



COURSE TITLE: UHV (BUHK408)

Prepared by: Mrs. Pooja Deepak

MODULE-3

INTRODUCTION TO VALUE EDUCATION

RIGHT UNDEDRSTANDING, RELATIONSHIP AND PHYSICAL FACILITY

SYLLABUS

Harmony in the Family and Society (4 hours)

Harmony in the Family – the Basic Unit of Human Interaction, 'Trust' – the Foundational Value in Relationship, 'Respect' – as the Right Evaluation, Other Feelings, Justice in Human-to-Human Relationship, Understanding Harmony in the Society, Vision for the Universal Human Order

NOTES

HARMONY IN THE FAMILY

- What does family harmony mean? It means **the ability to trust and support, communicate differences in a constructive manner and look beyond the self (and immediate family) at a broader picture**. It means continuous work and constant reflection on actions that keep a healthy connection with the family as a larger unit
- Complete family harmony is **the key to happiness, prosperity and success**. Family harmony means that there is an atmosphere of absolute peace, relaxation, unconditional love, fearlessness, understanding (and not misunderstanding), freedom of expression and longing for each other within the family
- **Positive language, active listening, and empathy** help maintain a peaceful and happy family environment these under stressful times Children or teenagers asking for things can cause arguments.
- Family is our first social teacher and inculcates values such as **patience, honesty, integrity**, etc. To maintain harmony in the family we must follow certain proposals, to understand the harmony between family, we must first understand the relationship that exists between oneself and another self("I").



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- Still, there are several characteristics that are generally identified with a well-functioning family. Some include: support; love and caring for other family members; providing security and a sense of belonging; open communication; making each person within the family feel important, valued, respected and esteemed.

Family harmony is a critical component to a strong family business. Alignment in vision and values and strong commitment from family members helps business leaders to make tough decisions that will steer the company in an appropriate direction. Family harmony and competitive advantage can result from this alignment.

But identifying and clarifying family values isn't enough. It takes real courage and tenacity to make sure future family decisions and actions are based on values. Just as empty business values can create cynical and disheartened employees, so too can empty family values create cynical and mean-spirited family members. Adhering to common family values can steer the family towards productive behavior and appropriate business decision making.

Values in Action

As consultants to family business, we often begin our work with families by helping them identify their core values in action terms. Many times, when we ask about their values, we get answers like "respect, integrity, honesty." Sometimes families identify these values, but then don't live by them on a day-to-day basis. One family had spent considerable time on a values exercise coming up with the following list:

- Honesty
- Integrity
- Caring
- Supportive
- Togetherness
- Generosity



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- Respect

The family truly believed in these values but their everyday experiences with each other were in conflict with this vision. This family's sibling group was mired in competitiveness, hurt feelings and mistrust. In-laws were perceived as out-laws and the parents had positioned themselves as arbitrators and communication conduits for their children. At one point, the siblings hadn't talked to each other in quite some time. Many of the values they had listed were aspirational values. The values of "caring, supportive, togetherness, and respect" simply were not their values in action. It was what they wanted their values to be – what they aspired their values to be – but it wasn't supported by their behavior. Unfortunately, the group did not have enough trust built up between them to develop the tenacity needed to achieve their aspirational values.

RESPECT AS THE RIGHT EVALUATION

- ❖ Respect is right evaluation of a person. **Evaluating other than the right evaluation is actually disrespecting other.** Now, observe on how many occasions you are respecting your related ones and on how many occasions you are disrespecting by way of under- evaluation, over-evaluation or otherwise evaluation.
- ❖ Earned respect recognizes individual employees who display valued qualities or behaviors. It distinguishes employees who have exceeded expectations and, particularly in knowledge work settings, affirms that each employee has unique strengths and talents.
- ❖ Being respected by important people in our lives growing up teaches us how to be respectful toward others. Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them. Respect in your relationships **builds feelings of trust, safety, and wellbeing.**

Make professionalism a habit and demonstrate respect with these simple, yet powerful actions:

- ❖ Say something. ...



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- ❖ Smile. ...
- ❖ Say “thank you.” It may seem like common sense, but many people forget to say thank you or don't say it with sincerity. ...
- ❖ Be considerate and discreet. ...
- ❖ Apologize. ...
- ❖ Participate constructively.
- ❖ Respect is also about **showing humility and being sensitive**. Respect promotes cooperation and makes it easier for us to achieve our common goals. To show respect is to be open and honest and to behave with integrity. To show respect, we need to think about how our actions will affect our environment.

Why is respect important?

- ❖ ***Receiving respect from others is important because it helps us to feel safe and to express ourselves.***
- ❖ Being respected by important people in our lives growing up teaches us how to be respectful toward others.
- ❖ Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them.
- ❖ Respect in your relationships builds feelings of trust, safety, and wellbeing.
- ❖ Respect doesn't have to come naturally – it is something you learn.
- ❖ ***Don't forget to have respect for yourself too!***
- ❖ ***Being respectful toward others is one part of the puzzle. It's also important to have respect for yourself.***
- ❖ Remember that you are valued and you matter.
- ❖ What you think and feel is just as important as what somebody else thinks and feels.
- ❖ Ending a relationship that isn't respectful is a way of respecting yourself.

A respectful work environment boosts employee morale and creates a more positive, productive workplace. Make professionalism a habit and demonstrate respect with these simple, yet powerful actions:



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1. **Say something.** If you see disrespectful or unsafe behavior that undermines the work environment, speak up. Everyone deserves to be treated respectfully.
2. **Smile.** Empathize and be considerate of others. Make it a routine to smile and greet everyone as you arrive at work—it's a sign of courtesy and kindness.
3. **Say “thank you.”** It may seem like common sense, but many people forget to say thank you or don't say it with sincerity. Show gratitude often by making sure people know you appreciate them and their actions. Give encouragement to show you value your team's contributions.
4. **Be considerate and discreet.** Be mindful of your surroundings. If you work in an open workspace and need to make a phone call, make sure to control your own volume and respect your neighbors.
5. **Apologize.** If you make a mistake, take responsibility and have a corrective action plan. Saying “I'm sorry” (without excuses) is courageous and proves your commitment to your colleagues and to your job.
6. **Participate constructively.** Make sure your contribution in meetings are on topic and respectful. Avoid interrupting others and give others your full attention.
7. **Respond in a timely manner.** Answer phone calls and emails promptly—this shows people you value their time. Ensure that information is communicated and shared openly as appropriate. Sharing information signals trust and confidence.
8. **Go the extra mile.** Sometimes your team needs additional help to get the job done. Offer to pitch in and share the load. If a co-worker has helped you in the past, then returning the favor is a good way to show both your respect and gratitude.
9. **Be reliable.** Follow through on your commitments and responsibilities. Keep your word. Make task lists or reminders if needed and avoid distractions that make it easy to lose sight of deadlines. You'll earn your coworkers' respect when they know they can count on you.
10. **Feedback is a gift.** Praise much more often than you criticize. Share your expertise respectfully and be open to growth and learning. A collaborative workplace where everyone shares their ideas and offers creative solutions is one that thrives.

JUSTICE IN HUMAN TO HUMAN RELATIONSHIP

- ✓ HUMAN- HUMAN RELATIONSHIP: Justice (Nyaya) : Justice is the recognition of values in relationship, their fulfillment, right evaluation and ensuring mutual happiness (Ubhay- Tripti). Thus there are four elements of justice: recognition of values, fulfillment, evaluation and mutual happiness ensured.
- ✓ Justice means **giving each person what he or she deserves** or, in more traditional terms, giving each person his or her due. Justice and fairness are closely related terms that are often today used interchangeably.



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- ✓ **Justice is the recognition of values (the definite feelings in a relationship, their fulfilment, the right evaluation of the fulfilment resulting in mutual happiness.** Justice concerns itself with the proper order Five Principles of Social Justice. There are five main principles of social justice that are paramount to understanding the concept better. Namely, these are **access to resources, equity, participation, diversity, and human rights.**ring of things and people within a society.

Justice means giving each person what he or she deserves or, in more traditional terms, giving each person his or her due. Justice and fairness are closely related terms that are often today used interchangeably. There have, however, also been more distinct understandings of the two terms. While justice usually has been used with reference to a standard of rightness, fairness often has been used with regard to an ability to judge without reference to one's feelings or interests; fairness has also been used to refer to the ability to make judgments that are not overly general but that are concrete and specific to a particular case. In any case, a notion of being treated as one deserves is crucial to both justice and fairness.

Principles of Justice

The most fundamental principle of justice—one that has been widely accepted since it was first defined by Aristotle more than two thousand years ago—is the principle that "equals should be treated equally and unequals unequally." In its contemporary form, this principle is sometimes expressed as follows: "Individuals should be treated the same, unless they differ in ways that are relevant to the situation in which they are involved." For example, if Jack and Jill both do the same work, and there are no relevant differences between them or the work they are doing, then in justice they should be paid the same wages. And if Jack is paid more than Jill simply because he is a man, or because he is white, then we have an injustice—a form of discrimination—because race and sex are not relevant to normal work situations.



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UNDERSTANDING HARMONY IN SOCIETY

- **Right Understanding at the individual level leads to harmony in the family.** This leads to harmony in the society. Understanding relationships in family, recognizing the feelings in these relationships and living according to these feelings leads to mutual happiness and fulfillment.
- Social Harmony is defined as a process of valuing, expressing, and promoting love, trust, admiration, peace, harmony, respect, generosity and equity upon other people in any particular society regardless of their national origin, weight, marital status, ethnicity, colour, gender, race, age and occupation etc.

How to Live in Harmony with Others

- Connecting with Others.
- Overcoming Differences and Disagreements.
- Giving Back to Others.
- Maintaining Your Own Sense of Harmony.

Living with harmony with others is easier said than done, especially in a world filled with conflict, catastrophes, and differing opinions. You may struggle to feel in sync with people close to you and with society at large. Start by connecting with friends, family, partners, and neighbors.

Focus on dealing with any disharmony in your life in a generous, compassionate way and giving back to people in your community. Make sure you also maintain your own personal sense of harmony, as this will help you feel in sync with other

Participate in community events. Check the local community boards for postings about events like a block party or a community garage sale. Volunteer at community events and donate goods or money to local events. This can help you feel more connected to your neighbors.



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Connect with your neighbors. Reach out to people who live around you. Knock on their door and bring over baked goods. Say “hello” to them on the street. Be friendly and sociable with your neighbors so you can build a sense of community in the neighborhood.[2]

- You can also invite your neighbors over for dinner or a drink to connect with them.
- Offer to help your neighbors. If, for example, you have an elderly neighbor, offer to help them with yard work or a chore like cleaning out the gutters.

Hang out with friends on a regular basis. Spend time with good friends so you can stay connected with them and not lose touch. Schedule regular hang outs once a week or once a month with different friends. Make an effort to keep your friendships alive and active.[3]

- For example, you may schedule a coffee date once a week with a friend. You may also have monthly game nights with a group of friends.
- Create traditions with your friends. Try things like getting together on the anniversaries of special events or taking an annual trip together.

Spend quality time with family. Try to make the time you spend with your family meaningful and memorable. Have regular family dinners or invite your family over. Plan a trip with your family, especially if it’s been awhile since you have all traveled together.[4]

- Even if you aren’t super close to your family, you can still try to connect to them once in a while. You may find that the more time you spend with your family, the more harmonious around each other you will become.
- Embrace your family’s traditions, and try to create new ones. Sharing life event and remembering shared moments helps create a sense of belonging.

Be vulnerable and honest with friends and family. Open yourself up to your friends and family when you need them. Don’t hide your feelings or shy away from sharing your emotions with them. Instead, be vulnerable so you can feel more authentic and real around those close to you.[5]

- For example, if you’re having a rough day, you may tell your friends, “Today was a bad day. I need some cheering up” or “I’m not feeling great today, I need some support.”



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Be generous and caring to your partner or spouse. Treat your romantic partner with respect and gratitude. Give them daily attention and acknowledgement. Let them know they are important to you and that you value them.[6]

- You can do this by telling your partner regularly, “Thank you for all that you do” or “I appreciate you.”

VISION FOR THE UNIVERSAL HUMAN ORDER

- Universal human order (sarvabhatima vyavastha) is a feeling of being related to every unit including human beings and other entities of nature. Having understood the comprehensive human goal, **we are able to be in harmony not only with human beings, but also with the rest of the nature.**
- On studying Nature, we find that it consists of 4 orders **Material Order (soil, air, metals...), Pranic Order (plants, trees...), Animal Order (animals, birds...) and Human Order (human beings).** There is relatedness and interdependence amongst all the four orders.
- The five universal Human Values of **Love, Truth, Right Conduct, Peace and Non-violence** encompass all the noble values, have endless depth and breadth in their beauty, purity and power, and lie within every human being in full measure, largely hidden from conscious awareness like diamonds inside a mountain
- ✓ Every Human Being aspires to be happy. All his efforts are toward this end. The outcome from his efforts depends on the focus of the effort, specifically on his notions about happiness. When these notions are right, the outcome is mutual happiness. When the notions are wrong, the outcome is unhappiness.
- ✓ The purpose of education is to establish right understanding in the human being so that by a certain age, the individual is able to gain clarity about happiness and the programs to ensure it. The process which enables a human being to lead a happy life in continuity regardless of region, caste, creed, gender, race etc. can be termed as Universal Human Education. Such an education only can lay the foundation of an undivided society and universal human order,



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which all of us are looking for. Today, with different people having different notions of happiness, one can observe the mixed result at an overall global level in spite of significant material gains, there is increasing strife in family and society as well as damage of nature leading to significant and potentially irreversible climate change.

- ✓ Basic Human Aspiration On closer observation, we can see that every human being aspires for a way of life which ensures happiness for all human beings living in harmony with nature. At an individual level, happiness is harmony and integration among all four dimensions within the self - Thought, Behaviour, Work and Realization. At the level of society, individuals aspire to ensure harmony and integration among four levels - Individual, Family, Society and Nature. This is the aspiration; this is the desire, this is the innate need of every human being, regardless of age, gender, caste, creed, nation and beliefs.

EXPECTED QUESTIONS

1. How important is harmony in the family. Explain
2. Explain Respect as a right evaluation
3. What you understand by Human to human relationship
4. How important is understanding harmony in society.
5. Explain vision for the universal human order