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Co-existence:- Co-existence is when different things, like people, animals, or ideas, exist together peacefully, despite their differences or disagreements. It's about living in harmony and respecting each other's space and beliefs, even if they're not the same as our own.

Human being is more than just the body:- In real life, think of a person as a house. The body is like the house itself—it's what you see from the outside. But inside the house, there's furniture, decorations, and people living there, making it a home. Similarly, beyond the body, there's the mind, which is like the thoughts and feelings inside the house. Then, there's the spirit or soul, which is like the heart of the home—it's what makes the house feel alive and unique. So, just like a house is more than just its physical structure, a person is more than just their body. They have thoughts, feelings, and a sense of self that make them who they are.

Co-existence of the self and the body:- Your self is like the captain steering a ship (your body) through the sea of life. Both are essential: the captain gives direction, purpose, and personality, while the ship provides the means to navigate and interact with the world. Together, they make the journey possible and meaningful.

Understanding the activities in the self and the activities in the body:-

Let's say you're playing soccer. Your body kicks the ball, runs, and jumps—that's the physical stuff. But your self decides which direction to run, how hard to kick, and how to feel about winning or losing—that's the mental and emotional stuff. So, while your body is doing the action, your self is behind the scenes, making choices and feeling emotions. Together, they make you a skilled player with thoughts, feelings, and actions.



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Understanding the self as the conscious entity the body as the material entity:-

Imagine you're driving a car. Your self is like the driver—it's conscious, making decisions about where to go and how to get there. The body is like the car—it's the physical vehicle that moves and interacts with the world. So, just as the driver controls the car, your self directs the body. Your self is the thinker, feeler, and decision-maker, while your body is the tool it uses to carry out those thoughts and feelings in the physical world. Together, they make up who you are—a thinking, feeling being with a physical presence.

Harmony in the self Understanding:-

Imagine you're preparing for a big presentation at work. Your thoughts are focused on the message you want to convey, your feelings are confident and calm, and your beliefs support your abilities. Your actions align with these thoughts and emotions—you speak clearly, maintain eye contact, and engage with your audience effectively. This harmony within yourself helps you deliver a successful presentation. In real life, harmony in the self means that your thoughts, feelings, and actions are in sync, leading to smoother interactions and more fulfilling experiences.

Why should I study myself:-

Studying yourself is like exploring a map of who you are—it helps you understand your strengths, weaknesses, and what makes you tick. When you know yourself better, you can make better decisions, navigate challenges more effectively, and build stronger relationships. It's like having a guidebook for living your best life.

How are the activities in self related:-

Think of the activities in yourself like a busy city. Your thoughts are like the traffic moving around, your feelings are the weather changing, and your decisions are the directions you choose to go. They're all connected—your



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thoughts influence your feelings, which affect your decisions, and so on. Understanding these connections helps you navigate life's streets more smoothly and make choices that lead to happiness and fulfillment.

What is the problem today:-

The problem today, in terms of human values, is a lack of empathy and compassion. Many people are focused on their own needs and desires, ignoring the struggles of others. This leads to a breakdown in relationships, increased conflict, and a sense of isolation. We need to prioritize values like kindness, understanding, and respect for others' perspectives to create a more harmonious society where everyone feels valued and supported.

Effects of the problem:-

The effects of the problem, when it comes to human values, are like ripples in a pond. When people lack empathy and compassion, it creates a ripple effect of negativity in society. Relationships suffer, trust erodes, and communities become divided. People feel isolated and misunderstood, leading to a sense of loneliness and sadness. But if we prioritize values like kindness, empathy, and understanding, we can create a ripple effect of positivity. Relationships grow stronger, trust is restored, and communities come together in support and harmony.

Realization:-

Realization in simple terms is like turning on a light bulb in a dark room. It's when you suddenly understand or become aware of something you didn't know or understand before.



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In real life, it's like when you finally understand why a friend was upset with you or when you suddenly grasp a difficult concept in school. It's that "aha" moment when things just click into place, and you see things more clearly. This newfound understanding can lead to changes in behavior, decision-making, or even how you see the world around you.

Living with Definiteness:-

Living with definiteness means living with clarity, purpose, and determination. It's like having a clear roadmap for your life and knowing exactly where you're headed.

In real life, it's like setting specific goals for yourself and taking concrete steps to achieve them. It's about making decisions confidently and staying committed to your path, even when faced with challenges or uncertainties. Living with definiteness helps you stay focused, motivated, and ultimately, leads to a more fulfilling and successful life.

Harmony with the body :-

Harmony with the body means treating your body well and listening to its needs, almost like being in sync with it.

In real life, it's about eating nutritious food, getting enough rest, and exercising regularly to keep your body healthy and strong. It's also about paying attention to how your body feels and taking breaks when you need them. When you're in harmony with your body, you feel more energized, happier, and ready to tackle whatever life throws your way.

Sanyama and svasthya:-

"Sanyama" and "svasthya" are concepts from the ancient Indian tradition of yoga.



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"Sanyama" refers to the practice of controlling, regulating, and mastering one's mind and thoughts. It involves concentration, meditation, and deep contemplation to gain insight and understanding. Essentially, it's about harnessing the power of your mind to achieve mental clarity, emotional balance, and spiritual growth.

"Svasthya" means "health" or "well-being" in Sanskrit. It encompasses physical, mental, and spiritual health, emphasizing balance and harmony within oneself. Svasthya involves taking care of your body through proper nutrition, exercise, and self-care practices, as well as nurturing your mind and spirit through mindfulness, meditation, and self-reflection.

Understanding and living with sanyama:-

Understanding and living with sanyama in simple terms is like being the boss of your own mind. It's about taking control of your thoughts and emotions instead of letting them control you.

In real life, it means practicing techniques like meditation, deep breathing, and mindfulness to calm your mind and gain clarity. When faced with challenges or stress, you can use these techniques to stay focused and calm instead of getting overwhelmed. Living with sanyama helps you make better decisions, improve your relationships, and lead a more peaceful and fulfilling life.

Correct Appraisal of our Physical Needs:-

Understanding and meeting our body's needs means paying attention to signals like hunger, thirst, tiredness, and stiffness, and responding accordingly. It's like listening to our body's messages and giving it what it needs, whether it's food, water, rest, or movement, to stay healthy and energized, just like we



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would take care of a plant by watering it when it's dry or giving it sunlight when it's wilted.