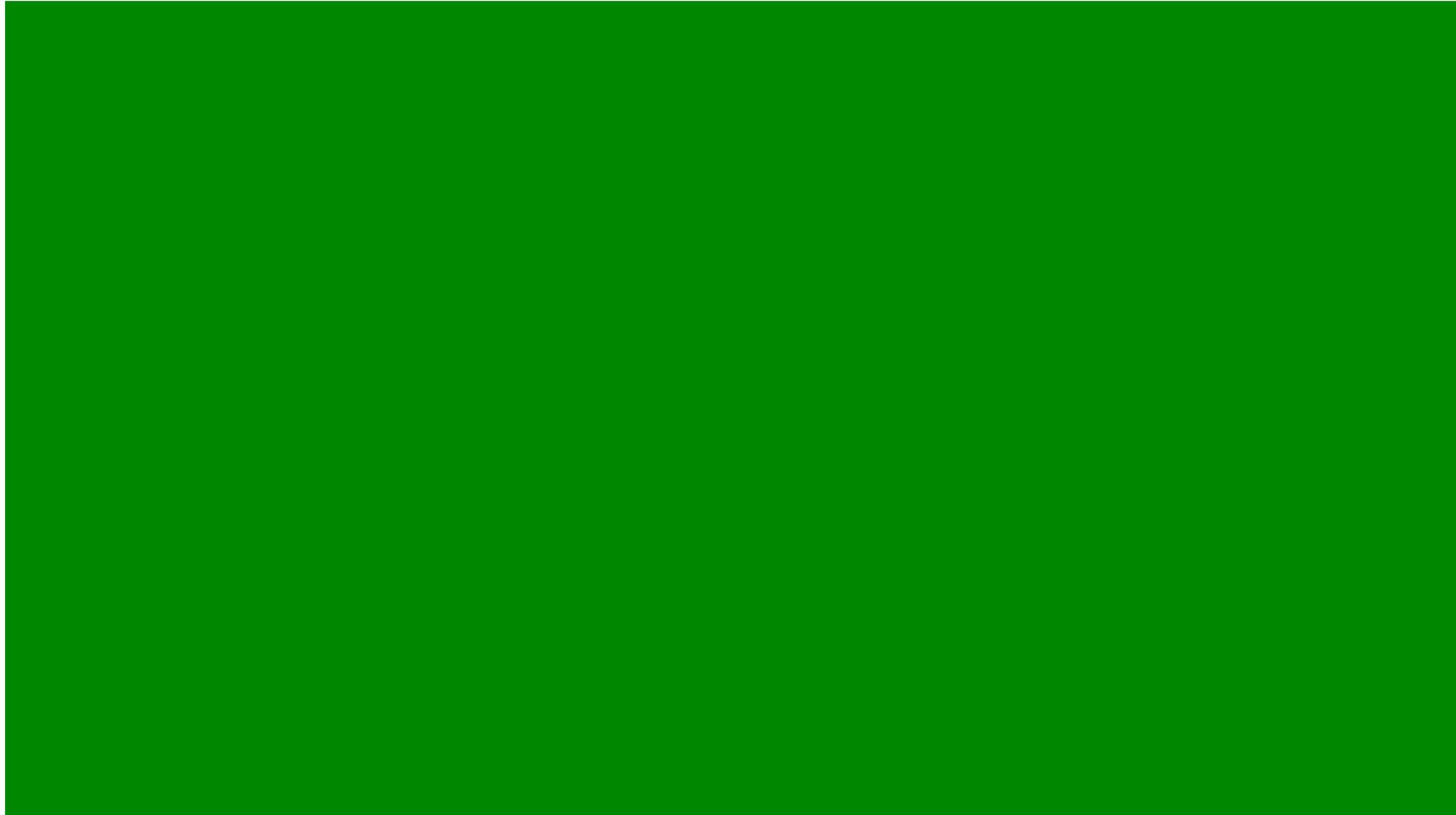
An old man was found planting fruit trees by a friend who came to him and said, “Why do you plant trees which can never produce fruit in your time?” The old man replied, “Others planted trees, the fruit of which I enjoy. I now plant trees that those who come after may enjoy fruit.”



Human being



Worlds toughest job.....?



Four orders in Nature

Material Order

All things made up of matter. (Physio-Chemical)

Plant Order

All things made up of matter and respiring.

Animal Order

All things made up of matter, respiring and having self awareness

**Knowledge
Order**

All things made up of matter, respiring, self aware and having awareness of purpose

4 orders at planetary level in nature

- ❖ There is evolutionary sequence to these 4 orders
- ❖ Lower orders are useful for higher orders
- ❖ Higher orders enrich lower orders
- ❖ Higher orders are nurtured and secured in the equilibrium of the lower orders.

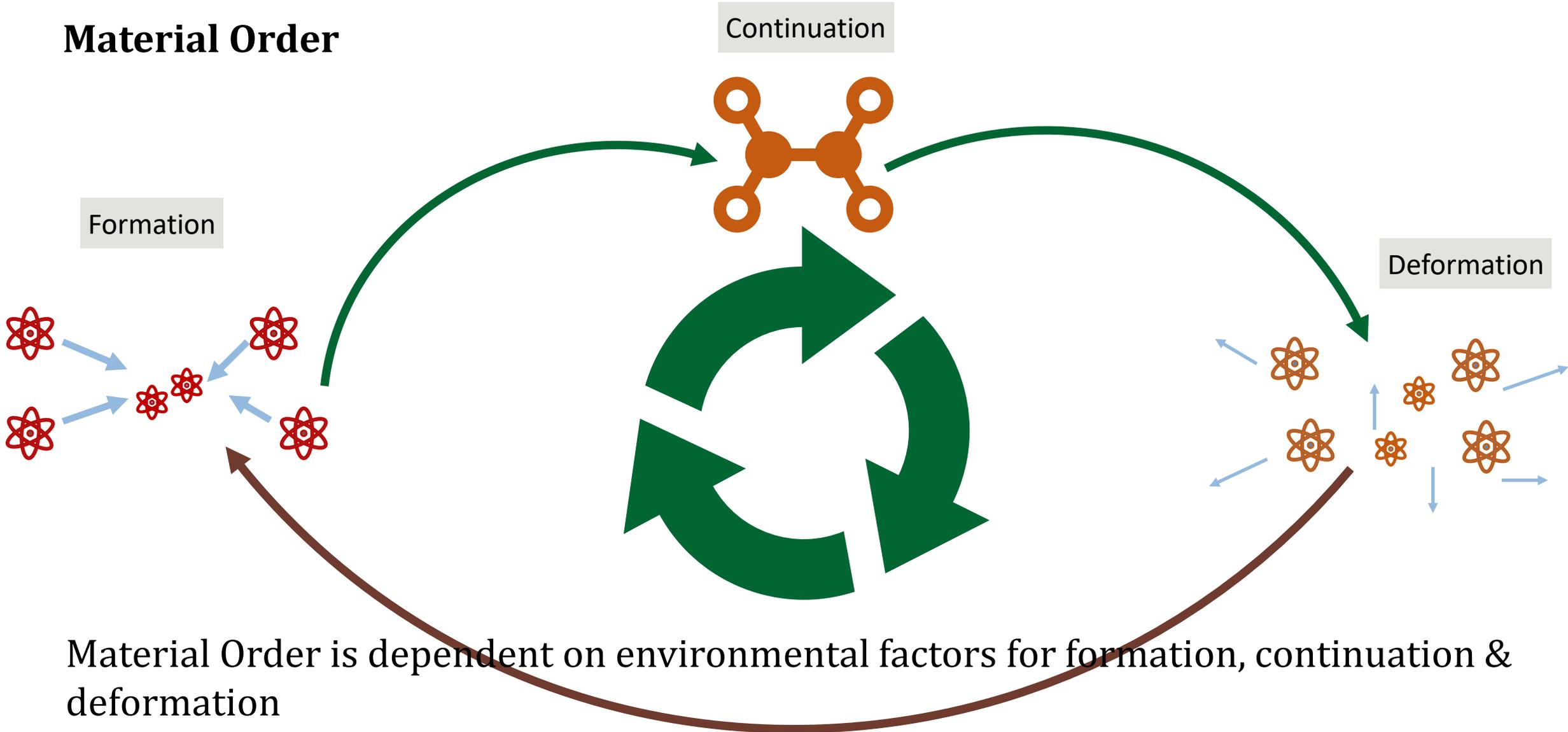
**Knowledge
Order**

Animal Order

Plant Order

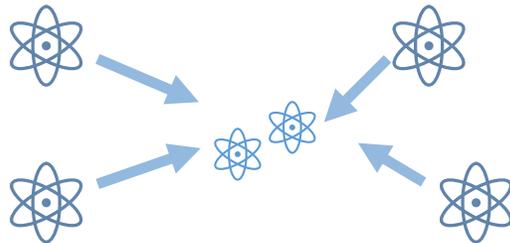
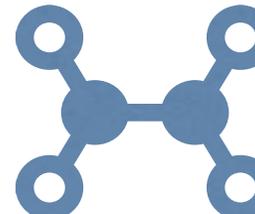
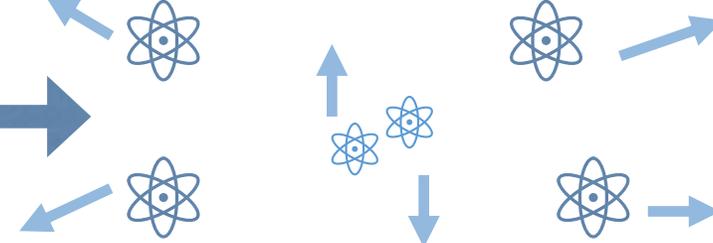
Material Order

Material Order

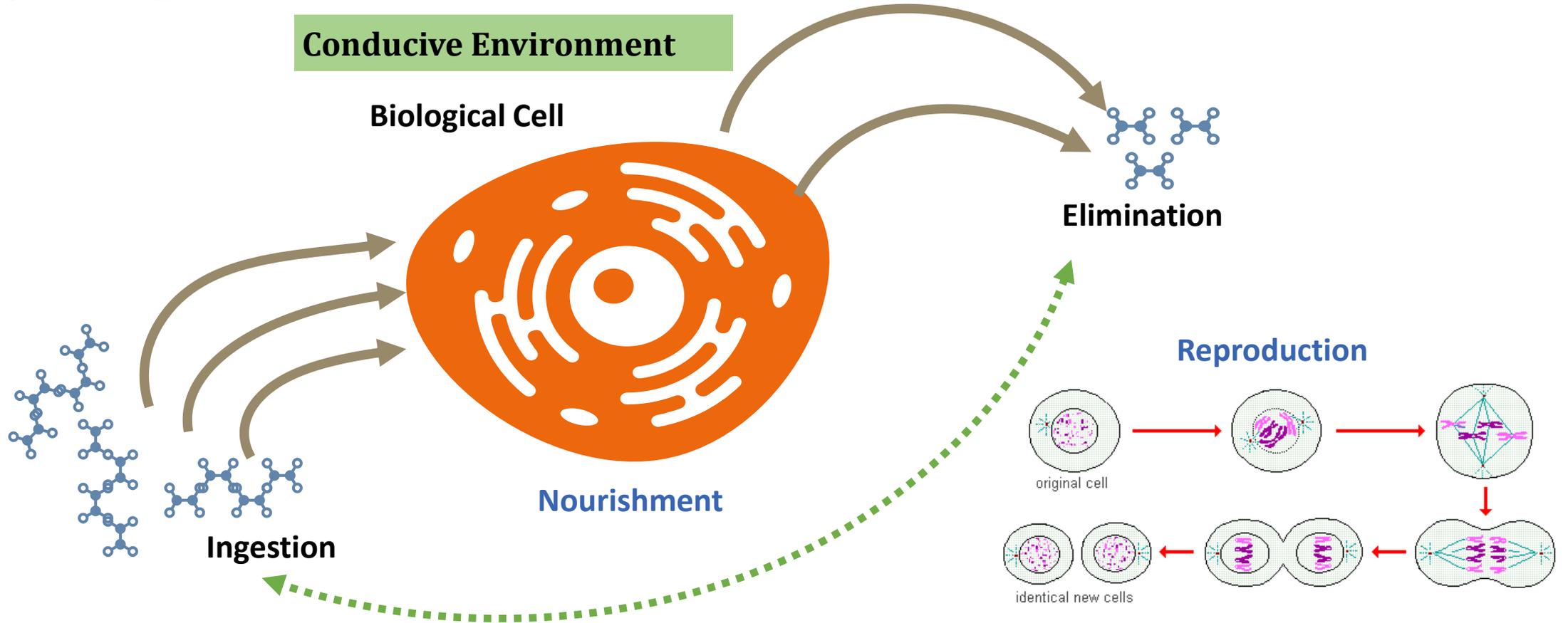


Material Order is dependent on environmental factors for formation, continuation & deformation

Material Order

| Formation | Continuation | Deformation |
|---|---|---|
| Coming together of various components | Continuity of the structure formed | Breakdown of the structure |
|  |  |  |
| Structures form due to environmental factors | Formed structures continue in conducive environmental conditions | Formed structures breakdown due to environmental factors |
| Short duration | Long duration | Short duration |

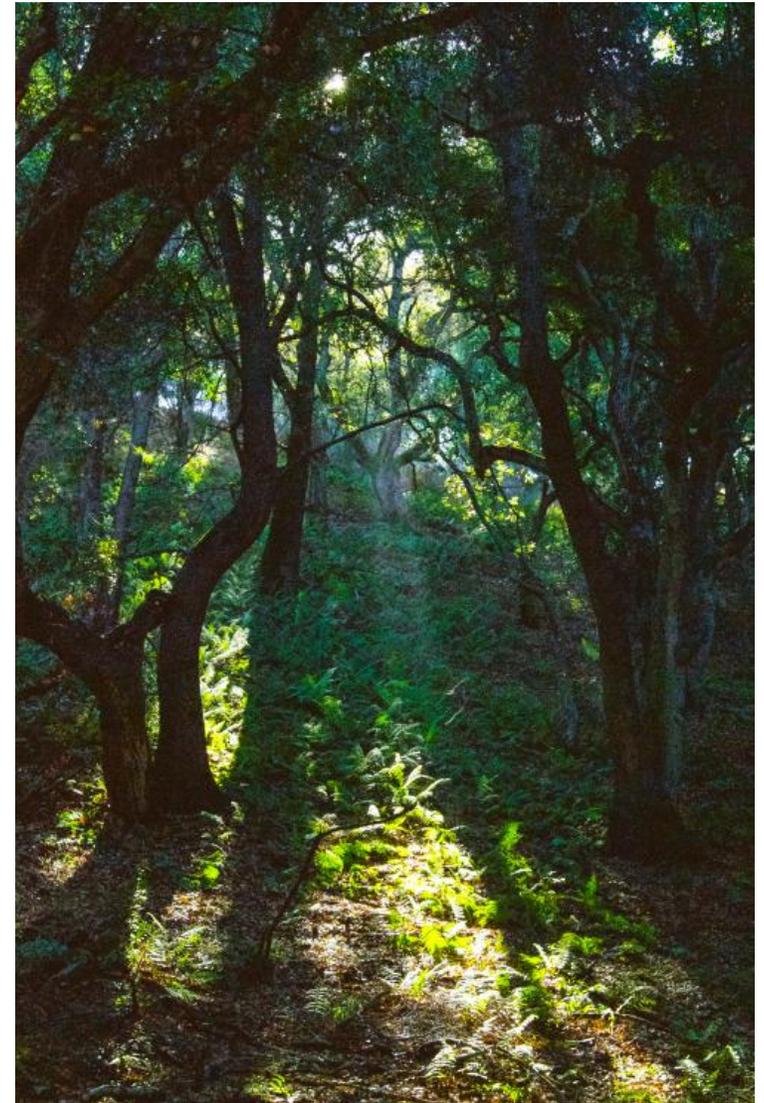
Plant/ Biological Order



In balance of ingestion & elimination the biological unit keeps itself nourished.

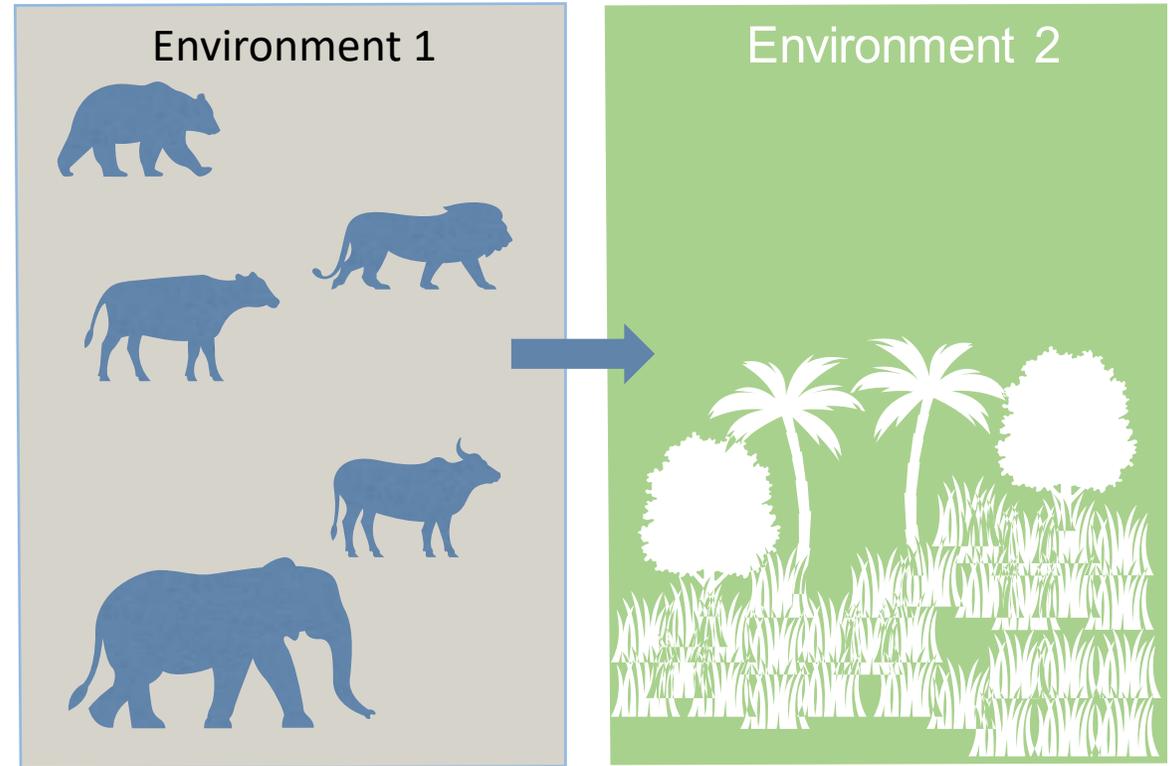
Plant/ Biological Order

- ❖ Biological order flourishes in conducive environment.
- ❖ Biological order develops ability to select & acquire required minerals from its environment for its nourishment
- ❖ Biological order also has developed ability of formation in itself (reproduction ability)



Animal Order

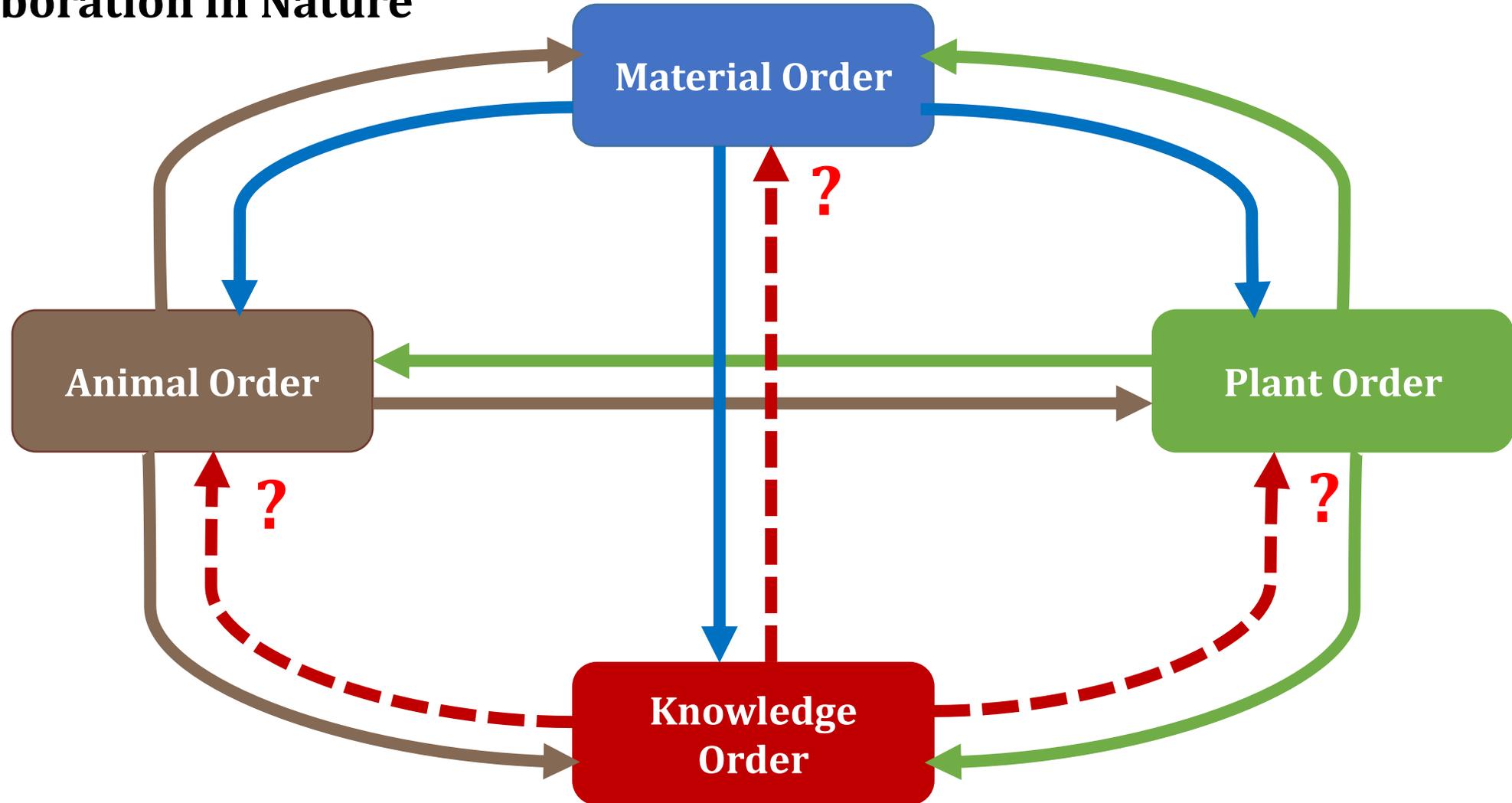
- Animals have ability to select conducive environment
- Animals have ability the ability of movement.
- For movement a central coordination system is needed.
- Nervous System is present in all animals.



Knowledge Order

- ❖ Knowledge Order's higher ability is that it can 'Develop its environment'.
- ❖ Human Being is a combination of the Jeevan (self) conscious unit & Body the physical-chemical-biological unit.
- ❖ Ecological (physical) environment is the environment for the body. Body is nurtured and secured in the equilibrium of this ecological environment.
- ❖ Social environment is the environment for Jeevan the conscious unit. Self is nurtured and secured in the equilibrium of this social environment.
- ❖ Human Being's higher ability of development of its environment is for developing Social Environment. And not for disturbing the Ecological Environment.

Collaboration in Nature



Competition and Cooperation



What is competition?



What is competition?

When an individual aiming together have some common goal. If the goal perceived as unshareable and can be attained by one party. The second may compete (fight) for the goal.

Function of competition and cooperation

Competition develops

- Sense of identity
- Sense of responsibility
- Internal standards
- Excellence
- Individual creativity
- Individual autonomy

Collaboration develops

- Mutually
- Alternative idea & solutions
- Mutual support & reinforcement
- Synergy
- Collective action
- Expansion of

Bases of Cooperation

- ❖ Collaborative motivation
- ❖ Group norms
- ❖ Higher pay-off
- ❖ Subordinate goals
- ❖ Perceived power
- ❖ Mutual trust



Competition



- ❖ Both competition and collaboration contribute to a person's effectiveness. competition and collaboration have several functions. It can be both functional and dysfunctional. There are bases of collaboration like collaborative motive, group norms etc.
- ❖ Both structural and process interventions are used to develop collaboration.

Cooperation





Competition and Excellence



What is competition?



What is Excellence?



| | Competition | Excellence |
|--|---|--|
| Comparison | Compare with Others | Compare with yourself |
| Goal | Do better than Others (Relative) Ex: How many people can come first? | To do task well (Absolute) How many of people can get 100 out of 100 marks? |
| Evaluation | Rank in Group | Task Specific Performances |
| Inner State (While Doing) | Tension, Jealousy | Persevering |
| Inner State (on Completion) | Dejection, Elation | Satisfaction |



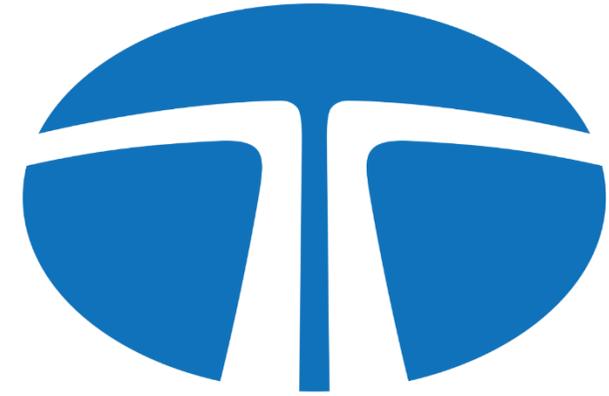
Vs



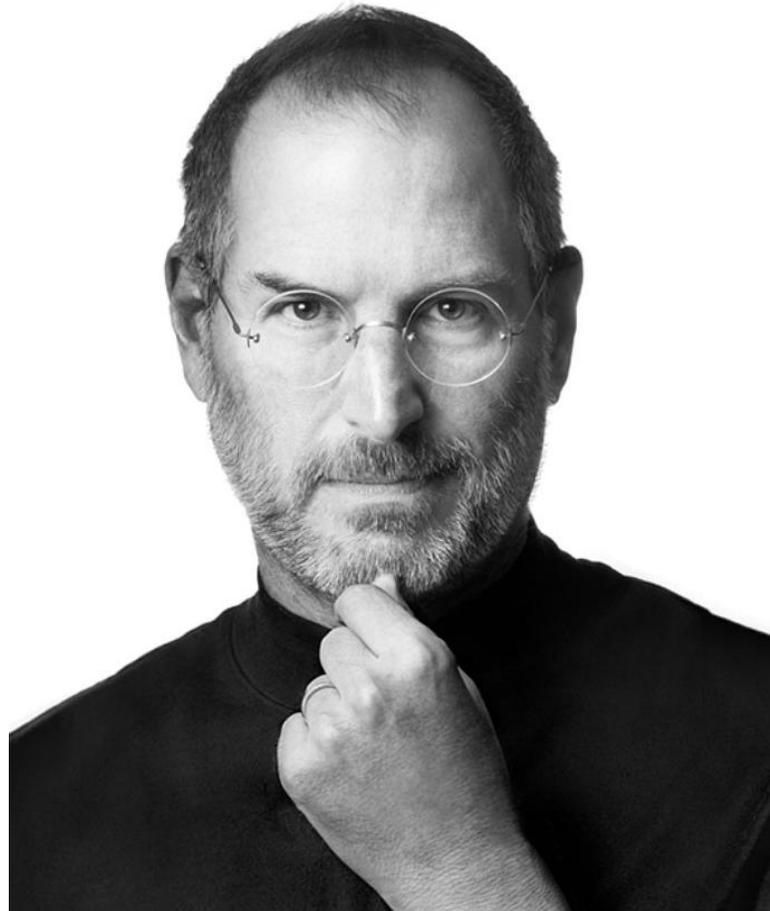
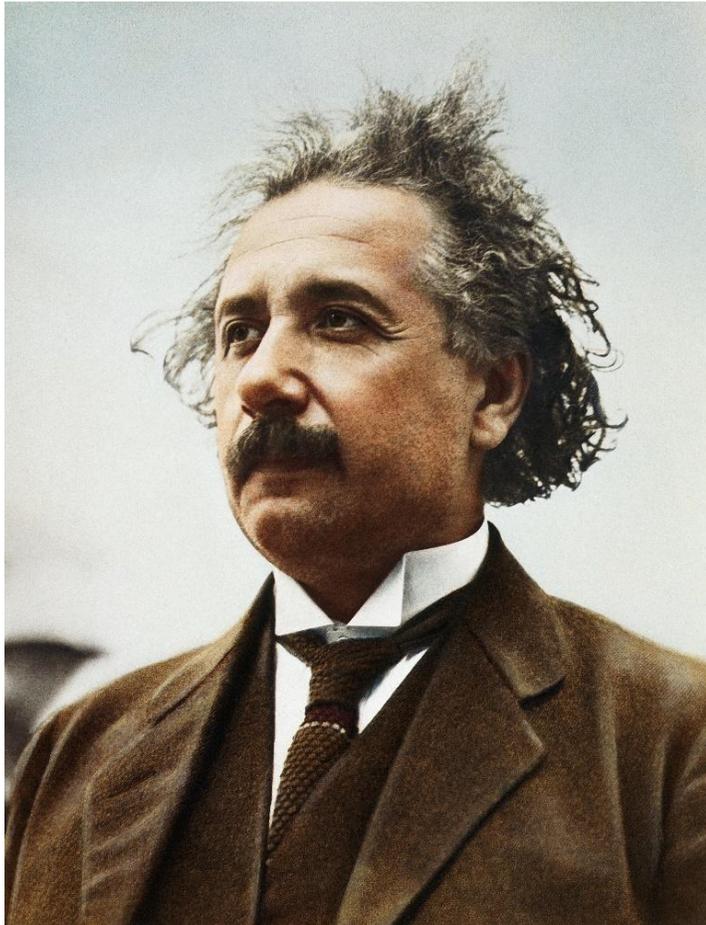


Reliance
Industries Limited

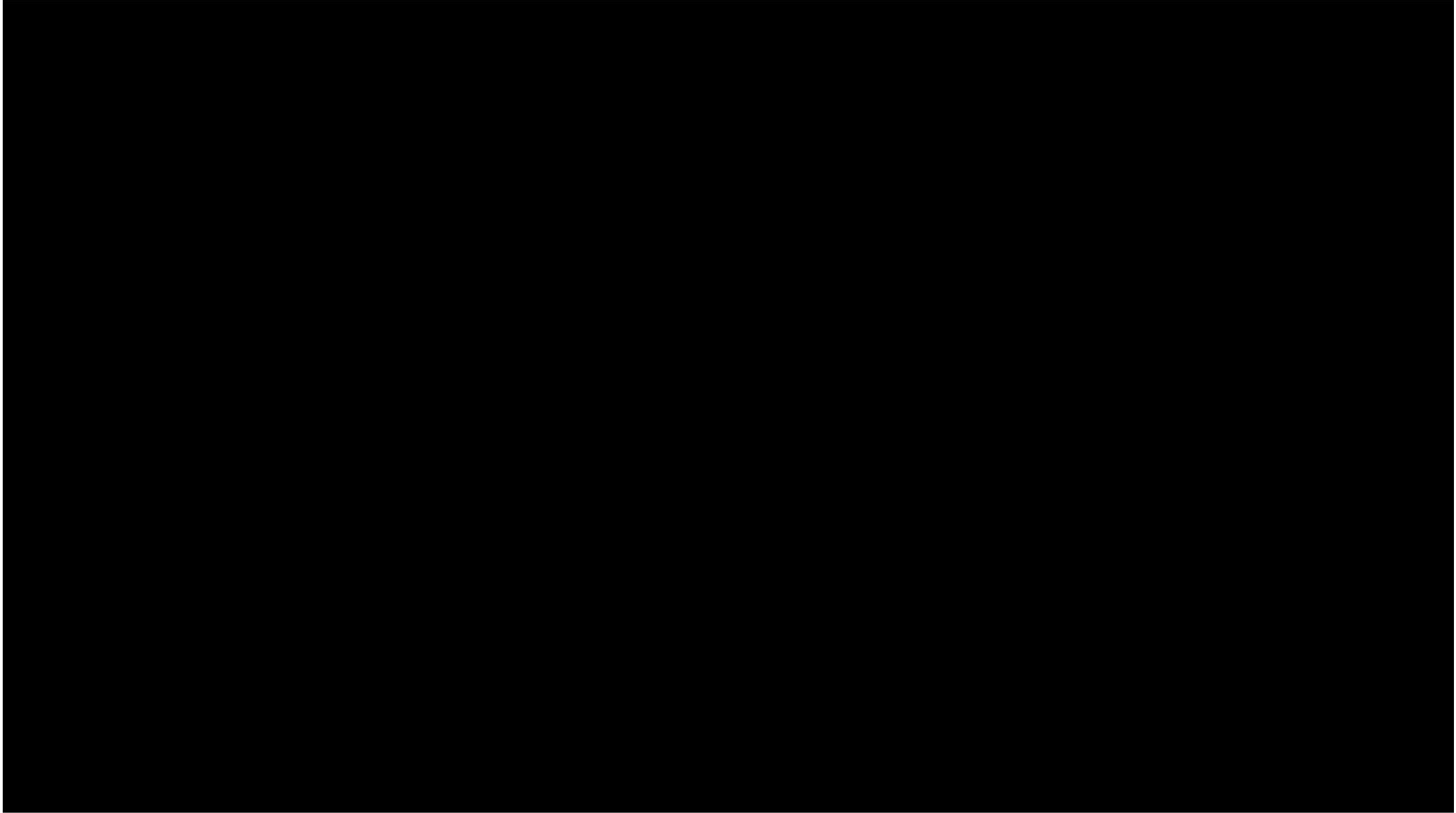
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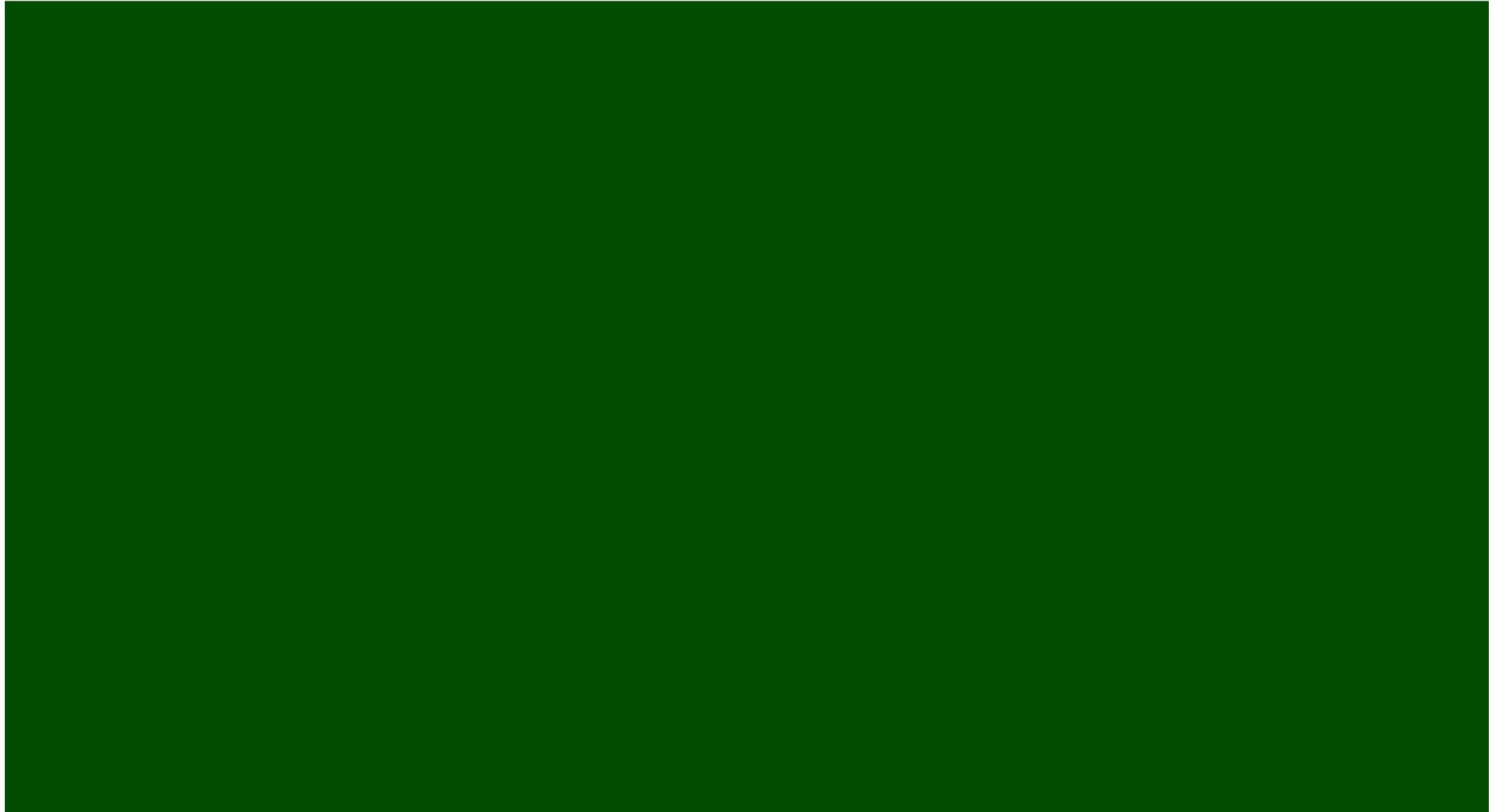


TATA



- ✓ One must be **Excellent** in a chosen **area/ task**.
- ✓ Being excellent in one area is not enough. One must **learn basics** of **other areas** as well.
- ✓ Must also be **able to do** the associated **tasks/ areas**.





Peer Pressure

Peer: Peers are people who are part of the same social group

Pressure: The Pressure is that internal ‘feeling’ that you are being pushed towards making a certain choice – good or bad.

Peer Pressure: Peer pressure is the influence you feel from a person or group of people to do something you might not otherwise consider doing.



Peer Pressure



Good Peer Pressure

- Good peer pressure is being pushed into something that you didn't have the courage to do or just didn't cross your mind to do.
- Good peer pressure can also be a situation when your friends convince you not to do something you were going to do because it wasn't in your best interest.



Bad Peer Pressure

- Bad peer pressure is being talked into doing something that you didn't want to do because your friends said that you should.
- Bad peer pressure is usually the result of wanting to be accepted by your peers.



Peer Pressure

How does peer pressure affect us?

Peer pressure might influence you in a number of ways, including:

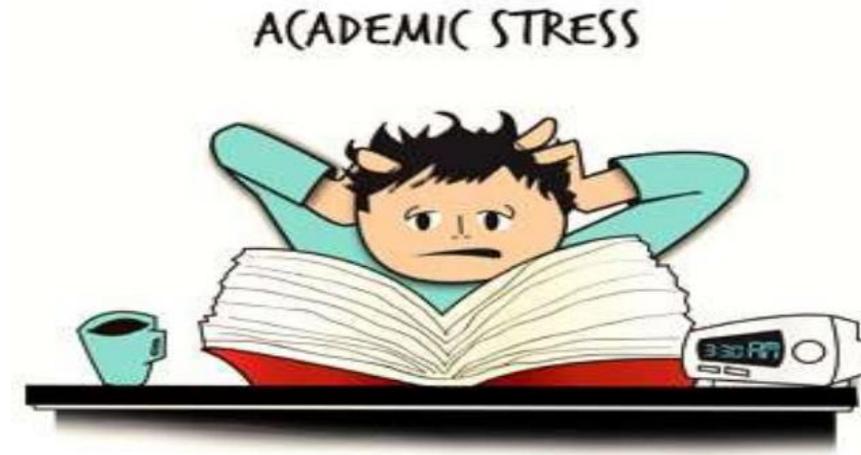
Fashion choices



Alcohol and drug use



Academic performance



Peer Pressure

How does peer pressure affect us?

Peer pressure might influence you in a number of ways, including:

Choice of who your friends are?



Decision to have a boyfriend or girlfriend



How to respond to negative peer pressure?

- The key to dealing with negative peer pressure is **self-confidence**.
- **Be yourself**, make your own decisions, regardless of what others think.
- Learn to feel comfortable saying “**No**”.
- Hang with people who **feel the same way** you do.



Self Confidence



Self Confidence

Lack of *self confidence* on our belief, thought, feeling, behavior, and action on various issues, makes us vulnerable to *peer pressure*. There are two kinds of self confidence:

- Relative self confidence
- Absolute self confidence



Self Confidence

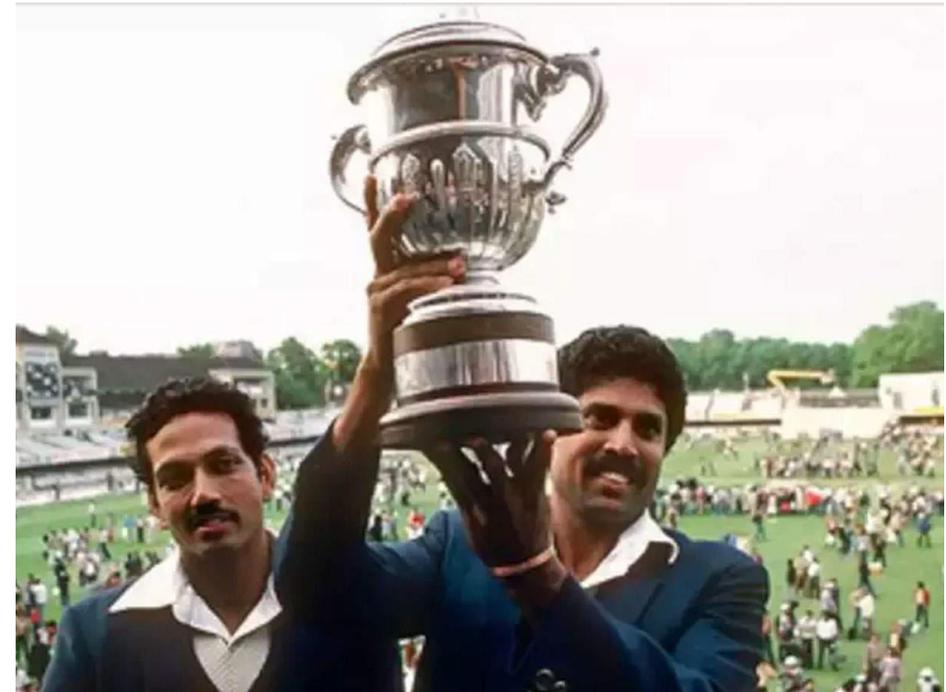
Relative self confidence: Relative self-confidence occurs when one feels confident about one's state merely because, **comfort of the locality, or upon environment.** In some sense, it is not self-confidence at all.

Fundamental issue involved in this case is that the basis of such confidence is the approval or acceptance of the people around, and not one's own self verification.

“Relative self confidence is the cause of peer pressure”

Absolute self confidence:

When one feels confident about one's state because one has verified it on one's own right and checked their correctness in mutuality. In such cases one's confidence does not shake even if there is a lack of approval or acceptance from the people around.



Self Confidence

| Sl. No | Relative Self Confidence | Absolute Self Confidence |
|--------|--|--|
| 1 | Based on approval or acceptance of others around. | Based on one's own self verification. |
| 2 | Shakes when environment changes. | Remains constant. Independent of all the environments. |
| 3 | Keeps changing with time. | Remains same with time. |
| 4 | Generates feelings of superiority and/or inferiority depending upon environment. | Remains consistent and comforting. |
| 5 | Responsible for peer pressures. | Frees one from peer pressures. |

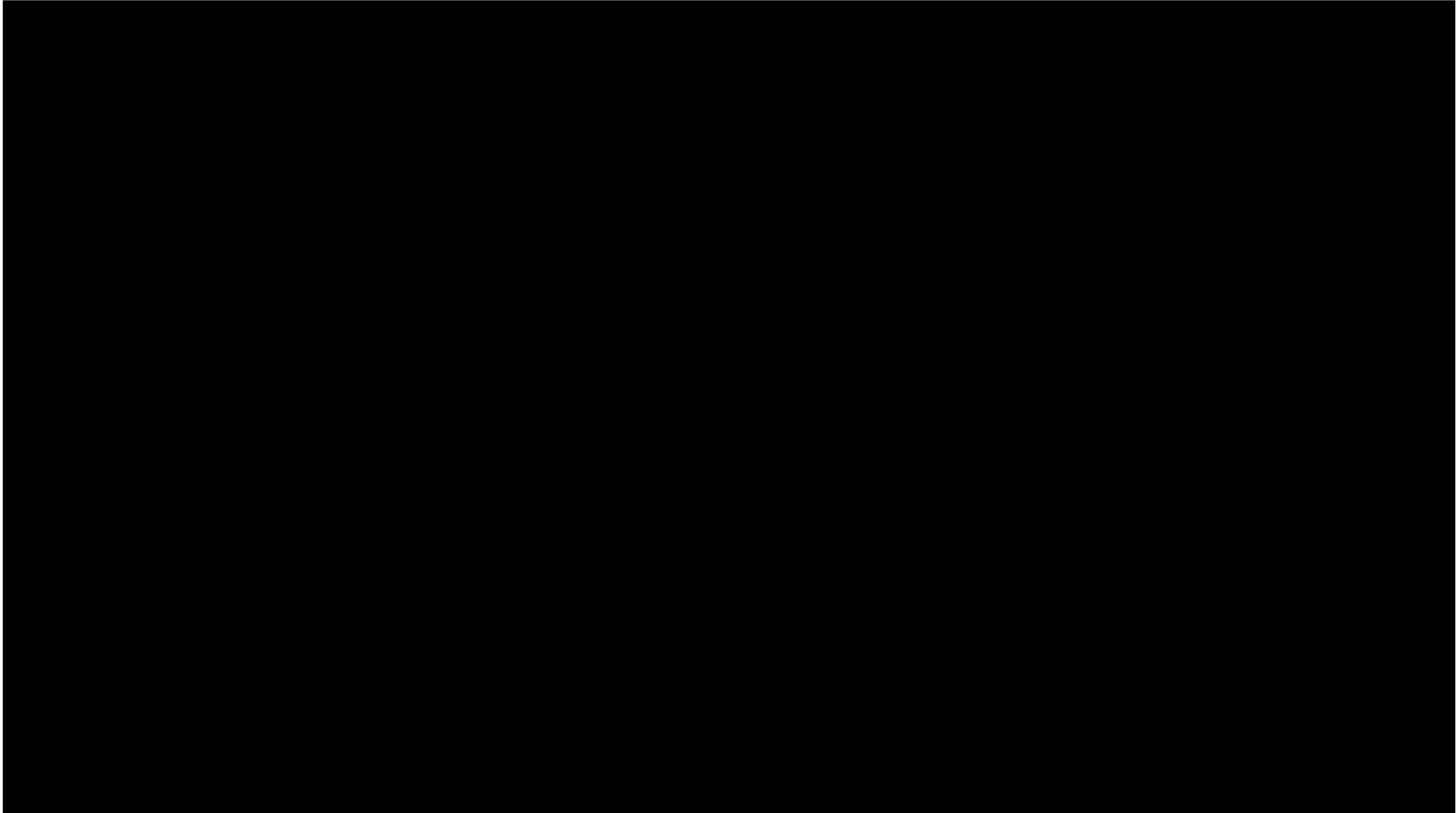
Conclusion:

- *Relative self confidence* is the cause of peer pressure.
- Thus the solution to get over peer pressure is to acquire *absolute self-confidence*.
- “*lack of truth*” is the root cause of relative self confidence, which manifests as peer pressure.



Prosperity





Prosperity is a feeling that *I have more than my physical needs.*

It implies that:

1. I know my physical needs.
2. I have more than my physical needs.
3. I know that I have more than my physical needs.



1. I know my physical needs.
2. I have more than my physical needs.
3. I know that I have more than my physical needs.

In the above, (2) is objective, but (1) and (3) have to do with knowledge in the **self**.

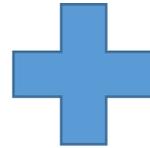
1. I know my physical needs ← Knowledge in the self
2. I have more than my physical needs ← Physical assessment
3. I know that I have more than my physical needs ← Knowledge in the self

Prosperity

Example: Two brothers fought over the family possessions, even after possessing one hundred lakh crores of Rupees!



Human being = Body + Self



Human Needs and wants

| | | I /“Self” | Body |
|-------------------|----------------------------------|--|----------------------------|
| Needs | Needs are | Trust, Respect... | Food, Clothing... |
| | | Happiness | Physical Facilities |
| | In time, needs are... | Continuous | Temporary |
| | In quality, needs are | Qualitative | Quantitative |
| | Needs are fulfilled by... | Right understanding and right feelings | Food, Clothing etc |
| Activities | Activities are... | Desiring, Thinking etc | Breathing, heart beat etc |
| | | Knowing, Assuming, Recognizing, fulfilling | Recognizing, Fulfilling |
| Type | It is of type... | Conscious (Non material) | Physio-Chemical (Material) |

It is very important to differentiate and understand the *'need of the Self'* and *'need of the Body'*

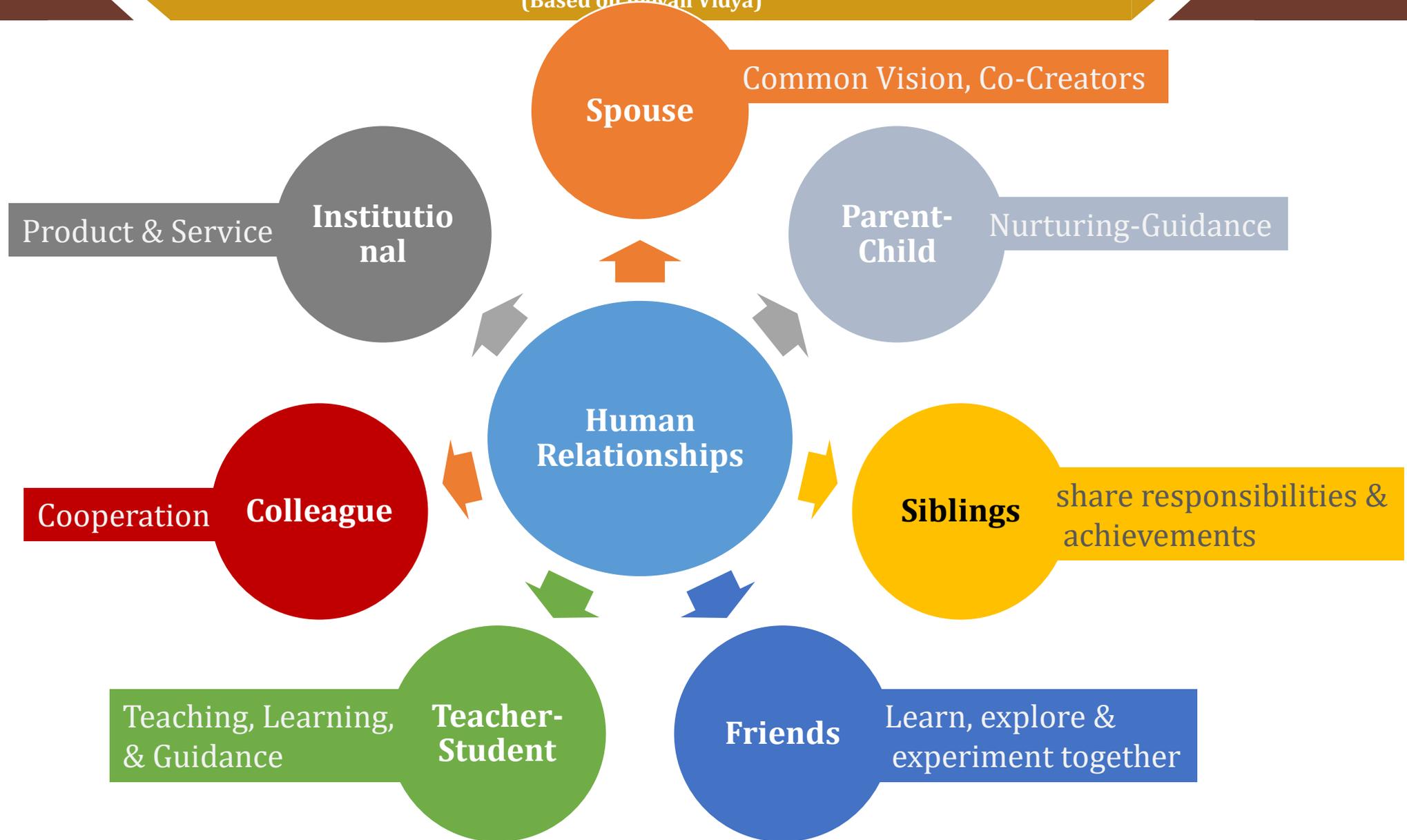
| | Self | Body |
|------------------------|---|---|
| Example needs | Trust, Respect | Food, Clothing |
| Needs are ... | Happiness | Physical Facilities (Suvidha) |
| In Time, needs are | Continuous | Temporary |
| In Quantity, needs are | Qualitative (no quantity) | Quantitative (limited in quantity) |
| It is of type | Conscious (non-material) | Physico-Chemical (material) |
| Needs are fulfilled by | Right understanding and right feelings (UHV) | Skill acquired through Technical Education |

Relationships

7 Relations







Relationship (Sambhanda) and Acquaintance (Samparka)

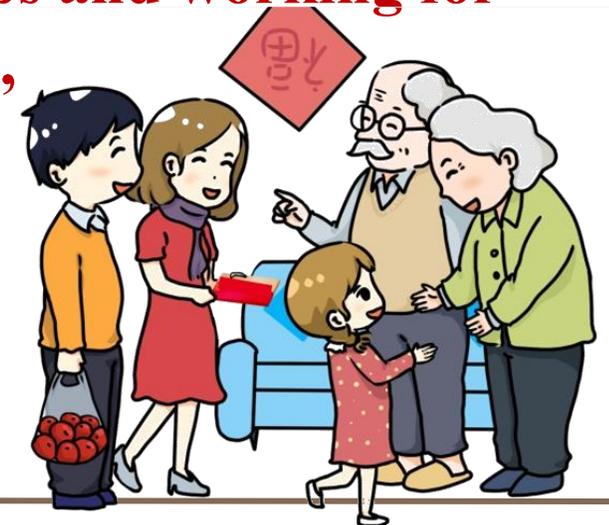
- Feelings are definite in a relationship, and can be recognised with certainty.
- Expectations are optional in acquaintance.
- Body is incapable of understanding and having feelings.
- Body is only a means to express or receive feelings.
- The Self has feelings in a relationship.
- The feelings are between Self and Self.



Justice (Nyay) in Relationship:

- The important point is that *expectations* in relationships are of *feelings*.
- For example, expectation in parent-children relationship is the feelings of mamataa (feeling of caring), vaatsalya (feeling of guidance). Outcome of this would be providing food etc. not vice versa.

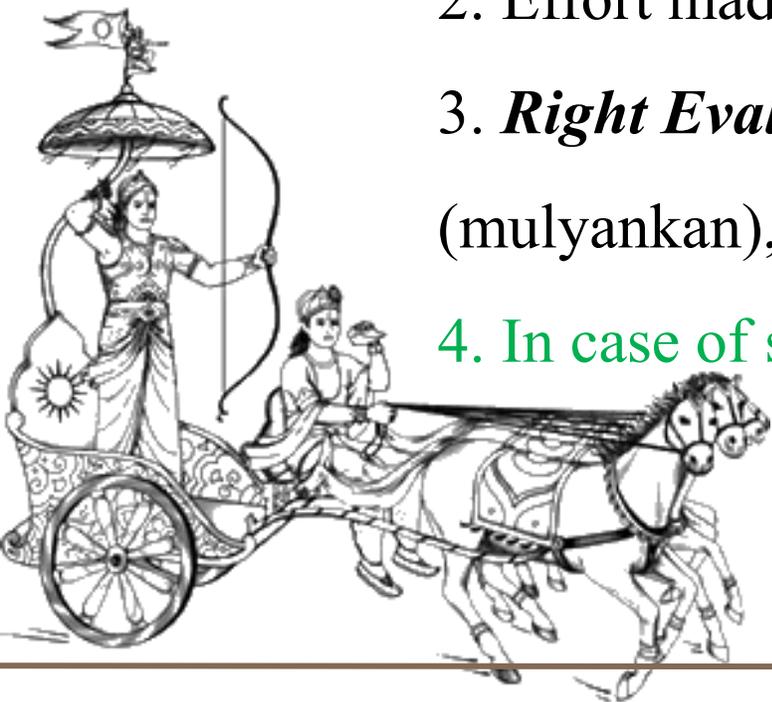
“Justice (nyaya) is fulfilling ones responsibility in relationships and working for enabling others to fulfil their relationships.”



Justice in Relationship:

Justice (Nyaya) consists of four elements:

1. **Recognition/ identification** of values (*mulya ki pehchan*) in human-human relationship
2. Effort made for **fulfilment of expectation** in relationship (*mulya kaa nirvah*),
3. **Right Evaluation** of the effort for fulfilment of values and its success etc. (*mulyankan*), and
4. In case of success, feeling of Mutual Happiness (*Ubhay-tripti*).



Nine Values (Mulya)

There are nine types of feelings or values in relationships.

1. Trust (Vishwas)



4. Care (Mamataa)



7. Reverence (Shraddha)



2. Respect (Samman)



5. Guidance (Vaatsalya)



8. Glory (Gaurav)



3. Affection (Sneha)



6. Gratitude (Kritagyataa)



9. Love (Prema)



Trust in Relationship

Trust:

*The assurance within myself that the other human being wants to **make me happy** and prosperous continuously and unconditionally is known as Trust.*

Answer to the following with Yes or No!

Intention

I WANT to make myself always happy

YES

I WANT to make the other always happy.

YES

The other WANTS to make himself/ herself always happy

YES

The other WANTS to make myself always happy.

?

Competence

I am ABLE to make myself always happy

?

I am ABLE to make the other always happy.

?

The other is ABLE to make himself/ herself always happy.

?

The other is ABLE to make myself always happy.

?

Respect in Relationship

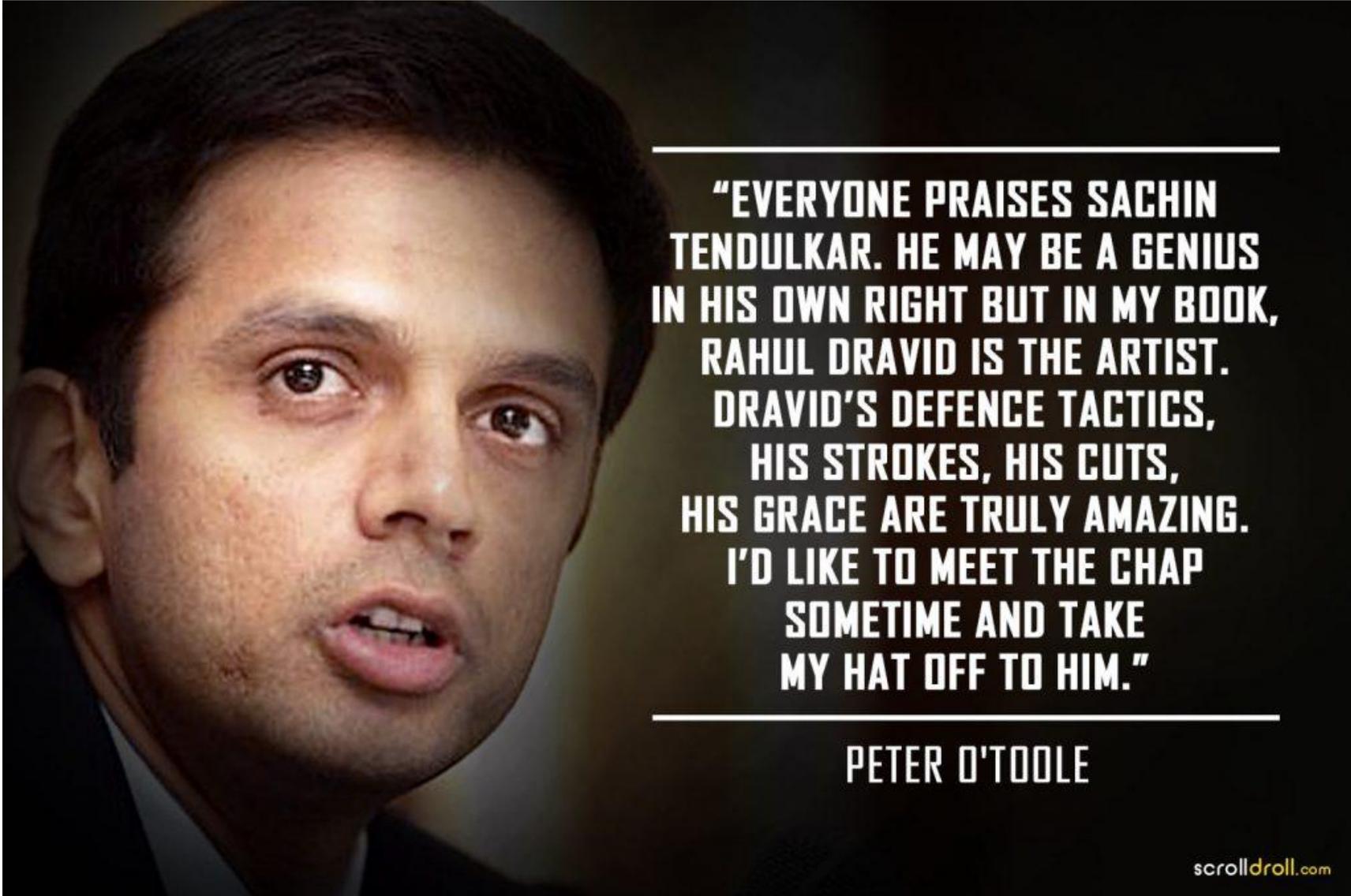
Respect (Samman) in Relationship

A *feeling of* deep admiration or *acceptance* for someone or something elicited by their abilities, qualities, or achievements.

In other words “**Right Evaluation**”, to be evaluated as it is/ as I’m.

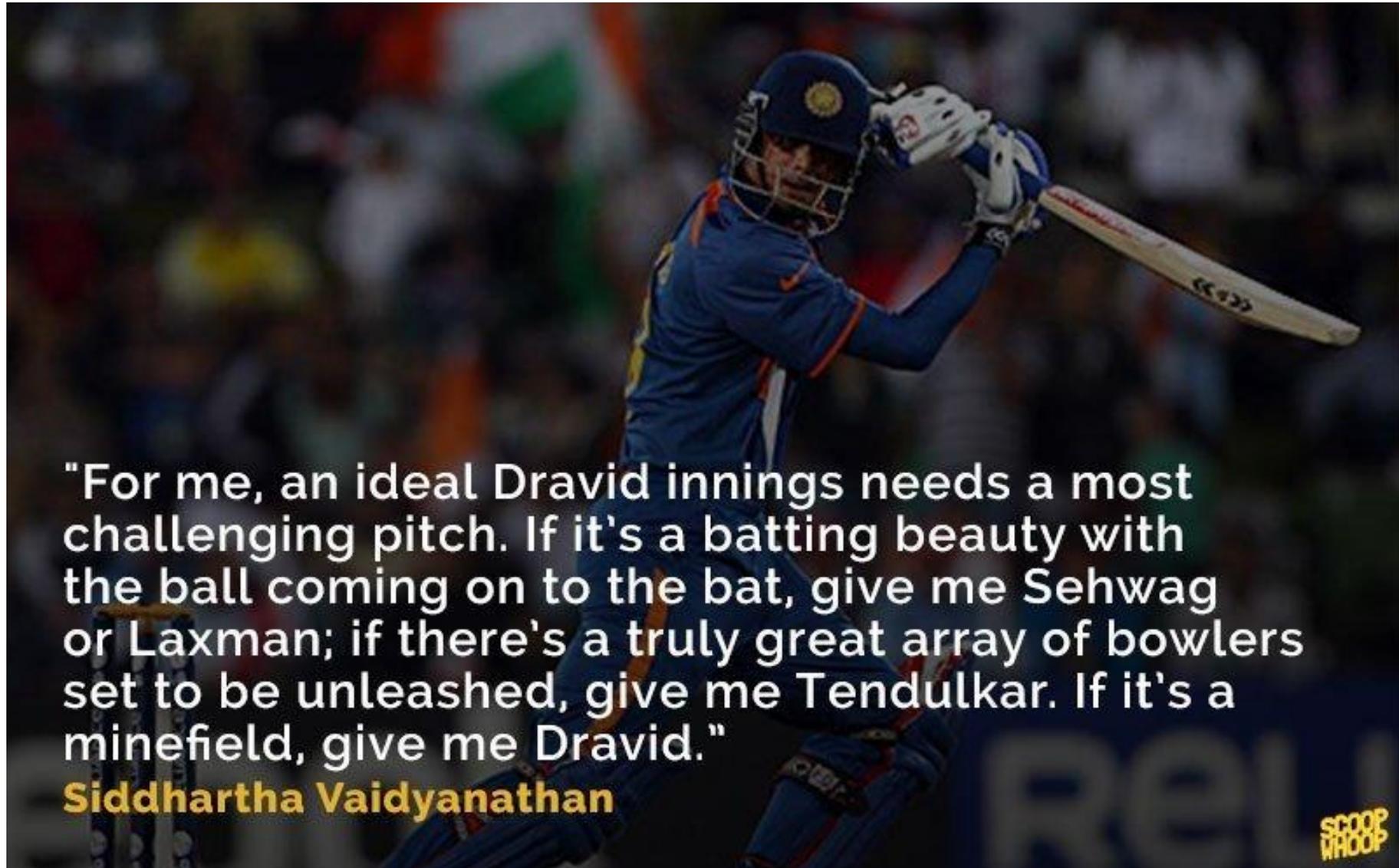
Sammaan = Sam (right) + maan (evaluation), that is,

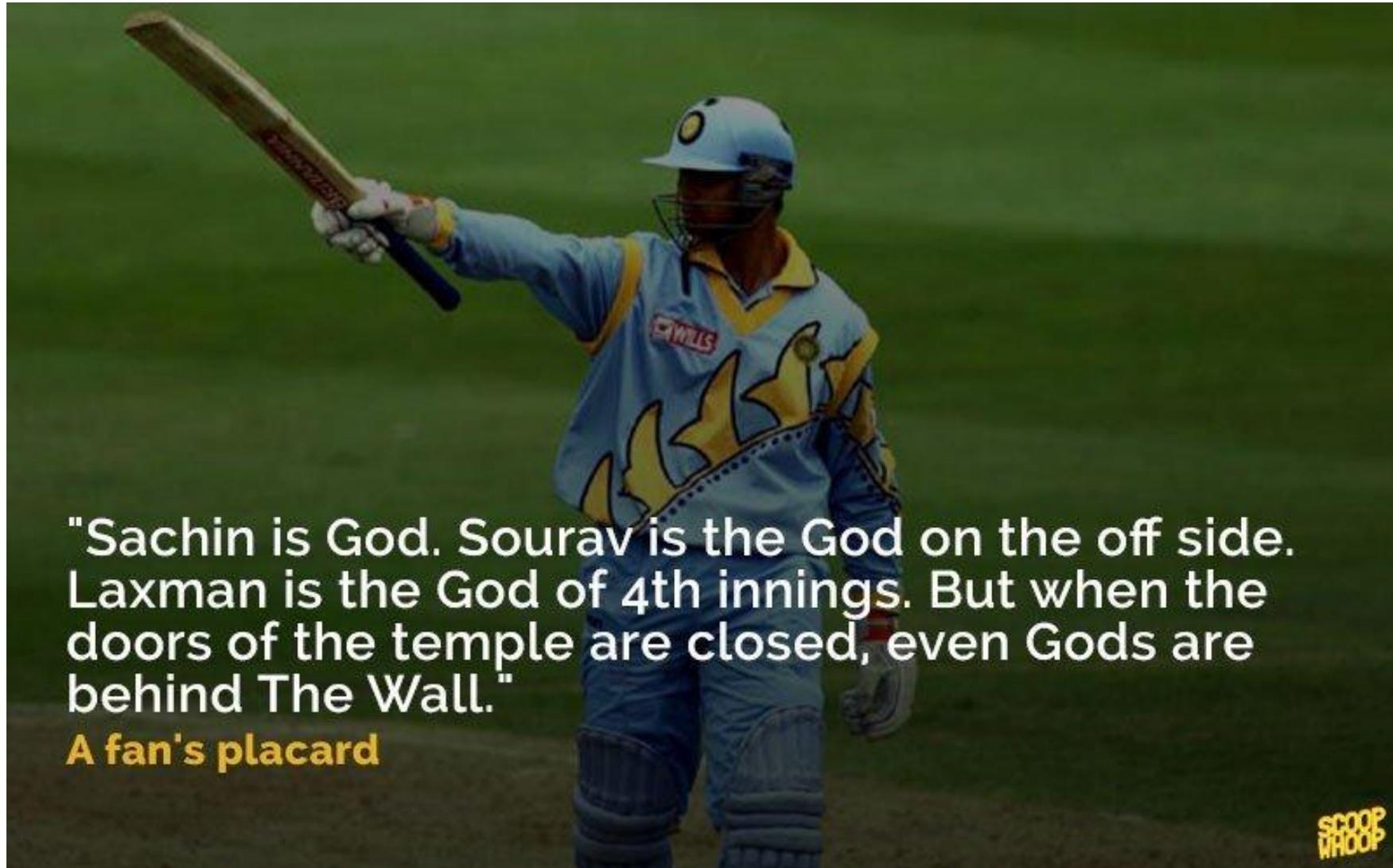
Respect = Right Evaluation

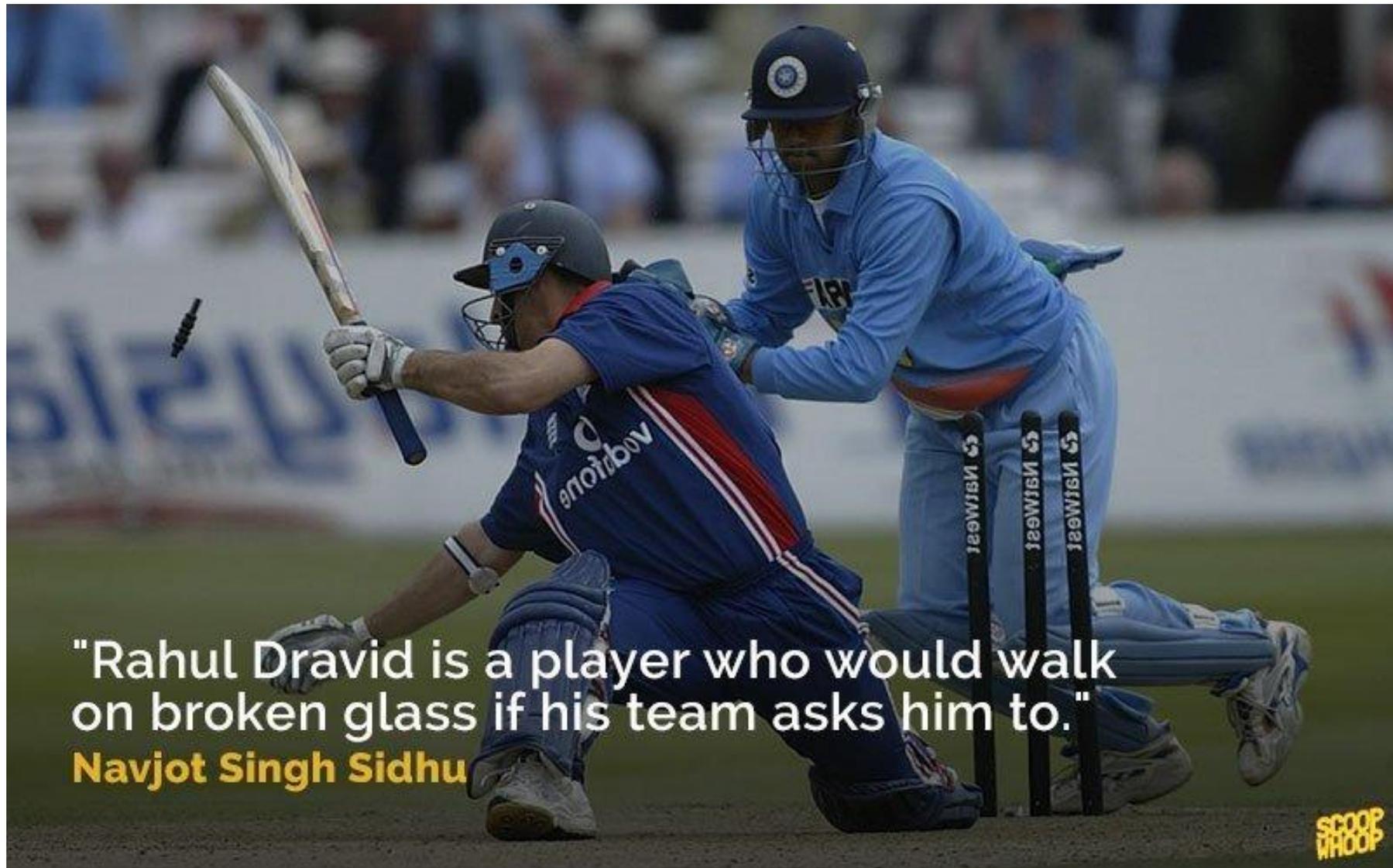


**“EVERYONE PRAISES SACHIN
TENDULKAR. HE MAY BE A GENIUS
IN HIS OWN RIGHT BUT IN MY BOOK,
RAHUL DRAVID IS THE ARTIST.
DRAVID’S DEFENCE TACTICS,
HIS STROKES, HIS CUTS,
HIS GRACE ARE TRULY AMAZING.
I’D LIKE TO MEET THE CHAP
SOMETIME AND TAKE
MY HAT OFF TO HIM.”**

PETER O'TOOLE







VIDEO EDITS

Disrespect (Apmaan)

Whenever the evaluation is not right, it is disrespect.

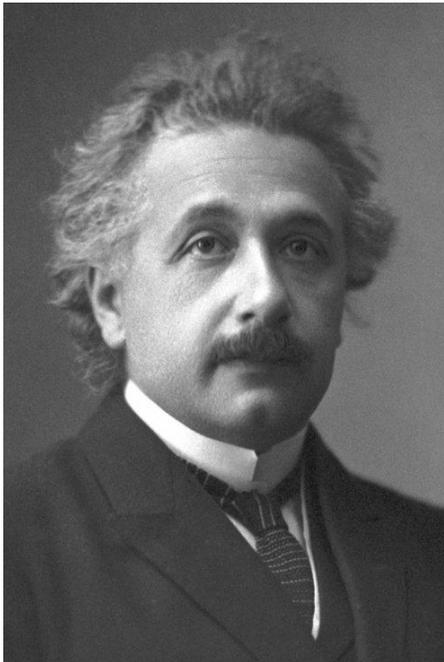
We tend to do one of the following four, leading to disrespect:

1. **Over Evaluation** (Adhi-mulyan) to evaluate for more than what it is.
2. **Under Evaluation** (Ava-mulyan) to evaluate for less than what it is.
3. **Otherwise Evaluation** (Anyatha-mulyan) to evaluate for other than what it is.
4. **No Evaluation** (Amulyan OR Nirmulyan) ignoring to evaluate.

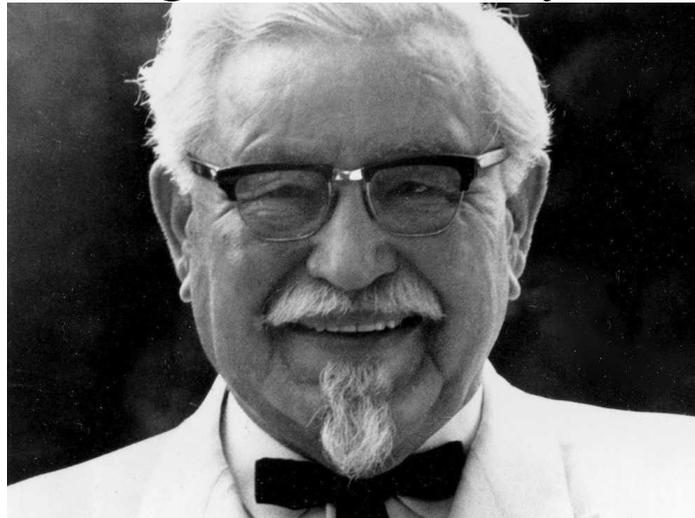


A Grave Mistake in evaluating human being

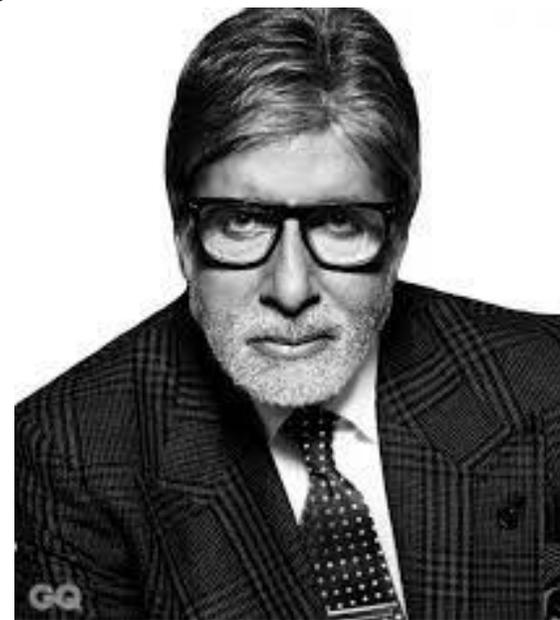
Human being is a co existence of Self and Body. The needs of Body and those of the Self are different. The activities of the Body and those of the Self are also different. But we evaluate human being based on body, society and Belief.



Albert Einstein



Colonel Sanders



Amitabh Bachchan



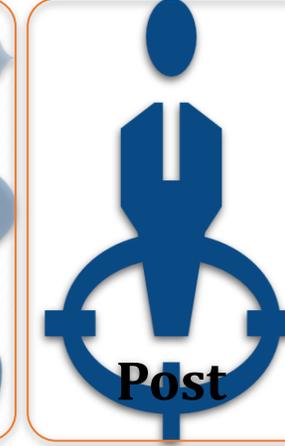
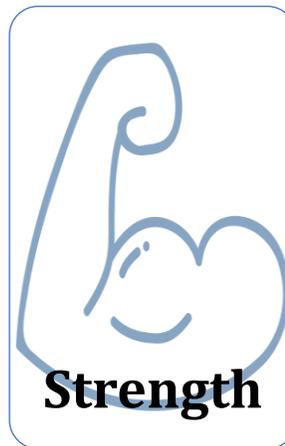
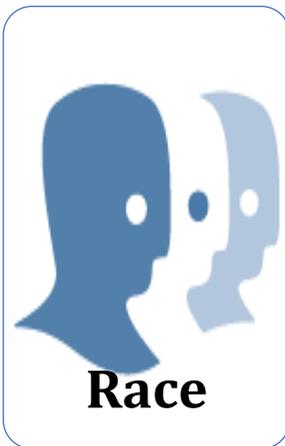
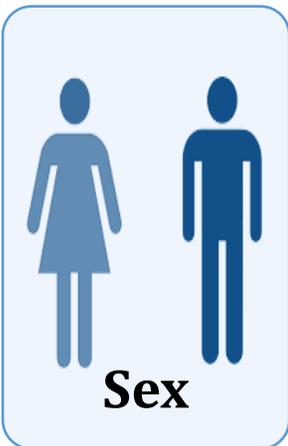
Charlie Chaplin

Differentiation on the basis of

Body

Physical
facilities

Belief



Right Evaluation on the basis of the Self (I) (of a human being)

Seeing that the other is like me

1. Our purpose is the same since our Natural Acceptance is the same.
2. As I want to be and remain continuously happy, so does the other.
3. Our program is the same.
4. Our capacity (khsamata) is the same.
5. The difference is only be at the level of Understanding (not just information).
 - If the Other has Better Understanding than Me, I need to understand from the Other.
 - If the Other has Lesser Understanding than Me, I accept the Responsibility to improve the Understanding of the Other.



Anger



What is Anger?

- Anger is a basic Human Emotions.
- It is nothing but the active form of hidden sadness
- Main cause was helplessness and not power

Reasons for getting Angry:

- **Frustration**
- **Irritation**
- **Jealousy**
- **Ego**
- **Show-off of Anger.**



Types of Anger:

- 1. Instantaneous**
- 2. Anger that may last longer**

Suppression of anger:

Is it better to suppress anger or to control it?

Ans: Suppressing the anger forcefully will tend to collect it inside which would burst at a later time. Which is much worse than expressing it at time....!

Then?

- ✓ Suppression of anger is not good, better to control it.
- ✓ If anger-uncontrollable; Better to let of steam
- ✓ Best possible answer is not get angry!

Towards a Solution - Not Getting Angry

A feeling of relationship will help us in not getting angry at all.

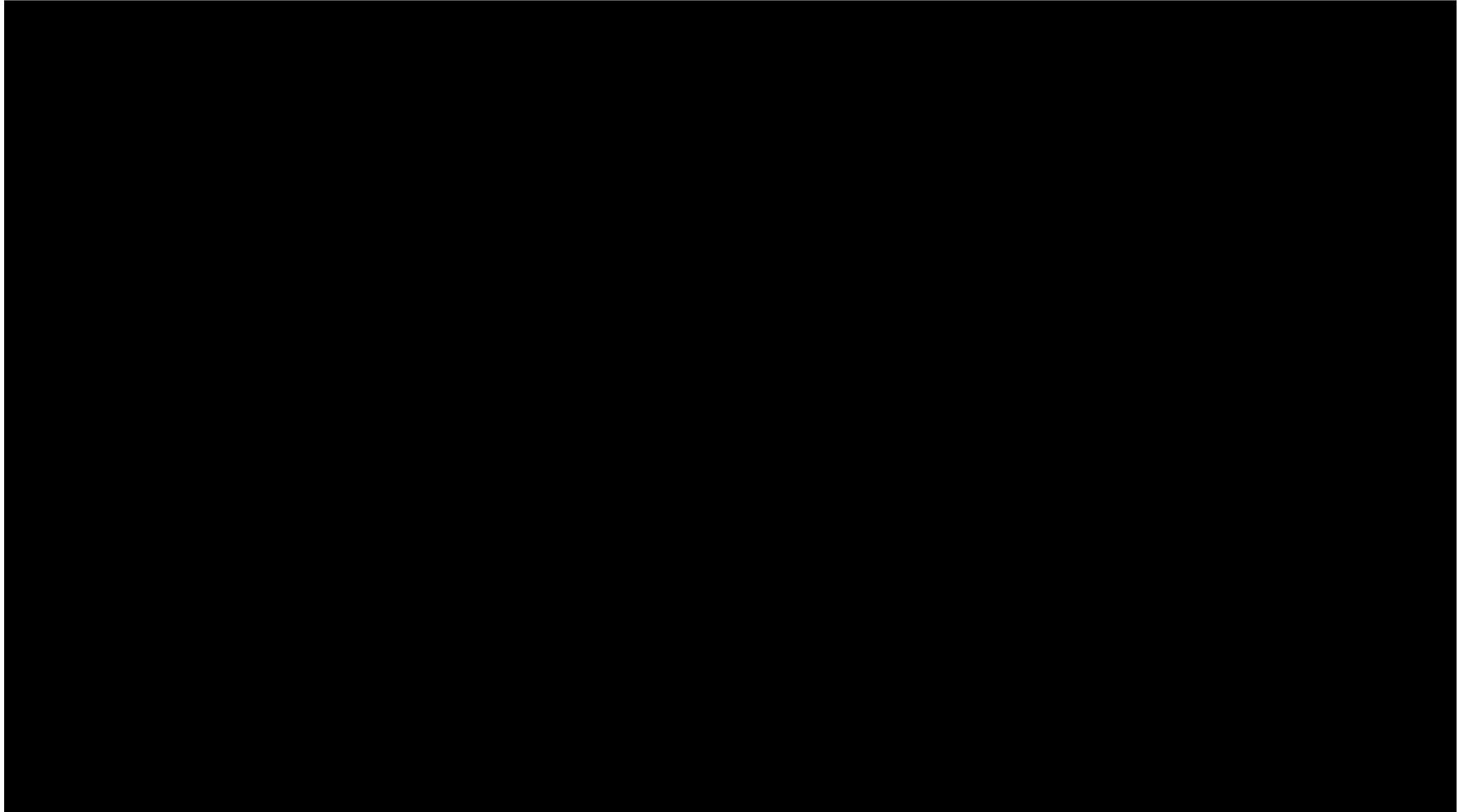
Trust: Has the other person done it intentionally? He is acting based on his understanding.

Respect: The other person is like me. He wants to be happy and is working for it. But he lacks the competence for it.

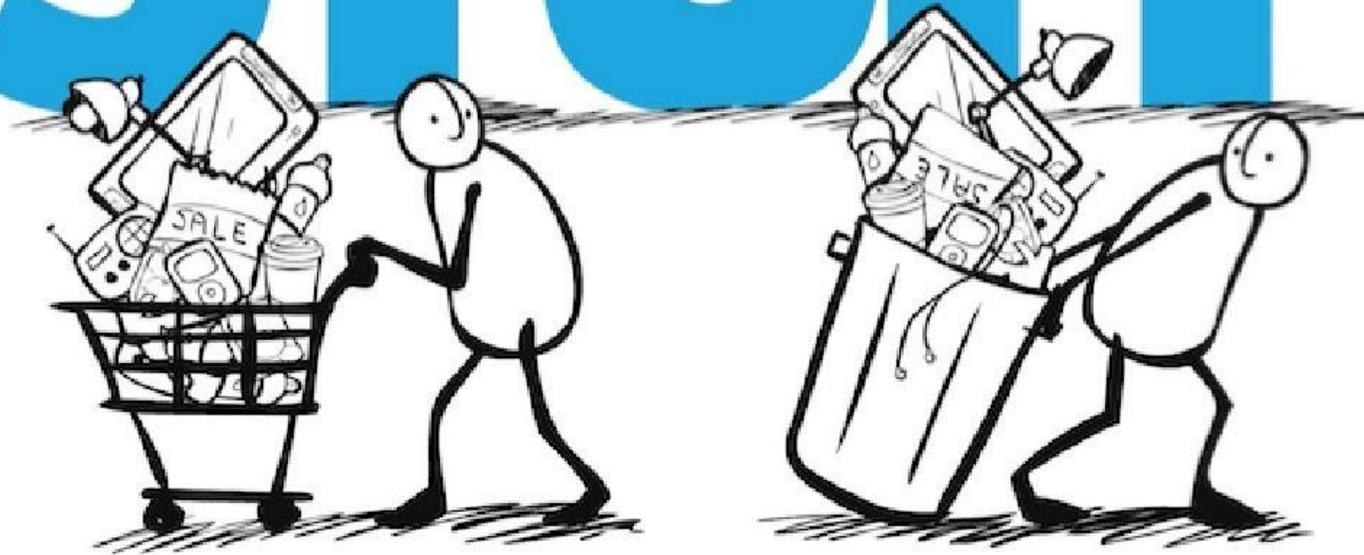
Towards a Solution - Not Getting Angry

Developing Sensitivity: I think of my actions (other than getting angry) so that the other person becomes aware of his actions and what they are causing.

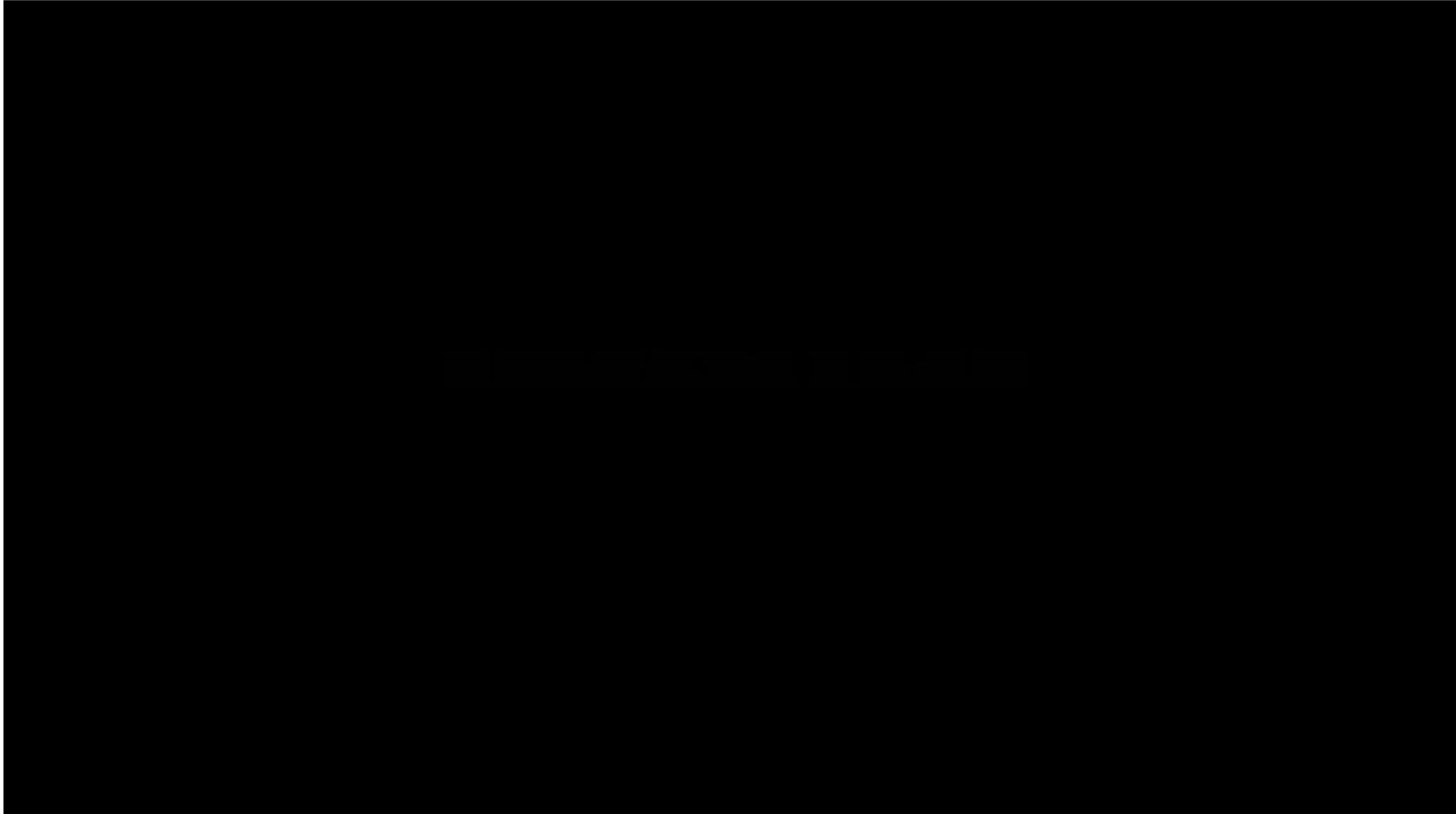
Developing Understanding: I help the other person in correcting himself by understanding that to make himself truly happy, he should make others also happy.



THE STORY OF STUFF









Mother Earth has
enough to fulfill
everyone's
NEED...!

But it can never
satisfy everyone's
GREED...!

Thejkumar J



ಶರಣುವೊಗು ಜೀವನರಹಸ್ಯದಲಿ ಸತ ದಲಿ |
ಶರಣ ಜೀವನವ ಸಮವೆನಿಪ ಯತ್ನದಲಿ ||
ಶರಣಂತರಾತ್ಮ ಗಂಭೀರಪ್ರಶಾಂತಿಯಲಿ |
ಶರಣ ವಿಶ್ವಾತ್ಮದಲಿ - ಮಂಕುತಿಮ್ಮ || ೯೪೫ ||

**Surrender (pursue) the mystery of life. Surrender to the truth behind it|
Surrender to the constant hope and effort to make life endurable||
Surrender to the inner self that is calm and serious|
Surrender to the Cosmic spirit of the universe. – Mankutimma ||945||**

