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**Course No : HVE – 111**

**Course Title : Human Values & Ethics**

**Credit : 1+0 = 1**

## NOTES

### Chapter : 1

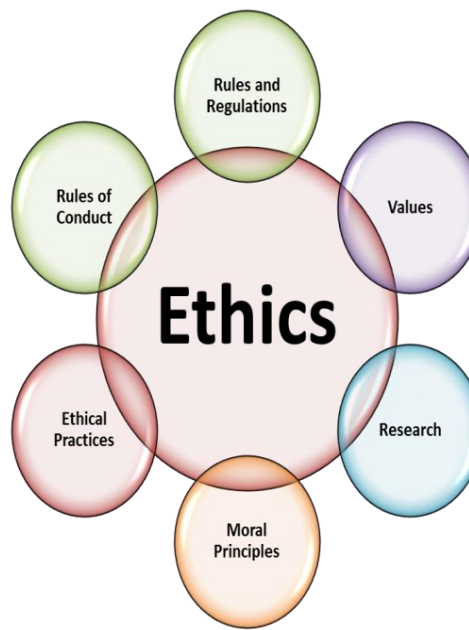
#### Introduction:

The relationship of ethics with other sciences and other phases of human life.

- **Ethics** is a branch of philosophy that studies the nature and the morality of human conduct.
- **Ethics** is related to other sciences because it also deals with the investigation of the nature of man as a rational being and a being in relation with other beings.
- The focus and the locus of **ethics** is to study man's nature and his behavior from the standpoint of morality.
- The *material object* of **ethics** is the human conduct and the *formal object* is **morality**.

**Meaning :** Greek word *ETHIKOS* Means *CHARACTER*. Study of Behaviour and values.

- ✧ **Ethics** : from Greek word *ethikos*, meaning 'character'. Refers to customary way to behave in society
- ✧ **Morality** : from Latin word *moralis*, concerned with which actions are right and which are wrong
- **ETHICS** : *Principles of conduct governing an individual or group. It deals with morality but it is not the same as morality. It is a study of morality.*
- **Business Ethics**- *It is the process of evaluating decisions, either pre or post, with respect to the moral standards of society's culture. In order to evaluate decisions we need tool box of moral standards.*
- **Ethics is the study of Behaviour**



- **What is Good and What is Wrong**
- **Branch of Philosophy**
- **Science of morals**
- **Action as per standards-Ethical**
- **Not as per standards –Un Ethical**
- **Actions which are law ful may not be ethical**
- **Eg.,Drinking alcohol**

### **Relationship of Ethics with other Sciences:**

#### **1. Ethics and Logic.**

- **ethics** is the study of correct action or doing, while **logic** studies the process of correct and organized thinking.

- doing follows thinking.

- (based on perceiving action) – **ethics** focus first and foremost on the demands of the subjective human world, or world of people and relationships.
- (in communication) – **ethics** focuses and studies people’s feelings and emotional states based on non-verbal information and how things are said.
- **Logic** focused on the demands of the material, nonhuman world, or world of things in one’s environment.
- (in communication) – **logic** focuses on and studies what is done and said, or the content of one’s speech.
- (on intellectual qualities) – **ethics** is people- oriented while **logic** is task-oriented.
- **ethics** is focused on enhancing relationships, modifying content and forms of speech to match or contradict what others expect to hear.

**Logic** is focused on not misleading a person and giving him correct information.

- (behavioral relationship) – **ethics** shows people’s feelings for their partners directly through emotions.
- While **logic** shows their feelings for their partners by doing things for them.

#### **. Ethics and Psychology:**

- **Psychology** studies how man behaves, while **Ethics** studies how man ought to behave.
- **Psychology** is not interested in the morality of human behavior, while **Ethics** is concerned with man’s moral obligation or the result of his behavior.
- **Ethics** is the study of human behavior from the perspective of morality.
- **Psychology** on the other hand, is the scientific study of mental and behavioral characteristics, associated with a particular kind of behavior.

#### **Ethics and Sociology:**

- **Sociology** deals with the study of social order while **Ethics** deals with the study of moral order in the society. There is no social order if there is no moral order. *Therefore*, the foundation of any society depends on the moral values of people and their perspective concept of what is good and bad in human relationships.
- Society depends on ethics for its underlying principles.

- **Sociology** deals with human relations in a society, but human relations are based on proper order and proper order comes only with the proper observance of moral laws and principles which regulate the actions of men and women in a community.

#### **Ethics and Economics:**

- **Economics** as a science deals with the study of wages, labor, production, and distribution of wealth. These involves relationship among individuals.

**Ex:** wages: between employer and employee; production: between seller and customer.

- At the heart of these behavior are moral norms and moral rules that should guides people behavior as they relate with others.

#### **Ethics and Law:**

- Ethics and Law are closely related  
**Ethics** deals with MORALITY, and when we speak morality, we mean primarily the Moral Law.  
**Law** may be defined as crystallized ethics.
- ❖ **Laws** are intended to regulate the external actions of man while **Ethics** investigates and probes the internal disposition of man, such as his motivations and his thoughts.
- ❖ Many acts that would be widely condemned as unethical are not prohibited by law.

#### **Ethics and Religion:**

- Ethics is a discipline or set of ,oral principles and values governing an individual or institution behavior.
- Religion generally refers to the service and worship of God(or some other object) and is typically expressed as a personal or institutional set of beliefs, attitudes, and practices.
- **Ethics** evaluates the behavior of man against his values regardless of the source of those values. While **Religion** certainly can create an impact on individuals and may actually include mandates for ethical behavior, it is a distinct concept from ethics.
- Both **Ethics** and **Religion** are based on the same postulates.
- **Ethics** and **Religion** have the same end or purpose – that is, the attainment of man’s happiness in this life and beyond. Lastly, **Ethics** and **Religion** prescribe right living as the means of attaining the goal of man in this world.

Ethics and the Professional Codes of Conduct:

Professional

-is relating to or characteristic of a profession; engaged in one of the professions; participating for gain in an activity not engaged in by amateurs.

Professionalism

-on the other hand is the conduct that characterizes a profession or a professional person ; or it can also be the pursuit of a profession for gain or livelihood.

e.g.

As a manager, engineer or as a lawyer.

Ethics and Etiquette:

Etiquette

- came from the a French word which means ticket.

- is a code of behavior that outlines expectations for social behavior within a society, social class or group. Rules of etiquette include all aspects of social interaction including manners. But Etiquette is not just about saying 'please' and 'thank you'. One important function of etiquette is that it shows respect and deference to others.
- it can vary a lot from country to country especially in business and social interaction.

Ethics -are the moral or honest way to behave.

Etiquette -is the polite and "proper" way to behave.

Ethics and Education:

Education

- defined as an instructor or training by which people learn to develop and use their mental, moral and physical powers and abilities. It also one way of gaining experience about human life. Since man however, is primarily a rational moral being, the purpose of education is to perfect the moral character in man.

“Education is coextensive with life. “

- great educator

Hence, we can say that ethics is life because it is the one that gives life its direction, purpose, and meaning.

Ethics and Art:

Art is concerned with the use of imagination to make things of aesthetic significance.

Ethics is aimed at conforming to an accepted standard of good behavior.

- It also stands for moral goodness, art, and beauty.

**Values:**

- Values are rankings or priorities that a person establishes for his norms and beliefs. They together form his moral standards- helps us to judge if an action is right or wrong.
- Business is driven by values which determine what business people do and how others react.
- Values are potential sources of conflict as well as cooperation.

The Process of Value Education:

The process of Value Education has to be that of *Self Exploration*, and not of giving sermons or telling dos and don'ts. What ever is found as truth or reality may be stated as proposal and has to be verified at the own right.

- It is process of dialogue between ‘ What you are’ and ‘ What you really want to be’.
- It is a process of knowing oneself and through that knowing entire existence.
- It is a process of recognizing one’s relation with every unit in existence and fulfilling it.

This process of self exploration helps you be in harmony within yourself and in harmony with everything around.

- Moral values regard matters of right and wrong whereas Human values help a person to distinguish between right and wrong.
- Moral values are constant and unchanging whereas Human values change from person to person and from time to time.
- Moral values are for self development and self discipline whereas Human values is about how we treat others in society.
- Moral values can be taught whereas Human values are inherited values and are intact in all of us.

Core Human Values:

LOVE

PEACE

TRUTH

NON VIOLENCE

RIGHT CONDUCT

- Love: Unconditional and unselfish care
- Peace: Control the mind
- Truth: Indispensable ethical discipline
- Non- Violence: means respect for life and recognition of rights of others.
- Right Conduct: Truth in action is right conduct

“ Thinking with Love is Truth, feeling with Love is Peace, acting with Love is right conduct, understanding with love is non- violence.”

### Types of Values:

- Values or of many types. It includes:
- Cultural norms- Represents expectations business clients, customers, employees etc.
- Moral(ethical)imperatives- Deep seated ideas that overrule others.
- More general and controlling value –capable of judging acceptability
- Ethical implications - Values are collective representations of what constitutes a good life or a good society. Exercise of good care and skill in producing goods and services may be of value.

### MANAGERIAL VALUES:

- Pragmatic – Will a certain course of action will work or not?
- Moralistic – Judging the right way. Being evaluative in an ethical way.
- Affective (feeling) – Suggest an evaluative frame work guided by hedonism- pleasure over pain[happiness is the highest good]

Origin : From Olden Days What is Right and what is wrong

Rules by society =Ethics

Origin In India : **Bhagawad Gita, VEDAS, Upanishads, Neeti shatra by chanakya, Vedanta.**

Origin In West : **Socrates(469-399BC), Plato(427-347BC), Aristotle(384-322BC).**

### ETHICAL Or UnEthICAL ?

- **Laying of employees after assuuring no layoffs.**
- **Operating cancer treatment centre with tobacco company.**

### Sources of Ethics:

1. Genetic Inheritance- Evolutionary forces of natural selection influence traits such as cooperation and altercation.
2. Religion- Judaism, Christianity, Islam- Business people who believe in these religions have ethical beliefs professed by the tenants of their religion. This is known as religious morality

3. Philosophical System - -Epicures(341-270 BC- Greece)-who believed pleasure was the chief good.
4. Legal System – Laws educate about ethics
5. Codes of conduct- - company codes, company operating policies(gifts, customer complaints, hiring policies)

#### Differences

Morals	Ethics
<ol style="list-style-type: none"> <li>1. Latin word “MOS”</li> <li>2. Social in Nature</li> <li>3. Based on Customs</li> <li>4. Accepted by religious/cultural institutions</li> <li>5. General principles(Friends &amp; Family)</li> <li>6. Narrow Scope</li> </ol>	<ol style="list-style-type: none"> <li>1. Greek word “Ethikos”</li> <li>2. Personal in Nature</li> <li>3. Based on Personal Aspects</li> <li>4. Personally accepted</li> <li>5. Personal principles(own)</li> <li>6. Wider scope</li> </ol>

Fundamental principles of ethics :

- ✓ **INTEGRITY**
- ✓ **OBJECTIVITY**
- ✓ **CONFIDENTIALITY**
- ✓ **PROFESSIONAL COMPETENCE AND DUE CARE**
- ✓ **PROFESSIONAL BEHAVIOUR**

ETHICS UNIVERSAL/CONSTANT?

**Ethical principles are some thing we follow regularly in our life some principles are universal.**

Right	Wrong
Honesty	Lying
Reliability	Cheating
Mutual respect	Stealing
Nonviolence	

Exceptions :

**a. Thief breaks in to your home will you tell truth?**

**b. Can a doctor reveal the serious illness to patients ?**

- Many Ethical values have changed basing on changes in society and time

**Eg:Abortion-Immoral but not now**

**Child marriage,sati,untouchability,caste**

**Ethical values different in many cultures**

**Eg:Polygamy,using ornaments**

- **Morality based on Personal perception**

- **Which is good for some one may not be good for some one else**

**Eg: Terrorism**

**Western culture**

Branches of Ethics

- ✓ **Meta Ethics-Studies meaning**
- ✓ **Normative Ethics-Gives prescription**
- ✓ **Applied Ethics-Use of Ethics**

**Eg: Medical ethics, legal Ethics, A&F Ethics, Environmental Ethics, Business Ethics etc.,**

Nature of Ethics :

- **Standards of Behavior tells us how to behave**
- **Not same as Feelings**
- **Feelings-Personal**
- **Ethics is not religion but it is advocated by religion**
- **Ethics is not law but law contains ethics**
- **Vary from society to society**
- **Ethics is not science**

Why Ethics difficult to understand?

**Though it is common in daily life difficulty**

**a. Base for Ethical standards?**

**b. How can we apply these standards?**

**Application based on demand of the situation**

Sources to ethical standards

**5 major sources**

- 1. Utilitarian Approach**
- 2. Rights/Deontological Approach**
- 3. Fairness Approach**
- 4. Common Good Approach**
- 5. Virtue Approach**

1. Utilitarian Approach

**Do more good do less harm**

**Produce balance between good and harm**

**Deals with consequences**

2. Rights approach

*Ethical action is which that protects and respects the moral rights who got affected*

*Based on Human Dignity gives ability to choose freely, what they do with their lives*

*Eg: Ten commandments*

3. Fairness approach

**Aristotle contributed this idea**  
**TREAT ALL HUMAN BEINGS EQUALLY**

4. Common Good Approach  
*Life is good in itself, and our actions contribute to that life*  
Relationship based on Ethical reasoning  
Calls common conditions for welfare of Every one  
System of law, Effective Enforcement, Educational system or even public relational areas
5. Virtue approach  
**Ancient Approach**  
Ethical actions consistent with some ideal virtues (Beliefs)  
Honesty, Courage, Compassion  
Generosity, Tolerance,  
Fidelity, Self control

**Basic Human Aspirations**

We desire for many things in this world, say materialistic needs, respect, recognition, love, trust etc, but in the form of all these we aspire for true and continuous happiness and prosperity.

Happiness: “To be in a state of liking is happiness.” “To be in a state of harmony is happiness.”

Prosperity: Feeling of having more than required physical facility.

For prosperity two things are required –

1. Identification of the quantity required for physical needs & Ensuring availability / production

**Desire – Continuous Happiness and Prosperity**

- Verify whether you want to be happy or unhappy.
- Verify whether you want to be prosperous or deprived.
- See whether the basic aspiration in that desire is happiness and/or prosperity.
- Prosperous means “successful/ good” and deprived means “to stay away from something/ to remove from something”

**Happiness:**

**We can understand Happiness as:**

“To be in state of liking is happiness.” and “the situation in which I live, if there is harmony in it, then I like to be in that state or situation”.

Verify whether you want continuity of happiness and prosperity or discontinuity of happiness and prosperity.

**Unhappiness:**

To be in state of disliking is unhappiness” and “the situation in which I live, if there is conflict in it, then I don't like to be in that state or situation”.

**Prosperity:**

- Prosperity is the feeling of having or making more than required physical facilities.

For prosperity two things are required –

1. Identification of the quantity required for physical needs &



## 2. Ensuring availability / production

To live with continuous happiness and prosperity, the program is 'to understand & to live in harmony at all levels of our living / existence'.

*There are four levels of our living*

1. *Self*
2. *Family*
3. *Society*
4. *Nature*

*Continuous happiness is being in harmony within one self, being in harmony with others and being harmony with nature.*

### Understanding human being as the co-existence of the sentient 'Self' and the material 'Body' :

Human =	I (Self)	Body
Need	(Respect, trust) (Happiness)	(Food) (Physical Facility)
In Time	Continuous	Temporary
In Quantity	Qualitative	Quantitative
Fulfilled by	Right Understanding & Right feeling	Physico- Chemical Things ( Food, Shelter etc.)
Activities	Desiring, thinking, selecting etc.	Eating, Breathing, etc
Activities	Knowing, Assuming, Recognizing, Fulfilling	Recognizing, Fulfilling
Type	Consciousness (Non- Material)	Material

The word 'Sentient' is defined as experiencing sensation or feeling.

The non- materialistic happiness needed for self is called SUKH while acquiring physical facilities can be called SUVIDHA.

### Understanding the harmony of 'I' with the body: Sanyam and Swasthya:

The human body is a self-organised mechanism and made up of several organs and glands.

Sanyam: Sanyam is the feeling of responsibility in 'I' towards the body for its nurture, protection and right utilization

Swasthya: Swasthya has two elements – the body act according to me, and there is harmony in the body.

#### **Program to ensure Sanyam and Swasthya:**

Sanyam: I take the responsibility of nurturing, protection & right utilization of body.

1. Nurturing of the body ( POSAN)
  - Ingestion (Grahan)
  - Digestion (Pachan)
    - Excretion (Nishkasan)
2. Protection of the body ( Sanraksahan)
  - Proper upkeep (Vihar) of the body
  - Labour (Shram)
  - Physical Exercise (Vyayam)
  - Asan ( Pranayam)
  - Treatment (Upchar) of the body
3. Right utilization of the body (Sadupyog)

Swasthya: 1. The body is fit to act according to the self (I)

2. There is harmony among the various parts of the body.

### Understanding the Harmony in the family and society:

We live in a family. In family we have relationships where we interact with other human beings.

Family is the foundation of society, and provides the basis of continuity of human tradition on the earth.

Harmony in the family:

1. Relationship is - between I & I

2. There are feelings in relationship - of one I with other
3. These feelings can be recognized - they are finite
4. Their fulfillment and evaluation leads to Mutual Happiness.

These feelings ( Emotions, Values) could be as follows:

1. Trust ( Vishwas ) ----> Foundation Value
2. Respect ( Samman )
3. Affection (Sneha )
4. Care ( Mamta )
5. Guidance (Vatsalya )
6. Reverence ( Shraddha )
7. Glory ( Gaurav )
8. Gratitude ( Kritagyata )
9. Love ( Prem ) -----> Complete Value

All the feelings are already within you- understanding only makes you aware and once you are aware of it there is continuity of these feelings and you are able to fulfill them

**Understanding the values in Human- Human relationship:**

*Justice (Nyaya)* : Justice is the recognition of values in relationship, their fulfillment, right evaluation and ensuring mutual happiness (Ubhay- Tripti).

Thus there are four elements of justice: recognition of values, fulfillment, evaluation and mutual happiness ensured.

We want harmony at all levels of livings. Harmony in the family is the building block for harmony in the society. Harmony in the society makes an undivided society, which is the desire of each one of us.

**Understanding the meaning of Vishwas : Differentiating between intention and competence:**

1. Trust: To be assured that the other human being wants to make me happy & prosperous.

Verify the following

- 1a. I want to make myself happy
- 2a. I want to make the other happy
- 3a. The others want to make himself happy/ herself happy
- 4a. The other wants to make me happy

What is the answer

- 1a. I am able to make myself happy
- 2a. I am able to make the other always happy
- 3a. The other is able to make himself always happy
- 4a. The other is able to make me always happy.

The first four questions are related to our natural acceptance i.e. intention and the next four to our competence.

“To be assured that the intention of the other is always correct is trust”

We generally evaluate ourselves on the basis of our intention and other on the basis of their competence. If we have trust on intention, we have a feeling of being related to the other & we start helping the other to improve his competence, if he does not have.

. Respect: Respect is right evaluation.

Need of ‘I’ is that ‘I’ should be evaluated as I am, I should evaluate others as they are. If I don’t do this, it is disrespect.

Respect = right evaluation

Disrespect:

Over evaluation- To evaluate more than what it is

Under evaluation- To evaluate less than what it is

Otherwise evaluation- To evaluate other than what it is.

The other is similar to me and the difference could only be at the level of understanding.

. Affection (Sneha) : The feeling of acceptance of the other as one’s relative ( feeling of being related to the other )

4. Care ( Mamta ): The feeling of responsibility of nurturing and protecting the body of the relative.
5. Guidance (Vatsalya ): The feeling of ensuring right understanding and feeling in the 'I' of the relative.
6. Reverence (Shradha ): The feeling of acceptance for Excellence. Here excellence means - understanding of the harmony and living in that Harmony at all the levels
7. Glory ( Gaurava): The feeling for someone who has made efforts for excellence.
8. Gratitude ( Kritagyata ): The feeling of acceptance for those who have made effort for my excellence.
9. Love ( Prem ): The feeling of being related to all, to every unit in existence, the entire existence

**Understanding the harmony in the society (Society being an extension of family ):**

Harmony in the family is the building block for harmony in the society. Harmony in the society leads to an undivided society (Akhand Samaj) when we feel related with each other.

**Program Needed To Achieve The Comprehensive Human Goal: The Five Dimensions Of Human Endeavour:**

The five dimensions of human order (Manaviya Vyavstha) are:

1. Education- Right living (Sikhsa- Sanskar)
2. Health – Self-regulation (Swasthya- Sanyam)
3. Justice – Preservation (Nyaya- Suraksha)
4. Production – Work ( Utpadan – Karya)
5. Exchange – Storage ( Vinimya – Kosh)
  - 1a. Education = To understand harmony at all four levels  
= To understand the harmony right from self to the whole existence
  - 1b.Sanskar = To live in harmony at all four levels  
= To live in harmony right from self to the whole existence
  - 2a. Justice = Human- Human relation- its recognition, fulfillment, evaluation- leading to mutual happiness.
  - 2b. Preservation = Human- Rest of nature – its recognition, fulfillment, evaluation- leading to mutual prosperity  
= enrichment, Protection, Right Utilization of nature.

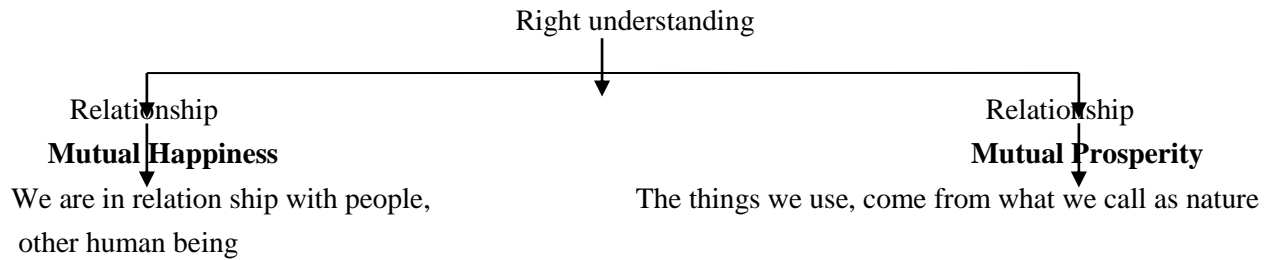
Ex: I cultivate wheat: this is enrichment, I protect it so that it fit to eat: this is protection; & I eat it (do not waste it) this is right utilization.

3. Swasthya & Sanyam
4. Production & Work
- 5a.Exchange = Exchange of produce for mutual fulfillment ( not madness of profit)
- 5b. Storage = Storage of produce after fulfillment of needs ( with a view of right utilization in future)

**List Of Wants:**

A big car	Take care of my parent
Happiness	A good laptop
A great House	Not get angry
Lot of Money	Knowledge
Respect	Become a politician
Good friends	Have a great food
A nice music system	Get good marks
Peace of mind	A good guitar
Do social work	Understanding the purpose of life
Satisfaction	Be healthy
Be loved	Protect nature

### Basic requirement for fulfillment of human aspiration:



### We find most of the people in the these categories:

- SVDD – Sadhan Viheen Dukhi Darinda
- SSDD – Sadhan Sampan Dukhi Darinda
- SSSS – Sadhan Sampan Sukhi Samridha

Before we explain these we should have a clear understanding of ‘Desires’. Desires are of

1. Materialistic: Food, shelter, clothes and physical facilities which are quantifiable
2. Non- materialistic: It is qualitative in nature like respect, trust, happiness, recognition, peace etc

### Where do we stand today:

- *At the level of Individual:* rising problems of depression, psychological disorder, suicides, stress, insecurity, health problem
- *At the level of Family:* Breaking of joint family, mistrust and insecurity in relationship, divorce, legal suits
- *At the level of Society:* Terrorism, casteism, wars between nations, fear of nuclear and genetic welfare
- *At the level of nature:* Global warming, water, soil, air, noise pollution, resource depletion of minerals and oil, loss of fertility of soil

To live with continuous happiness and prosperity, the program is ‘to understand & to live in harmony at all levels of our living / existence’.

*There are four levels of our living*

1. *Self*
2. *Family*
3. *Society*
4. *Nature*

*Continuous happiness is being in harmony within one self, being in harmony with others and being harmony with nature.*

## SPIRITUALITY

- Derived from **Latin** word *SPIRITUS* which refers to “**breath**” or “**wind**”.
- SPIRITUALITY
- FAITH
- RELIGION

Spirituality refers to that part of human being that seeks meaning less through intra, inter and transpersonal connection.

spirituality involves a belief in a relationship with some higher power , creative force, divine being or infinite source of energy.

### DESCRIBING SPIRITUALITY :

- Meaning: Having purpose, making sense of life.
- Value: Having cherished believes and standards.
- Transcendence: Appreciating a dimension that is beyond the self.
- Connecting: Relating to others .
- Becoming: Which involves reflection, allowing life to unfold, and knowing who one is

Spiritual Needs :

### *Need for*

- LOVE
- HOPE
- TRUST
- FORGIVENESS
- BEING RESPECTED & VALUED
- DIGNITY
- FULLNESS OF LIFE
- VALUES
- CREATIVITY
- CONNECTING WITH HIGHER POWER
- BELONGING TO A COMMUNITY

Spiritual well being :

- A feeling of being “generally alive, purposeful and fulfilled.

Characteristics of spiritual wellbeing :

- Sense of inner peace
- Compassion for others
- Reverence for life
- Gratitude
- Appreciation for unity and diversity

- Humor
- Wisdom
- Generosity
- Ability to transcend self
- Capacity for unconditional love

Spiritual distress :

- A challenge to the spiritual wellbeing or to the belief system that provides strength, hope and meaning to life.

Factors leading to spiritual distress

### **1. PHYSIOLOGICAL PROBLEMS**

- A medical diagnosis of terminal / debilitating disease.
- Experiencing pain.
- Loss of a body part or function.
- Miscarriage / still birth.

### **2. TREATMENT RELATED FACTORS**

- Recommendation for blood transfusion.
- Abortion
- Surgery
- Dietary restrictions
- Amputation of a body part.
- isolation

### **3. SITUATIONAL FACTORS**

- Death/ illness of a significant other.
- Inability to practice one's spiritual rituals
- Feeling of embarrassment when practicing them

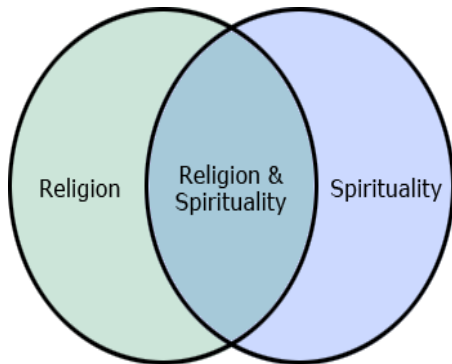
Spiritual practices affecting nursing care :

- HOLY' DAYS
- SACRED WRITING
- SACRED SYMBOLS
- PRAYER AND MEDITATION
- BELIEVES AFFECTING DIET & NUTRITION
- BELIEVES RELATED TO HEALING
- BELIEVES RELATED TO DRESS
- BELIEVES RELATED TO BIRTH
- BELIEVES RELATED TO DEATH

'HOLY' DAYS : A day set aside for religious observance.

## Spirituality

### Religion and Spirituality



Distinguishing Spiritual & Religious	
Spiritual	Religious
<ul style="list-style-type: none"> <li>⊗ Equanimity</li> <li>⊗ Spiritual Quest</li> <li>⊗ Ethic of Caring</li> <li>⊗ Charitable Involvement</li> <li>⊗ Ecumenical Worldview</li> </ul>	<ul style="list-style-type: none"> <li>⊗ Religious Commitment</li> <li>⊗ Religious Engagement</li> <li>⊗ Religious/Social Conservatism</li> <li>⊗ Religious Skepticism</li> <li>⊗ Religious Struggle</li> </ul>

### Four Orientations toward Religion and Spirituality

		Spirituality	
		Positive	Negative
Religion	Positive	Religion and spirituality are synonymous and inseparable; both are sources of basic beliefs or universal values.	Religion dominates spirituality and is a source of basic beliefs or values.
	Negative	Spirituality dominates religion and is the source of basic beliefs or universal values.	Neither religion nor spirituality are primary; universal values can be defined and attained independently of religion and spirituality.

<b>Religion</b>	<b>Spirituality</b>
It brings together people of similar beliefs and often similar spirituality.	It is personal and individual journey.
Collective	Individual
It requires a distinctive format or traditional organization.	It does not require a distinctive format or traditional organization.
The emphasis is on the institution.	The emphasis is on the individual.
It is typically experienced within a social institution with commonly shared traditions, sacred texts, beliefs, and worship practices. Religious institutions usually have a governing structure with designated leaders.	It is part of each person that searches for for finding the answers to life's essential questions about purpose, meaning, worth, and wonder, often in quest of an ultimate value or the holy.

**Religion :**

- There are connections among worldview, religion, and culture.
- A distinguishing characteristic of religion is that it provides a worldview.
- Some Africans say, “There is no distinction between religion and the rest of life. All of life is religious.”
- Although that might be an overstatement, it is true that as a worldview, religion is an important part of life for billions of people.
- At the core of this worldview is a belief in the existence of a reality greater than humans.
- In most religions there is a universal spirit, God, or deity that is sacred and looked to for guidance and salvation.
- This divinity, while it may go by different names, has established a moral classification and set of “instructions” that people can discover.
- Part of that discovery process asks people to follow certain eternal moral decrees.
- The motivation for following the wisdom of these religious worldviews is that “human conduct has long-term (beyond individual death) significance.”

**Religion embraces the 3 C's :**

**Creed :** The beliefs about God and life.

**Code :** Rules that guide the ritual and religious practices.

**Community :** To worship and share faith together.



## Spirituality :

- ❖ There are two different approaches to spirituality
  - Formal view: Spirituality is a concern with the sacred, as distinguished from material matters.
  - Modern view: Spirituality is a system that stresses the idea that a person does not need formal religion to live a life of faith.
- ❖ The modern approach has become fashionable and trendy; because the idea of having a personalized worldview appeals to the American value of individualism.
- ❖ The notion of a “religion,” wherein each person can turn to themselves to discover “inner peace,” combines this value of individualism with the value of free choice.
- ❖ “Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens.” Carl Jung, the Swiss psychiatrist.

## To experience the world personally :

- ❖ you should adhere to the following guidelines
  - Self-discovery is important. Think not only about what you are but what you choose to be.
  - Learn to value silence, solitude, and quiet meditation.
  - Practice mindfulness. Learn to observe your environment and how you behave when you are in that environment.
  - Engage in creative self-expression. Connect yourself to activities such as yoga, dance, music, and other such activities.
  - Seek simplicity in your lifestyle.

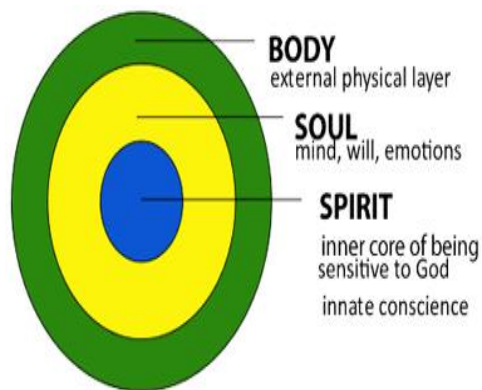
## Spirituality and religion :

- ❖ Spirituality has many of the same goals found in organized religions (inner peace, a link with nature, a search for meaning in life, among others).
- ❖ The major difference is that spirituality uses some atypical methods of achieving those goals and places emphasis on the individual being part of the “discovery process.”

## We Are a 3-Part Whole



We are **spirit**, have a **soul** and live in a **body**

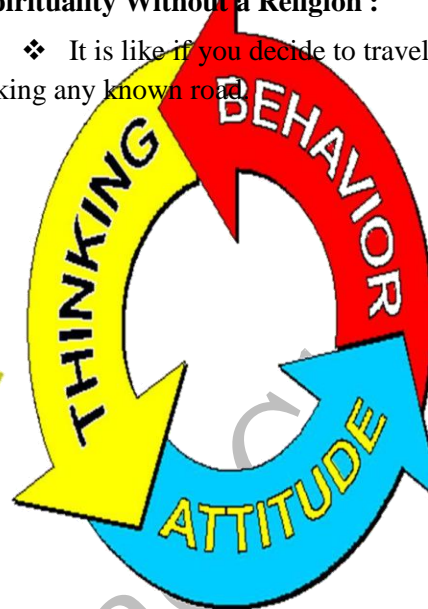


### Religion Without Spirituality :

❖ It causes terrorism, prejudice, extremism, bigotry, and racism.

### Spirituality Without a Religion :

❖ It is like if you decide to travel to another city without taking any known road.



### Attitude

Attitude is a mental position relative to a way of thinking or being.

If you think you can you're right. If you think you can't you're right again. Because it is a matter of your attitude.

Your choice of attitude can decide the out come of your life. Negative thoughts have no power unless you empower them.

Positive attitude helps to cope more easily with the daily affairs of life. It brings optimism into your life, and make sit easier to avoid worry and negative thinking.

It is a mental attitude that expects positive results.

Positive Attitude and Thinking:

If you are mainly positive, you will be focused on good things, happy thoughts, and successful outcomes.

Otherwise –

if you are mainly negative, you will be focusing on bad things, sad thoughts, unsuccessful outcomes and act and behave negatively too.

- A positive thought is the seed of a positive result.

- If you don't like something, change it. If you can't change it, change your attitude. Don't complain.
- The most significant change in a person's life is a change of attitude. Right attitudes produce right actions.
- If you really want to be happy, nobody can stop you.
- Whether a glass is half-full or half-empty, depends on the attitude of the person looking at it.
- There is a better way for everything. Find it.
- A positive attitude is not a destination. It is a way of life.
- The difference between a successful person and others is not a lack of knowledge, but rather a lack of will.
- The positive thinker sees the invisible, feels the intangible, and achieves the impossible.
- The man with confidence in himself gains the confidence of others.
- You will only go as far as you think you can go.
- The biggest mistake of all is to avoid situations in which you might make a mistake.
- A positive attitude is like a magnet for positive results.
- Our life is a reflection of our attitudes.
- Positive attitudes create a chain reaction of positive thoughts.
- Attitude, not aptitude, determines your altitude.
- No man fails if he does his best.
- Sooner or later, those who win are those who think they can.
- A creative attitude is the fuel of progress and growth.
- Either I will find a way, or I will make one.
- Be the change you want to see in this world.
- Forgive others and you will be forgiven.

Benefits of positive attitude:

- Helps achieving goals and attaining success.
- Success achieved faster and more easily.
- More happiness.
- More energy.
- Greater inner power and strength.
- The ability to inspire and motivate yourself and others.
- Fewer difficulties encountered along the way.
- The ability to surmount any difficulty.
- Life smiles at you.
- People respect you.

How to change your attitude:

- Accept responsibility
- Change your thinking
- Observe your thinking
- Manage your talk

Add positive attitude:

- Spread a smile around
- Sprinkle some positive on the negatives
- Focus on the good of each day
- Say please and Thank you
- Practice empathy
- Evaluate your behavior
- Never miss an opportunity to complement
- See criticism as opportunity to improve
- Keep promises
- Cultivate your sense of humor
- Keep open mind to changes
- Have a forgiving view of people

Agri. Vilad Ghat