

Universal Human Values & Ethics

1. Understanding Harmony in the Human Being

Harmony in Myself Understanding human being as a co-existence of the sentient 'I' and the material 'Body',

2. Understanding the needs of Self ('I') and 'Body'

Sukh and Suvidha, Understanding the Body as an instrument of 'I' (I being the doer, seer and enjoyer), Understanding the characteristics and activities of 'I' and harmony in 'I',

3. Understanding the harmony of I with the Body

Sanyam and Swasthya; correct appraisal of Physical needs, meaning of Prosperity in detail, Programs to ensure Sanyam and Swasthya.