



COURSE TITLE: UHV (BUHK408)

Prepared by: Mrs. Pooja Deepak

MODULE-2

INTRODUCTION TO VALUE EDUCATION

RIGHT UNDEDRSTANDING, RELATIONSHIP AND PHYSICAL FACILITY

SYLLABUS

Harmony in the Human Being (4 hours)

Understanding Human being as the Co-existence of the Self and the Body, Distinguishing between the Needs of the Self and the Body, The Body as an Instrument of the Self, Understanding Harmony in the Self, Harmony of the Self with the Body, Programmed to ensure self-regulation and Health

NOTES

UNDERSTANDING HUMAN BEING AS THE CO-EXISTENCE OF THE SELF AND THE 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.
- **The need of the Self is fulfilled by right understanding and right feeling, while the need of the Body is fulfilled by physio-chemical things.** The need of consciousness (Self) is fulfilled by the activities of consciousness only, while the need of material Body is fulfilled by material things.
- **Human Being as Co-existence of the Self and the Body**

What do you visualize when you read the words human being? You may imagine a human body with its familiar form and features. Have you also thought about who is visualising the human being? Who is appreciating the form and features? Is a human being just the Body or something more than that? We want to explore exactly what a human being is.

The proposal is that human being is the co-existence of the Self and the Body.

Human Being as Co-existence of the Self and the Body

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being? Who is appreciating the form and features? Is a human being just the Body or something more than that? We want to explore exactly what a human being is.

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- **Understanding Needs of Self and Body**
Needs of Self like- **Respect, Trust, Happiness, Love** are continuous in terms of time.
Body- Physical Facility. Food, clothing, shelter- they are temporary needs. Fulfilling physical needs through material dependence.
- **Understanding Human Being as Co-existence Of Self ('I') & Body**
- **Till now: Conclusion** All human beings want to live happily at all times and are striving for this goal. Continuous happiness is being in harmony within oneself, being in harmony with others and being in harmony with nature. The prime goal for human being is to gain the right understanding of harmony at various levels and learn to live in accordance with it. This is the way towards continuous happiness as well as sustainable prosperity.
- **Harmony at various levels**
Harmony in the Human Being
Harmony in the Family
Harmony in the Society
Harmony in the Nature (Existence)
- **Human Being as Co-existence of Self ('I') & Body**
Human = I (Self) Body in co-existence with information
- **Human Being as Co-existence of Self ('I') & Body**
Needs
Needs are... Trust, Respect... Food, clothing... Happiness (Sukh)
Physical Facilities (Suvidha)
- **Needs of the Self and Body**
The needs of the body are physical in nature, whereas the needs of the self ('I') are not in physical in nature- like trust, respect, happiness etc. The need of the Body is Food, Clothing, Shelter or physical facilities and these are temporary in time. The need of 'I' is happiness, trust, respect relationship etc. not physical in nature and is continuous in time.



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- **Needs of the Self and Body....**

The needs of the Body are quantitative and do not need them continuously. The needs of the 'I' are qualitative and also want them continuously. The need of the Self ('I') for happiness is fulfilled by right understanding and right feelings. The need of the Body is fulfilled by physical facilities.

- **The confusion we are in today....**

We mix needs for 'I': happiness and physical facilities for the Body. We assume that: All we need is physical facilities and that will automatically ensure happiness. Due to lack of right understanding, we are mixing up, as a result despite putting in most of our efforts for physical facilities we are not even able to fulfill the needs of the Body correctly. We need to work for both happiness in 'I' and physical facilities for the Body.

DISTINGUISHING BETWEEN THE NEEDS OF THE SELF AND BODY

Self (I) needs respect, happiness, trust etc. Thus, the need of Self is to live in state of continuous happiness. **Needs of body are quantitative and temporary in nature whereas needs of Self are qualitative and continuous in nature**

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**

Understanding The Human Being As Co-Existence Of Self ("I") And Body

Human being is more than just a Body. He is a co-existence of both the Self(I/ Jivana) and the Body. There is an exchange of information between the two. Our body acts according to the suggestions given by our "Jivana".

All Having Physical Facilities ensures the fulfillment of the needs of the body, but it does not fulfill the needs of the "I".



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Hence, for every human being, we need to fulfill the needs of both:

- Of “I” = Happiness (Sukha)
- Of “Body” = Physical Facilities (Suvridha)

One of these cannot replace the other.

the hum All human activities can be put under three categories –

- Activities that are going on in the Self (**Sentient Activities**)
- Activities that are going on in the Body (**Material Activities**)
- Activities involving both the Self and the Body

Bodily functions / Activities in the Body:

- The body is a set of “Self-organized activities” that occur with my (I) consent but without my(I) participation.

e.g.: the functions like breathing, digestion, organ functions

However some of these activities can be stopped by me (I) if I want.

e.g.: breathing

an feelings of happiness, sorrow, pain, excitement etc. are all experienced by “I” and not the “Body”

The activities in the body can also be understood as the mutual interaction between two material entities for “recognition” and “fulfillment” of their relationship.

e.g.: “Body” recognizes its relation with “Water” and fulfills it (by absorbing the water we drink, to the extent needed and uses it for the nourishment of various organs)

Activity of the Body: If a needle is pricked into your body, the needle goes inside if it is sharp and does not go inside if it is blunt.



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Activity of the Self: If you (I) see the needle being pricked into your body, you oppose it because you that it is a needle and you assume that it is sharp. Your “Recognition” of this fact makes you avoid it (Fulfillment of your Recognition).

But if you “know” that it is a syringe with a needle, then you assume that it will cure you of your sickness. Then this “Recognition” makes you allow the needle to be pricked into your body (Fulfillment of your Recognition). Thus this different Recognition leads to a different fulfillment.

THE BODY AS THE INSTRUMENT AS THE SELF

- Body as an instrument of Self 'I' ⇒ **I am the conscious entity; the body is the material entity. The body is my instrument. I am the one who takes decisions, the body acts accordingly.**
- **It is through the power of your body.**
- ... **But not the way the rest of the world tells you your body is powerful.** We are constantly sold the lie that makeup, weight loss, new clothes, cosmetic surgery, etc., are empowering for women. The thing is, they're not. We're confusing “empowerment” with “feeling beautiful” or, more specifically, “feeling like other people think we look good.” Empowerment has to be so much more dynamic and encompassing than that. “Power” cannot be minimized to something that is gained and wielded through appearance or beauty. “Power” from beauty is cheap. It is fleeting and can be consumed and discarded at any moment. **Your power isn't just in your beauty; it's in who you are and what you do. It is also in your physical power – the power to be, and do, and live, and move.**
- The fact that you have a body — regardless of your appearance or ability level — means that you innately have access to physical power. Your body is an instrument to be used for your benefit, and not a burden to drag around, hiding and fixing along the way. **Want to develop positive body image? When you learn to value your body for what it can do rather than what it looks like, you improve your body image and gain a more powerful sense of control.** The truth is, regardless of what you look like, or what



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you think you look like, you can feel good about yourself because you are not your appearance.

- **value your body for what it can do by engaging in physical activity. It will change your life and boost your body image in a way you never thought possible.**
- Health and body image experts teach that you can resist the soul-sucking place of constant self-consciousness by participating in non-aesthetically-focused sports (like competitive team sports, rather than activities that rely on the way you look while participating) and other kinds of physical activity. (Read about the problem with objectification in dance, cheer, and pageants [here](#).) Three Harvard women's rugby players are speaking our language on [this piece](#) about how physical activity is the most empowering thing you can do for your self-esteem. Let's just quote a bit of their genius: "Loving one's body is an inherently political act. Maintaining pride in having a body that is 'too big,' 'too small,' or 'not ideal' is a political statement against the many voices that tell us our bodies are problematic. Mainstream culture normalizes the flawless bodies that dominate every kind of mass media..."
- At home, girls are taught to cross their legs in public and take up as little physical space as possible. They are taught that being beautiful is much more valuable than being smart and strong. Magazines preach the gospel of constant diet and exercise to achieve 'bikini bodies' that are meant to lounge poolside and be gazed upon. It is a true testament to the misogyny of our culture that women are encouraged to whittle away their bodies and maintain postures that make them as unobtrusive as possible." So how do we fight against the all-out war against us and our bodies? Physical activity. **Physical activity is shown to lead to body satisfaction when girls develop an appreciation of what their bodies can do, rather than how they appear to others.** When women exercise to increase their fitness, rather than to improve physical appearance, they are more likely to feel positively toward their bodies. So, exercise! Play sports! Use your body as an instrument to experience life, and enjoy fantastic health benefits like increased cardiovascular health, improved blood sugar, lowered cholesterol, healthy blood pressure, and countless other internal health benefits in the process.



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UNDERSTANDING HARMONY IN SELF

- Choosing to live in harmony with yourself means **you have made a decision to embrace all elements of your character**. These elements work together to produce a lovely and distinctive individual. Even though it sound These elements work together to produce a lovely and distinctive individual.
- Even though it sounds simple to live in **harmony with yourself**, it comes with its fair share of difficulties.
- For starters, people with low self-worth may not value every aspect of their personality.
- They may allow certain aspects of their personality to bring them down, *thus creating an imbalance within their minds*.
- To embrace all elements of your character and start living in **harmony with yourself**, you must be prepared and willing to put in the effort.

Let's consider a few actions that you can take to facilitate this transition.

1. Learn how to make your shortcomings work for you

We all have shortcomings. There's no doubt about it.

Rather than focus on your shortcomings, take some time to discover their positive aspects.

You may find it difficult, for instance, to communicate efficiently with others.

Instead of wallowing about being unable to speak to others effectively, find creative methods to express yourself in other ways.

Some people discover enjoyment and fulfilment in writing, painting or sketching.

This offers them an outlet for expression without feeling judged or embarrassed.

2. Practice acceptance and gratitude

Of course, some shortcomings may take a little more time and effort to work out.



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This is where practising acceptance comes into play.

If you are frustrated with your so-called awkwardness or failure to build new friendships, it may be time to change your focus and embrace the person you are.

It will help if you keep in mind that billions of individuals are on this planet.

Imagine if everyone had the same personality; how boring do you think that would be?

So, know that your uniqueness is contributing to the diversity displayed here.

Find something in your shortcomings to be thankful for.

If you believe you're not social enough, you may discover a reason to be proud of that feature.

This will help you improve and strengthen your self-esteem without needing to compare yourself with others.

3. Improve what can be changed

If you're aware of something about yourself you could change, attempt to do just that.

This will lead to a fully balanced and harmonious experience.

We must all work towards personal improvement and enrichment.

Remember that it is impossible to reach inner harmony and congruence without effort.

For this reason, you must do whatever you need to accomplish your objectives.

This would certainly contradict your harmonious effort directly.

Although accepting all areas of you may be difficult, the effort is well worth it.

You're going to start noticing a major change in how you see and talk about yourself.

Simple activities, such as speaking to individuals or meeting deadlines at work, may begin to seem effortless.

You will soon reap the many benefits of living **harmoniously with yourself** by practising these useful tips.



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HARMONY OF SELF WITH THE BODY

- It is **the condition of the body where every part of the body is properly performing its expected function**. This leads to harmony within the body, and the body become perfectly fit for use by the “I”. There is a strong coupling between “I” and the “Body”. Disharmony in any one of them adversely affects the other.

Our Body – A Self-Organized Unit:

The human body is a self-organized unit with a highly sophisticated mechanism. It is made up of several organs such as the heart, lungs etc. and various glands, all of which work in a close co-ordination.

The body is made up of cells and each cell of the body has a role to play in the overall working of the body. Each cell is Self-organized and participates in the Self- organization of the body as a whole.

All the activities in the body keep the body fit for the use of “I”.

Harmony of the “I” with the Body:

The harmony of “I” with the body is:

- i. In the form of Sanyama (Self-Regulation) on part of “I
- ii. In the form of Svasthya (Health) on part of the Body

Sanyama (Self-Regulation)

It is the feeling of responsibility in the Self (“I”) for nurturing, protection and right utilization of the Body.

Once I realize that the Body is my instrument and that the body needs nutrition, protection from the environment and proper utilization to work as an efficient tool for the right purpose, I naturally develop a feeling of responsibility towards my Body. This feeling of responsibility developed in “I” is Sanyama.

When I live with Sanyama, there is harmony among the different parts of the Body and the Body becomes my useful instrument.

Svasthya (Health):



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To understand the self-organization of the body and ensure overall health of the body in the following ways:

Nurturing of the Body (Posana / Poshan):

Posana / Poshan involves providing proper food (**Ahar**), air, water etc. to the body.

The selection of food (Ahar) should be such that it gives required nutrients and energy to the body following the program below:

- **Ingestion:** This involves taking the food into the mouth and chewing it well for easy digestion.
- **Digestion:** Digestion starts after swallowing the food. Digestion also depends on proper rest and exercise of the body. Food consumed should be at proper intervals and with proper posture and right quantity.
- **Excretion:** After digestion, the necessary nutrients are absorbed by the body and the unnecessary or undigested part needs to be thrown out or excreted.

If any of the above three activities are not performed properly, it affects the body adversely and causes several health problems.

Protection of the Body (Sanrakshana):

This involves the selection of proper clothes and shelter for protecting the body from extreme climatic conditions and to provide the right amount of exposure of the body to air, water, sunlight etc. to ensure proper functioning of the body.

To ensure the health of the Body, we need to take care of the following:

i.Ahara – Vihara (Food – Upkeep)

The selection of food (Ahar) should be such that it gives required nutrients and energy to the body. For proper upkeep of the body, the body should be given rest from time to time. We must ensure



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proper time, posture and ways to work and to rest. And provide hygienic working conditions to upkeep our body.

ii. Shrama – Vyayama (Physical labour – Exercise)

Requisite amounts of physical labour and exercise are essential to keep the body fit and healthy.

iii. Asana – Pranayama (Yogasana – Pranayam)

Yogasanas are well designed exercises involving specific postures to keep the body healthy and Pranayama involves exercises involving regulation of breathing. Together they ensure the synergy between the Self and the Body.

iv. Ausadhi – Chikitsa (Medicine – Treatment)

Whenever the body gets hurt or experiences any kind of disorder, we should remember that the body has a tendency heal itself and come back to normal state. We can attend to such problems by simple ways like going without food for some time or having a restricted diet etc. if the body needs further treatment, then the ailment should be properly interpreted and attended to. The medicines used for treatment should not give rise to other complications in future.

PROGRAMME TO ENSURE SELF REGULATION AND HEALTH

What is the Programme for self-regulation and health?

- Program to Promote Self-Regulation in Health (PSRH)

The PSRH is a program designed to promote the SR of health. The health contents of the PSRH are the same as those of the PSE (i.e. healthy eating and oral health habits).

- The Health and Education Ministries of Brazil launched the Health in School Program (Programa Saúde na Escola - PSE) in 2007. The purpose of the PSE is two-fold: articulate the actions of the education and health systems to identify risk factors and prevent them; and promote health education in the public elementary school system. In the health field, the self-regulation (SR) construct can contribute to the understanding of life habits which can affect the improvement of individuals' health. This research aims to present a program that promotes SR in health (SRH). This program (PSRH) includes topics on healthy eating and oral health from the PSE; it is grounded on the social cognitive framework and uses story tools to train 5th grade Brazilian students in SRH



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- The study consists of two phases. In Phase 1, teachers and health professionals participated in a training program on SRH, and in Phase 2, they will be expected to conduct an intervention in class to promote SRH. The participants were randomly assigned into three groups: the Condition I group followed the PSE program, the Condition II group followed the PSRH (i.e., PSE plus the SRH program), and the control group (CG) did not enroll in either of the health promotion programs. For the baseline of the study, the following measures and instruments were applied: Body Mass Index (BMI), Simplified Oral Hygiene Index (OHI-S), Previous Day Food Questionnaire (PFDQ), and Declarative Knowledge for Health Instrument. Data indicated that the majority are eutrophic children, but preliminary outcomes showed high percentages of children that are overweight, obese and severely obese.
- Moreover, participants in all groups reported high consumption of ultraprocessed foods (e.g., soft drinks, artificial juices, and candies). Oral health data from the CI and CII groups showed a prevalence of regular oral hygiene, while the CG presented good oral hygiene. The implementation of both PSE and PSRH are expected to help reduce health problems in school, as well as the public expenditures with children's health (e.g., Obesity and oral diseases).

EXPECTED QUESTIONS

1. Distinguish between needs of self and the body
2. Briefly explain body as the instrument of the self
3. What do you understand by harmony in the self?
4. What is harmony of self within the body?
5. Explain human being as the co-existence of the self and the body