AKTU Syllabus : Unit-3

❖ Understanding Harmony in the Family and Society

Harmony in Human-Human Relationship Understanding harmony in the family is the basic unit of human interaction, Understanding values in the human-human relationship; meaning of Nyaya and program for its ulfillment to ensure Ubhay-tripti; Trust (Vishwas) and Respect(Samman) as the foundational values of relationship, Understanding the meaning of Vishwas; Difference between intention and competence, Understanding the meaning of Samman, Difference between respect and differentiation; the other salient values in a relationship, Understanding the harmony in the society (society being an extension of the family): Samadhan, Samridhi, Abhay, Sahastitva as comprehensive Human Goals, Visualizing a universal harmonious order in society Undivided Society (Akhand Samaj), Universal Order (Sarvabhaum Vyawastha) – from family to world family!.

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❖ Harmony in Human -

Human Relationship Understanding harmony in the Family- the basic unit of human interaction

What is Family - Family, is a group of persons united by the ties of **marriage, blood, or adoption,** constituting a single household and interacting with each other.

Oxford English Dictionary defines Family as,

"A group of persons consisting of the parents and their children, whether actually living together or not."

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Harmony in the family - The need for harmony in family-How it is maintained-

The family is the basic unit of human interaction. It gives us roots to hold and wings to fly. Family is the strength, that gives us courage to face and fight against all tough circumstances of life, to overcome all kinds of strife and struggling faces. Family teaches us, strengthens us, motivates us, and boosts our morale to choose the right path in life. Family is the institution, that fills in us with the traits of humanity like kindness, gratitude, compassion, love, care, truthfulness, and the like.

The harmonious environment of family helps us to grow and develop in all dimensions, while on the contrary family feuds, disputed and quarrelsome environment of family hinders our progress. We even shrink from going home in such an oppressive environment. Family feuds can cause depression, anxiety, stress, sleeplessness, loss of appetite, sadness, confusion and rage, revenge as well as aggression.

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- **Some tips to create harmony in the family -** Parents are a prominent part of the family. They are real role models. They are real motivators, teachers, and best guides to their children.
- Hence parents should be cautious to be in harmony themselves. Husband and wife should be cooperative with one another. Their relationship should be harmonious and there should not be any clashes between them.
- Old generations like grandparents are the real assets of the family. They teach moral values to forthcoming generations. They told stories. They share rich experiences with children.

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- **So they should be treated with due respect and care**.
- Children need emotional support. Only monetary support is not enough for them.
- **So parents should *devote quality time** with their children. They should **listen to the problem** of children. They should **boost up the morale** of children from time to time ,when children feel physically and mentally tired and exhausted.
- **You can do well, don't worry everything will be all fine, It's like a walk in the park for you....these miraculous words can energized the children .**

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- **Try your best to *resolve conflicts in a relationship as soon as possible**, before these clashes deepen too much to affect the health of the family.
- There is a set of proposals, that one has to verify to ensure harmony in family-**(1) Relationship is and it exists between the self (I) and the other self(I).** -We are embedded in relationships, they are there. All that we need to do is to **recognize them, to understand them, and to give value to them.**
- **For example -** trust is extremely expected in a relationship and if there is a mutual feeling of trust, it leads to - **Mutual fulfillment, happiness, and harmonious environment ...**

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(2) The self (I) has feelings in a relationship. These feelings are between 'I' and 'I'- There are feelings in relationship naturally. They do not have to be created, nor can we remove them.

- It is self(I) ,that understands and possess feelings. The body is incapable of understanding and neither does it possess any kind of feelings.
- It is the self (I) that recognizes the relationship. Thus a relationship exists between the self (I) and the other Self(I).
- There is no part of the body that wants trust, no part of the body that wants respect. When you respect someone, you respect the person (I)and not their body organs.

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- **Similarly, when you trust someone, it is the person, and not the body.**
- **Trust is something to do with the person, the self(I).**
- It has nothing to do with the body.
- **For example -** A mother feels related to the child as she gave birth to him. But neither mother's body not the child's body has feelings.
- **It is the self of the mother and the self of the child that feels connected.**

(3) These feelings in the self (I) are definite, i.e. they can be identified with definiteness - With little exploration, we can see that feelings in relationship are actually definite, and not vague. These are the values , characterizing relationship, such as- trust, respect, affection, care, concern etc.

- Living with these values ,we are able to maintain harmony in family.

Human Value Unit-3 : Lec-1

- **(4) Recognizing and fulfilling these feelings leads to mutual happiness in relationship –**
- Once we have recognized the existence of human relationships, we are subsequently able to identify the feelings (values).
- When we work, act or behave according to these feelings, it leads to fulfillment of both sides in the relationship, i.e Leads to mutual fulfilment.
- **For example -**Trust is wanted in a relationship and if there is mutual feeling of trust, mutual sharing of trust to one another, there are no complaints.

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Human Values Unit-3 : Lec-2

❖ Understanding values in the human-human -

- Human relationship; meaning of Nyaya and program for its fulfillment to ensure Ubhay-tripti; Trust (Vishwas) and Respect (Samman) as
- the foundational values of relationship, Understanding the meaning of Vishwas; Difference between intention and competence, Understanding the meaning of Samman, Difference between respect and differentiation; the other salient values in a relationship...

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Human Values Unit-3 : Lec-2

- **Nyay - (Justice) -** Justice is the recognition of values (the definite feelings) in relationship, their fulfillment, the right evaluation of the fulfillment resulting in mutual happiness.
- Justice concerns itself with the –
- **Proper ordering of things and people within a society.**
- Justice is essential in all relationships, be it with the small kid in our house, our house help, out maid ,old grandparents, our fast friends or distant relatives.
- We need to grow up in relationships to ensure continuity of justice in all our relationships.

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Human Values Unit-3 : Lec-2

- There are 4 elements to ensure justice-
- Recognition of values
- Fulfillment
- Evaluation
- Mutual happiness
- **Mutual fulfillment is the hallmark of justice.**
- **Trust (Vishwas) -** Trust means to be assured that the **other person wants to see you happy and prosperous.**
- Trust is the belief that somebody is **good, honest**, sincere and he would not harm you, not play dirty with you, not hurt your emotions.

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Human Values Unit-3 : Lec-2

- In short ,we may say that trust is to be assured that each human being **inherently wants oneself and the other to be happy and prosperous.**
- Trust building is not the one day work. This process of trust building is an ongoing process that continues 24 hours and 365 days.
- One has to be honest in one's approach, otherwise trust will vanish.
- **False commitment, false talks and anything based on lies will erode the trust. Elements of trust -** The elements of trust are –
- **(1) Active listening -** Pay sincere and attentive attention to what the other person is saying. Respond in a generous way.

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- **(2) Consistent -** Be consistent in relationships. Consistency in your words and actions is necessary in building trust. **Keep your words and promises, commitments**.
- If in any case, you are unable to fulfill your commitment, take the person in confidence, communicate about this beforehand, and provide an alternative solution.
- **(3) Empathy -** It may be described as **'your pain in my heart'.** It gives us insight into what others may be feeling or thinking. It helps us to understand how or why others are reacting to the situation. It sharpens our 'people acumen 'and informs our decisions.
- (4) Honesty -We always trust people, whose integrity is incredible, and who are loyal and honest.
- (5)Justice-If we are sure enough that a person believes in justice, we naturally trust him to make the right judgment, as

Human Values Unit-3 : Lec-2

- **We hand over our bodies to the doctor because we know he will justify our disease and cure us.**
- **How to be trustworthy –**
- (1) Be a man of predictable personality. Don't be a **suspicious person or unpredictable.**
- Nobody should think about you doing that.
- Instead, be **rational and logical** enough to justify others.
- (2) Be **loyal** enough to keep the secrets of others.

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- (3) Make sure our words match the message. When our family and friends hear one thing in our words, but our **tone, attitude, body language, and facial expressions** are **narrating** some other story, it causes distrust in the relationship.
- People would no longer trust this kind of person.
- (4) Be **fearless and bold** enough to face any opposite and tough circumstances, any kind of turmoil, crisis, questions, and unmanageable situations.
- Obstacles, trials, and painful moments should be taken as challenging lessons, in which we have to intentionally write the script of our life individually and with others.

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Human Values Unit-3 : Lec-2

- **Come out as a hero even though, if you lose.**
- **Proposal about trust**

To understand trust, let us examine proposals-

- I want to make myself happy.
- I want to make the others happy.
- The others want to be happy.
- The others want to make me happy. Intention –
- **What is the intention -** Intention Is what one aspires for (our natural acceptance)
- **Competence -** Competence is the ability to fulfill the aspirations.

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Human Values Unit-3 : Lec-2

Intention (Natural Acceptance)	Competence (ability to fulfill)
1 (a) I want to be happy	1 (b) I am always happy
2 (a) I want to make the other happy	2 (b) I make the other always happy
3 (a) The other want to be happy	3 (b) The other is always happy
4 (a) The other want to make me happy	4 (b) The other makes me always happy
What we really want to be	**What we are**

We have populated the questions and there answers below with tentative responses.

Intention (Natural Acceptance)	Competence (ability to fulfill)
✓ 1 (a) I want to be happy	? 1 (b) I am always happy
✓ 2 (a) I want to make the other happy	? 2 (b) I make the other always happy
✓ 3 (a) The other want to be happy	? 3 (b) The other is always happy
✓ 4 (a) The other want to make me happy	? 4 (b) The other makes me always happy
What we really want to be	**What we are**

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❖ Respect –

- Respect means individuality. Respect means right evaluation, to be evaluated as I am.
- Usually however, we make mistakes in our evaluation in the following ways-to evaluate more than what it is –
- **(1) Over evaluation -** to evaluate more than what it is..
- **For example –** If you are wrongly flattered you feel uncomfortable. Supposed you are sitting with guests and your father says, my son/daughter is the best Scholar in west Uttar Pradesh.

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- **(2) Under Evaluation -** to be **evaluated less than what it** is...
- If you are rebuked, or condemned, you feel uncomfortable.
- **For example -** you are with some guests in the family and your father says - my son is worth nothing. He is the laziest person in all of India. You feel uncomfortable, you don't find this unacceptable.
- **(3) Otherwise Evaluation -** to **evaluate otherwise than what it** is.
- If you are evaluated as something else, you feel uncomfortable. If you are with some guests in the family and your father says- you donkey! can't you even understand this much?
- You feel offended by this. This is evaluating you otherwise, as you are a human being and not something else. We can say that any kind of over, under, or otherwise evaluation makes us uncomfortable, we find it unacceptable. We feel disrespected when we are wrongly evaluated.

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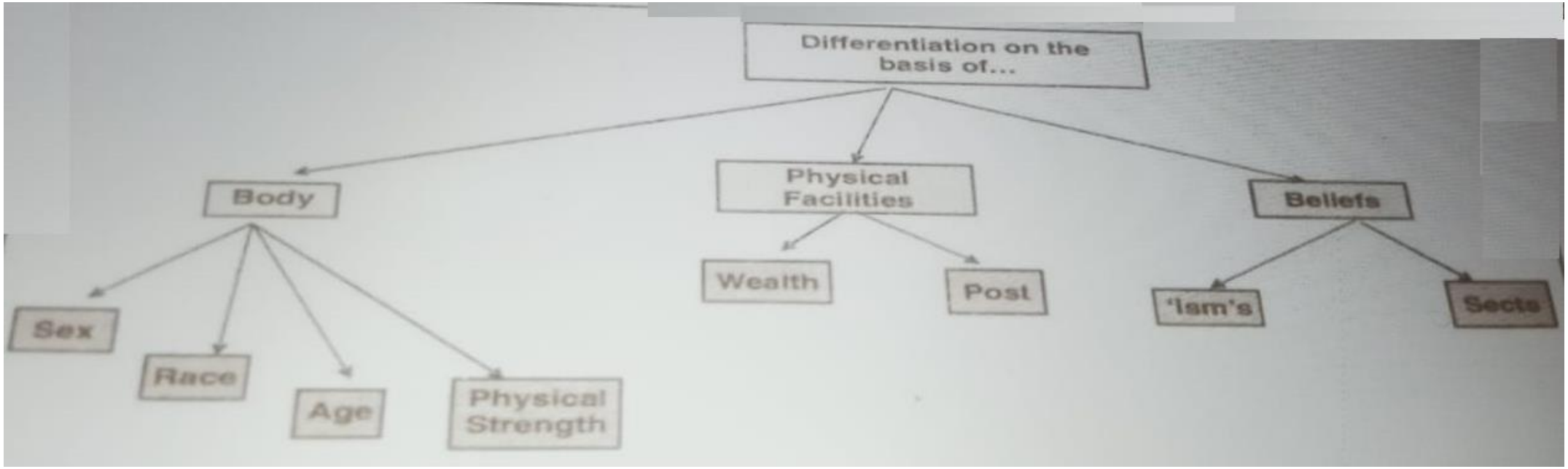
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❖ The basis of respect –

- Respect means accepting individuality and doing right evaluation. **Our basis for respect today is quite contrary to our discussion above.**
- Instead of respect being a basis of similarity or one of right evaluation, we have made it into something on the basis of which we differentiate, i.e. by respecting you mean you are doing something special, because you are special or having something special or are in some special position.
- Thus all of us are running around seeking respect from one another by trying to become something special.

Unit-3 : Lec-3

- Today we are differentiating in the name of respect. We either differentiate people on the basis of their wealth and possessions, or on the basis of their beliefs. Through this chart, it is clear that we pay respect today to someone, on the basis of these all things –



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- **Differentiation leads to acrimony in relationships -** Problems faced due to differentiation in relationships-
- **(1) Differentiation based on gender/sex-** Issues of women's rights, pay parity, crime against women, acid attacks, divorces, and domestic violence are common against women. Women are not safe and secure today because there is a lot of discrimination in a society that toughens women's lives.
- **(2) Differentiation based on race -** There are many movements and protests against racial discrimination and demands for equality, racial attacks, and movements against caste discrimination have people living in fear of such racism, casteism, and discrimination.

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- **(3) Differentiation based on age –** The generation gap, child trafficking, and child labor are seen in society even after 75 years of independence.
- **(4) Differentiation based on wealth -** Class and status, till today exists in society. Many people even literate and highly intellectual ones are suffering from a lack of self-esteem. The problem is worse enough that some are even bound to suicide.
- **(5) Differentiation based on post/designation –** High-ranked officers treat differently with their subordinates. They want to make others dance to their tunes.

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- **Difference between Respect and Disrespect (Differentiation)**
- (1) Respect is right evaluation, While –
- Lack of understanding of respect is disrespect.
- (2) Respect for others is generated by the right evaluation and understanding which leads to fulfillment in relationships. This further creates a sense of respect among people. Whereas -
- disrespect can take the form of gender bias, generation gap, caste struggle, power play or domination, communal violence, clash of face religion, class struggle and the like.

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Human Values Unit-3 : Lec-4

❖ Difference between intention and competence –

- Both intention and competence are the aspects of trust.
- (1) Intention is what one aspires for (our natural acceptance) and competence is the ability to fulfill the aspiration.
- (2) In intention every human being wants to do what is right, only competence may be lacking which needs to be developed through proper
- understanding and practice. But what we are doing today is that when we are judging ourselves we are judging based on our intention, whereas, when we are judging the other we are judging him based on his competence.

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Human Values Unit-3 : Lec-4

- (3) We trust our own intention while we are not ready to trust the others intention. It is the same for other as well.
- (4) We find that while we look at our intention, we are sure of it, we are not sure of the other's intention. We are actually seeing their competence, and making a conclusion on their intention. Hence, mistrust is born and we deny the relationship. We seldom look at our competence and other's intention.
- It is very important to differentiate between intention and competence. If we have trust on intention, we have a feeling of being related to the other and we start helping the other to improve his competence, if he does not have enough.

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Human Values Unit-3 : Lec-4

❖ Values in relationship –

- There are certain basic and important values in maintaining relationship. These values, we all know, are the backbone of health and happy family relations. The feelings, emotions, sentiments and respect all are of real importance. These values lead to elimination of friction and leads establishment of total harmony in relationship on long term basis. Values that are important in any relationship are -
- **1. Trust:** Trust or vishwas is the foundational value in relationship. “To be assured that each human being inherently wants oneself and the other to be happy and prosperous.” If we have trust in the other, we are able to see the other as a relative and not as an rival or opponents.

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- **2. Respect:** Respect means individuality. The sense of individuality is prime object. This is the first basic step towards respect (sammana). Once we realized that we are individual then only we can see ourself different from others. In other words, respect means right evaluation, to be evaluated as I am.
- **3. Affection:** Affection is the feeling of being related to the other. Affection comes when I recognize that we both want to make each other happy and both of us are similar.
- **4. Care:** The feeling of care is the feeling to nurture and protect the body of our relative. Or in other words a state of mind in which one is ready to console us, support us, motivates us, when we are somewhere and somewhat troubled, worried, anxious is called care.

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Human Values Unit-3 : Lec-4

5. Guidance: The feeling of ensuring right understanding and feelings in the oth (my relative) is called guidance. We understand the need of self ('I') for right understanding and feelings. We also understand that the other is similar to me in his/her faculty of natural acceptance, desire of wanting continuous happiness and the program of living in harmony at all the four levels.

- **6. Reverence:** The feeling of acceptance of excellence in the other is called reverence. When we see that the other has achieved this excellence- which means to understand and to live in harmony at all the levels of living ensuring continuity of happiness, we have a feeling of reverence for him/her.

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- **Glory -** Each one of us wants to live with continuous happiness and prosperity. Each one of us has a similar faculty of natural acceptance, has the same goal and program, and has the same potential to realize this. **Glory is the feeling for someone who has made efforts for excellence.**
- **Gratitude -** Gratitude is the feeling of acceptance for those who have made efforts for my excellence.
- **Love -** Love is the emotion of strong affection and personal attachment. In other words, love is the feeling of warm personal attachment or deep affection, as feeling for a parent, child, or spouse.

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Human Values Unit-3 : Lec-5

❖ Comprehensive Human Goals-

- The program to achieve comprehensive Human Goals:- Comprehensive human goals are-
- Right Understanding
- Prosperity
- Fearlessness
- Co-existence
- **Programs needed to achieve the comprehensive human goals are:**
- 1. Education – Right Living (Siksha – Sanskar)
- 2. Health – Self-Regulation (Svasthya – Sanyam)

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Human Values Unit-3 : Lec-5

- 3. Justice – Preservation (Nyaya – Suraksha)
- 4. Production – Work (Utpadan – Kriya)
- 5. Exchange – Storage (Vinimaya – Kosh)
- **(1) Education – Right Living:** Education refers to understanding and maintaining harmony at all four levels of living. While right living refers to commitment and preparedness to live in harmony at all four levels of living.
- **(2) Health – Self Regulation:** Sanyama refers to a feeling of responsibility –
- Of how to nurtue, protect, and right utilization of the body.
- When the body is fit to act according to the needs of the self ('I'), and, there is harmony among the parts of the body, it is referred to as health or svasthya.

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Human Values Unit-3 : Lec-5

- **(3) Justice – Preservation:** Justice (nyaya) refers to harmony in the relationship between human beings, while preservation (suraksha) refers to harmony in the relationship between human being and the rest of nature.
- **(4) Exchange – Storage:** Exchange (vinimaya) refers to the exchange of physical facilities between the members of the society, while storage (kosa) refers to the storage of physical facilities that is left after fulfilling the needs of the family.
- We can now see **how these five dimensions of humanistic society are able to ensure the human goal:**
- **Education –** Right living leads to Right understanding ..

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- Having the process of education and the right living leads to the right understanding in the individual.
- **Health –** Self-regulation leads to Prosperity.
- **How to ensure an undivided society –**
- To ensure an undivided society, and to maintain harmony in society three activities can be performed to send the message of a holistic society:
- **1. Educating society through workshops, seminars, and street plays:** this is about organizing workshops, seminars, and street plays at various levels in society. The activity may be carried out by N.G.O.s but must receive the support of government organizations. These activities can be categorized into three types which include

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Human Values Unit-3 : Lec-5

- Knowing the self,
- Knowing the existence based on self,
- It is knowing the definite human conduct which is the contribution of self in existence.
- **2. Value education in educational institutions:** value education should be introduced in the current education system at all levels – primary school, secondary school, senior secondary school, and college level.

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- **3. Helping to apply values to the real world:** organizations – both government and non-government should open up counseling centers that can help their employees or the general public to apply values to real-life situations. It is about realizing the alternatives in life. Various individuals are on the way to self-exploration, finding their natural acceptance towards a holistic approach to life and realizing it at all levels
- starting from self (with knowledge) to family (with meaningful relationships), then to society (education – health – production – business – services). The idea is not to live in isolation or individualism but with the expansion of SELF to higher levels in the social system.

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