

'Value Education'

Understanding Value Education

“Not life, but good life, is to be chiefly
valued.”

(Socrates 469-399, B.C., Ancient Greek
ethicist- philosopher)

Value Education

Value education is the way of conceptualizing education that places the search for meaning & purpose at the heart of the educational process. It recognizes that the recognition, worth & integrity of all involved in the life & work of the school are central to the creation of a values based learning community that fosters positive relationship & quality in education.

- Today the students are led to believe that by developing the ability to together, store & retrieve vast information, they stand educated. We are lacking value in higher education & there is a requirement to show students the moral path to divert them from evil like cyber crime and consumerism and instill trustworthiness, responsibility and respect.
- In our culturally plural society, education should foster universal and eternal values, oriented towards the unity and integration of our people. Such value education should help eliminate religious fanaticism, violence, superstition and fatalism.

- **Need of Value Education:-**

- The value education need can be understood by dividing the human life in view of following four parts:
 - A) Personal Need
 - B) Fundamental Need
 - C) Social Need
 - D) Family Need

- **A) Personal Need:**

- *“Education without values, as useful as it is, seems rather to make man a more clever devil”*

- **- C.S.Lewis**

- As we all know today's condition, where globalization, consumerism, fundamentalism have gained stronger roots. Life is full of hurry-worry, whips & shocks, ups and downs nobody have time for self-introspection. Everybody wants more and more but their whims never satisfied, particularly usual media has tremendous impact in the minds of the youth. People many a time are swayed by half truth. There is no easy means to have the holistic vision of the reality. All these lead to confusion and distortion in proper understanding. In this complex background, there is a growing need to impart value education in the proper perspective especially in the midst of youth so that they are not misguided. As there has been gross erosion in values over the decades, the values in ancient Indian philosophy,

- Fundamental Need:

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- Value education consists of proper education of the core human values which enables one to have a holistic view of life and its significance. These are fundamental values which cut across the contours of race, religion, caste, creed, country, gender and so on. These are intended to ensure dignity of human beings. So the focus is on developing the fundamental principles of equality, non discrimination, universal peace, justice, non violence and tolerance. The understanding of these core values helps the human beings to their life in a

Social Need:

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- The current era has breaking and blurring of all kind of boundaries- national, social, technological, political and in communication. An era of globalization has begun in which the traditional boundaries that separated ideologies and communities are been broken so that the values that have been in context-specific and unique in a particular social setup are being challenged in the light of global perspective.
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- Knowledge and multiple disclosures and literacy's are a feature of current period, and thus the voices of different groups, hitherto silent or at least faint are being heard now a days. The growth of new social movements such as environmental groups, feminist groups, gay liberations, civil right groups has led to a social context in which there are multiple agendas, discourses, and interests continuously interacting with each other and with the existing social patterns. Value education is important to help

Family Need:

- The family system in India has a long tradition of imparting value education. But with the progress of modernity & fast changing role of the parents it has not been very easy for the parents to impart relevant values in their wards. In a sense, value education deals with what is universally valuable to all of us, what is conducive to our individual and collective happiness and prosperity in a sustainable way.
- Value education enables us to understand our needs & visualize our goals correctly and also indicate the direction for their fulfillment. It also helps remove our confusions & contradictions and enables us to rightly utilize the technological innovations.

Content of Values Education

- Value education is the understanding of fundamental values. This education consists of proper education of the core human values which enables one to have a broad view of life and its significance. The value education as subject cover follows types of values in life:

Types of Values

- Life comes with its ups and downs. Yes, we all know that. But there are certain mindsets that affect our life for the better and some that affect it for the worst. These mindsets that affect our life for the better can be called values. Whilst it stands true that all people have different values in life, there are some important values in life, that should be considered by all. Not because these are the values that we follow, but because it could truly make this world a better place. Here is the list of important values to have in life.

- **Most Important Values in Life:**

- Love

- Understanding

- Respect

- Discipline

- Honesty

- Love:

- The first of the most important values in life is love. It is an important personal value to open your mind to the concept of love. I don't mean this in a fairy tale kind of way. That is not the only kind of love. The way in which you love your family, and friends, you can love everybody. Love is the bringer of compassion. Once, we are led by compassion, we see the best in others, while they see the best in us. We can have more faith in the world. This will help us to refrain from being suspicious, keeping us more at ease.

Understanding:

- This is the second important value in life. We see a lot of people around us holding grudges and keeping tempers. They know at the back of their mind and in the depths of their heart that the other person had a reason for doing what they did. Yet, they let their anger take over. Understanding is the key to a happy mind and a caring heart. If we are ready to understand and accept people and circumstances for what they are, we can gain control over it. Understand that people are doing their best, and instead of

Respect

- The third of the important values in life is respect. It is very important to have respect for people. This not only allows us to get inspired by their positive aspects, but also allows us to notice their negatives. Nobody is perfect. Respect is the only way we can adopt the best of all that is around us, in the process, making us a better person everyday, every moment. A very important fact about respect is that the more we give, the more we earn. It is in fact one

Discipline

The forth of the important values in life is discipline. Sadly, many people confuse discipline for routine and avoid it. Well, routine is the act of doing the same thing over and over again, due to lack of opportunity or imagination. On the other hand (and far better), discipline accepts the absence of routine, on the condition of responsibility. A disciplined person will have a lot of fun, but will make sure that he completes his duties. He will go out and have a blast, but will ensure that he is back at the decided time. A disciplined and responsible person will respect his as well as other's time. As such, he will always be

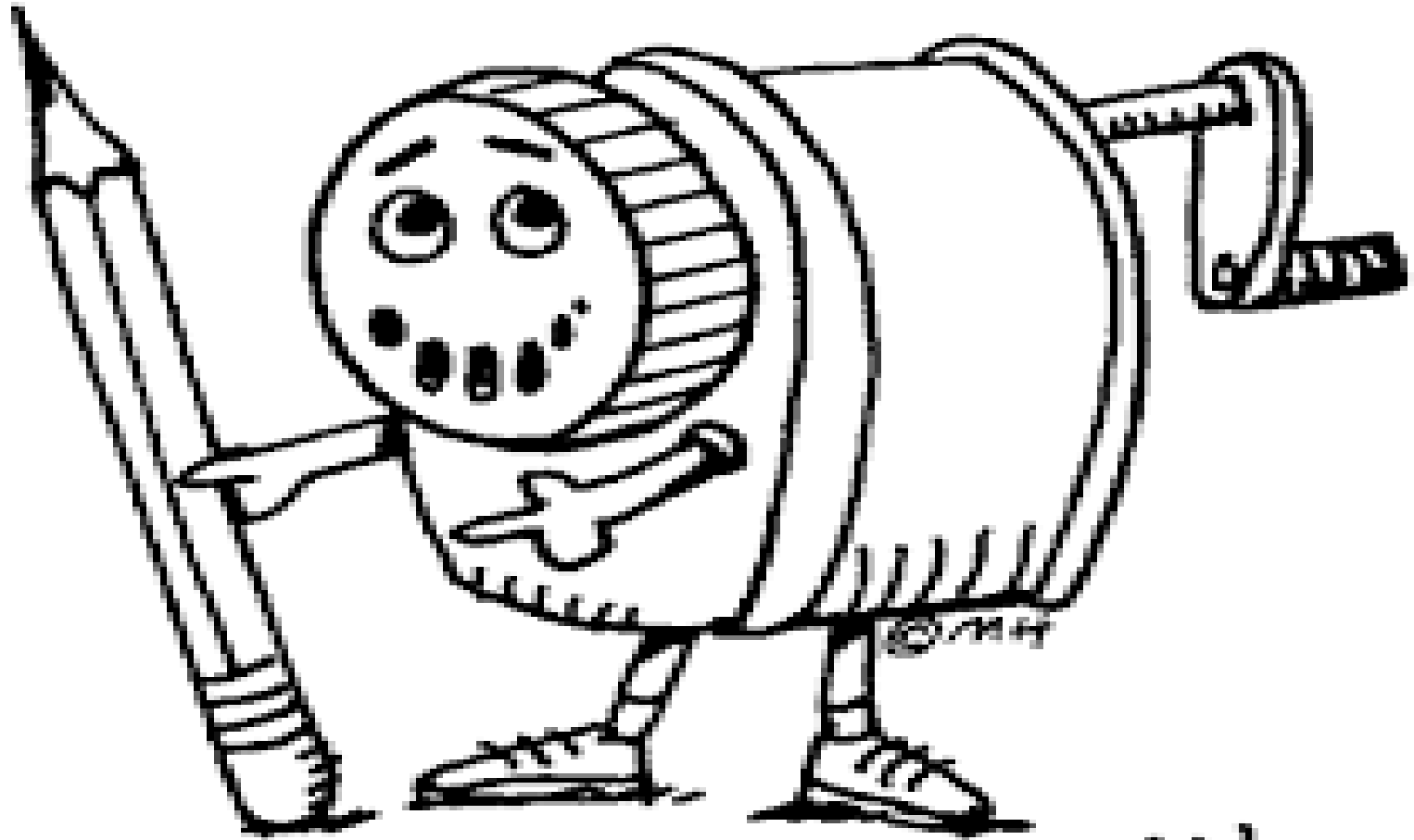
Honesty:

The fifth important value in life is honesty. We must be wondering why this value is mentioned at the end. Well, that is because it is the base on which the other values stand. It is the most important value to have. Honesty does not only mean telling our parents when you goofed up or admitting to your partner that we made a big mistake. Honesty is admitting to our self that we are not perfect. It means avoiding to make a mistake. An honest person will try his best to not goof up, but if he does, he will not only admit it, but will willingly accept the consequences. All the other values that are mentioned need to be accepted and followed with honesty. That is the only way in which they will affect our life for the better.

Process of Value Education

- This is very essential to deliver the value to students. There can be many ways to impart knowledge to students. The most appropriate one is discussed here. The process should be student friendly and easily understandable. There can be following four methods that can be adopted for value education:
 - A) Individual Learning
 - B) Project Learning
 - C) Group Learning
 - D) Open Learning

Individual Learning



Sharpen Your Skills

- This is the highly interactive way of learning the values. This is very personal one to one interaction with the learner. So this can be customized as per the personal interest. This process increases the sense of belongingness in the students. Students can raise the queries and clear the doubts without any hesitation of the peer group. They feel more secure and attentive.
- The basic draw back of this type of learning is that student lack group dynamics. Student should learn the things in group as well. Ultimately we are the part of a society and we should inculcate those values in student as well.

Project Learning



- This is one of the best methods of learning. Here students are allowed to garner their natural anubhav through series of live projects. Students are handed over the projects and expected to complete in given time frame. The projects are basically real life problems and student needs to find out the solutions on the basis of their value system. This teaches the concepts of self-discipline, tolerance and cooperation. Important lessons are learnt

Group Learning



- This is the best method to enhance the team building skills. The group working is always different from individual working. Some student score poor in interacting with other students. They lack in interpersonal skills. The group learning helps these students in overcoming these problems. The two-way communication is the key to all the group activity. This method teaches

Open Learning



- Open learning is a teaching method that is, among others, founded on the work of Célestin Freinet and Maria Montessori. Open learning is supposed to allow pupils self-determined, independent and interest-guided learning. This method was evolved to overcome the shortcoming of traditional methods of learning.

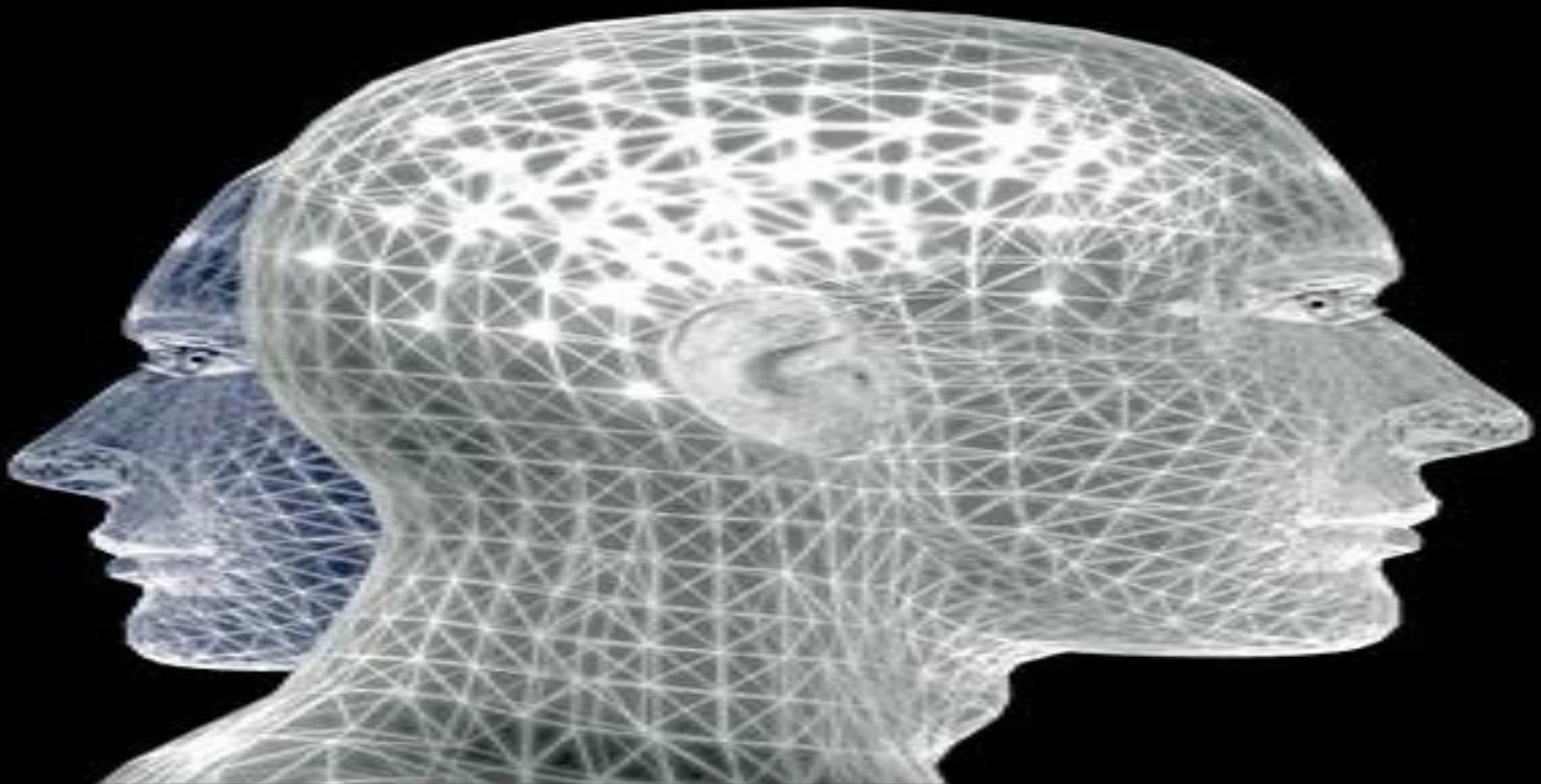
Self Exploration

- Self Exploration Concept
- What is Anubhav & Smriti
- Contents of Self Exploration – Values, Interests Personality and Skills
- What is the process to do Self Exploration
- Natural Acceptance Experiential Validation – Affective Intuition

- Self exploration implies a careful and critical examination, assessment and analysis of one's own unrealized capacities and potentials. Self-exploration represents the inward journey into yourself, into your own inner space for understanding you fully and completely.

Anubhav and Smriti

- Anubhav represents direct perception while Smriti denotes remembered



- With the passage of time, whatever we learn from our day to day life events, become the part of our Anubhav. The events that impact our inner self and let us think about what and how this happen immediately enter into our anubhav. These are the experiences that we nurtured over a period of time. Anubhav let us know what is good and what is bad for us. This is because of the fact that every human being is different, his thoughts, personality and acts are different. Due to this diversity, people act differently in situations. The outcome of this act is anubhav. People learn many things in life.

Contents for Self Exploration



- Look within. Your higher self is merely looking deep into your soul or spirit. Within yourself lies your inner most thoughts and passions. In order to allow your authentic self to emerge you must understand and accept yourself for who you truly are. This means understanding the good, bad and ugly and allowing the changes needed to become whole. Self exploration consists of the critical assessment of following virtues: **VIPS**, Value, Interest, Personality, Skill.

- As far as corporate life is concerned, we should follow certain set of values. These values are essential for a long term relationship and survival in corporate world.
- **Here is a List of the Top 10 Values Employers Look for in Employees**
- 1. Strong Work Ethics
- 2. Dependability & Responsibility
- 3. Possessing a Positive Attitude
- 4. Adaptability
- 5. Honesty & Integrity
- 6. Self- Motivated
- 7. Motivated to Grow and Learn
- 8. Strong Self Confidence
- 9. Professionalism
- 10. Loyalty

Strong Work Ethics

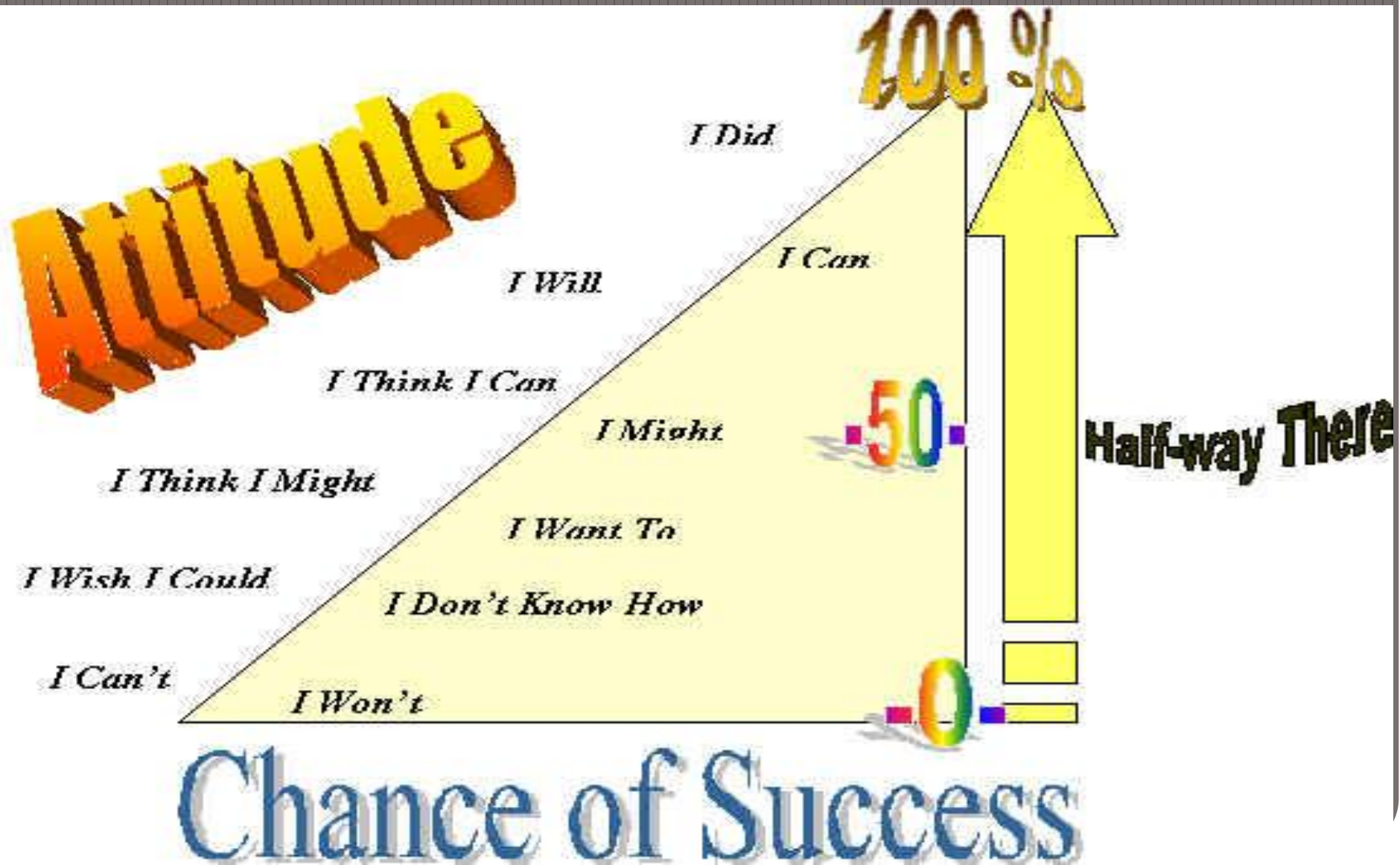
- Employers value employees who understand and possess a willingness to work hard. In addition to working hard it is also important to work smart. This means learning the most efficient way to complete tasks and finding ways to save time while completing daily assignments. It's also important to care about your job and complete all projects while maintaining a positive attitude. Doing more than is expected on the job is a good way to show management that you utilize good time

Dependability and Responsibility



- **Employers value employees who come to work on time, are there when they are suppose to be, and are responsible for their actions and behavior. It's important to keep supervisors side by side of changes in your schedule or if you are going to be late for any reason. This also means keeping your supervisor informed on where you are on all projects you have been assigned. Being dependable and responsible as an employee shows your employer that you value your job and that you are responsible in keeping up with projects and keeping them informed of the things that they**

Possessing a Positive Attitude

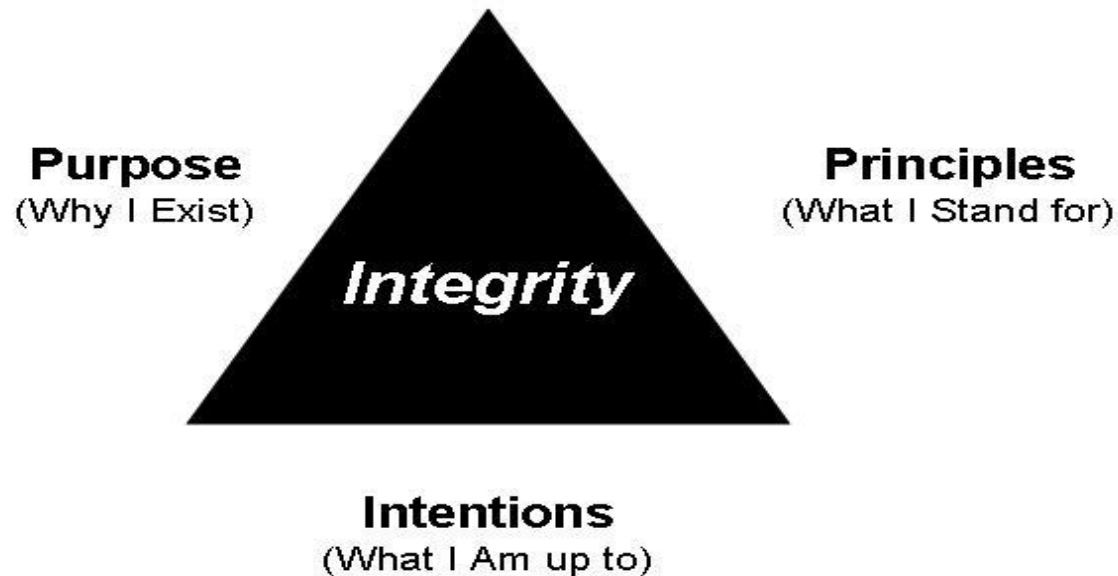


- Employers seek employees who take the initiative and have the motivation to get the job done in a reasonable period of time. A positive attitude gets the work done and motivates others to do the same without dwelling on the challenges that inevitably come up in any job. It is the enthusiastic employee who creates an environment of good will and who provides a positive role model for others. A positive attitude is something that is most valued by supervisors and co-workers and that also makes the job more

Adaptability

- Employers seek employees who are adaptable and maintain flexibility in completing tasks in an ever changing workplace. Adaptability also means adapting to the personality and work habits of co-workers and supervisors. Each person possesses their own set of strengths and adapting personal behaviors to accommodate others is part of what it takes to work effectively as a team. By viewing change as an opportunity to complete work assignments in a more efficient manner, adapting to change can be a positive experience. New strategies, ideas, priorities, and work habits can foster a belief among workers that management and staff are both committed to making the workplace a better place to work.

Honesty and Integrity



- **Employers value employees who maintain a sense of honesty and integrity above all else. Good relationships are built on trust. When working for an employer they want to know that they can trust what you say and what you do. Successful businesses work to gain the trust of customers and maintain the attitude that “the customer is always right”. It is the responsibility of each person to use their own individual sense of moral and ethical behavior when working with and serving others within the scope of their job.**

Self – Motivated



- **Employers look for employees who require little supervision and direction to get the work done in a timely and professional manner. Supervisors who hire self-motivated employees do themselves an immense favor. For self-motivated employees require very little direction from their supervisors. Once a self-motivated employee understands his/her responsibility on the job, they will do it without any prodding from others. Employers can do their part by offering a safe, supportive, work environment that offers employees an opportunity to learn and grow. Working in a supportive work environment and taking the initiative to be self-directive will provide employees with a better sense of accomplishment and increased self-**

Motivated to Grow & Learn



- In an ever changing workplace, employers seek employees who are interested in keeping up with new developments and knowledge in the field. It has been noted that one of the top reasons employees leave their employers is the lack of opportunity for career development within the organization. Learning new skills, techniques, methods, and/or theories through professional development helps keep the organization at the top of its field and makes the employee's job more interesting and exciting. Keeping up with current changes in the field is vital for success and increased job

Strong Self – Confidence

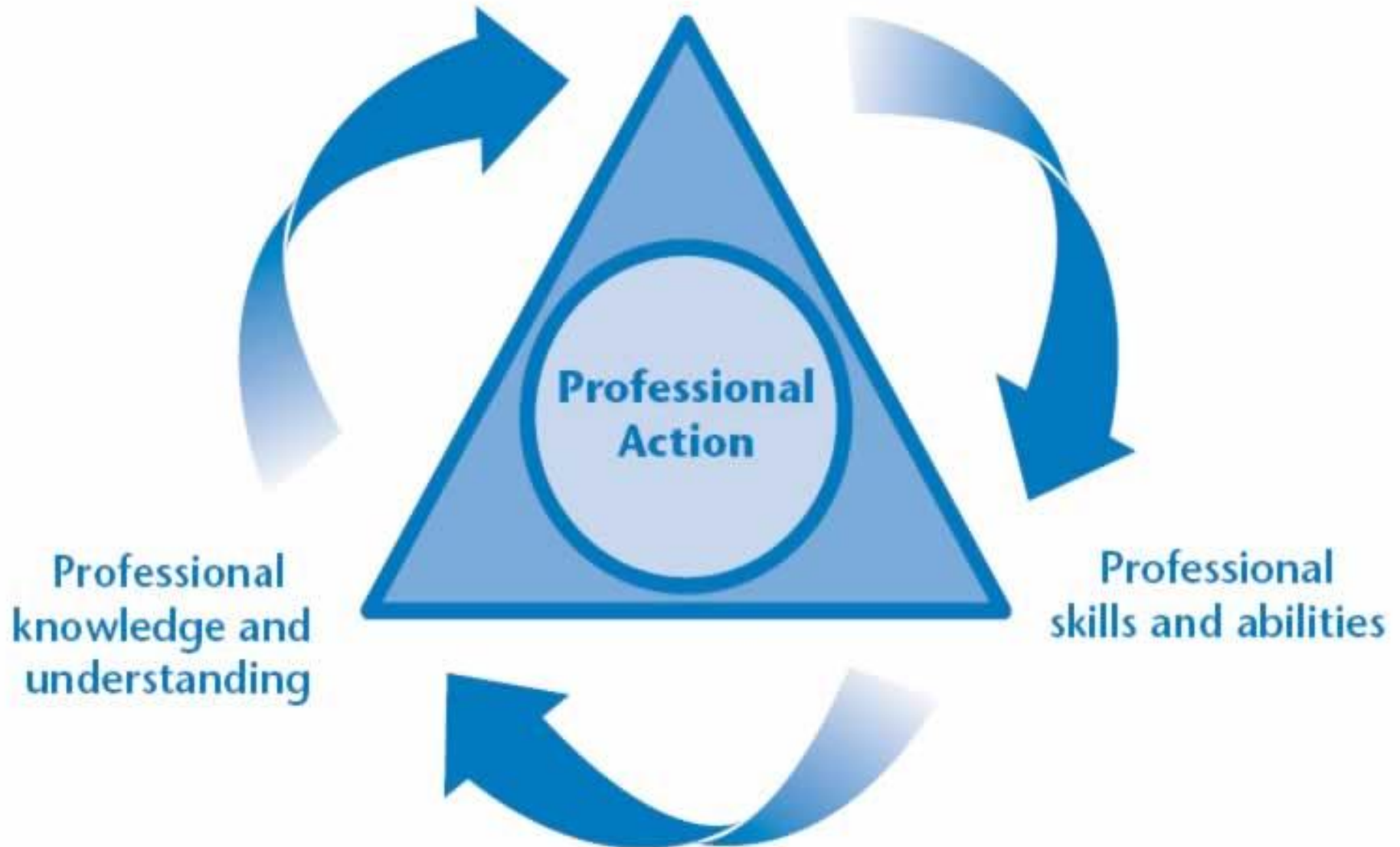
- **Self-confidence has been recognized as the key ingredient between someone who is successful and someone who is not. A self – confident person is someone who inspires others. A self-confident person is not afraid to ask questions on topics where they feel they need more knowledge. They feel little need to have to impress others with what they know since they feel comfortable with themselves and don't feel they need to know everything.**

- The self-confident person does what he/she feels is right and is willing to take risks. Self-confident people can also admit their mistakes. They recognize their strengths as well as their weaknesses and are willing to work on the latter. Self-confident people have faith in themselves and their abilities which is manifested in their positive attitude and outlook on life.

Professionalism

- **Employers value employees who exhibit professional behavior at all times. Professional behavior includes learning every aspect of a job and doing it to the best of one's ability. Professionals look, speak, and dress accordingly to maintain an image of someone who takes pride in their behavior and appearance. Professionals complete projects as soon as possible and avoid letting uncompleted projects pile up. Professionals complete high quality work and are detail oriented. Professional behavior includes all of the behavior above in addition to providing a positive role model for others. Professionals are enthusiastic about their work and optimistic about the organization and its future. To become a professional you must feel like a professional and following these tips is a great start to getting to where you want to**

Professional values and
personal commitment



Loyalty

- Employers value employees they can trust and who exhibit their loyalty to the company. Loyalty in the workforce has taken on a new meaning. Gone are the days when employees plan on starting out and retiring with the same company. It is said that most people will hold between 8 – 12 jobs throughout their career. What does this mean in terms of loyalty in today's workforce?

Personality

- *“I knew that I had come face to face with some one whose mere personality was so fascinating that, if I allowed it to do so, it would absorb my whole nature, my whole soul, my very art itself.”*
-
- **-Oscar Wild (Irish Poet, Novelist, Dramatist and Critic, 1854-1900)**
- Personality traits are not inborn or genetically inherent. We have to develop or enhance these traits after landing on earth. We are the only one who can develop our whole personality. There are others like our parents who are always there to help us but the actual hero is with us. If we are interested to develop our personality we need to learn many things and might be more and more and

Skills

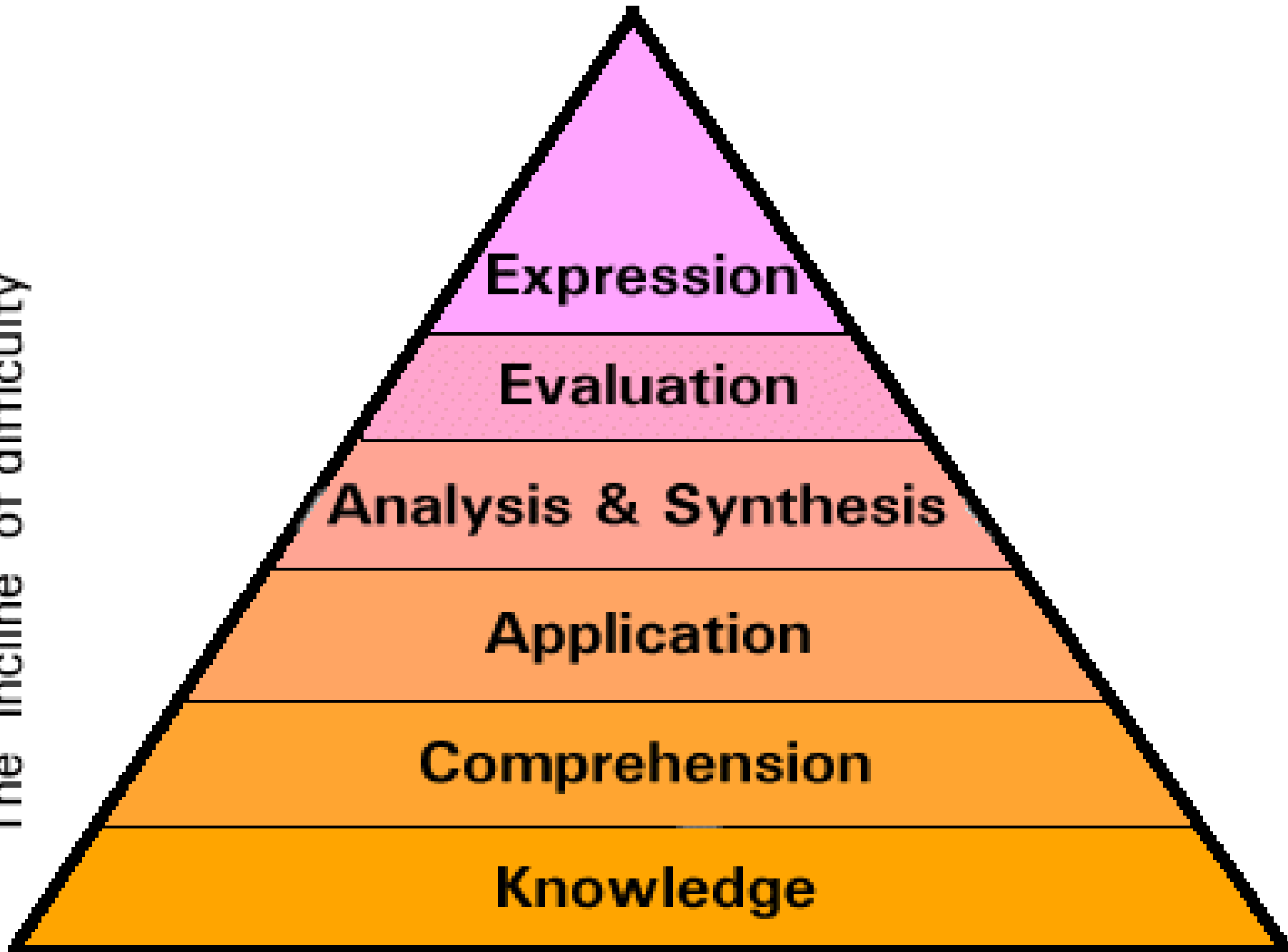
- Skills:

"Once you start working on something, don't be afraid of failure and don't abandon it. People who work sincerely are the happiest."

- Chanakya (c. 350-283 BC)

This quote is really mean a lot and when we think in our self to do certain kind of job we must look at the skills listed in this section. Apart from academic education we must have to learn many extra curricular things like:

The 'incline' of difficulty



- 1) Public Speaking Skills.
- 2) Body language Skills.
- 3) Handwriting analysis Skills.
- 4) Behavioral Skills.
- 5) Anger Management Skills.
- 6) Fitness Skills.
- 7) Yoga and Exercise.
- 8) Food habit.
- 9) Communication Skills.
- 10) Friends making Skills.
- 11) Relationship Skills.
- 12) Super learning Skills.
- 13) Dealing with problems.
- 14) Self or Auto-Suggestions skills and much more which can't be listed here.

- **Self Exploration Process**

- *"Know thyself."*

Plato 427 B.C.-347 B.C., famous ancient Greek philosopher, in the dialog "Alcibiades"

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- There are lots of methods of self exploration, but the practical approach works better to attain the results. We, as a person should ask following questions regularly. The honest answers will be the right self exploration.
- So here are the questions:
- What did I learn last week? – I learned that I have to stand up for myself, and admit my weaknesses as well as my strengths – if I'm not capable of doing something, I should simply say so – instead of trying to do it anyway and having it strain my life and relationships for the worse.
- What was my greatest accomplishment over the past week? – Learning the above – finding ways to help people without hurting myself, and still feeling accomplished in that goal.
- Which moment from last week was the most memorable and why?
- What's the #1 thing I need to accomplish this week?
- What can I do right now to make the week less stressful?

Natural Acceptance

omshivam



- This is the phenomena that have become the core of happiness. The world around us is so charming that we start imitating others blindly. Do not be in a hurry; do not go out to imitate anybody else. This is the lesson we have to remember; imitation is not civilization. We may deck our self out in a Raja's dress, but will that make us a Raja? Imitation is the sign of awful degradation in a man.
- When you are under the thumb of others, you loose your own independence. If you are working, even in spiritual things, at the dictation of others, slowly you lose all you have, but do not imitate, yet take what is good from others. Natural acceptance implies unconditional and total acceptance of the self, people and environment. It also refers to the absence of any exception from others. This concept of natural acceptance is termed as "Sahaj-svikrit". Once you fully and truly commit yourself on the basis of natural acceptance, you feel a holistic sense of inner harmony, tranquility and fulfillment.

- You put the seed in the ground, and give it plenty of earth, and air, and water to feed upon; when the seed grows into the plant and into the gigantic tree, does it become the earth, does it become the air, or does it become the water? It becomes the mighty plant, the mighty tree, after its own nature, having absorbed everything that was given to it. Let it be your position. We have indeed many things to learn from others, that man who refuses to learn is already dead.

- Actually natural acceptance is way to accept the good things naturally. Learn everything that is good from others, but bring it in, and in your own way absorb it; do not become others. In natural acceptance we have to learn things from society and environment unconditionally. This is the process of decreasing our ego and sees the world with open eyes. When we see the world without ego, we can actually see the good things and accept as well. This is our ego that stops us from natural acceptance. If we really want to succeed in this process we have to learn to control our ego. Without ego you can see the right and wrong. Skip the wrong and accept the right in your way. Do not accept as such. Accept the way, you can digest, then only one soul will interact with other soul. This natural discussion

- **Natural acceptance is the first step of “Adhyatma”. Take away the blocks that bar the way to progress of this mighty river, cleanse its path, clear the channel, and out it will rush by its own natural impulse, and the life will go on careering and progressing.**
- **In other words natural acceptance is process understand yourself first. Try to find out the ego stage. Try to reduce that. Open your eyes and look around. The world is full of good things. You need to accept the right naturally. Once it starts coming naturally, you will feel that you are actually upgraded yourself and now you are above then the rest of the world.**

Right to Say

Problems are the
part of life and
natural acceptance
is the answer of that.

Experiential Validation:

- *“The unexamined life is not worth living.”*
- Socrates 469-399 B.C.,
Ancient Greek ethicist-philosopher, Apol. 38a

- Generally we feel that Experiences of a human being are subjective and we cannot talk about them scientifically. We feel that everybody's desires, thoughts, expectations, imagination, feelings etc. are different so we cannot have a common basis to talk about them. It is said that there is no objectivity in them and it seems that there can not be. Ultimately it leads to the conclusions like everybody's preferences are different, everybody's desires, thoughts, expectations are different, everybody's

The Simplest Experiential Learning Cycle



DO IT.

Now What?

What will I do differently next time?

What?

What happened?
What were the results?

So What?

What do these
results imply?
How did I influence
the outcome?

- Experiences differ from Physical realities in certain way which make their study difficult or different. Experiences can only be observed by the experience i.e. the person who is experiencing them. Experiences cannot be accessed by any other person by any means, other than the person who is experiencing them. Experiences are said to be personal and subjective. Physical realities on the other hand are observable and verifiable through senses. Experiences cannot be observed through senses. Sensory observations are relatively easier to observe and validate than Experiences. This distinction doesn't make Experiences unobservable, they are just

- **Results in Experiential Validation may not be instantaneous. The observation itself may take years to be correctly made. It also depends on the “need” of the person who is observing. Without “need”, it is hard to make observation within. More strong the “need” is, the more precise observation can be made, and also observation makes need more stronger, so in this way it is reinforcing in itself.**
- **A person who has already observed the realities whether internal or external can make the observations for others easy with his guidance, without which the process of observation may become extremely difficult, especially in case of Experiential Validation.**

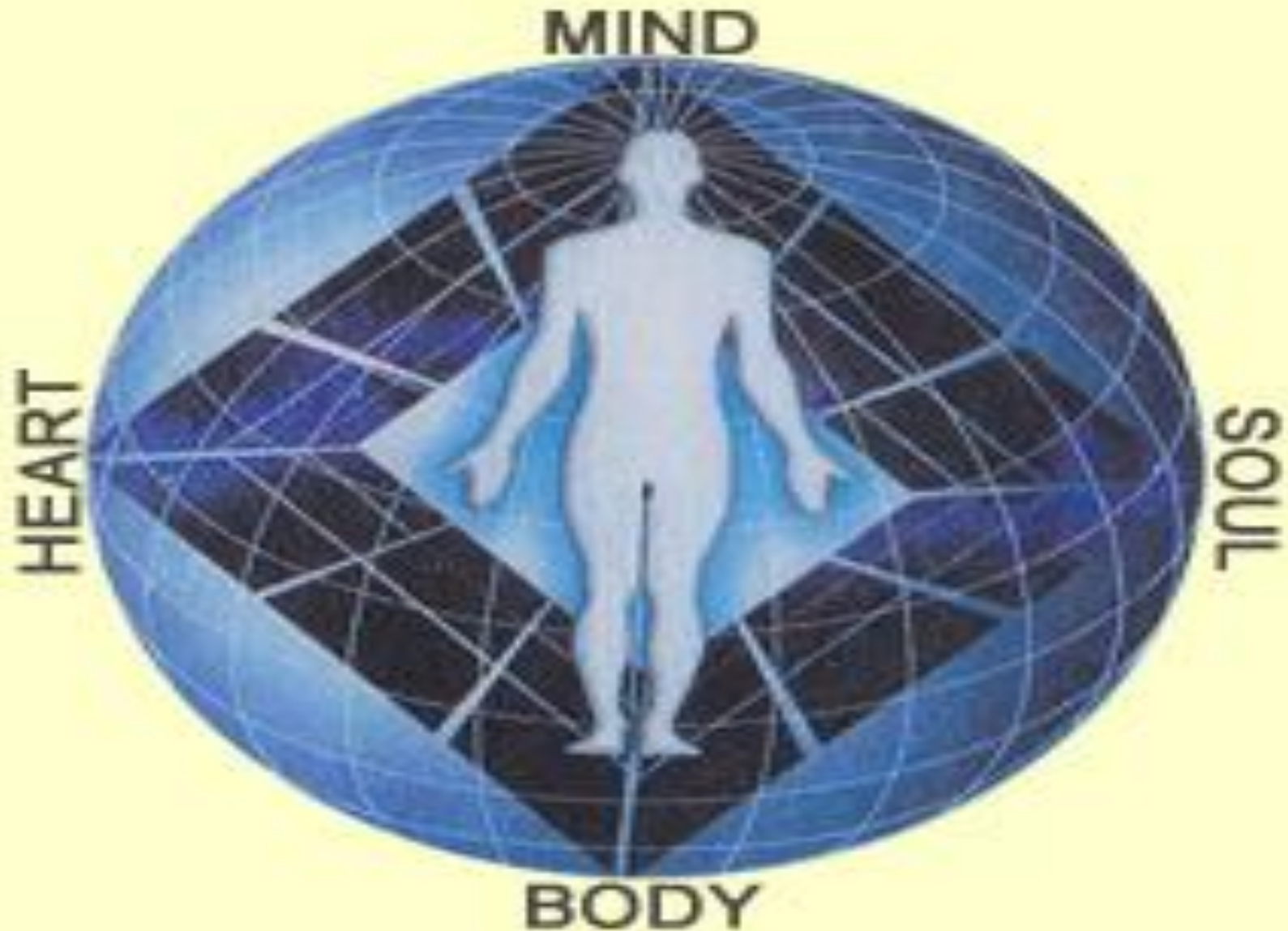
- Affective Intuition:-

Whenever we are happy or sad, the feeling of happiness and sadness is self validating, and we need not reflect other component of experience to validate it. Our sense-physical situation is enough to validate that happiness. The effect is right because we experience it as such. If we did not reflect upon our thoughts, behavior or sense-physical situation in relation to our feeling, we would find nothing contradicted the rightness of our

Human Aspirations

- ***Learning Objectives:***
- After studying this chapter, you should be able to understand
- Four dimensions of Human Living
- Four aim of life : Dharma , Artha, Kama, Moksha

- **Four Dimensions of Human Living:**



- Everyone is talking about four dimensions of life, be it yoga gurus, new age medicine experts, management guru. These dimensions have been associated with our life right from the beginning. These are

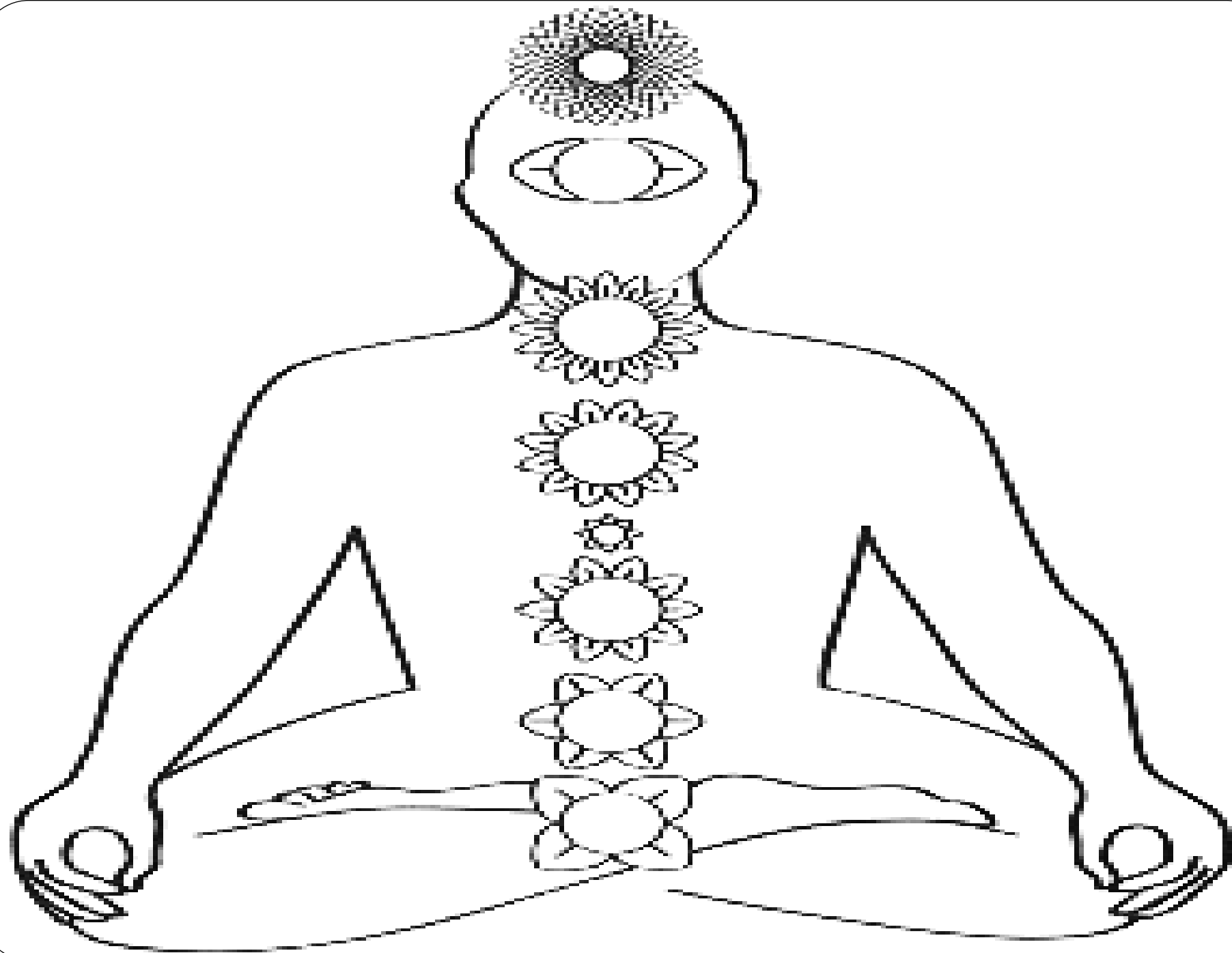
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- Physical and Economic,
- Mental,
- Emotional
- Spiritual Dimensions.

-
- The four dimensions of our life are ever present. It might be possible that one or more aspects of our nature is being underutilized or being ignored.

- The word aim or goal is not that much appropriate to use, it should be replaced with aspiration or pursuits. Goals and aims are usually made deliberately and after conscious willful decision.
- Aspirations stand for our longings and deep desires. Pursuits include our conscious and unconscious activities. Pursuits emerge as the right choice among all these words.

Four Aims of Life:

- **Dharma:** Religion, merit, virtue, righteousness, duties, nature, one that should be followed among the present choices of actions, the characteristic property or attribute are some of the related meanings.
- **Artha:** To strive to obtain, desire, object of desire, cause, motive, five objects of senses, one that can be perceived by senses, business matter, wealth, profit, goods.
- **Kama:** Desire, objects of desire, desire of sensual enjoyments, lust.
- **Moksha:** It means liberation, emancipation, freedom of soul from compulsions of birth and rebirths, attainment of Cosmic Consciousness.



- **Man cannot simply take birth on earth and start working for his salvation right away by means of just dharma alone. If that is so man would never realize why he would have to seek liberation in the first place. As he passes through the rigors of life and experiences the problem of human suffering, he learns to appreciate the value of liberation. He becomes sincere in his quest for salvation. So we have the four goals, instead of just one, whose pursuit provides us with an opportunity to learn important lessons and move forward on the spiritual path. What the purusharthas characterize is not a life of self-negation, but of balance, complexity, richness, opportunities and moderation in a cosmic drama of immense proportions in which man ultimately envisions and experiences his true grandeur and fulfills the very purpose of his creation.**