UNIVERSAL HUMAN VALUES

Understanding Harmony

Academic Structure

1. Quiz
   a) 20 m
   b) recorded
   c) MCQs

2. Activity
   a) 20 m
   b) 15-20 mins of class, the rest is activity
   c) notebook submission

3. Academic Assessment
   a) class participation
   b) 10 m

Total Marks : 50 marks

DAY 01

Humans can express most freely.
· superior to animals

Values - personal set of rules
   - defines a person and thier lifestyle

Ethics - universal set of rules.
   - code of conduct

~~Characteristics of Gen Z~~

DAY 02

Characteristics of Gen Z
- addicted to social media (1)
- easily influenced (3)
- less concentration span (11)
- high exposure to good and harmful information (8)
- more technology freak (10)
- believing to know more than elders (2)
- attention seekers. (2)
- self centered (8)

Notes
. too much screen time gives high dopamine hits
and affects gut health.

· Harmony - agreeing on common point whether it is
   - ~~agreeing to a common~~ positive or negative.

~~HARMON~~
HARMONY WITH...

| Oneself | Family | Society | Nation | Nature |

Harmony With Oneself

| ONESELF |

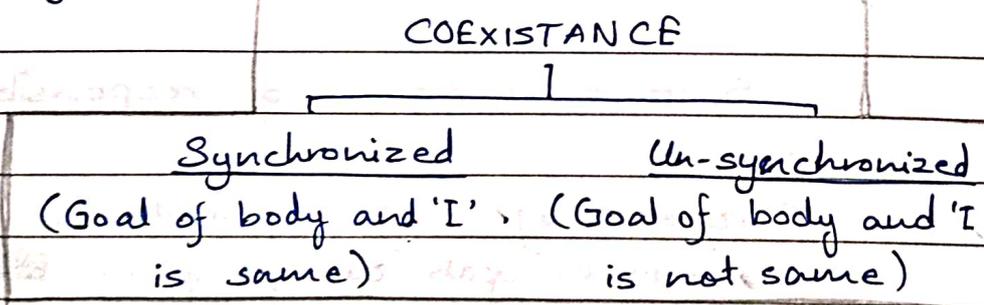|	Physical Body	I
needs of necessaties ~~of body~~	→ food → water → exercise → immunity → oxygen	→ mental/emotional secu → healthy self-esteem → balance → love/support syste → acceptance of one-self → existential security.

DAY 03

BODY	I
→ survive	→ realize one's identity
→ ~~eat~~	→ ~~find~~ try to find meaning ~~be~~ of something beyond its face value.
→ sleep	
→ breath	
→ drink	→ indulge to achieve the illusion of happiness and bliss.
→ ~~only take input enough for~~	
→ only take enough input for you to survive.	→ builds character/personality.
→ take ~~body~~ input to achieve survival.	→ thinks
	→ analyze
	→ interpreting
→ digestion	→ imagining
→ blood flow	→ dreaming
→ excretion	

- both body and 'I' must sync.

Coexistance of Body and 'I'

- sleeping
- talking
- walking
- listening
- eating

COEXISTANCE	
Synchronized	Un-synchronized
(Goal of body and 'I' is same)	(Goal of body and 'I' is not same)

- body is an ~~a~~ instrument for 'I'
- 'I' should provide 3 things :
  - → nurturing (nutrition)   (8)
  - → protection from the environment (10)
  - → right utilization of the body. (3)

SharkCoders

DAY 04

Self - exploration
- prosperity - more than required (generally)

$$self - explore$$
$$\downarrow \qquad \downarrow$$
$$I \qquad Discover$$

- self exploration is a dialogue between what I and What I want to be

- 5 Steps to Self-exploration :

1. Be a keen observer of yourself.

2. Focus on solutions.

3. Chasing our strong emotions

4. Identify our core values. (what is considered right or wrong)

5. Have a sense of responsibility

Process of Self- exploration:
- main goals are prosperity, ~~~~ harmony and right understanding

| Right Understanding |

| Prosperity | — | Goals of Self-Exploration | — | Mutual Happiness |

- have the ability to ~~validity~~ validate ~~your~~ statement.

~~adscooodroobooodooad~~

- have natural acceptance, everyone has ~~or~~ it
  → based on science (facts)
  → based on livelihood (basic needs)
  → based on experience

- mutual happiness

- ~~prop~~ prosperity.

- don't assume if statement/proposal is true or false according to previous knowledge. Instead validate on your own.

- valid process.

- if statement/proposal fails at any step, then reject the ~~it~~ it

DAY 05

Basic Unit of all interactions who share thier feelings, taste, interests and understanding.

There are 9 main feelings in a family:
- trust   - care   - glory
- respect   - guidance   - gratitude
- affection   - reverance   - love

TRUST (भरोसा)

Competence ————— intention

trust

- we usually ~~do judge~~ others based on compete[nce]

- we usually trust our~~selves~~ competence and ~~& jus~~ ourselves with our intention.

RESPECT

Over evaluation   Right evaluation   Under evaluatio[n]

Attention	Vs.	Respect
· Seek attention		· its earned

Affection (स्नेह)

- comes when trust and respect are present
- affection - the feeling of being related to each other.

- lack of affection leads to a feeling feelings of jealous

Care (सम्मान)
- It is the feeling to nurture and protect the body of others.

- it is mostly bodily care.

- e.g.: one's mother providing nutrient nutrition to her child.

Guidance (मार्गदर्शन)
- right understanding

- instructions to follow on right understanding rather than a personal understanding.

Reverence (श्रद्धा)
- The feeling of acceptance of excellence in others.

Glory (प्रशंसा)
The feeling for someone who has made efforts for excellence.

Gratitude
- thankfulness

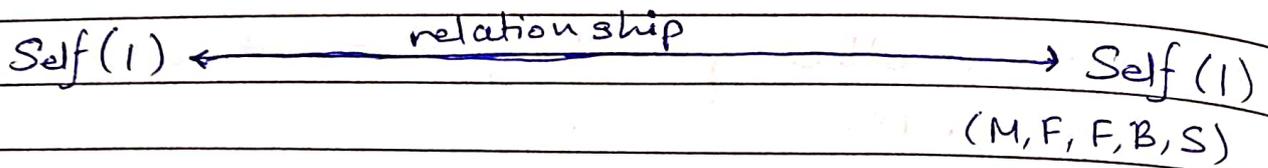- the feeling of acceptance.

Love
The feeling of being related to all.

.We start with trust which becomes foundation for being affectionate and we reach the state of being related to everyone (love).

1/9/24 Justice (न्याय)

.the meaning of justice and program for its fulfillment to ensure mutual happiness.

Self (1) ← relationship → Self (1)

(M, F, F, B, S)

.Recognize the value (feeling) in a relationship

(feelings are definite)

↓

fulfillment of values (feelings)

↓

evaluate the fulfillment of values

↓

Mutual Happiness

SWOT Analysis

S	W	O	T
t	e	p	h
r	a	p	r
e	k	o	e
n	n	r	a
g	e	t	t
t	s	u	
h	s	n	
		i	
		t	
		y	

• parameters depend on person and position being
-evaluated

Strength
1. Tch /Non-tech 9
2. Time management 3
3. IQ / EQ 3
4. Concentration 3
5. Gasping power 9

Weakness
1. Negative stress 8
2. Distractions 8
3. Procastination 4
4. ~~Communication~~ 6
4. Unawareness 5

Opportunity
1. Training & Team 5
2. Colleagues & friends 8
3. Utilization of time 7
and Resources

Threats
1. Technology change 10
2. Inflation
3. Cope up with 10
challenges and
present scenario

Harmony in the Society

- harmony in family is the building block of harmony in society.

- harmony leads to an undivided society where we feel related with each and every human being. To day our society has become very limited and for us live in a small web.

Comprehensive Human Goals

1. Right understanding

2. Prosperity

3. Fearlessness

4. Coexistance

18/9/24

Co-existance

1. Social and Cultural Coexistence
   - understanding and respect for different cultures/ customs, ways of life.

2. Environmental Coexistence
   Respecting nature balancing numerous progress m environmental conservation.

3. Political and Economic coexistence
   Fair government, equal opportunities.

4. Technological Coexistence
   Ensure tech serves all of humanity w/o inequ

etc.

5. It is a includes working towards a more peaceful, accepting, society.

6. Global peace and prosperity

Objectives of comprehensive
1. Problem Solving
2. Critical Thinking
3. Training the team
4. Collaborative skills

25/9/24 Report on Debate

Today the class to debated on the topic of 'Technology : Is it Bad or Good? Two teams were created along with a moderator and a score keeper. The moderator started the debate by informing us the topic and assigning the two teams thier views. My opposition was assigned in the favor of technology while my team was assigned against it. The opposition started first with the point that technology allows us to communicate better and with a larger group of people. We also put up a point that too much social media affects our eyes and is bad for our health. Today's devices radiate harmful light which affects our eyes and our health. The opposition's view was that technology helps us study better and has brog brought us closer. It allows the distribution of of resources to everyone across the world. Also, it makes our day-to-day lives easier by providing applications such as to-do list and multitasking apps. Whereas my
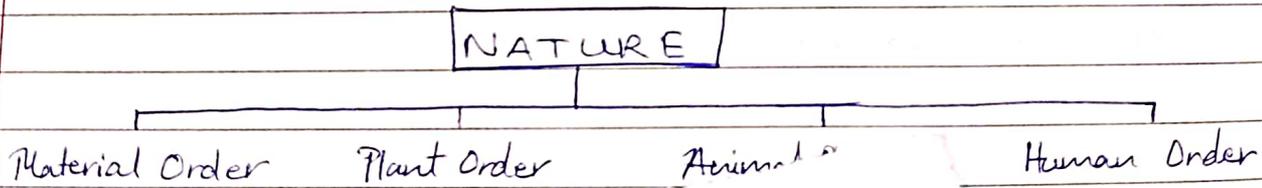
27/9/24

Harmony in Nature

NATURE
|
Material order — Plant order — Animal order — Human Order

my team's views make that it is very harmful and being addicted to it is bad for our memory capacity, attention & span and our health. Being overly dependent on such applications can hinder the thinking capacity of a person and make them generally dumber.

Concluding, technology has equally high advanta--ges and disadvantages. As technology is ultim--ately a tool, I believe that how technology affects an individual depends on how they use it.

Harmony in Nature

NATURE
|
Material Order — Plant Order — Animal — Human Order

ShaokCodeoS
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