MANONMANIAM SUNDARANAR UNIVERSITY TIRUNELVELI

UG COURSES – AFFILIATED COLLEGES

Part IV Value Based Education

Syllabus (For all UG Courses)

IV Semester

Unit-I Introduction to Value based Education

a. **Value**: meaning and Classification

b. **Value based Education:** Meaning, Characteristics, Components and Contents

c. **Value Erosion and Inculcation**: Value crises in social life, economic life, and political life - Value inculcation: need and importance - Role of Parents and Teachers in inculcating values

Unit-II Harmony in Being and Living

a. **Harmony of the self (I) with the body:** Nurturing of the body- Understanding myself as co-existence of the self and the body- Understanding needs of self and needs of the body- Understanding the activities in the self and activities in the body.

b. **Harmony in the Family, Society and Nature:** Family as a basic unit of human interaction and values in relationships - Affection, care, guidance, reverence, Glory, gratitude, and love – **Harmony in society**: Justice preservation, Production Work, Exchange Storage **Harmony in nature**: four orders in nature- The holistic perception of harmony in existence.

Unit III: Social Issues, Social Justice and Human Rights

Social issues – causes and magnitude - alcoholism, drug addiction, poverty, unemployment

Social Justice: Definition and need – factors responsible for social injustice: caste and gender – contributions of social reformers.

Human Rights: Concept and Principles of human rights – human rights and Indian constitution – Rights of Women and children – violence against women

Unit IV: Values and Mass Media

Mass media: Meaning, functions and characteristics – Effects and Influence on youth and children – **Media Power** – socio, cultural and political consequences of mass mediated culture - consumerist culture – Globalization – new media- prospects and challenges – Role of media in value building

Unit V: Ethics

Ethics: Meaning and importance

Social ethics: tolerance, equity, justice for all, sensitivity towards mankind, love for nature and creatures, nationalism-love for nation, pride for nation, Honour to the law, Indian culture and traditions – Civic Sense: Being a good civilian

Professional Ethics: Dedication to work and duty – Commitment to the Profession

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Web Resources

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UNIT-I   INTRODUCTION TO VALUE BASED EDUCATION

    a. **Value**: meaning and Classification

    b. **Value based Education:** Meaning, Characteristics, Components and Contents

    c. **Value Erosion and Inculcation**:   Value crises in social life, economic life, and political life - Value inculcation: need and importance - Role of Parents and Teachers in inculcating values

INTRODUCTION

Values are the beliefs about what is right, what is wrong and what is important in life. These values are gained from different sources. The German Philosopher Friedrich Nietzsche first used the word 'Values' in 1880. Until then the word value was used as a verb meaning to value as esteem something or as a singular noun meaning the measure of something for example, the value of money, food or labour. Nietzsche used the word 'Values' in plural to denote moral beliefs and attitudes that were personal and subjective. In modern democratic society, this concept of values has changed. The word 'Values' has come to be used in plurals for over a century. As the world is becoming more civilized, education is becoming more or less materialistic and old value traditions are being slowly given up.

The concept of value is employed in two distinctively different ways in our day to day conversation. One often says that a person has a value but also that an object has value. In the latter case, value is equivalent to the price as well as availability of a particular object. Objects with higher prices are considered to be more valuable than those with lower prices. Similarly if a thing is available less easily, its value tends to go up, example land or certain antique items. Now, the focus here is on that concept of value which emphasizes on a person having values. Every known society has a certain set of values. They are adopted by a large number of people and expressed by them in the shape of their social behaviour. Values of the proper type help the society in developing and understanding goodness and healthy social relations. Man living in a society acquires some values which guide and control his behaviour.

MEANING OF THE TERM 'VALUE'

Inlow (1972) has given a very comprehensive definition of values and states- "Values simply stated are the determiners in man that influence his choices in life and to decide his behavour."

Famous educationist John Dewey (1948) states- "To value means to prize, to esteem, but secondarily it means to apprise, to estimate, it means act of cherishing something, holding it dear as act of passing judgment upon the nature and amount of passing judgment."

H.M. Johnson- "Values are general standards and may be regarded as higher order norms."

Michael Haralambos- "A value is a belief that something is good and worthwhile. It defines what is worth having and worth striving for."

Peter Worsley- "Values are general conceptions of "the good" ideas about the kind of ends that people should pursue throughout their lives and throughout the many different activities in which they engage."

Thus values are such desires or goals as are approved by the society. They are learned during the process of socialization and deeply influence the personality of man.

Values reflect a person's sense of right and wrong or what 'ought' to be. "equal rights for all", "people should be treated with respect and dignity" are representatives of values. Values tend to influence attitudes and behaviour.

CLASSIFICATION OF VALUES

Values can be classified into following categories:
1. Personal values
These are considered essentially principles on which we build our life and guide us to relate with other people. They are usually a blend of family values and social cultural values, together with our own individual ones, according to our experiences.

2. Family values
These are valued in a family and are considered either good or bad. These derive from the fundamental beliefs of the parents, who use them to educate their children. They are basic principles and guidelines of our initial behaviour in society and are conveyed through our behaviours in the family, from the simplest to the most complex.

3. Socio cultural values
These are the prevailing values of our society, which change with time and either coincide or not with our family or personal values.

4. Material values
These values allow us to survive and are related to our basic needs as human beings, such as food, clothing and shelter. They are fundamental needs, created between personal, family and social cultural values.

5. Spiritual values

They refer to the importance we give to non material aspects in our lives. They are part of our human needs and allow us to feel fulfilled. They add meaning and foundation to our life, as do religious beliefs.

6. Moral values

These are the attitudes and behaviours that a society considers essential for coexistence, order and general well being.

VALUE BASED EDUCATION: MEANING

Value based Education is an approach to teaching that works with values. It creates a strong learning environment that enhances academic achievement and develop students' social and relationship skills that last throughout their lives. It quickly liberates teachers and students from the stress of confrontational relationships, which frees up substantial teaching and learning time. It also provides social capacity to students, equipping them with social and relationship skills, intelligence and attitude to succeed throughout their lives.

CHARACTERISTICS OF VALUE BASED EDUCATION

Value based Education's characteristics are unique compared to different types of Education.

- Value based Education is a sort of Education that helps build up an individual's social skills and makes them a team player.
- Value based Education helps in building up a global perspective in an individual and helps build up global vision in them.
- Value based education helps enhance creative and systematic ways of thinking and handling difficult situations in life.
- People who get value based Education cooperate better with others.
- Individuals with value based education help understand diversity beyond cultural, religious and other social stigmas.

COMPONENTS OF VALUE BASED EDUCATION

The components of value based education have been very minutely curated below.

- History of a nation and its national heritage: Being connected to one's roots and country makes a person a responsible and morally aware citizen.
- All the constitutional rights of a nation: Value based education makes people realize their rights and those of people around them so that they can also help others.
- Overall community development: A socially responsible person will also help overall community development, which will bring about positive changes in society.
- National Integration: National integration is bringing all citizens on the same plane so that everyone lives in harmony and supports each other, and ultimately the nation develops.

- Environmental knowledge: Knowing about the environment is also very important as it makes the individual more aware of his/her actions and their side effects on the environment.
- Health Awareness: The more a person is aware of health, the more he will be able to help people around him.
- Character education: All the positives around a person will make him a better human and help build a strong character.

CONTENTS OF VALUE BASED EDUCATION

The contents of value based education are stated below.

- Love: The foremost part of value based education is love which is love for self, others, nature, mankind in general, nation, etc. This brings in a sense of humility and belongingness toward others.
- Understanding: Value based Education makes people more understanding of the situations around them and less judgemental towards others.
- Respect: Value based education makes people more respectful.
- Discipline: To be successful in any of the fields, a person needs to be dedicated, disciplined and maintain that to lead a healthy life ahead.
- Honesty: A person needs to be accurate and honest towards his work and otherwise to become more believable.

VALUE EROSION

Twenty first century witness's maximum erosion in individual, social, national, moral, ethical and spiritual values. It is due to the prevalent materialistic variables in the society working at the cross-purposes.

The vested interests, terrorism, disruption and access attachment to worldly life have created vacuum in the social cohesion and stability. Values are thus affected and eroded gradually.

The growing cynicism, gulf between rights and duties, materialistic tendency, moral degradation and violence have affected the powers of man's wisdom.

Aesthetic senses, neighbourly relationship, emotional quotient and spiritual values are swiftly declining.

The national goals, democracy, socialism and secularism are side-tracked.

The advancement in science and technology without simultaneous development in moral values has negative repercussion and we are going through a crisis of values in every aspect of our lives.

Crime, violence, cruelty, greed and apathy to human suffering have impacted in all aspects of our life-political, economic and social. Pursuit of material wealth and selfish ends at any cost has become ultimate aim of life.

Education equated with transmission of knowledge Education is a process of initiating the learner to good life. But in the present education system, primarily undue importance is given to transmission of knowledge based on information oriented which takes care of only the intellectual development of a child and cultivation of occupational skills. Here arises a question; is education aimed at character-building in the learners? In the present system of education there seems to be a "moral vacuum."

Today everywhere there is pervasiveness and general insensitivity to finer feelings of welfare and social concern. The self-aggrandizement of human consumerism culture, luxurious mechanized material comfort life propelling our physical environment-rivers, mountains, forests, plants and animal life to extinction, extreme pollution and resources depleted bearing the brunt of human selfishness.

Indifference to National welfare, Narrow mindedness, communalism, linguistic division and irrational outlooks have divided the people and come in the way of developing a unified National and International outlook.

Inhibition on one's culture and influence of other cultures The world is a global village and culture is fluid, however, colonization, modernization and ignorance have made the youths adopt blind imitation to western culture. The present generation failed to understand the importance of folk values, which is the identity heritage of the Indians

Breakdown of parental control of children in families Research shows Parental conflict, stress resulting from separation, poverty, financial hardship can all negatively affect mental health, poor mental health affects the ability of parents whether married, separated or divorced which in turn impacts on children's well-being (Mooney, Oliver & Smith, 2009).

Lack of respect for authority, seen through the brazen breaking of the law and total disregard for rules and regulations.

Abuse of technology- Technology is a tool when used appropriately can have benefit for instance like communication, productivity, social connectivity, education and expression, digital literacy, cognitive enhancement, creativity. However, technology abuse has become a major concern given the difficulty to distinguish its frequent use from abuse. Research shows that smart phones addicted teenagers had significant

scores in depression, anxiety, insomnia, severity and impulsivity. World Health Organization had declared 'Gaming Disorder' in its list of mental health (Hagler, 2018). The internet can be attributed as one detrimental factor for rise in rape of minor, women, old age person, crime and social ills in society.

The democratic ideology that has been accepted by our state is yet to be actualised in the form of social and economic democracy, in order to realise the democratic values guaranteed by the Constitution of India. A new impersonal social order that is developing fast has been unduly ignoring the ancient idealistic values and concepts, without attempting to replace them with suitable ones. The individual is becoming a prey to the contradictory values and ideologies and is being converted, as a consequence of an extreme radical, a reactionary, a sceptic or a cynic.

In our country, consequent on the impact of Western values, people began to think that the old Indian values are outmoded and outdated as they did not help them in acquiring material benefits. Hence they are slowly unlearnt and no new worthwhile values are learnt. Consequently, a value crisis has arisen in all walks of life.

For the present day generation, the only well-known value is success in life, success at any cost and by any means. In this context, the role of school, society and the teacher need to be assigned afresh in the inculcation of values.

VALUE INCULCATION

What is needed under the present circumstances is a drastic change in one's outlook on life, which could be brought about by value based education, imparted systematically right from the family. Today's children are tomorrow's citizens. If good education is given to the present day children, the future of the next generation will be good as they are built on sturdy foundation of 'Values.' Value based education is the solution for all types of problems. Thereby Value based education is relevant both from the point of view of reviving the age old socio-cultural mores and usages and the need of the present society to imbibe human values for harmonious existence.

NEED FOR VALUE INCULCATION

Inculcation of values is needed for the present day youth, in order to achieve the following:

- Moral development
- Cultural development
- Development of wider attitude
- Development of democratic qualities
- Sublimation of instincts
- Resolving conflicts
- Co-operative living

- Humanitarianism
- Maintaining harmony

IMPORTANT OF VALUE INCULCATION

Value inculcation among present day generation is important as it brings about the following desirable positive impact on their minds.
- ✓ Physical, intellectual and aesthetic development of personality.
- ✓ Inculcation of a scientific temper, democratic, moral and spiritual values.
- ✓ Development of self-confidence to innovate and to face unfamiliar situations.
- ✓ Creation of awareness of physical, social, technological, economic and cultural environment.
- ✓ Fostering a healthy attitude to dignity of labour and hard work.
- ✓ Commitment to principles of secularism and social justice.
- ✓ A dedication to uphold the integrity and honour, and foster the development of the country.
- ✓ Promotion of international understanding.

ROLE OF PARENTS IN INCULCATING VALUES

The first school a child attends is his home and parents are the first teachers. With the help of their conduct and 10ehavior they induce an influence on their children. They play a major role inculcating values in their children. Values are essential for a sound character and personality. But at times due to their negligence a child lacks morally and ethically accepted values.

Family is the first school where good habits and values are nurtured in a child. The foundation laid in the formative years of a child, play a significant role in determining the personality of a child and making him a good citizen. It is in the family where a child learns different values, such as love sharing, living together, tolerance, respecting elders, obedience, discipline, sincerity, kindness etc. Therefore, parents must ensure that right values are developed in children.

Parents must also volunteer themselves to initiate such efforts that could contribute to the process of inculcating values in society. Parents may do the following to inculcate values among children.

- Love the child to inculcate the feeling of love
- Ask the child to share things with others
- Promote the value of living together through plays
- Teach the value of respecting elders
- Develop the feeling of kindness in a child through own actions
- Tell stories that promote different values in children
- Develop the habits of discipline and obedience
- Promote honesty, sincerity and faithfulness through own actions

ROLE OF TEACHERS IN INCULCATING VALUES

The teachers are required to evolve suitable method, strategy and skills to cultivate the choice of values. The teachers should teach values to the students with the designed contents and curriculum. They should not prove as hurdles in teaching and learning value education. Values can be developed, cultivated, imitated and borrowed. It can be taught and learnt too. Students have to be prepared to practice the human and spiritual values established by community and the parents.

The role of the teacher in cultivating basic human values in the students is indispensable. He/She should necessarily be not only a good educator but a good person possessing basic moral and aesthetic values. He provides models-good or bad – of behaviour for his students. As an educator he should possess professional competence, reading habit, should be a constant learner and innovative. As a human being he should be a man of simple habits, regular and punctual in his duty, truthful, honest, kind and self-confident. He should be commanding respect for himself and respecting others. He should be able to develop concern for nationalism, environment and integration in the students and should foster basic values of democracy, rule of law, social justice and humanity enshrined in the Constitution of India. The teacher has the most pivotal role to play in the pursuit and promotion of human values. Thus, we see that it is the true teacher who can change the students and produce right citizens.

The following steps ought to be taken to inculcate and strengthen values among students:

Theoretical and practical courses of value education should be given to the students in creating value consciousness. Providing interaction opportunities with persons of unimpeachable character, sacrifice, creative abilities, literacy tastes or scholarly attitudes whose mere presence motivate others. Making the institutions responsive to emergencies like fire, floods, drought, etc. – this would strengthen mutual relationship with the society. Visits to institutions, establishments, centres of creative arts, zoos, museums and homes for the aged and handicapped not only to enhance knowledge and understanding but also to generate appreciation and empathy. Cleanliness within the institution helps in a big way.

To conclude, one can understand that to lead disciplined and more respectful life, one needs to be introduced to value education; the earlier it gets trained, the more positive impact it will create in the people's lives. Value based Education is not just something we learn from books or teachers; it is about understanding how to be our best selves, both for our own sake and for the people around us. It teaches us how to treat others with kindness, make wise choices, and appreciate the beauty in our differences. In a world that can sometimes seem confusing or challenging, Value based Education gives us the tools to stand firm, like a tree with deep roots, no matter the situation. It is not just about learning

values but about living them daily. Need of value based education is increasing in today's times.

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UNIT-II HARMONY IN BEING AND LIVING

a. **Harmony of the self (I) with the body:** Nurturing of the body- Understanding myself as co-existence of the self and the body- Understanding needs of self and needs of the body- Understanding the activities in the self and activities in the body.

b. **Harmony in the Family, Society and Nature:** Family as a basic unit of human interaction and values in relationships - Affection, care, guidance, reverence, Glory, gratitude, and love – **Harmony in society**: Justice preservation, Production Work, Exchange Storage **Harmony in nature**: four orders in nature- The holistic perception of harmony in existence.

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INTRODUCTION

Harmony in human beings refers to a state of balance, peace, and coherence within individuals. It involves the integration of various aspects of a person's being, including their thoughts, emotions, values, and actions. When there is harmony within individuals, they experience a sense of inner peace, wellbeing, and alignment with themselves and the world around them.

HARMONY IN BEING AND LIVING

There are three types of harmony: Eternal, Universal and Individual

Eternal harmony is the harmony of consciousness. As it is itself perpetual all things and beings live and move in it, yet it remains remote undisturbed and peaceful.

The existence of land and water, the land for the water and the water for the land, the attraction between the heavens and the earth, all demonstrate the **universal harmony**. The attraction of the sun and the moon to each other, the cosmic order of the stars and the planets are related with each other, the night following the day and the day in its turn giving place to the night, the dependence of one being on another, all prove the universal harmony.

The male and female, beast and bird, Rock and all classes of thing are all linked together and attracted to each other with a crowd of harmony. Every being is born for a certain purpose and the light of what purpose is kindled within his soul. All disasters such as storms, floods, volcanic eruptions were under revolutions, however bad they may appear to man, are in reality for the adjusting of this Universal harmony.

There are two aspects of **individual harmony**: the harmony between body and soul and the harmony between individuals.

The human being is the sum total of sentiments and physical aspect. The self (I) and the body and exchange of information between the two i.e, I and body together are related, there is a flow of information from I to the body and body to I. We make this distinction between the self and the body in three ways in terms of needs, activities and type of these two entities.

All the needs of I say respect, trust etc, can be called as happiness. while the needs of body are physically facilities like food that two things are qualitatively different. There is no relevance of quantity for the needs of I as it is qualitative and the needs of body are quantitative and they are limited in quantity.

To conclude we can say that the human being can be understood in terms of a coexistence of two entirely distinct entities, namely sentient I and material body. The needs and activities are quite different and have to be understood accordingly but these two constituent of human being are to act in close Synergy with each other.

HARMONY OF THE SELF (I) WITH THE BODY

The self has the responsibility for nurturing, protection and right utilisation of the body. For the self has to follow some programs. We need to work to understand the self-organisation of the body and ensure health of the body.

Nurturing of the body

- **Proper food, air, water etc.:**

In this process of selecting food for the body, I need to make out the elements which make a complete food so that it gives required nutrients and energy to the body. On the basis of understanding of the harmony of the self with the body it can be said that the food needs to be eaten only when we feel hungry.

- **Protection of the body**

The second issue is the protection of the body. The right amount of exposure of the body to the near water and sun is required to ensure its proper functioning. To ensure the health of the body we need to take care of the following.

- **Proper upkeep (Vihar) of the body:**

When we work, the body gets tired when we take rest, the body becomes fit to work. We also need to ensure proper time, posture related to work and to rest. We need hygienic conditions for proper functioning of the body. These issues are included in the upkeep of the body.

- **Labour**

Labour is another requirement. It means employing the body physically for production and maintenance of physical facilities. The Labour we do helps each part of the body to function properly.

- **Physical exercises:**

We are aware of physical exercises. While doing labour some parts of the body may get stressed much while others may not get employed to the extent. With exercises, we can employ all the parts of the body in the desired way.

- **Asan - Pranayam:**

This is another way to keep the body function properly. In Asanas, we give the body proper posters by sitting or lying and in Pranayama, we ensure regulation of the breathing.

- **Treatment of the body:**

When the body gets hurt due to either misuse, cause of the advertisers of the environment etc., there is a natural tendency of the body to heal and come back to its desired state of health. We only need to facilitate this process and not suppress it.

Hear one thing to understand is that the system of the body works in a self-organised way and I only need to facilitate the self-organization of the body by arranging real things.

- **Right utilisation of the body (sadupyog):**

Right utilisation of body means, understanding necessities and standing by the purpose for which this instrument is to be used. Normally we tend to believe that the body is an instrument for enjoyment which is not correct. It is important understanding and its actualization in life. This is an important issue. I need to ensure that I use my body for right behaviour and work. On the other hand, if I used it for acting in opposition, it has adverse effects on the body. I also need to arrange for equipment for right utilisation of the body. They increase the efficiency and capacity of the body.

UNDERSTANDING MYSELF AS CO-EXISTENCE OF THE SELF AND THE BODY

The human being is equally existence of I and the body and there is exchange of information between the two i.e., I and body. They exist together and are related. This distinction between the self and the body in three ways in terms of the needs, activities and types of these two entities. All the needs of I share respect trust etc. can be called as happiness while the needs of the body are physical facilities like food. The two things are qualitatively different. There is no relevance of quantity for the needs of I as it is qualitative, while the needs of the body are quantitative and they are limited in quantity. The activities of I are like desire, thinking, selection while the activities of body are eating, breathing etc.

To conclude we can say that the human being can be understood in terms of a coexistence of two entirely distinct entries namely self (I) and material body. Their needs and activities are quite different and have to be understood accordingly.

UNDERSTANDING NEEDS OF SELF AND NEEDS OF THE BODY
A traditional list of immediate basic needs are food, shelter and clothing. Many modern list emphasize the minimum level of consumption of basic needs of not just food, water, clothing and shelter but also sanitation, education and healthcare. Human needs can be classified as the needs of the body and the needs of the self (I).

- **Need of body**

Needs of the body are materialistic in nature which is received by our senses. Then need of the body are physical facilities which are not continuous i.e., we require them for a limited period of time.

- **Needs of self (I)**

The needs of self (I) are continuous and qualitative in nature. For example, the sense of seeking appreciation after doing a good job can be called as a need of self (I). This needs of I can be fulfilled by right understanding and right feeling. We are often mistaken and try to fulfil the needs of I which are non-materialistic in nature through accumulation of physical facilities.

- **Differentiate between The needs of self and needs of body**

The human being is the existence of I and the body and there is exchange of information between the two. we can make this distinction between the self and the body in terms of the needs as shown in the table below:

		I	Body
Needs	Needs are ….	Trust, Respect….	Food, Clothing…
		Happiness (sukh)	Physical Facilities (suvidha)
	In time needs are…	Continuous	Temporary
	In quantity, needs are...	Qualitative	Quantitative (limited in quantity)
	Needs are fulfilled by…..	Right understanding and right Feelings	Food, clothing, etc.

Needs are:

The needs of the body like food, clothes and shelter are called physical facilities whereas the needs of I is essentially to live in a state of continuous happiness.

In Time needs are:

The needs of I is continuous in time unlike the need of the body which is temporary in time, we want happiness continuously. We also want the feeling of respect continuously and so also acceptance in relationship.

In quality needs are

Physical facilities are needed for the body in a limited quantity when we try and exceed this limit it becomes troublesome after sometime. Whereas the needs of I are qualitative, so want them continuously - our feelings are qualitative.

Needs are fulfilled by

The need of the self I for happiness is ensured by right understanding and right feelings while the need of the body for physical facilities is ensured by appropriate physicochemical things.

UNDERSTANDING THE ACTIVITIES IN THE SELF AND ACTIVITIES IN THE BODY

Once, one has understood his or her values in life he/she can examine and control the various choices made in life. Value education enables us to understand our needs and visualise our goals correctly and also help to remove our confusions and bring harmony at all levels and enable us to rightly utilise the technological innovations.

Our basic assumptions are happiness and prosperity. Happiness is insured by the relationships with other human beings and prosperity is ensured by working on physical facilities.
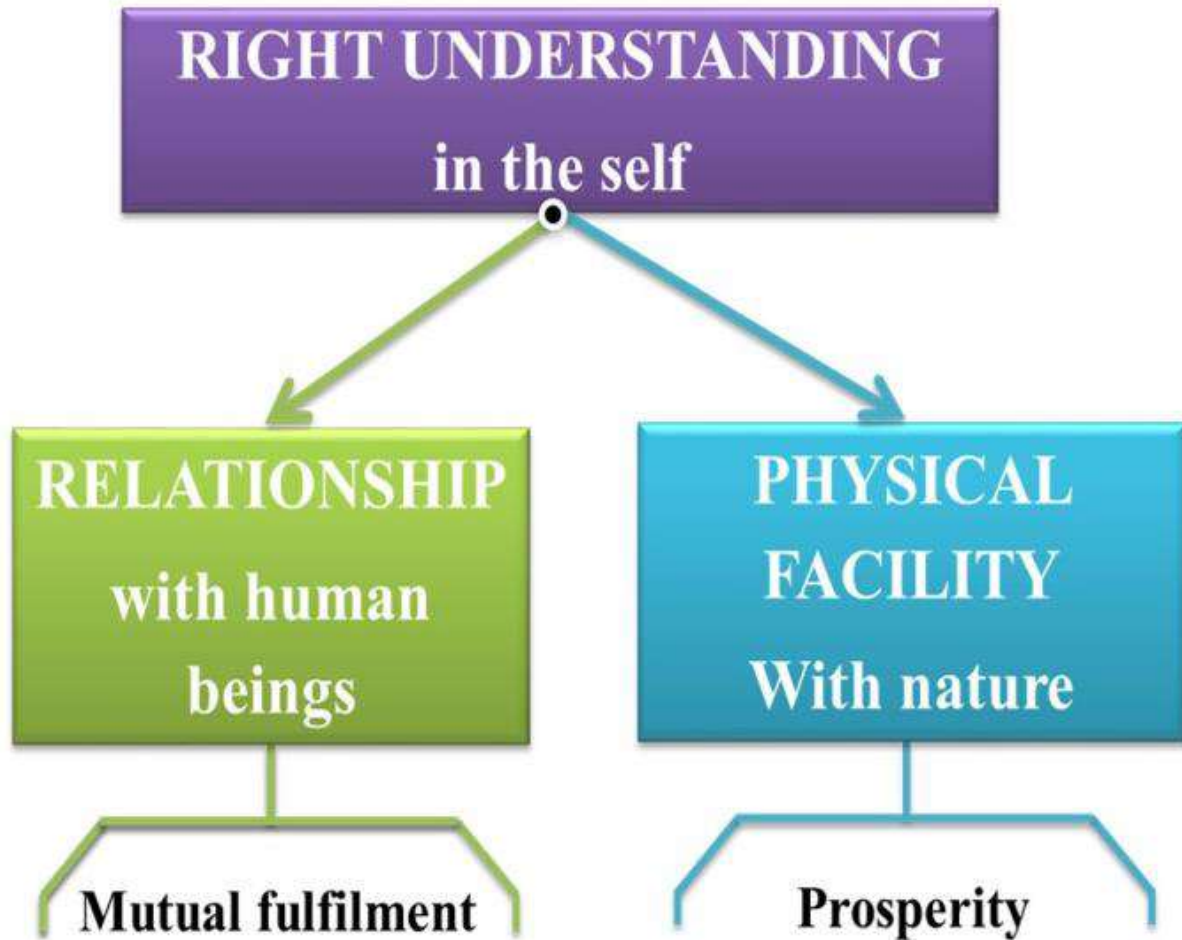
- **Right understanding**

This refers to higher order human skills the need to learn and utilise our intelligence most effectively.

- **Good relationships**

This refers to the interpersonal relationships that a person builds in life. At home, at the workplace and in society.

- **Physical facilities**

This includes the physiological needs of individuals and indicates the necessities as well as the comforts of life. It means that feeling of having or being able to have more physical facilities than is needed.

In order to resolve the issue in human relationships, we need to understand them first and this would come from right understanding of relationship. The right understanding will enable us to work out our requirements for physical facilities and hence correctly distinguish the difference between wealth and prosperity.

Here are some key elements and practices that contribute to harmony in human beings:

1. **Self-Awareness:** Developing self-awareness is essential for cultivating harmony within oneself. It involves being conscious of one's thoughts, emotions, and behaviors, as well as understanding one's values, strengths, and areas for growth. Self-awareness enables individuals to identify and address inner conflicts or imbalances.

2. **Emotional Intelligence:** Emotional intelligence involves understanding and managing one's own emotions as well as being aware of and empathetic toward the emotions of others. Developing emotional intelligence allows individuals to respond to situations and interactions with self-control, empathy, and compassion, fostering harmonious relationships.

3. **Mindfulness and Presence:** Practicing mindfulness involves being fully present in the current moment, without judgment or attachment to past or future thoughts. Mindfulness cultivates a sense of inner calm and awareness, helping individuals manage stress, enhance focus, and make conscious choices that align with their values.

4.**Alignment with Values:** Living in alignment with one's values brings a sense of authenticity and integrity, contributing to inner harmony. By identifying and prioritizing their core values, individuals can make decisions and take actions that are in line with what they believe in, fostering a sense of coherence and inner peace.

5. **Balance and Well-being:** Maintaining balance in different areas of life, such as work, relationships, physical health, and personal interests, is crucial for overall well-being and harmony. Taking care of one's physical, mental, and emotional health through self-care practices, such as exercise, relaxation, and healthy boundaries, supports a sense of balance and harmony.

6. **Positive Relationships:** Cultivating positive and supportive relationship with others plays a significant role in harmonious living. Nurturing healthy communication, empathy, and mutual respect contributes to harmonious interactions and a sense of belonging.

7. **Growth and Learning:** Embracing personal growth and lifelong learning fosters a sense of fulfilment and harmony. Engaging in activities that promote personal development, acquiring new knowledge and skills, and embracing challenges lead to a sense of progress and inner harmony

HARMONY IN THE FAMILY, SOCIETY AND NATURE

From the time of infancy to death people belong to a family. That family may change over the years, going from your mother and father to husband and children but nonetheless everyone belongs to a family. In the past, families were regarded as a private thing with private occurrences but that has now changed. As we begin to understand our relationships in the family and live harmoniously in these relationships, we become aware of our relatedness to all human beings. Family is the first place to understand our relationships, recognize the feelings and attain mutual happiness.

HARMONY IN THE FAMILY

Healthy families have harmonious relationships. We can take further into this chain of social dependency and find that there is still a bigger web of independency. So, starting from our family and including our teachers, friends and all the different social relationships, each one of us is born and lives in such relationships. The society is an extension of family and it is possible to live in harmony with every human being, thus laying the foundation for an undivided human race, from family order to world family order.

Harmony in the family is essential for fostering healthy relationships, communication, and overall well-being among family members. It involves creating an environment where each family member feels respected, supported and valued. Here are some key elements to promote harmony in the family:

- Effective communication
- Mutual respect
- Quality time together
- Clear roles and responsibilities
- Conflict resolution skills
- Emotional support
- Boundaries and autonomy

Values for harmonious relationship in Family: Affection, Care, Guidance, Reverence, Glory, Gratitude and Love

Fostering harmony in the family is an ongoing process that requires commitment, understanding, and flexibility from all family members. It is essential to prioritize the well-being of each individual while also nurturing the collective harmony of the family unit. Harmony in the family is the building block for harmony in the society. Harmony in society leads to an undivided society.

Affection

Affection is popularly used to denote a feeling, a type of love amounting to more than Goodwill or friendship. Affection can be communicated by words gestures or touches. The need for affection in human beings is unique in the sense that we are a social species who require a certain degree of contact with other human beings. Affection is more than just an emotion; it can be considered by some as a requirement in healthy relationships. It can be easy to assume that a function is a type of emotion. Affection much like emotion is a connection between two people.

Care

Provision of what is necessary for the health, welfare, maintenance of someone or something. Providing care for a family member is an act of kindness, love and loyalty. There are many different types of families' caregiver situations. For example, taking care of an aging parent or caring for a child's physical or mental illness is an act of help and support towards family members.

Reverence

Reverence is a feeling or attitude of deep respect tinged with awe and veneration. The word reverence in the modern day is often used in relationship with religion. Because religion often stimulates the emotions through recognition of God, the Supernatural and ineffable. Reverence involves a coming of the self in respectful recognition of something to be greater than the self. Thus religion is commonly a place where reverence is felt. However similar to awe, reverence is an emotion in its own right and can be felt outside of the realm of religion.

Glory

Glory is the high repute or righteousness won by notable achievements.

Gratitude

Gratitude is a feeling or attitude in acknowledgement of a benefit that one has received or will receive. Gratitude is not the same as indebtedness. While both emotions occur following help, indebtedness occurs when a person perceives that they are under an obligation to make some repayment of compensation for the aid. Those with a disposition towards gratitude are found to place less importance on material goods, are less likely to judge their own or others success in terms of possessions accumulated, are less envious of wealthy people and are more likely to share their possessions with others.

Love

Love is a variety of different feelings that ranges from personal affection to pleasure. It can refer to an emotion of a strong attraction and personal attachment. Love may be understood as a function to keep human beings together against sensors and to facilitate the continuation of the species.

Today's crisis

Today we are generally trying to achieve happiness and prosperity by maximizing accumulation and consumption of physical facilities. This effort is giving rise to many problems manifest today at the level of individual, family, society and nature. These problems are:

At the level of individual

Rising problems of depression, anxiety, suicide, stress, insecurity, increasing health problems, lack of confidence and conviction etc.

At the level of family

Breaking up of joint families. mistrust and disharmony in relationships generation gap, dowry deaths, neglect of old people etc.

At the level of society

Growing incidences of terrorism, violence, communalism, racial and ethnic struggle, corruption, adulteration, sex crimes, exploitation, war between Nations etc.

At the level of nature

Global warming, weather imbalances, depletion of mineral and energy resources deforestation, soil degradation etc.

All the problems are a direct outcome of an incorrect understanding, our wrong notion about happiness and prosperity and their continuity.

HARMONY IN SOCIETY

Society is our Third Level of living. Understanding of values in relationship helps us to extend our harmonious living with people in the society. Comprehensive human goal is right understanding in every individual, prosperity in every family, Indian society and coexistence in nature. The programs to fulfill the human goals are required to include justice preservation, production work and Exchange storage.

Justice preservation

Justice preservation can refer to a number of concepts related to the balance of nature protection and use. Justice refers to harmony in the relationship among human beings while preservation refers to harmony in the relationship between human being and the rest of the nature. justice is human relation fulfillment evaluation mutual happiness. reservation is human rest of nature ration recognition fulfilment evaluation leads to mutual prosperity.

Production work

Work refers to the physical efforts by humans on the rest of nature while production refers to the output or physical produce that is obtained through these efforts. When we talk of production work there are two important points to discuss what to produce and how to produce. The discussion of what to produce depends on the right identification of needs.

Exchange storage

The exchange of physical facilities is between the members of society while storage refers to the storage of physical facilities that is left after fulfilling the needs of the family. It is important to note that exchange and storage is done for mutual fulfillment and not for madness of profit or exploitation.

HARMONY IN NATURE

Our world today may be described as an age of confusion and tensions both within and outside of us. A beautiful life is one that is in harmony with the situations in life. In fact, harmony is a precious treasure of human life. Real success, satisfaction and happiness are different factors of harmony. If one is to enjoy the benefit of life to the fullest, it is necessary to develop and maintain harmony. Natural harmony is necessary to solve the problem of global warming and all problems like reduction of wind velocity, energy saving etc.

However, man has to believe that patterns themselves are not enough and that one needs a morphogenetic understanding of the formation of the environment.

FOUR ORDERS IN NATURE

1)Material order

The big land mass of the continents, gigantic water bodies like ocean and seas, mountains and rivers, the atmosphere above the heaps of metals and mineral below the dense gases and fossil fuels deep below the surface of the earth all fall into the material order. If we look around beyond the earth the material order is visible even in the form of stars, planets moon and several astronomical bodies.

2)Pranic order

Our land mass is covered with grass and small curves and they form the lining of entire soil. Shrubs, plants and trees form forests along with the flora in the ocean. All of this is the plant or by order it is the next Big order of our planet.

3)Animal order

Animals and birds form the third largest order and we call them the animal order.

4)Human order

Human are the smallest order and they are referred to as human order. Animals are Greater in quantity as compared to the human order.

THE HOLISTIC PERCEPTION OF HARMONY IN EXISTENCE

Holistic perception is a spontaneous reaction which has survival value for the organism in changing environmental conditions. Exemplifying the law of natural economy Holistic perception allows mobilization of the mental energy and effort for purposes of adaptation and survival. Perception which is holistic enables the organism to make immediate evaluations of new situations and experiences. The immediate evaluation is an approximation of reality which only later becomes conscious and concrete understanding after contemplation or meditation.

The holistic perception of harmony in existence refers to the understanding and recognition of the interconnectedness and balance that exists in the world around us. It encompasses the idea that everything in existence is interconnected and part of a greater whole, and that there is an inherent order and balance in the universe. This perception of harmony recognizes that all aspects of existence, whether they be physical, biological, or spiritual, are interdependent and affect one another. It acknowledges that actions and events in one part of the system can have ripple effects that reverberate throughout the entire system. This interconnectedness is often described using concepts like the web of life or the interconnectedness of all things.

In this holistic perception, harmony is not necessarily a static state but rather a dynamic equilibrium that is constantly shifting and adjusting. It recognizes that change is an inherent part of existence, and that true harmony arises from embracing and adapting to this change. From a philosophical or spiritual perspective, the holistic perception of harmony often involves recognizing and aligning oneself with the natural rhythms and cycles of the universe. It can involve cultivating a deep sense of respect and reverence for all life forms, and an understanding of the interconnectedness of one's own well-being with that of the larger ecosystem.

This perception of harmony can have profound implications for how we interact with the world and each other. It encourages practices and behaviours that promote balance, sustainability, and cooperation rather than exploitation or competition. It emphasizes the importance of finding harmony within oneself and extending that harmony to others and the environment. Overall, the holistic perception of harmony in existence is a way of seeing and experiencing the world that goes beyond superficial appearances and seeks to understand and align with the deeper interconnectedness and balance that underlies all of existence.

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UNIT- III   SOCIAL ISSUES, SOCIAL JUSTICE AND HUMAN RIGHTS

Social issues – causes and magnitude - alcoholism, drug addiction, poverty, unemployment

Social Justice: Definition and need – factors responsible for social injustice: caste and gender – contributions of social reformers.

Human Rights: Concept and Principles of human rights – human rights and Indian constitution – Rights of Women and children – violence against women

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SOCIAL ISSUES

Social issues are matters which directly or indirectly affect many or all members of a society and are considered to be problems, controversies related to moral values, or both. Social issues can be explained only by factors outside an individual's control and immediate social environment which affect many individuals in a society. It is related to the fabric of the community, including conflicts among the interests of community members and lie beyond the control of any single individual.

Meaning of Social issue

It is a state of affairs that negatively affects the personal or social lives of individuals or the well-being of communities or larger groups within a society and about which there is usually public disagreement as to its nature, causes, or solution. The term social issue is frequently used synonymously with social problem.

Social issues include: - Injustice - Homelessness - Pollution -Poverty - Teenage pregnancy - Racism - Environmentalism - Prostitution - Gun control - Unemployment - Food security - Human rights - Discrimination - Peace - War - Crime - Violence - HIV/AIDS - Terrorism…etc.

The causes of social issues are multifaceted and many issues lack a source agreed upon by a consensus of experts. Some social issues may be framed as "bottom-up" or "top-down" problems. Drug addiction and alcoholism are examples of "bottom-up" social issues: individual people all over the world become addicted to various substances, and this personal problem influences their own lives as well as the lives of their loved ones. When the personal circumstance of addiction is multiplied to include large groups within a society, addiction

becomes a social issue. In contrast, a "top-down" social issue is climate change. The causes of climate change cannot be traced back to the personal actions of a single individual, and they stem from a large number of individual agents and factors, but climate change has negatively affected communities throughout the world, including by increasing the likelihood of catastrophic flooding and drought.

In present day situation, social issues such as alcoholism, drug addiction, poverty and unemployment are rampant in nature. Let us understand them as given below.

ALCOHOLISM

Alcoholism is a condition in which the individual has lost control over his alcohol intake in that he is constantly unable to refrain from drinking once he begins. According to Adolf Meyer, alcoholism is the development of an insistent craving for alcohol and its effects. It is also defined as that condition characterized by a relatively permanent, persistent desire for alcohol for the sake of its anticipated effects upon body and mind.

For Keller and Efron alcoholism is characterized by the repeated drinking of alcoholic beverages to an extent that exceeds customary use or compliance with the social customs of the community and that interferes with the drinker's health or his social or economic functioning.

Broadly speaking alcoholism has been characterized by four factors

• Excessive intake of alcoholic beverages

• Individual's increasing worry over his drinking

• Loss of the drinker's control over his own drinking

• Disturbance in his functioning in the social world

An addict is one whose drinking habit causes several problems in one or more areas of his life for instance his family relationships, jobs, financial status etc. And in spite of all these problems, he will continue to drink alcohol because his body gets so accustomed over a period of time to the presence of alcohol that if its use is stopped suddenly he will develop withdrawal symptoms like trembles, fits etc. Such a state is called physical dependence. Alcohol becomes so central to his thoughts, emotions and activities that he is simply unable to think of anything else. This condition is called psychological dependence. Alcoholic

addiction is a disease rather than lack of will power or moral weakness. Unless the person stops drinking, his/her condition will become worse over a period of time.

Causes for Alcoholism

The industrialization of society and the mechanization of the industry have put strains upon individuals to which the previous experience of the race has not adapted. The social conventions incite the formation of alcoholic habits. The pressure of social customs has exerted an important influence in the production of alcoholism. There are certain persons who are unable to face the harsh realities of life and start drinking to overcome their inadequacy. Men engaged in manual work have long been deluded in the belief that alcohol furnishes added strength and vigour with which they can pursue their labour. Men drink because their occupation has completely exhausted them.

The problem of alcoholism in terms of personal misery, family budget, discord, and loss of wages, failure of health, accidents and cost in damage claims, cost of hospital treatment, cost in custodial treatment, inducement to crime are almost disastrous. A good number of persons arrested for crimes like rape, burglary, murder and theft are those who committed them under the influence of alcohol. Alcohol is a major factor in the highway accidents. Since alcoholism affects the family members, friends and even the community, it affects millions of people in the country. Drinking reduces one's operational activities and efficiency to below the minimum level necessary for social existence.

Various programmes and measures for alcohol treatment:

• Detoxification in hospitals: Alcoholics need medical care and medical supervision. Tranquilizers are used for treating their withdrawal symptoms like hallucinations. Vitamins and electrolyte balance are used for physical rehabilitation.

• Involving an alcoholic's family in his treatment and rehabilitation enhances the chances of success by 75 to 80%.

• One of the effective social therapies, which use group interactions, is Alcoholics Anonymous. It is an organization of ex-alcoholics, which started in USA in early 1940s.In this, the members share, their experience with other alcoholics and give them strength and hope in an attempt to solve their common problems and recover from alcoholism. These associations are located in Delhi, Mumbai, and Kolkata etc.

• Treatment centres: These centres are developed as alternative centres to hospital treatment having 10-12 residents. Counselling and anti-drinking rules are observed.

• Changing values through education: Some voluntary organizations undertake educational and information programmes to alert the alcoholics to the danger of excessive drinking. Social workers help the drinkers in coping with life and changing the social values and attitudes about drinking.

There should be active community involvement against drinking. Nationwide prohibition of intoxicating drinks may check smuggling of liquor into the dry areas from the wet areas. Drinking is a social problem and mere legalistic approach to prohibition is not likely to succeed. Education, persuasion, creation of public opinion and number of other positive measures has to be taken if prohibition were to succeed reasonably. The media portrayal of drinking should be banned. Government should encourage and provide financial help to voluntary, social and other non-governmental organizations engaged in de-addiction programmes and prohibition campaigns.

DRUG ADDICTION

Drug abuse, drug addiction, drug trafficking, becoming victims of drug addiction etc., have been the tragedies of the 20th century. They have been passed on with no less vigour to the 21st century. Intoxicating drugs such as brown sugar, opium, heroin, alcohol, marijuana, ganja, bhang, cocaine, charas, morphine and such other things are even known to the street children in big cities. Drug abuse, instead of leading man towards peace of mind and state of equilibrium throws him into oblivion and causes decay at almost all planes- physical, emotional, psychological, societal and spiritual.

Man has been using or consuming for the past several thousands of years some substances or the other to intoxicate himself for various reasons. More commonly, these substances are used for personal reasons, either to induce states of elevated mood or relieve inner feelings of anxiety, misery and despair. What we presently call 'drugs' belong to that category of such substances.

Definition of Drug Addiction:

W.H.O (World Health Organisation) defines drug addiction as – "a state of periodic or chronic intoxication detrimental to the individual and to society produced by the repeated consumption of drug, natural or synthetic "   The Word "addiction" implies physical

dependence. 'Drug addiction' obviously means the physical dependence of a person on the use of some drugs. The drugs could be any one of the intoxicants such as heroin, brown sugar, cocaine, bhanga, ganja, marijuana, etc. Addiction involves totally a drug- centred lifestyle. This lifestyle takes an individual to "a state whereby the body requires continued administration of the drug in order to function." The functioning of the body is so attuned to the drug that if it is withdrawn the person becomes totally uncomfortable and the "withdrawal symptoms" appear. Thus the person helplessly depends on the use of drugs.

Characteristics of Drug Addiction:

The W.H.O. in its enlarged definition of drug addiction point out the following characteristics of drug addiction.

i. An uncontrollable Desire for Drugs: Drug addiction includes an overpowering desire or need (compulsion) to continue taking the drug or to obtain it by any means.

ii. A tendency to increase the Dose: It involves a tendency to increase the dose. The "thrill" that the consumption of drug creates in the person actually overpowers him and he wants to have it again and again and to increase its dose. In fact, the chronic drug-user develops a feeling that he must constantly increase the dose in order to produce the same effect as that from the initial dose. This phenomenon is called "tolerance".

iii. Physical and psychological dependence on drugs: It includes psychic or psychological; sometimes a physical dependence on the effects of the drug.

iv. Harmful effects on the individual and the society: It unavoidably includes an effect that is detrimental to the individual and to the society. Sales and consumption of most of the narcotic drugs are legally banned in most of the countries for they have disastrous effects on the individuals and the society.

POVERTY

Poverty is one of the leading social problems in India. Poverty basically means the unavailability of adequate means of money to fulfil the basic requisites of human life such as food, shelter and clothes. Poverty is not only socio-economic but even emotional, cultural and political in nature.

As India is one of the most overpopulated nations, it is one of the major factors leading to poverty. Rural areas are mostly affected by it. Poverty basically indicates three things- economic dependences, economic insufficiency and economic inequality.

Poverty is said to exist when people lack the means to satisfy their basic needs. In this context, the identification of poor people first requires a determination of what constitutes basic needs. These may be defined as narrowly as "those necessary for survival" or as broadly as "those reflecting the prevailing standard of living in the community." The first criterion would cover only those people near the borderline of starvation or death from exposure; the second would extend to people whose nutrition, housing, and clothing, though adequate to preserve life, do not measure up to those of the population as a whole. The problem of definition is further compounded by the noneconomic connotations that the word poverty has acquired. Poverty has been associated, for example, with poor health, low levels of education or skills, an inability or an unwillingness to work, high rates of disruptive or disorderly behaviour and improvidence. While these attributes have often been found to exist with poverty, their inclusion in a definition of poverty would tend to obscure the relation between them and the inability to provide for one's basic needs. Whatever definition one uses, authorities and laypersons alike commonly assume that the effects of poverty are harmful to both individuals and society.

Sociologist David Elesh determined three causes of poverty namely individual, culture of poverty and social structure. The first ideology is propagated by those who believe that if an individual ends up in poverty; it is their own fault and due to a lack of hard work and initiative. This thought is rooted in the functionalist approach of sociology. It maintains that poverty is a good thing for society since it propagates the survival of the fittest. The culture of poverty concept was introduced in 1959 by Oscar Lewis. He believed that the lifestyle of the lower socio-economic rehabilitation could help alleviate the poor. Finally, the social structure approach was propagated by sociologist Herbert Gans. He associated poverty with unjust social conditions and pointed out that the middle and higher classes had a vested interest in the poor. For example, the existence of the poor helped improve their social status. Thus, they had no interest in changing the social structure (Ahuja 2014).

Causes of poverty in India
   1) Unemployment-

The unemployment rate in India is quite very high, which results in the people coming under the poverty line.

2) Rise in the price-

It is said that the rich are getting richer, and the poorer are getting poorer. This is just because of the increasing price of goods that the poor cannot afford.

3) Less productivity in farming-

Farming is one of the foremost means of livelihood for the people of India, and due to the seasonal changes, the production in agriculture are quite uncertain. This is also a contributing factor to poverty.

Although poverty is a phenomenon as old as human history, its significance has changed over time. Under traditional (i.e., non-industrialized) modes of economic production, widespread poverty had been accepted as inevitable. The total output of goods and services, even if equally distributed, would still have been insufficient to give the entire population a comfortable standard of living by prevailing standards. With the economic productivity that resulted from industrialization, however, this ceased to be the case— especially in the world's most industrialized countries, where national outputs were sufficient to raise the entire population to a comfortable level if the necessary redistribution could be arranged without adversely affecting output.

UNEMPLOYMENT

India as a nation faced with massive problem of unemployment. Unemployment can be defined as a state of worklessness for a man fit and willing to work. It is a condition of involuntary and not voluntary idleness.

Some features of unemployment have been identified as follows:

1. The incidence of unemployment is much higher in urban areas than in rural areas.

2. Unemployment rates for women are higher than those for men.

3. The incidence of unemployment among the educated is much higher than the overall unemployment.

4. There is greater unemployment in agricultural sector than in industrial and other major sectors.

Economists and social thinkers have classified unemployment into various types. Generally, unemployment can be classified in two types:

(1) Voluntary unemployment

In this type of unemployment a person is out of job of his own desire does not work on the prevalent or prescribed wages. Either he wants higher wages or does not want to work at all. It is in fact social problem leading to social disorganization.

(2) In voluntary unemployment

In this type of situation the person who is unemployed has no say in the matter. It means that a person is separated from remunerative work and devoid of wages although he is capable of earning his wages and is also anxious to earn them.

Forms and types of unemployment according to Hock

a. Cyclical unemployment - This is the result of the trade cycle which is a part of the capitalist system. In such a system, there is greater unemployment and when there is depression a large number of people are rendered unemployed. Since such an economic crisis is the result of trade cycle, the unemployment is a part of it.

b. Sudden unemployment - When at the place where workers have been employed there is some change, a large number of persons are unemployed. It all happens in the industries, trades and business where people are employed for a job and suddenly when the job has ended they are asked to go.

c. Unemployment caused by failure of Industries - In many cases, a business a factory or an industry has to close down. There may be various factors responsible for it - there may be dispute amongst the partners, the business may give huge loss or the business may not turn out to be useful and so on.

d. Unemployment caused by deterioration in Industry and business - In various industries, trades or business, sometimes, there is deterioration. This deterioration may be due to various factors. Inefficiency of the employers, intense competitions, less profit etc. are some of the factors responsible for deterioration in the industry and the business.

e. Seasonal unemployment - Certain industries and traders engage workers for a particular season. When the season has ended the workers are rendered unemployed. Sugar industry is an example of this type of seasonal unemployment.

The problem of unemployment is colossal in nature. Various factors have caused this problem. There are individual factors like age, vocational unfitness and physical disabilities which restrict the people. External factors include technological and economic factors. There is enormous increase in the population. Every year India adds to her population afresh.

Business field is subject to ups and downs of trade cycle and globalization. Economic depression or sick industries are often closed down compelling their employees to become unemployed. Technological advancement contributes to economic development. But unplanned and uncontrolled growth of technology is causing havoc on job opportunities. Computerization and automation has led to technological unemployment. Strikes and lockouts have become inseparable aspect of the industrial world today.

Today young people are not ready to take jobs which are considered to be socially degrading or lowly. Our educational system has its own irreparable defects and its contribution to the unemployment is an open truth. Our education does not prepare the minds of young generation to become self-employed on the contrary it makes them dependent on government vacancies which are hard to come.

SOCIAL JUSTICE

Social justice is a political and philosophical theory that promotes fairness and equal opportunity in society. It's a broad term that encompasses many areas of public policy and administration, including:

- Healthcare
- Gender equality
- Reproductive rights
- Education
- Employment
- Voting

Social justice is based on the idea that everyone should have equal access to rights, opportunities, and responsibilities, regardless of their physical traits, beliefs or behaviours. It also involves eliminating discrimination based on factors like race, gender, sexual orientation, religion, political view, age, culture, wealth, and values.

Social justice is a core value in public health research, policy, and practice. For example, social justice advocates in healthcare might focus on improving access to healthcare services for people who face resource inadequacies.

Social justice can be divisive, especially when it comes to conflicting ideas about equality, fairness and the allocation of limited resources.

Social justice is important because it promotes fairness, equality, and respect for diversity in all areas of life. It's a continuous process that aims to create a just society where everyone has equal rights, opportunities, and access.

Here are some reasons why social justice is needed:

Fair treatment

Social justice advocates for fair treatment for all people, regardless of race, gender, sexual orientation, ability or socioeconomic status.

Economic inequality

Social justice addresses economic inequality, which can lead to a lack of opportunity for the poor and marginalized.

Environmental injustice

Social justice addresses environmental injustice, which can disproportionately affect people of colour and low-income communities.

Workplace rights

Social justice in the workplace ensures equal rights, opportunities, and treatment for all employees.

Human rights
Social justice applies human rights in all spheres of life.

Factors that contribute to social injustice in India:

1) **Caste**

The caste system is a complicated social structure that combines factors like social class, hierarchy, and power. Dalit women are often paid less than Dalit men, and much less than members of dominant castes, for similar work.

2) **Gender**
Gender inequality is when a person is discriminated against because of their sex or gender. Some factors that contribute to gender inequality include:

- **Poverty**: Poor households may prefer male children over female children, and may not provide them with proper care, education, and healthcare.

- **Child marriage**: Child marriage disproportionately affects girls.

- **Gender bias and social norms**: Social norms and gender bias restrict women's rights and opportunities.

- **Domestic violence**: Gender-based violence is a long-standing issue in India, with husbands abusing and threatening their wives.

Other factors that contribute to gender inequality include: Poor medical health, Lack of awareness, and Patriarchal norms.

CONTRIBUTION OF SOCIAL REFORMERS

The 19th century in India witnessed the emergence of remarkable **socio-religious reform** leaders who spearheaded significant changes in society. Raja Ram Mohan Roy, Ishwar Chandra Vidyasagar, Swami Dayanand Saraswati, Sayyid Ahmed Khan, Savitribai Phule, Pandita Ramabai, Sister Nivedita etc were prominent figures who championed social justice, rationality, and progress. They passionately challenged outdated customs and practices, such as Sati, child marriage, and discrimination against women.

These reformers advocated for widow remarriage, women's education, and the promotion of critical thinking. Through their efforts and socio-religious movements like the **Brahmo Samaj** and **Arya Samaj**. They laid the groundwork for a more inclusive and enlightened India, fostering ideals of social equality, education, and religious tolerance that continue to resonate in the country's cultural fabric.

Contribution of Raja Ram Mohan Roy

- He is also known as the **Father of the 'Indian Renaissance'**

- During the late 18th century, Bengal society was burdened with customs like child marriage, polygamy, and the brutal practice of Sati.

- Raja Ram Mohan Roy abhorred Sati and raised his voice against it. In 1830, he went to the UK as a Mughal ambassador to protect the ban on Sati by **Bengal Sati Regulation, 1829.**

- He was a champion of women's rights, working to abolish Sati and advocating against child marriage and polygamy.

- He also opposed the rigid caste divisions of his time.

Contribution of Ishwar Chandra Vidyasagar

- A vocal advocate against women's oppression, Vidyasagar played a pivotal role in the passage of the **Hindu Widows' Remarriage Act in 1856**, which legalised widow remarriage and provided relief to widows.

- He challenged Brahminical authorities and presented arguments that proved Vedic scriptures sanctioned widow remarriage.

- Vidyasagar went beyond advocacy, personally arranging several marriages for child or adolescent widows within respectable families.

Contributions of Swami Dayanand Saraswati

- The Arya Samaj actively advocated for widow remarriage and women's education, seeking to eliminate discriminatory practices and provide equal opportunities for women.

- Dayanand stressed the importance of education for both men and women in fostering social progress.

Contributions of Sayyid Ahmed Khan

Khan advocated for progressive social changes in Islam. He urged Muslims to abandon medieval customs and thoughts.

- He particularly emphasised raising the status of women in society, advocating for the **removal of purdah** and promoting education among women.
- He also criticised practices like polygamy and easy divorce.

Contributions of Savitribai Phule

A well-known social reformer, educator, and poet of India, **Savitribai Phule** played a crucial role in the education and empowerment of women. **Role in Women's Education and Empowerment:**

- **Establishment of Girls' School:** In 1848, Jyotirao and Savitribai opened India's first girls' school in Pune. Savitribai became the first lady teacher in India.
- **Education for the Oppressed:** In addition to the girls' school, Jyotirao and Savitribai also started schools for children from the **Mang and Mahar castes**, who were considered untouchables.
- **Mahila Seva Mandal:** Savitribai started the Mahila Seva Mandal in 1852, aiming to raise awareness among women about their **rights, dignity, and social issues**.
- She founded Balhatya Pratibandhak Griha, a shelter home for pregnant widows.
- **Satya Shodak Samaj:** She was also associated with a social reform society called 'Satyashodhak Samaj' founded by Jyotiba Phule.

HUMAN RIGHTS

Human rights are the rights that all people are born with, regardless of their background, and are based on principles of dignity, equality, and mutual respect.

Some core **principles of human rights** include:

- **Universality**

Human rights apply to everyone, regardless of race, sex, nationality, ethnicity, language, religion, or any other status.

- **Interdependence and indivisibility**

Human rights are interrelated and indivisible.

- **Equality and non-discrimination**

All people are equally entitled to their human rights without discrimination.

- **Rights and obligations**

Human rights entail both rights and obligations from duty bearers and rights owners.

Some examples of human rights include:

- The right to life and liberty
- Freedom from slavery and torture
- Freedom of opinion and expression
- The right to work and education
- The right to privacy
- The right to vote

The United Nations Declaration of Human Rights (UDHR) first set out the core principles of human rights. All United Nations member states have ratified at least one of the nine core international human rights treaties.

HUMAN RIGHTS AND INDIAN CONSTITUTION

The Indian Constitution protects human rights through its Fundamental Rights, which are guaranteed to all citizens:

- **Right to equality**: Includes equality before the law and prohibition of discrimination
- **Right to freedom**: Includes freedom of speech and expression, assembly, association, movement, and residence
- **Right against exploitation**: Prohibits forced labor, child labor, and human trafficking
- **Right to freedom of religion**: Includes freedom of conscience and the right to practice, propagate, and profess religion
- **Cultural and educational rights**: Includes the right to conserve culture, language, or script, and the right of minorities to establish educational institutions
- **Right to constitutional remedies**: The right to enforce fundamental rights
The Fundamental Rights are listed in Articles 12–35 of Part III of the Constitution. The Constitution does not explicitly use the term "human rights", but it does incorporate and give effect to human rights principles.

RIGHTS OF WOMEN AND CHILDREN

Women and children have many rights, including the right to be free from violence and discrimination, the right to education, and the right to equal pay.

- **Equality before the law**: Women have the right to be treated equally before the law, regardless of their race, caste, sex, or religion.
- **Equal opportunity**: Women have the right to equal opportunity in employment and appointment to government offices.
- **Equal pay**: Women have the right to equal pay for equal work.

- **Free and compulsory education**: Children between the ages of six and fourteen have the right to free and compulsory education.

- **Protection from domestic violence**: Women have the right to be protected from domestic violence.

- **Protection from child marriage**: Child marriage is prohibited.

- **Protection from sexual offenses**: The Protection of Children from Sexual Offences (POCSO) Act provides punishment for child sex abuse.

- **Juvenile justice**: The Juvenile Justice (Care and Protection) Act provides care and protection for children in need.

- **Right to live free from violence and discrimination**: Women have the right to live free from violence and discrimination.

- **Right to own property**: Women have the right to own property.

- **Right to vote**: Women have the right to vote.
India has also ratified the United Nations Convention on the Rights of the Child (UNCRC) and has framed the National Policy for Children 2013 and National Plan of Action 2016.

VIOLENCE AGAINST WOMEN

It is a human rights violation and a major public health issue:

- **Definition**

The UN General Assembly defines violence against women as any gender-based act that causes or could cause physical, sexual, or psychological harm to women. This includes threats, coercion or arbitrary deprivation of liberty.

- **Prevalence**

According to the World Health Organization (WHO), about one in three women worldwide have experienced physical or sexual violence in their lifetime.

- **Consequences**

Violence against women can have devastating physical, sexual, and mental consequences, including death. It can also negatively impact women's well-being and prevent them from fully participating in society.

- **Risk factors**

Some women and girls face greater risk of violence, including those in vulnerable situations, migrants, indigenous people, or those with disabilities.

- **Human rights**

Gender-based violence violates human rights such as the right to life, freedom from torture, freedom from discrimination and the right to safety and security.

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UNIT IV: VALUES AND MASS MEDIA

Mass media: Meaning, functions and characteristics – Effects and Influence on youth and children – **Media Power** – socio, cultural and political consequences of mass mediated culture - consumerist culture – Globalization – new media- prospects and challenges – Role of media in value building

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INTRODUCTION

Mass media is a communication method that reaches a large audience, and has several functions and characteristics.

MEANING

Mass media is a technology that uses written, spoken, or broadcast communication to reach a large audience.

FUNCTIONS

Mass media has many functions, including:

Providing information: Mass media acts as a source of information for the public.

Entertainment: Mass media provides entertainment for the public.

Shaping public opinion: Mass media can influence public opinion on products, organizations, and other topics.

Cultural transmission: Mass media can transmit cultural elements like social values, lifestyles, and cultural norms.

Holding authorities accountable: Mass media can act as a watchdog and hold authorities accountable.

Platform for discourse: Mass media can provide a platform for diverse perspectives and   discourse.

CHARACTERISTICS OF MASS MEDIA

Mass media has several characteristics, including:

- Diverse and large audience
- One-way communication
- Professional production
- Rapid dissemination
- Standardized content
- Cultural influence
- Lack of direct feedback

Common platforms for mass media include newspapers, magazines, radio, television, and the internet.

EFFECTS AND INFLUENCE OF MASS MEDIA ON YOUTH AND CHILDREN

Mass media can have a variety of effects on children and youth, including:

- **Development**

Too much screen time can limit time for activities that help children develop physically, mentally, and socially, such as playing, reading, and exercising.

- **Behavior:** Media can influence children's behavior, including:
- **Violence**: Exposure to violence in the media can lead to violent or aggressive thoughts and behavior.
- **Sexual activity**: Children who see more sexual content on television may start having sex earlier, and be more likely to regret it or have an unplanned pregnancy.
- **Alcohol**: Children are exposed to many alcohol commercials and scenes in movies and TV shows that portray alcohol consumption in a positive light.

- **Smoking**: The motives of movie characters for smoking can affect adolescents' risk of smoking in real life.
- **Unhealthy food:** Television commercials often promote unhealthy food choices.
- **Cyberbullying:** Media use can expose children to cyberbullying, which can lead to depression and suicide.
- **Mental health:** Continuous exposure to negative news can lead to increased stress and anxiety.
- **Misinformation:** Mass media can transmit false information, which can impact public perception and trust.

Parents can help children use media in a healthy way by teaching them smart media use. They can also introduce children to positive role models through community groups, sporting clubs, or mentoring programs.

MEDIA POWER

The market economy has gradually but subtly caused shifting of roles of media from being tools for social causes into overtly business ventures.

Media are essentially meant to communicate to the masses on issues of public importance, thereby shaping and churning their opinions towards collective responsibility in a democratic system of governance. The diverse formats of media available now – newspapers, journals, magazines in the print, the electronic media of satellite/cable TVs and the digital era media of internet, social media network – have widened their reach in fulfilling this larger social objective, no doubt.

But the mute question that haunts media experts is how far the collective media or the mass media have marched towards fulfilling the task of fair and unbiased coverage of news and current affairs or leading the public towards informed decision making.

The exploding information technology has precipitated the exponential growth of multi-media but it has also brought in its wake the crucial questions regarding fair practices by the media houses in presenting facts for the consumption of end users, namely the readers or the viewers as the case may be.

Ethical aspect of media coverage:

Too much reliance on advertisement rather than subscription as main revenue model is the crux of the conflict both within and outside for the media today. The media watchers are of the view that when news content fails to sustain the readership/viewership growth and thereby ceases to increase revenue, media try to leverage it as direct source of income through advertisement. This, according to them, has created in pernicious situations like 'paid news' in which materials of advertisement in nature get passed as news.

Biased news reporting goes on unchallenged prompting media to resort to, what the industry calls, "sunshine journalism" where the focus will be on glass that is 'quarter full' rather than that which is 'three quarter empty'.

When media highlight is one-sidedly on brighter side of life and goes with the tide of those vested with discretionary spending power and their causes, the former's role as defender of public interest is relegated to the background.

Media today consists of television, Internet, cinema, newspapers, radio, magazines, direct mail, fax, and the telephone. Viewers can see some pictorial representation of messages through different types of broadcasting and advertising. Images are visual representations, pictures, graphics, and include video, movies. Images are very useful in media to help share messages effectively.

Nowadays, our life will be incomplete without media. It provides an easy way of communication where people are able to contact friends and family from any location of the world. At the same time, media like television, radio and the Internet enhance our knowledge by providing access to information from all over the world. We can also receive different types of news or daily events through media, almost instantly, for example, through the Internet.

One of major jobs of media today is to inform the people about the latest happening around the world. They cover all of our interest like weather, politics, war, health, finance, science, fashion, music, etc. The need for more and more news has evolved into creation of dedicated TV and radio channels and magazines. People can listen, watch and read recent and latest news whenever and wherever they want.

Even though there are lot of plus points for use of media but there are also many disadvantages to it. Media has the bad effect of inducing baseless ideas through advertisements. People are forced to buy harmful or substandard products. Sometimes, the Media develops unnecessary distortion of truth to attract attention. Because of its power to build public opinion, the influence of media can make or break the government.

The media has the power of educating people, the good and the bad. Since it affect the eyes, the ears and the mind simultaneously nothing can overcome the influence of the media. The media in the advanced society should perform a better mission of enlightening people for a better and safe usage of media.

RELATIONSHIP BETWEEN MASS MEDIA AND SOCIETY

The impact of mass media on various sectors of the economy is quite evident; mass media plays a crucial role in disseminating information, shaping opinions, and creating a balance between society and mass media. There is a complex relationship between the mass media and society; some of the points are highlighted below:

1. Mass media helps in shaping cultural norms and values with the use of television, movies, music, literature, and more. It helps in making the public aware of new norms, policies, challenges, and more.
2. The mass media has a vital political impact on society as it acts as a watchdog and facilitates public discourse.
3. Mass media shapes individual behaviour, influencing attitudes, beliefs, and aspirations. It exposes people to diverse cultures and ideas, impacting their self-perception and social expectations.

4. The impact of mass media on education cannot be ignored, as it helps in shaping public opinion, influencing public behaviour and preparing students for a career in media.

CONSUMERIST CULTURE

Mass media plays a significant role in shaping **consumerist culture**, which is a modern culture that encourages excessive consumption of material goods. Consumerist culture is promoted through:

- **Advertising**

Mass media uses advertising to promote products and influence consumer behavior.

- **Popular culture**

Popular culture, such as movies and lifestyle TV, can advance consumerism by promoting shopping as a way to achieve the good life.

- **Social media**

Online social media has intensified consumerism by making people to be vehicles for advertising and branding.

- **Information**

Mass media provides information about products, prices, and consumption trends, which can influence consumer behavior.

- **Social pressures**

Media exposure and social pressures can push products on consumers, making them seem like must-haves.

- **Gender**

Popular culture and advertising are often gendered in their consumerist appeals, targeting women in particular.

Consumerism can have negative effects, such as causing people to lose their core personal values. It can also lead to networked offenses, where people overthrow the legal way of earning money and accept consumer culture's market determinism.

GLOBALIZATION

Globalization is the process by which ideas, knowledge, information, goods and services spread around the world. In business, the term is used in an economic context to describe integrated economies marked by free trade, the free flow of capital among countries and easy access to foreign resources, including labor markets, to maximize returns and benefit for the common good.

Globalization is driven by the convergence of cultural and economic systems. This convergence promotes -- and in some cases necessitates -- increased interaction, integration and interdependence among nations. The more countries and regions of the world become intertwined politically, culturally and economically, the more globalized the world becomes. Among the recent technological changes that have played a role in globalization are the following:

Internet and internet communication. The internet has increased the sharing and flow of information and knowledge, access to ideas and exchange of culture among people of different countries. It has contributed to closing the digital divide between more and less advanced countries.

Communication technology. The introduction of 4G and 5G technologies has dramatically increased the speed and responsiveness of mobile and wireless networks.

NEW MEDIA

New media refers to evolution of existing media delivery systems and the development of new digital communication technologies

Two trends:
1. **The evolution of existing media deliver systems:**

    The way that moving images have traditionally been delivered has been changed. 20 years ago there was only 5 channels on TV but now there are hundreds of choices of channels and radio channels.

2. **The emergence of new delivery technologies:**
    There are more innovative technologies now than before, the growth of the internet and high capacity broadband wireless networks has improved society's access to a multimedia library of information and services.

    Characteristics of new media:
1. **The digital revolution and convergence**

    ○ Convergence has occurred - the combination of different ways of presenting a variety of types of information (e.g. text, images, films, music) into a single delivery system/into a universal computer language.

    ○ Boyle (2005) - digitalization allows information to be delivered across a range of media platforms. Before, there were separate unconnected technologies which are now connected.

      ○ This technology convergence has also created economic and social convergence. e.g. Mobile phones - Jenkins (2008) observed that he could no longer buy a simple functioning phone because nobody wanted them anymore. This was a powerful demonstration of how mobiles have been through the process of media convergence.

2. Compression

      ○ The way in which digital technologies can send many signals through the same cable. This hassled to a rapid increase in radio and TV channels

3. Interactivity

      ○ Digital technologies that are responsive in real time to user input e.g. the internet

      ○ Jenkins (2008) interactivity has been brought around by convergence because media users will go to great lengths for the entertainment experience they want.

      ○ It has also produced a participatory culture - media producers and consumers are no longeroccupying separate roles, they interact with each other according to a new set of rules.

      ○ It has also produced collective intelligence - the way in which users of new media combine skills, resources and knowledge. (everyone knows something, so collecting all that info creates a pool of resources and combines our skills.)

      ○ The internet provides the means of which people can interact in a participatory culture andbuild a collective intelligence.

      ○ Fans of TV programmes are now more in the centre of current thinking/influential in the making of TV shows and other campaigns..

      ○ Boyle (2005) TV is now demand led, used to be supply led. We are no longer restrained by TV schedules. The introduction of TiVo, Sky+ etc. are examples of how consumers of new media are encouraged to take an active role in the construction of their own TV schedules. Netflix offers people the service of watching TV shows and movies at a monthly rate for use whenever they want. We can now interact with different TV shows with mobile phone apps and websites and 'press red'. There's also catch up and on demand services available.

New media faces challenges such as privacy, misinformation, and digital divide. However, technological advancements like artificial intelligence (AI) and machine learning are also creating new opportunities for the media industry.

PROSPECTS OF NEW MEDIA

- **Technological advancements**: AI and machine learning can make content creation and distribution more efficient.
- **New ways to engage audiences**: AI and machine learning can provide new ways to engage audiences.

CHALLENGES OF NEW MEDIA

- **Privacy and security**: New media technologies can raise privacy and security concerns.
- **Misinformation**: The ease of sharing information online has led to the spread of fake news and misinformation.
- **Digital divide**: New media can exacerbate the digital divide.
- **Audience measurement**: Media companies struggle to measure their audiences.
- **Monetization**: Media companies struggle to monetize their content.
- **Competition**: Media companies face competition from social media and Google for advertising revenue.
- **Adapting to digital transformation**: Media companies need to adapt to new distribution channels and formats.
- **Evolving consumer preferences**: Media companies need to adapt to evolving consumer preferences.

ROLE OF MEDIA IN VALUE BUILDING

The media can play a significant role in value building by:

- **Reflecting and fostering values**

  The media can reflect the values of a society and help to foster new ones.

- **Promoting ethical and civic values**

  The media can help to promote ethical and civic values in the minds of citizens.

- **Inculcating values in students**

  The media can help to inculcate values in students, who are tomorrow's leaders.

- **Educating and informing**

  The media can educate and inform people about the world around them, including issues that affect economic, political, and social liberty.

- **Questioning decisions**

  The media can question the decisions of the government, expose injustice, and manage public opinion.

- **Informing about civil rights**

  The media can inform people without much legal knowledge about their civil rights.

To wrap up, the relationship between mass media and society is dynamic. Mass media serves as a crucial network to communicate, disseminate information, and create a

common platform for individuals to come together. As we are shifting towards the digital age, it is essential to navigate and harness all the potential for societal good. It is also necessary to mitigate the negative impacts of mass media. To maintain this balance, it is necessary to be media literate, participate actively in various events, and understand the regulations effectively.

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UNIT V: ETHICS

Ethics: Meaning and importance

Social ethics: tolerance, equity, justice for all, sensitivity towards mankind, love for nature and creatures, nationalism-love for nation, pride for nation, Honour to the law, Indian culture and traditions – Civic Sense: Being a good civilian

Professional Ethics: Dedication to work and duty – Commitment to the Profession

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INTRODUCTION

Ethics is the philosophical study of morality. It is one of the main branch of philosophy which corresponds to the traditional division of philosophy into formal, natural and moral philosophy. It can be turned into a general study of goodness, right action, applied ethics, meta-ethics, moral psychology and metaphysics of moral responsibility. The general study of goodness and right action is the main task of ethics. It has correlatively its substantive question as: how are we rational beings? and what moral principles should govern our choice and pursuit?

MEANING OF ETHICS

The word Ethics is derived from the Greek word 'ethos' which means character or conduct. Ethics is also called as moral philosophy or philosophical thinking about morality. This morality has been further elaborated as action and behaviour which is concerned with 'good' or 'evil', of particular traditions, groups or individual. The term 'moral' and 'ethical' is often used as equivalent to right or good as opposed to 'immoral' and 'unethical'. It does not mean morally right or morally good but it definitely pertains to morality.

The term **Ethics** can be defined as moral principles or values that govern the conduct of an individual or group. Ethics are standards of behaviour that make up an individual's or society's **code of conduct**. The word, 'Ethics' comes from the Greek terms **Ethos** and **Ethikos**, which relate to character, custom, and habit respectively.

IMPORTANCE OF ETHICS

Ethics is important for proper functioning of a society. Ethical people create good and happy society whereas no one is happy in unethical society. Let's look at some reasons why we would be more ethical:

1. Ethics build trust in people. When people work ethically they gain trust of others and their cooperation.
2. It also helps in decision making, people can question themselves before making any decisions.
3. It prevents humans from intentionally harming people and increases welfare work.
4. It also helps in condition where one faces moral dilemmas, one can take better decision which is ethically right.
5. It is also beneficial for personal and organizational growth. People working ethically will get genuine results.

Ethics is that science which is concerned with moral behaviour or with right or wrong and good or evil of human behaviour. It propounds those principles which make our conduct moral. It becomes clear when we explain the derivation of the words right and good. The word right is derived from Latin word 'rectus', which literally means 'straight' or 'according to rule'. It means that we are concerned with those principles which make our conduct right or straight.

As we know in every society there are institutions, customs and conventions. But with the passage of time, they exert undesirable influence on the minds of the people. Ethics give us a moral insight and points out how they are to be reformed. As the family is another social institution which has to play role in the moralisation of the child, it is also susceptible to various prejudices; it may adversely affect the minds of its members. Instead of promoting the healthy moral traditions and practices, it may deviate the minds of its individuals. Ethics is a great aid to deal with all such issues of moral and immoral influences, prejudices and practices in affecting the social aspect of man. The idea of value is the basic concept of ethics.

SOCIAL ETHICS

Social ethics refers to the principles and values that guide individuals and societies in making decisions that promote harmonious coexistence and well-being among people.

Social ethics are the philosophical or moral principles that, in one way or another, represent the collective experience of people and cultures. Ethics often acts as a sort

of "code of conduct" that governs what is and is not acceptable, as well as providing a framework for ensuring that all members of the community are cared for. Standard ethics are typically driven by individual morals that determine right or wrong. Within a society, the focus is usually more on what may be considered appropriate behaviour for people as a whole. People perceive things differently, however and various cultures share often wildly opposing beliefs; as such, what is deemed "right" for one group may not necessarily be consistent universally and defining social ethics as an absolute is often very difficult.

In most places, companies also abide by guiding social ethics principles. This can come in the form of eco-conscious or "green" sourcing and packaging. Local responsibility may also play a role. Corporate leaders often feel compelled by ethical norms to donate a percentage of annual profits to local charities, for instance or to encourage employees to get involvedwithcommunityserviceorvolunteeropportunitiesinthenearbyarea.Manyseethis as away for a company to "giveback" to the communities that allowthemto besuccessful in the first place.

Part of the problem with universally defining social ethics is that there are many different elements that contribute to them. Language, race, gender and culture all come into the equation.; religion and education also play a role.

In order for societal standards to work in the face of such differences, most societies operate under a "majority rule" system where what is best for the most people become standard. The rights and interests of the majority can only be enforced to the extent that others are not harmed or disenfranchised, however. Majority based social ethics usually includes sharing with others, doing good deeds and acknowledging different viewpoints. Social ethics also typically involves acceptance and tolerance of differences. The role of social ethics is to provide members of society a framework for approaching controversial or sensitive issues so that everyone can peacefully coexist.

TOLERANCE

In ethics, tolerance is the ability to accept and respect the views and lifestyles of others, even if they differ from your own. It is a conscious effort to be fair and objective, and to not voice negative opinions about others.

Tolerance is important because it:

- Promotes a healthy environment for discussion and debate
- Creates a society where people feel valued and respected
- Allows for individuality
- Helps ensure more accurate decision-making
- Protects freedom of speech and expression

Tolerance is not the same as indifference or neutrality. It also involves having moral reasons for accepting what someone is negative about.

Tolerance can be taught and nurtured and it starts in early childhood. However, extreme tolerance, also known as moral relativism, can lead to moral dilemmas and challenges. It can make it difficult to define ethical boundaries and take a stand against harmful actions.

EQUITY

Equity is a moral principle that is a key part of ethics and is concerned with fairness, justice, and impartiality. It is different from equality, which is the state of treating everyone the same, regardless of their needs or circumstances. Equity recognizes that people start from different places and acknowledges that imbalances need to be addressed.

Equity is important in many areas, including:

- **Social justice**

  Equity is a driving force behind social justice efforts, which aim to ensure that marginalized groups have equal access to opportunities, resources, and rights.

- **Law and finance**

  Equity is a set of principles and rules that supplement common law to provide remedies when strict applications of the law might lead to unjust outcomes.

- **Technology**
  Ethics, equity and responsibility are important considerations when designing, producing, inspecting, and using technologies. For example, AI can hold the power to correct or reverse inequities among humans.

JUSTICE FOR ALL
Justice is a central part of ethics and a fundamental value in human society. It is a concept that promotes the fair and equitable treatment of people, and is a way to measure the ethical sufficiency of laws.

SENSITIVITY TOWARDS MANKIND

Sensitivity to humanity can refer to a number of concepts, including:

- **Highly sensitive person (HSP)**

    A personality trait that involves being more responsive to both positive and negative influences. HSPs are said to have a number of characteristics, including:

- Being empathetic and caring

- Being deeply moved by beauty

- Being overwhelmed by sensory stimuli

- Having a rich inner life

    ## LOVE FOR NATURE AND CREATURES

    Love for nature and creatures" is often described as "biophilia," which is a term that refers to the innate human tendency to connect with and appreciate the natural world, including all living organisms, essentially meaning a deep love for life and nature itself.

    Key points about biophilia:

- **Meaning:**

    "Bio" means life, and "philia" means love, so "biophilia" literally translates to "love of life."

- **Connection to nature:**

    People with a strong biophilic tendency are often drawn to spending time outdoors, observing wildlife, and appreciating the beauty of natural landscapes.

- **Benefits:**
    Studies have shown that connecting with nature through biophilia can have positive impacts on mental health, well-being, and creativity.

    ## NATIONALISM

    National pride is related to feelings of patriotism and nationalism. Patriotism is love for one's country or dedicated allegiance to same, while nationalism is a strong national devotion that places one's own country above all others. **"Honour to the law"** is a phrase that refers to the importance of the law in shaping a better world and giving people the right to live in peace and freedom.

    ## INDIAN CULTURE AND TRADITIONS

    India has various kinds of traditional values, religion, dance, festivals, music and cloth which varies from each state or town. Indian art, cuisine, religion, literature, Education, Heritage, Clothes etc has a huge impact on the whole world where everyone admires and follows it.

    Some ethics to honour Indian culture and traditions include:

- **Respect for elders**: A deeply ingrained value in Indian culture, where teachers are revered as knowledge-givers and character builders.

- **Dharma**: A prominent ethical ideal in many Indian philosophical systems, which is understood as moral well-being or ethical responsibility. The word "dharma" comes from the root "dhr", which means to hold together.

- **Compassion**: Treating others the way you want to be treated, and helping those in need.

- **Cultural and religious reverence**: An important ethical value in Indian families.

- **Emphasis on education**: A value that is common across India.

- **Value of hard work and diligence**: An important ethical value in Indian families.

- **Importance of integrity**: An important ethical value in Indian families.

- **Embracing diversity**: An important ethical value in Indian families.

CIVIC SENSE: BEING A GOOD CIVILIAN

"Civic sense" means actively demonstrating responsible behaviour as a citizen by respecting laws, maintaining cleanliness in public spaces, showing consideration for others, and contributing to the overall well-being of the community essentially acting as a "good civilian" by following social norms and ethical conduct in everyday life.

Key aspects of civic sense include:

- **Respecting rules and laws:**

  Following traffic signals, not littering, adhering to public property regulations.

- **Maintaining hygiene:**

  Disposing of waste properly, not spitting in public, keeping surroundings clean.

- **Consideration for others:**

  Giving way to pedestrians, not making unnecessary noise, respecting personal space.

- **Public decorum:**

  Using public facilities with care, not engaging in disruptive behavior.

- **Community engagement:**
  Participating in initiatives to improve the neighborhood, reporting issues to authorities.
  Examples of good civic sense:

- **Driving responsibly:** Obeying speed limits, not honking excessively, stopping at crosswalks.

- **Queueing properly:** Waiting your turn in line, not pushing or barging.

- **Helping those in need:** Offering assistance to the elderly or disabled.

- **Protecting the environment:** Recycling, conserving water, not vandalizing public property.

- **Being respectful:** Using polite language, not engaging in discriminatory behavior.

PROFESSIONAL ETHICS

Professional ethics refers to the principles and standards of behaviour that guide professionals in their respective fields. It encompasses a set of moral and ethical guidelines that professionals adhere to in order to maintain integrity, trustworthiness, and professionalism in their work. Professional ethics provide a framework for responsible conduct and help ensure that professionals act in the best interest of their clients, employers, colleagues, and society as a whole.

Key principles of professional ethics include:

Integrity: Professionals are expected to act honestly, truthfully, and transparently in their work. Theyϖ should be trustworthy and maintain high moral and ethical standards.
Competence: Professionals should possess the necessary knowledge, skills, and expertise to performϖ their duties effectively and efficiently. They should continually update their knowledge and strive for professional development.

Confidentiality: Professionals often have access to sensitive and confidential information about their clients or organizations. They are obligated to maintain the confidentiality of such information, unless legally required to disclose it or if there is a clear and imminent threat to someone's safety.

Objectivity and Impartiality: Professionals should provide unbiased and impartial advice, opinions, and services. They should avoid conflicts of interest and refrain from favoritism or discrimination.

Professional Responsibility: Professionals have a duty to act in the best interest of their clients or employers, while considering the broader impact of their actions on society. They should prioritize the welfare of their clients and strive to protect the public interest.

Respect: Professionals should treat others with respect, dignity, and fairness. They should foster a positive and inclusive work environment and avoid any form of harassment, discrimination, or unethical behaviour.

DEDICATION TO WORK AND DUTY

Dedication to work and duty is a key characteristic of professional ethics:

- **Definition**: Dedication is the commitment to one's work and responsibilities with enthusiasm and perseverance. It involves making consistent efforts and going the extra mile to achieve goals.

- **Benefits**: Dedication can contribute to increased productivity and better results.

- **Examples**: Some examples of dedication in the workplace include:
o Being willing to work overtime when required

o Looking for opportunities to help others

o Accepting of additional workloads

o Staying focused on tasks

o Continually working on improving skills

Other characteristics of a good work ethic include:

Reliability, Punctuality, Accountability, Professionalism, Teamwork, Adaptability, Constant learning, Positive mindset, and Communication.

COMMITMENT TO THE PROFESSION

Professional commitment is an individual's loyalty to their profession and their willingness to uphold its values and goals. It can be measured by an individual's perspective on their profession and their motivation to stay in their job.

Here are some ways to demonstrate professionalism:

- **Be accountable**: Take responsibility for mistakes and resolve any consequences.

- **Be respectful**: Respect others' opinions, beliefs, and personal space. Avoid gossiping or speaking negatively about others.

- **Be ethical**: Be honest and fair in all professional dealings. Respect confidentiality and avoid conflicts of interest.

- **Be organized**: Be punctual and keep your commitments.

- **Be communicative**: Practice good communication, listening, and critical thinking skills.

- **Be integrated**: Demonstrate integrity and honesty. Uphold the values of the organization you work for.
Some other traits of professionalism include:

Appropriateness, Consideration, Emotional intelligence, Etiquette, Expertise, Humility, Neatness, Reliability, and Work ethic.

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