



# Value Education ensures Happiness, Prosperity and Peace in the life of Human Being

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**Abstract:** - This paper places extreme emphasize on the need of “Understanding the importance of Value Education in the life of Human Being and attaining Peace of Mind. Nowadays, people are busy in seeking pleasure and peace of mind in different-different things like eating tasty food, shopping, purchasing costly gifts, outing etc. But the people are not aware of this fact that without getting knowledge about Value Education, it is not possible to act consciously and attain Peace of Mind. The main aim of this paper is to bring the people from unconscious level to conscious level which will help them in seeking real pleasure in life and attaining Peace of Mind. Through this paper people would be able to understand what is the actual meaning of happiness in life, where does it lie and how to attain it.

**Keywords:** Value Education, Self-Exploration, Basic Human Aspirations, Harmony

## INTRODUCTION

Value education is a character-based education that inculcates basic ethical and moral values in students that helps in the development of all students' personalities and improves their attitudes and behavior in society. In today's competitive environment, crime is increasing day by day because of increasing competition, greed, lust, selfishness, false ego, and so on. People suffer from ignorance due to lack of knowledge of value education. Value education helps us understand our needs and identify our goals appropriately and gives us guidance in their fulfillment. Value education is not about the individual but rather is universally available which means it applies to all people. Value teaching is not based on blind beliefs or religious teachings but is reasonably natural. Value Education is naturally acceptable to everyone. It also encompasses all values including thought, behavior, function and awareness. Value education ensures happiness, prosperity and peace at all levels including the individual, the family, the society and the nature. It helps to promote harmony within the individual, between human beings and nature. Value education improves a person's personality by giving him or her knowledge of moral values and enabling him or her to cope with various challenges in life. It shapes individual behavior adapts to changing circumstances while fulfilling its social, moral, and democratic obligations. Qualification of value education includes the development of physical and emotional components, the development of individual attitudes, the formation of a sense of brotherhood, the identification of our aspirations and ways to achieve them continuously and the development of religious tolerance in the individual.

**Literature Review:****(Deepa Awasthi et.al) 2014 Concept of value based Education:**

In simple term value based Education means part of the Education which imparts certain essential moral, ethical, cultural, social, spiritual values in child necessary for their all round development and pre-pares them as a complete man. It built the character and is necessary for development of personality of a individual. It includes physical health, mental health, etiquettes and social behavior, civic rights and duties etc. Every one of us is well aware about importance of these values in life of an individual yet we are unable to develop it in our children resulting in a number of behavioral and developmental problem. Next question that comes to our mind is that how these values can be developed in children?

Some educationalist has suggested that moral values are developed in an individual automatically during school time and after coming in contact with the society. They tries to make adjustment as per the need of the group and set of standards and norms developed and accepted by the group to which they belongs. It is a continuous process during which he keeps on changing himself but this concept fails to explain why the adjustments made by two individual are different in similar situation? Adjustments can be positive as well as negative, if changes are positive these can be called as values and if changes are negative or opportunity based then they can be termed as only adjustment. So we can say that social adjustment made or experiences gained during school time are not enough to inculcate values in child because two individuals never react similarly to same situation it means that values are the thoughts which are to be introduced in child from outside.

Moral development includes both thinking morally and behaving morally. Moral person is not only the person who does the right things but also one who does the right thing for right reasons.

**Essential values to be developed in child:**

There could be a number of essential values that is to be inculcated in an individual in different ages. It could be family values, moral values, religious values, social values, spiritual values, environmental values, ethical values, national values, international values. Types of values a child can learn and follow in his or her life depend up on his age group. In early childhood child can learn simple values like honesty, truthfulness, punctuality, respecting elders, love etc. but in later stages of life they can be taught other complex values. Besides teaching the values through text books or by lectures, it is better to demonstrate them. Kothari Commission also suggested almost similar recommendations for incorporating essential values in students.

Value education develops the people in all dimensions includes material order, plant order, animal order and human order so that they can serve the nation more democratic, cohesive, socially and responsibly.

- Value education develops individual's personality in its physical, mental, emotional and spiritual aspects.
- Development of good behavior and responsibility towards family, society, and nature.
- Improving the way of thinking and living.
- Developing moral values, spiritual values, ethnic values, honesty, patience etc.

**PURPOSE OF VALUE EDUCATION**

1. Value education helps in developing values in individual including physical, emotional, intellectual, spiritual, moral and aesthetic.
2. Value education fostering universal core values of integrity, discipline and justice.
3. Value Education promotes values in society leading to individual and societal transformation.
4. Value education creates a holistic education system leading to holistic development of individual.
5. Value education promotes morale of employees, a sense of responsibility, cooperative attitudes and healthy relationships.
6. Value Education is meant for correct identification of our aspirations.
7. Value education develops knowledge, skills and abilities of individual.
8. Value Education helps in the evaluation our beliefs and motivate towards developing the thoughts which are naturally acceptable to the individual.

9. Value Education defines the actual meaning of happiness and prosperity and ensures their presence in continuity.
10. Value Education makes the individual aware of the process of self-exploration and its importance in recognizing the fact that we are not this 'Body' but a 'Self'
11. Value Education never talks about dos and don'ts.
12. Value Education helps the individual in recognizing 'Natural Acceptance' and how to live accordingly.

### SELF EXPLORATION AS THE PROCESS FOR VALUE EDUCATION

Self Exploration is the process of identifying what is important to me by searching within me. This is very important to know the meaning of Self Exploration. It is a dialogue process in which one can understand "What you are" and "What you really want to be". It is a process of self-exploration. With the help of self-exploration one can identify oneself and also able to identify their natural acceptance. It helps to establish relationships with every existing unit and complete it. Through a process of self-exploration, a person can build up his or her character, learn his or her own personality and live accordingly. Through this one can agree and agree on a perfect existence. Self-assessment is a process that helps a person to plan and express themselves and helps a person to get along with others.

In the process of self-exploration, there is a proposal and do not assume that it is true, not on the basis of literature, not on the basis of tool reading, and not on the basis of others. . It is true that everyone is talented and intelligent but because of external pressures such as fear, jealousy, greed, hostility, arrogance etc. people can express their creativity and feel the urge to do the jobs they don't want to do. But people can overcome this problem by examining themselves on the basis of self-exploration. By doing this, people can live in harmony with others and prosper in the whole universe. The method of teaching value education is based on the natural acceptance which means accepting yourself, the people and the environment unconditionally. But this can happen when a person undergoes a process of self-exploration and exploring the truth about 'Body' and 'I'. Because this is the only process by which one can see that I am not this body but I am a conscious being. If people can see their natural acceptance which is considered to be always the same and does not change over time, it does not depend on blind beliefs or the past, it always exists, the same for all of us, does not differ people to people and status and status. We can say that everyone is part and parcel of this truth.

### CONTINUOUS HAPPINESS AND PROSPERITY

Continuous Happiness and Prosperity are the basic human goals. The continuation of happiness and prosperity can be maintained by going through a process of self-exploration. People today do not know the true meaning of happiness and prosperity. In the current situation, people are busy in accumulating and growing physical resources. It is not good for the environment, for humans and has threatened the survival of plants, animals, and human.

There are some of the consequences of running after the materialistic things:

- **At the individual level:** Increasing cases of tension, depression, frustration, psychological disorders, suicides, insecurity, stress etc.
- **At the family level:** Mistrust, conflict among the family members, increasing cases of divorce, insecurity in relationships, breaking of joint families, dowry tortures etc.
- **At the societal level:** Wars between nations, growing incidence of terrorism and naxalism, spreading casteism, rising communalism, racial and ethnic struggle etc.

- **At the level of nature:** Rising problem of deforestation, depletion of ozone layer, soil, water, noise, air pollution, global warming, depletion of natural resources etc. Training is needed to fill the gap between employee's present specifications and the job requirements and organizational needs by developing and molding the employee's skill knowledge, attitude, behavior, etc.

So these are the results of seeking happiness in material things that are temporary and that will not keep anyone happy and successful. So, the question arises, how to overcome from this problem? Value Education is the only way to solve this problem. Because it instills in people such values as compassion, kindness, and so on. These values improve our personality, performance and attitude. People will be able to design a system that fulfills people's basic needs. The basic requirements for the fulfillment of human desires include proper understanding, good relationships, and physical facilities. By gaining the right understanding through value education people will be able to maintain a balance between physical facilities and relationships. There is a need for proper understanding that enables us to distinguish between material things which are temporary and the need of 'I' which is eternal. If we focus too much on the physical facilities and only work for the physical resources, then we are in the animal kingdom. But there is a need to change from animal awareness to human consciousness in order to maintain harmony in all four orders (material order, plant order, animal order and human order).

## HARMONY

Harmony is another very important concept to understand. Harmony means an organized system is already developed at all four orders which are material, plant, animal and human but we can observe this when our mind is in peace. First of all, try to understand the harmony at the individual level. Human being is a combination of 'Self' and 'body'. But how can anyone see that I am not this 'Body' but 'I am a conscious being'. So we need to understand the need for 'Body' and 'I'. As for our body, clothing and physical aids are needed. But all of these physical needs are temporary and limited in quantity. But the need for 'I' has to go on and on. It can be fulfilled with the right understanding and the right attitude and can only be achieved through value education. Because of this, we can understand that my 'body' is a tool and 'I' is the decision maker. Therefore, we must work for our 'I' on how to improve our thinking, desire, hearing, speech, faith, understanding, analysis etc. All of these are 'I' activities that can be developed with the right understanding. In this regard, we can conclude that 'I' am a seer, a doer, and an enjoyer and that my body is the only tool. 'I' function as knowledge, contemplation, awareness and fulfillment and 'body' function as awareness and satisfaction. Through this, we know that our body is an organized unit. It operates according to the requirements of 'I'. We also know that there is harmony between the various parts of the body and that they continue to work together. If there is a problem with 'I' like any stress or discomfort, then it immediately starts to damage the body. Allergies to 'I' cause many diseases in the body. But the solution is only a proper understanding of 'Self' and our 'Body'. Sanyama and Swasthya play a major role in maintaining harmony between 'Body' and 'Self'. Sanyama means to me personally (I), there is a sense of commitment to the protection, upbringing and proper use of the body. The characteristics of Sanyama include strength and self-control.

Sanyama helps to check for bad habits, addiction etc. It creates peace of mind; calmness and balance in life. It gives us confidence to deal with various situations in life, helps us to control our happiness and prosperity, with the help of willpower and self-control keeps our emotions in control and helps to achieve our goals.

Swasthya means that the body adapts to a person when all parts of the body perform their expected function. Features of Swasthya include physical health, mental health and social health. Physical fitness includes a healthy lifestyle that can be achieved through regular exercise, a healthy diet, and adequate rest that ensures good physical health. Mental health can be achieved by going through a self-exploration process that helps us to see the fact that I am not 'The Body' but 'I' am a conscious being. Lastly, our good mental health ensures our good human relationships in the society. There are nine values in human relationships that are most important in maintaining good relationships with family members, relatives, society and



the environment. This trust is a fundamental foundation that guarantees that one intentionally wants one and the other person to be happy and successful. Second is respect which means proper human examination. Third is the affection that is a feeling of belonging to another person, the fourth is the feeling of caring for and protecting the body of our family members as a mother cares for the body of her child. Fifth is guidance which is a sense of proper understanding in the other as the mother gives guidance to her child. Sixth is the reverence which is the acceptance of beauty in another. The seventh glory is a feeling of pride for someone who has made an effort to do well. Eighth gratitude is the feeling of acceptance of the person who made the effort to do my best and last but not least the love that is a combination of all the values mentioned above and ensures a sense of belonging to the whole living organization. All of these principles are important and universal principles and all these principles help us to deal with the problems of our lives. In terms of environment harmony at the ecological level is also very important. It includes the order of things, the order of plants, the order of animals, and the order of human. Man's orderliness among all the commandments is a superior order because of the existence of wisdom. One can work for growth and self-improvement with other commands. If we go beyond this fact that material order, plant order, and animal order do much to man in fact they are responsible for human existence but by restoring what man does with these commands. So by using the understanding we should preserve our environment by taking care of it. Speaking of mutual understanding that all units create an environment and the environment exists in space by respecting their differences and resolving their disputes without violence. We can understand the concepts of existence by transcending the differences between nature and space. Nature is a collection of units but space is empty, nature is limited in size but space is infinite in size, nature is active but in space there is no work, nature is powerful and space is measuring, in all independent units. it is organized but in a fixed space it is available, the space is omnipresent and has no limit to time and space (nitya) but in nature the conscious part persists but the body is temporary (anitya). Since space is infinite in time and space exists in each particle and is ubiquitous it can be like 'sanatan' and 'puratan'. In nature, units exist in two forms such as 'Gathansheel' and 'Gathanpurna' part of the material.

## **BENEFITS OF VALUE EDUCATION**

- 1) Value education helps in inculcating physical, mental, emotional, moral and spiritual values.
- 2) Value education helps the individual to be happy and prosperous in continuity.
- 3) Value education helps in the correct identification of our goals and objectives.
- 4) Value education helps in making us more confident in dealing with the problems in our day to day life.
- 5) Value education plays a very important role in building our personality and character.
- 6) Value education makes us aware of the fact that I am not this 'Body' but a 'Self' through the process of self exploration.
- 7) Value education helps us in getting the right understanding and maintains a balance between relationship and physical facilities.
- 8) Value education explains the core nine values which are very important to live a life happy and peacefully.
- 9) Value education makes us more responsible and efficient in maintaining the harmony at the level of four orders which are material order, plant order, animal order and human order.
- 10) Value education explains the nature and space very clearly and how it works.

## **MAJOR FINDINGS**

1. It helps in reducing the stress, tension, depression, conflicts etc.
2. It helps in ensuring good physical, mental and emotional health of the individual.
3. It helps in developing the knowledge, skills, abilities and competencies of the individual.

4. It helps in making the individual aware of the concept of the natural acceptance and it remains the same and does not change with time, place and situation.
5. It helps in getting the knowledge about self exploration which makes it clear that I am not this 'Body' but a 'Self'.
6. It helps us in realizing the fact that there is harmony in our body and self, and in the nature but the only thing I that we can do is to maintain it by right understanding.
7. It ensures our happiness, prosperity and peace of mind in continuity.
8. It makes us clear that our body is an instrument and it works as it gets instructions from the self.
9. It promotes morale of employees, a sense of responsibility, cooperative attitudes and healthy relationships
10. It leads to the holistic development of the individual.

## CONCLUSION

Value Education has a positive effect in improving the knowledge, skills and abilities of the individual. It helps in developing the right understanding which maintains a balance between relationship and physical facilities. It focuses on developing our thoughts based on our natural acceptance which is not influenced by the external factors. By going through the process of self exploration we will be able to understand that I am not this 'Body' but a 'Self'. Our body is an instrument which works on the instructions of 'I'. It makes us this clear that I am the seer, doer, and enjoyer. It reveals the fact that in nature harmony is already there and we have to maintain it by right understanding. It includes material order, plant order, animal order and human order. It also makes us clear that there is co-existence of units in the space. Nature includes two types of units which are material (anitya) means temporary and conscious (I) means continuous. Space is unlimited in size, there is no activity in the space, having equilibrium energy, all pervasive, present in every particle and it is 'sanatan' and 'puratan'. If the people are seriously going through the value education and inculcating the moral and spiritual values they would definitely be free from different kinds of problems which they are facing in their day to day life. It is not only important for the students but also for the family members, people in the society and in the organization or corporate.

## RECOMMENDATIONS

In the light of this study and all the materials which are being used to conduct this study and the literature review we came to the decision that there should be value education for everyone. I would like to recommend that there should be workshops, seminars or development programs for everybody on value education. There should also be the discussions on the teachings of Ramayana, Bhagavad Gita and Srimad Bhagavatam. Because all these epics teach us that how to live life and how to use our mind as per the choice our self. Because our mind is very powerful subtle element. Lord Shri Krishna in Bhagavad Gita is instructing Arjuna that unless we understand our body we cannot control our mind. Shri Krishna is saying in Bhagavad Gita that first of all we should set ourselves in yog then we should work. And the same thing we can get by going through value education which provides us right understanding which help in maintaining a balance between physical facilities and relationship. We should also focus on what we read, listen, talk and think. Because our thoughts we create influence our reality.

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