

# **Universal Human Values and Professional Ethics**

## **Unit 2**

**By**

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# Understanding human being as a co-existence of the sentient I and the material Body

<b>Human Being</b>	<b>Self (I)</b>	<b>Body</b>
<b>Need</b>	<b>Happiness (Respect)</b>	<b>Physical Facility</b>
<b>Fulfilled by</b>	<b>Right Understanding &amp; Right Feelings</b>	<b>Physiochemical Things</b>
<b>Activities</b>	<b>Desire, Thought, Expectation</b>	<b>Eating, Walking</b>
	<b>Knowing, Assuming, Recognizing, Fulfilling</b>	<b>Recognizing, Fulfilling</b>
	<b>Consciousness</b>	<b>Material</b>

# Understanding the needs of Self I and Body; Sukh and Suvidha

- Needs of Self (I)
  1. Right understanding
  2. Right feelings
  3. Acceptance and respect from others
  4. To realize one's full potential
- Happiness (sukh)
- Needs of Body
  1. Food and nourishment
  2. Clothes and protection
  3. Shelter and safety
  4. Physical facilities (suvidha)

# Understanding the Body as an instrument of I (I being the doer, seer and enjoyer)

- This sense of individuality can be understood as the “I,” which is often referred to as the doer, seer, and enjoyer.
- **The Doer:** The “I” is often thought of as the doer or the one who takes action. This aspect of the self refers to our capacity to make decisions and act upon them. The “I” is responsible for our choices, behaviors, and actions. In this sense, the “I” is seen as the one who is in control of our lives and the one who takes steps towards our goals and aspirations.
- **The Seer:** The “I” is also thought of as the seer or the observer. This aspect of the self refers to our capacity to witness and perceive the world around us. The “I” experiences the world through our five senses and our perceptions of the world shape our thoughts and beliefs. In this sense, the “I” is seen as the one who experiences the world and forms beliefs and opinions based on those experiences.
- **The Enjoyer:** The “I” is also thought of as the enjoyer or the one who experiences pleasure and happiness. This aspect of the self refers to our capacity to experience joy and satisfaction in life. The “I” is responsible for experiencing the pleasures and joys of life, whether they be related to relationships, personal growth, creativity, or other areas.

# Understanding the characteristics and activities of I and harmony in I

- **Self-Awareness:** The “I” is characterized by self-awareness, which means that individuals are aware of their thoughts, feelings, and experiences. This self-awareness allows individuals to understand their own motivations, beliefs, and values, and to make informed decisions about their lives.
- **Decision-Making:** The “I” is also characterized by the ability to make decisions. This ability allows individuals to take control of their lives and to make choices that align with their goals, values, and aspirations.
- **Emotions:** The “I” experiences emotions, which can range from positive emotions like happiness and joy, to negative emotions like sadness and anger. Emotions play a critical role in our lives, as they help us to understand our own experiences and to respond to the world around us.
- **Creativity:** The “I” is characterized by creativity, which refers to the ability to imagine and create new things. Creativity allows individuals to express themselves and to experience the world in new and unique ways.
- **Relationships:** The “I” is also characterized by the ability to form relationships with others. Relationships play a critical role in our lives, as they provide us with support, connection, and a sense of communit

# Understanding the harmony of I with the Body: Sanyam and Swasthya

- “Sanyam” and “Swasthya” are two Sanskrit terms that have a close relationship to each other.
- “Sanyam” refers to self-control and discipline. It is a concept that encompasses mental and emotional control, as well as control over physical actions and desires. Sanyam is considered an important aspect of personal growth and spiritual development, as it helps individuals overcome negative habits and tendencies, and maintain balance and stability in their lives.
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- “Swasthya” means health, both physical and mental. It is often used to describe a state of complete well-being, where an individual is free from disease, injury, and disability, and has optimal functioning of all physical, mental, and social aspects of life. Achieving swasthya requires a combination of physical activity, healthy eating habits, stress management, and spiritual practices.

# Correct appraisal of Physical needs

- The physical needs of the human body are critical for survival and overall well-being. These needs must be met in order to maintain good health and prevent illness and disease. A correct appraisal of physical needs can help individuals make informed decisions about their health and take appropriate action to meet those needs.
- One of the most basic physical needs is nutrition. A healthy diet is essential for maintaining physical health and preventing chronic diseases such as obesity, heart disease, and diabetes. A diet that provides sufficient amounts of essential nutrients such as carbohydrates, proteins, fats, vitamins, and minerals is important for optimal health. In addition, drinking enough water and staying hydrated is also critical for physical health.

# Meaning of Prosperity

- Prosperity refers to a state of flourishing, thriving, success, and well-being, both materially and in terms of personal and social development. In general, prosperity is often understood to mean economic prosperity, or financial well-being, but it also encompasses other aspects of life such as health, happiness, education, and security.
- Prosperity refers to a state of well-being and success, encompassing economic, social, and environmental dimensions. Achieving prosperity requires a holistic approach that balances economic growth with social and environmental sustainability, and promotes equitable distribution of wealth and opportunities. By working together to create a prosperous future for all, we can ensure a better quality of life for ourselves and future generations.



# Programs to ensure Sanyam and Swasthya

1. Yoga
2. Meditation
3. Nutrition Education
4. Fitness Training
5. Mindfulness Workshops
6. Stress Management
7. Time Management Workshops



















