

HUMAN VALUES AND PROFESSIONAL ETHICS

UNIT 2 NOTES

- SELF & BODY
- SUKH & SUVIDHA
- SANYAM & SWASTHYA



CONNECT WITH US ON :



IMPERFECT PHARMACY



IMPERFECT PHARMACY

UNDERSTANDING HUMAN BEING (As Coexistence of 'Self' & 'Body')

- We are human beings : we need to first understand ourselves.
- So, what is human beings ?
- It is just a body or more than that..
- The answer is human being is a coexistence of 'self' & 'Body'
- Self is what we term as 'I'
- Body is what we see with our eyes i.e. physical appearance.

UNDERSTANDING DIFFERENCE BETWEEN SELF (I) & BODY

The self and Body are interconnected yet distinct aspect of human being.

- **Self :** Refers to one's consciousness , identity , thoughts , emotions and sense of existence.
It is often associated with mind , ego or soul.
- **Body :** Refers to the physical structure including bones, muscles, organs and senses,

To understand basic difference b/w Body & Self , these questions will help:

- ① Who needs food ?
- ② Who needs shelter ?
- ③ Who needs clothes ?
- ④ Who needs happiness ?
- ⑤ Who needs respect ?

- The answer to first time three questions is "Body" and remaining two is "I"
- The body is like a vehicle & self is driver. The driver direct the vehicle but is separate from it.

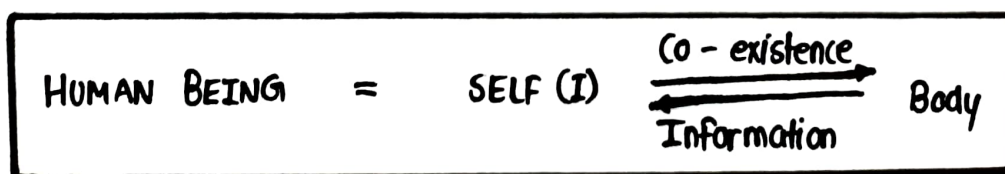
For example: Feeling joy or sadness after recieving news is an experience of the self while feeling tired after workout, Healing from a cut or injury are action of body.

NEED OF COEXISTENCE

- Although self & body both are different but they are interdependent & interconnect.
- There must be a harmony between these two in a human being to live a balanced & fulfilling life.

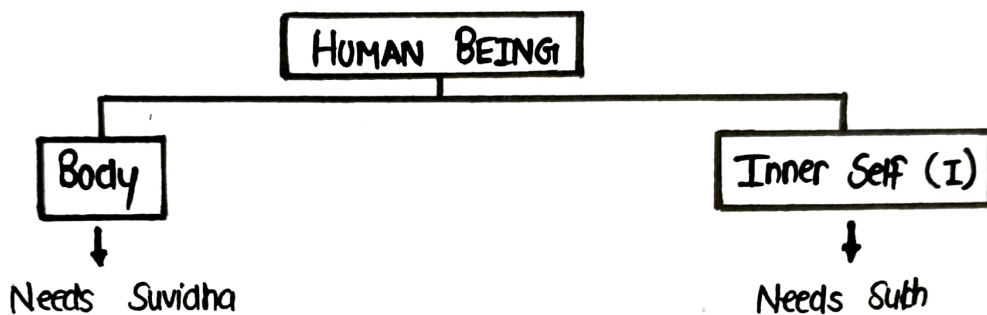
Example: • The body needs food to function, but self awareness helps regulating eating habits by distinguishing b/w hunger & overreacting.

- A person may eat junk food to satisfy his hunger, but the self can choose a healthy diet for long term healths.



UNDERSTANDING NEED OF SELF & BODY

- All the human feeling of happiness, sorrow, pain, excitement etc. are experienced by 'I' & not the 'body'.
- While having physical facilities ensures the fulfillment and needs of body but it doesn't fulfill the needs of 'I'.
- For a balanced & fulfilling life we need to fulfill & distinguish b/w need of both body & self.



① SUKH

- Sukh (Happiness) refers to a holistic and encompassing state of mind that creates inner harmony.
- It's about feeling genuinely happy, peaceful and satisfied from within.

Example: Enjoying the time with loved ones, feeling respected and experiencing personal growth.

② SUVIDHA

- Suvidha stands for looking into physical comforts & material aspects that provide convenience & ease in life.
- It's about having the physical things we need or desire.

Example: Having comfortable home, wearing nice clothes or using modern devices.

NEEDS		I	Body
	Needs are	Trust , Respect Happiness (Sukh)	Food , clothing Physical facilities (Suvidha)
	In time Need are	Continuous	Temporary
	In Quantity Needs are	Qualitative	Quantitative

① Needs Are

- The needs of the body like food for nourishment , cloths for protection are physical in nature & also known as Physical facilities (Suvidha) , Whereas need of I is essentially to live in a state of continuous happiness (Sukh).
- Needs of body are physical while needs of I are not physical in nature - like trust respect , happiness etc.

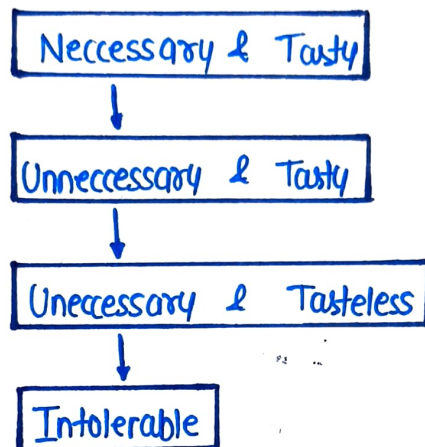
② In time Needs Are

- All the needs related to self are continuous in time while all the needs related to the body are required for a limited time.
- For example:
 - I want happiness continuously.
 - I want feeling of aspects continuously.
 - Body does not require same type of clothing during different weather conditions, its need for clothing is temporary. One cannot wear same sweater or warm clothes during winter and in summer.
 - One cannot sit in a car for a long period.

③ In Quantity Need Are

- The needs related to self are quantitative in nature while needs related to body are qualitative in nature.
- For examples:
 - One can quantify the requirements of body like clothes, food, shoes, rooms, cars etc.
On the other hand feeling of respect, trust etc. is not quantitative, we don't say about today
 - I got half kg of respect or 'two meters of trust', These feelings are qualitative in nature.
- Physical facilities are needed for the body in a limited quantity.
- We try to exceed these limits, it becomes troublesome for us after sometimes.
- Let's take an example, we are hungry & we started eating pizza or any other dish.

- In the beginning they are necessary, but if we keep eating, it becomes intolerable with passage of time & it applies to almost every physical facility.
- With time if we continuously consume too much physical facilities it successively changes from



FULLFILLMENT OF NEEDS

- The needs of the self (I) for happiness (sukh) is ensured by right understanding and right feelings.
- While need of the body for physical facilities (suvidha) is ensured by having access to essentials like nutritious food, clean water, adequate shelter & appropriate clothing.

PRE CONDITIONING

- Pre conditioning means adopting beliefs or behaviours based on external influences - like society, culture or media, - without questioning or verifying them ourselves.
- This can lead us to pursue goals or hold values that might not truly align with our genuine feelings or what naturally makes us happy.
- For instance, if society tell us that having a lot of money equals success, we might chase wealth without considering either we really want it or not.
- Most of desires, thoughts and selection are based on these pre conditionings.
- Human's do not verify desires in their own right.
 - As a result their desires, thoughts and selections are always in conflict, as you may not even know whether they are yours.
 - Leading to dissatisfaction & unhappiness.

SOLUTION

- Start exploring on the basis of your natural acceptance.
- Find out the answer of questions 'What we are' & 'What we really want to be'.
- This realisation leads to the right understanding, which will promote a harmonious living within ourselves, our family, our society & also with nature.

CONSEQUENCES OF CONFUSING B/W SUKH & SUVIDHA

- Suvidha implies for physical facilities while sukh stands for a calm state of mind that gives inner happiness.
- People often think that their happiness depends upon suvidha (facilities), but actually it's not.
- It depends on our thinking & mental satisfaction.
- Confusion b/w sukh & suvidha leads to various consequences at different levels as follows:

- ① At the level of Individual: Rising problems of depressions, anxiety, suicides, stress, insecurity, increasing health problems, lack of confidence etc.
- ② At the level of family: Break up of joint families, mistrust, disharmony in relationship, divorce, dowry deaths
- ③ At the level of society: Terrorism, violence, racism, corruption, adulteration, sex crimes, wars etc.
- ④ At the level of Nature: Global warming, water imbalances, depletion of energy resources & mineral sources etc.

THE BODY AS AN INSTRUMENT OF 'I'

- The concept of 'The Body as an Instrument of I' refers to the idea that the body is seen as a tool or vehicle for the self (I).
- The (I) refers to the conscious self also known as true self that uses body as a tool to experience, act and interact with the world.
- It is 'I' who takes the decisions for body.

For example: If I decide to take rest to ensure adequate regaining of energy, then body shall go to bed & will take rest.

- According to this concept, the 'I' is the doer (the one who takes action), the seer (the observer) and the enjoyer (the experiencer of pleasure & happiness).

① I AM THE SEER

- In the above context 'I' as the seer stands for I being the true observer.
- The body has sensory organs like eyes, ear, nose that collect information from the environment
 - The eyes see colours and shapes
 - The ear hears sounds
 - The skin feels touches or temperature
 - The tongue tastes flavours.
 - The nose smells scents.

- Although the senses gather data, but it is I that understand & gives meaning to these experiences.

For example:

- The eyes may see a flower but it is the 'I' that recognizes its beauty & feels its smell.
- When we see some nice scenery we say, 'I am seeing'. We don't say that eyes are seeing. I just uses eye as an instrument to see something outside.

② I AM THE DOER

- Once I have seen I understand something, I am the one, who decides what do or not to do
- I am the doer

For example:

- When I see the scenery. I am the one who decides to take a picture of the scenery.
- I use my hands to pick camera & click a picture.
- I uses hands in body as an instrument.

③ THE ENJOYER

- When I saw the scenery. It took the picture and it is again I that likes it.
- I am the one who enjoys it & true experiences of sensations, emotions & outcomes arising actions performed by body.

For example: • While eating a delicious meal, the body detects flavours, but the conscious self (I) experiences the joy of eating.

- I am the one who enjoys success of a personal goal.
- I am the one who feels happy from a meaningful relationship.

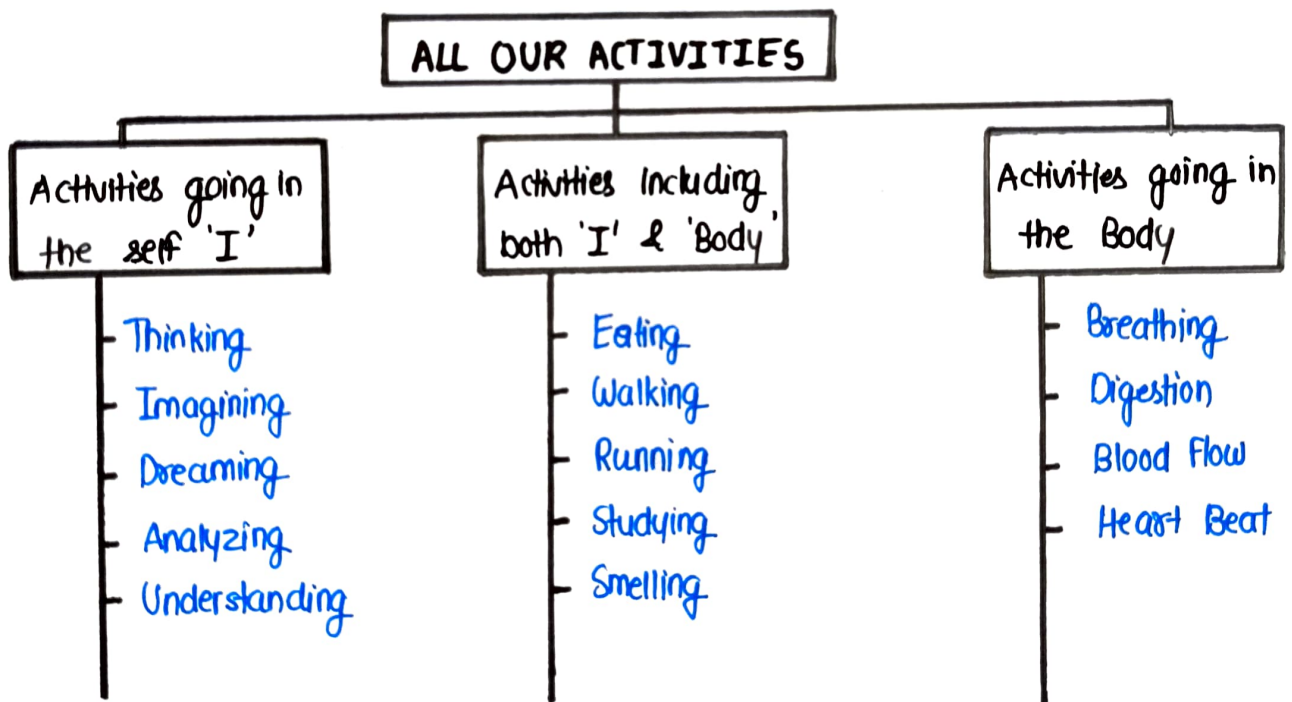
Objectives

- By knowing difference b/w I & Body, you realize that you are more than just your body or thoughts.
- You understand that true happiness doesn't come from physical things or appearance.
- You become more thoughtful & aware of your decisions.
- Treat the body as a valuable tool & take care of it.
- Learn to handle both good & bad expressions and experiences.

UNDERSTANDING THE CHARACTERISTICS & ACTIVITIES OF 'I' & HARMONY IN 'I'

● If we look the variety of activities, which is going on inside us, we find following three categories.

- ① Activities that are going in the self.
- ② Activities that are going in the body
- ③ Activities involving both self and body.



KNOWING, ASSUMING, RECOGNIZING & FULFILLING IN 'I'

The self 'I' is engaged in 4 fundamental activities:

- Knowing
- Assuming
- Recognizing
- Fulfilling

① Knowing:

- It involves gaining accurate knowledge and understanding.
- Example: You know that your colleague is under a lot of pressure due to an upcoming project deadline.

② Assuming:

- It involves forming beliefs based on your knowledge.
- Example: You assume that their short and irritate response are, because of stress, not because they are upset with you.

③ Recognizing:

- It is identifying whether your assumption is correct observing or checking.
- Example: You recognize their need for understanding and space rather than misunderstand their behaviour as personal conflict.

④ Fulfilling:

- This is taking appropriate action based on what you recognize.
- Example: You offer to help with some of their tasks or give them space they need.

- The sequence of these activities is crucial

Knowing → Assuming → Recognizing → Fulfilling

- If one's assumption is based on accurate knowledge, the subsequent recognition & fulfillment will likely be appropriate.

CHARACTERISTICS OF SELF

The self (I) exhibits several key characteristics:

- ① Consciousness:
 - The ability to be aware of yourself, your thoughts, feelings & surroundings.
 - Example: You know when you are happy or sad.
- ② Intentionality:
 - Having purpose behind your thoughts / actions.
 - Example: You decide to study hard to achieve your goals.
- ③ Reflectivity:
 - The ability to evaluate your own thoughts & actions.
 - Example: After an argument, you reflect whether you were right or wrong.
- ④ Autonomy:
 - The power to make independent choices.
 - Example: Choosing your career path based on your interest.
- ⑤ Moral Awareness:
 - Knowing difference b/w right & wrong and act accordingly.
 - Example: Helping someone in need instead of ignoring them.

HARMONY IN 'I'

The way to ensure harmony in self is a 4 step process given below:

- ① Becoming aware that human is the coexistence of self (I) and the body.
- ② Becoming aware that body is as only an instrument of 'I'
- ③ Becoming aware of the activities of desire, thoughts and expectation and pass each of these desires, thoughts and expectation through our natural acceptance.
- ④ Developing right understanding & self exploration.

UNDERSTANDING HARMONY OF I WITH BODY : 'SANYAM & SWASTHYA'

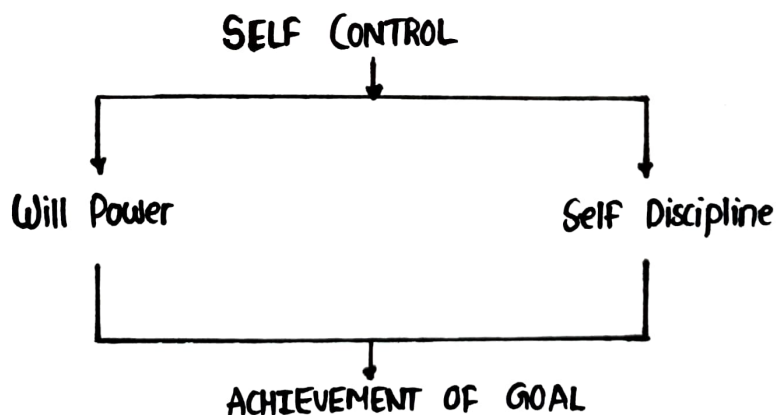
- The harmony of I with the body is in the form of SANYAM on the part of I & SWASTHYA on the part of body.

① SANYAM

- SANYAM means the feeling of responsibility in the self 'I' or nurturing, protection and right utilization of body
- Self control or SANYAM is the control of the mind and its desires, urges, emotions and delusions.
- Self control is the key of success in any field of life.

ASPECTS OF SANYAM

- SANYAM (self control) constitutes two main aspects of will power and self discipline.



② SWASTHYA

- SWASTHYA is defined as condition of the body where every part of the body is performing its expected function, and harmony with the self.
- SWASTHYA means to be established in oneself
(Swa = Self Sthya = established)
- It focuses not only physical well being but also mental, emotional & spiritual balance.
- True health is achieved when both the body & mind are in harmony with each other.
- State of self directly influences conditions of body.

For Example: When I am happy, the temperature & pressure in the body are normal, On the other hand when I am angry or tense, they get upset.

CORRECT APPRAISAL OF PHYSICAL NEEDS

- It's important to recognize that while physical needs are essential, they are finite and satiable.
- Once these needs are met, individuals should have to focus on higher - order needs such as emotions & psychological well-being.
- Balancing the fulfillment of physical need with other aspects of life contributes to overall harmony & well-being.

PROGRAM TO ENSURE SANYAM & SWASTHYA

- Ensuring Sanyam & Swasthya is essential for achieving harmony between the self (I) & body.
- This balance can be attained through a structured program focusing on nurturing, protecting and appropriately utilizing the body.

① NURTURING OF THE BODY

- Proper Nutrition: Consume a balance diet rich in essential nutrients to support body functions.
- Adequate Rest: Ensure sufficient sleep & relaxation to rejuvenate the body.
- Hydration: Maintain optimal hydration levels for overall health.

② PROTECTING THE BODY

- Regular Physical Activity: Engage in exercise like yoga, walking to enhance strength & flexibility.
- Proper Hygiene: Maintaining hygiene to prevent infection & disease.
- Stress Management: Practice Mindfulness & meditation to reduce stress & promote mental well being.

③ RIGHT UTILIZATION OF THE BODY

- Purposeful Actions: Perform activities that align with ethical values and contribute to personal and societal well-being.
- Avoiding Harmful Habits: Avoid practices that can harm the body, such as overreacting, drinking alcohol or smoking.

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