

Sources:

Sunlight, Oil, Milk products.

Diseases due to deficiency:

Rickets, Poor development.

Vitamin E:

It protects body's store of vitamin A. It strengthens capillary walls .It regulates menstrual rhythm. It helps blood flow to heart. It lowers blood cholesterol.

Sources:

Milk and milk products Green vegetables, Tomato.

Vitamin K:

It helps in clotting blood and assists in the syntheses of proteins.

Sources:

green vegetables, liver and egg yolk.

Minerals:

Minerals are also needed in small quantities but we need more of these than we need of vitamins. Our diet should essentially contain Calcium, iron, iodine, zinc, magnesium and Potassium.

**Calcium:**

Calcium is a major mineral. Nearly 75% of the total mineral matter present in the body is calcium.

Functions of calcium:

- Strong and healthy teeth are required for enjoying food and giving good smile.
- Calcium gives rigidity to bones.
- Heart muscles become active.
- Calcium is needed for the normal functioning of muscles.
- Calcium is essential for the formation of blood clot.
- It facilitates the flow of nervous impulses and helps in the efficient functioning of the nervous system.

Sources of calcium:

- Vegetable foods.
- Milk and its products like cheese, fish and other seafood

- Leafy green vegetables
- Ragi, legumes, black and bengal grams.
- Dry coconut, mustard seeds and groundnuts.
- Jaggery has more calcium than its counterpart's sugar and honey.

Iron:

Iron is the most important of all the trace elements which more in hemoglobin. It is of great significance in the upkeep of good health. There are 4-5 grams of total iron in the body. Half of it is present in blood. The other half is present in liver, kidney, spleen and bone marrow

Functions of iron:

- Iron is responsible for tissue respiration. It forms an important constituent of hemoglobin.
- It is required for muscular contractions.
- Iron together with proteins provides proper color and composition to blood. It prevents anemia.
- It accounts for the capacity to work in an individual. To be energetic, one must take adequate amounts of iron in the diet.

Sources of iron

- Excellent sources of iron are the organ meats i.e. liver, heart and kidney.
- Good sources comprise of egg, yolk and meat.
- Dark green leafy vegetables
- Part of the iron is present in the whole grain cereals, pulses, legumes and beans.
- Spices like coriander, cumin seeds.

Deficiency of iron causes anemia symptoms of anemia:

- There is physical fatigue, giddiness, and headache.
- As anemia progresses the patient complains of dim vision and lack of sleep, loss of appetite, indigestion, with burning sensation and upset stomach.

Iodine:

Iodine is trace element of vital importance for energy metabolism in the body. It is useful for the secretion of thyroxin.

Iodine is required in small amount for the normal functioning of the thyroid gland. This gland produces a hormone called 'thyroxin'. This hormone is responsible for the metabolism of carbohydrates.

Functions of iodine

- Iodine controls the oxidation of carbohydrates and energy metabolism.
- It controls the functioning of the nerves.
- Iodine helps in the normal growth.

Sources of iodine:

- Water and all foods.
- Seafood's such as fish, crabs, lobsters, prawns and sea salt are rich sources of iodine.

Deficiencies of iodine causes goiter.

It rarely occurs near the coastal areas because seafood is rich in iodine.

Sodium:

It helps to control the balance of acids and bases.

Sources of Sodium:

- Caustic soda.
- Milk and milk products
- Egg and Fish.

Potassium:

Potassium helps to regulate fluid balance in our body and helps in the functioning of nerves and muscles. It is available in bananas, mushroom and oranges.

Zinc:

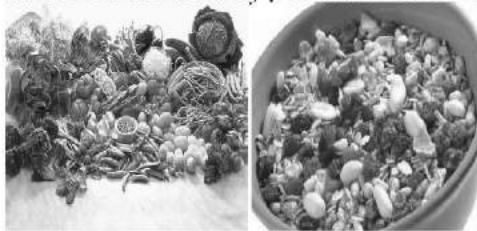
It will help to reduce cholesterol deposits .It helps in making of enzymes and insulin.

Water:

Our body contains about 60-75 percent of water. It is needed for several key functions like regulation of temperature, transport, and absorption of nutrients, and elimination of waste products from the body. Six to eight glasses of water is needed every day. The intake of fluid is not sufficient it may lead to serious problems like de- hydration. Fluids intake include not only water but all kinds of beverages, fruits and vegetable juices as well. But water is the best to prevent dehydration.

Fiber food:

Fiber is required to help your intestines function correctly; it is not digested easily. This is a carbohydrate used by plants to make their cell walls. It is also called roughage. If you do not eat



foods materials which contain fiber you might end up with problems of the colon and rectum. The muscles of you digestive system mix food with the digestive juices and push food along the intestines by peristalsis; if there is no fiber in your diet these movements cannot work properly.

Relaxation:

Relaxation is also one of the factor which helps in the development of physical health of an individual. Any continuous physical or mental work leads to fatigue. An individual needs relaxation to get his body refreshed.

Relaxation is relief from physical or mental work .It is an activity or recreation or rest that provides such relief.

“Relaxation is rest or refreshment as after work or effort. It is a form rest or recreation”.

-World English Dictionary

“Relaxation is the act of relaxing or state of being relaxed

-Medical Dictionary

Relaxation techniques:

Relaxation techniques are very important in stress management. Relaxation is a process that decreases the effect of stress. These techniques will cope with every day stress and with stress related problems of health. Relaxation can do wonders to restore balance in our life and it reduces some of the health risks associated with stress.

The following techniques of relaxation can be followed to maintain physical health:

- Sitting in a calm and quiet place taking a few deep breaths.
- Diversion from the regular work for a while.
- Drinking beverages like coffee ,tea etc.,
- Taking a time out.
- Listening music etc,

Importance of relaxation:

- Relaxation decreases the effects of stress.
- It helps to cope up with every day stress and various stress related health problems.
- It helps in slowing the heart rate and lowering blood pressure.
- Helps in slowing breathing rate.
- Helps in increasing blood flow to major muscles.
- It reduces muscle tension and chronic pain.
- It improves concentration.
- It helps in reducing anger and frustration.
- It is a boosting confidence to handle problems.
- It helps in refreshing the body, thus maintaining the sound physical health.

Physical exercises:

Exercise is a physical activity that is planned, structured and repetitive for the purpose of conditioning any part of the body. It is used to improve health, maintain fitness and is important as a means of physical rehabilitation. Physical exercise is one of the very important factors help full in the development of physical health of an individual. It is defined as any bodily movement produced by skeletal muscles that require energy expenditure. It is any bodily activity that enhances or maintains physical fitness and overall health and wellness. Regular moderate physical activity –such as walking, cycling, swimming, or participating in sports etc.-has significant benefits for health.

Human body is like a machine. It needs to be maintained and looked after properly. Physical exercise is of immense help in maintaining good health and fitness. Physical exercise is widely recognized as the best way to keep the body healthy and active. Regularity in exercise is imperative for the preservation of good health. It is a good source of energy, stamina and strength. There should be regularity and consistency in physical exercise. Advice of a physician is needed regarding physical exercise.

Benefits of physical exercise:

- It reduces fatigue.

- It reduces pain.
- It reduces anxiety and depression.
- It improves blood flow to the legs and reduces the risk of blood clots.
- It reduces the risk of heart diseases.
- It helps in strengthening muscles and the cardio-vascular system.
- It helps to prevent diseases like heart diseases, cardio-vascular diseases, Type2 diabetes, and obesity.
- It helps in physical fitness.
- It helps in maintaining healthy weight.
- It helps in building and maintaining healthy bone density, muscle strength and joint mobility.
- It reduces surgical risks and strengthens the immune system.
- It helps in promoting physiological well being.
- It reduces levels of cortisol which cure many health problems, physical and mental.
- It improves mental health.
- It improves self- esteem.
- It reduces dependence on others for the activities of daily living.
- It increases over-all physical conditioning.
- Physical exercises help and increases resistance of power.

8.4 Mal-nutrition-its causes, effects and remedies:

As many of us are not aware of the importance of nutritious food and balanced food, we take either food with too heavy calories or fail to take minimum calories of food. Both are not good for health. The knowledge of malnutrition is of great importance today. W.H.O. says “**that malnutrition is the gravest single threat to global public health**”. Hence there is a great need of understanding the concept of malnutrition, its causes, effects and remedies.

Meaning of malnutrition:

“Malnutrition is the cellular imbalance between supply of nutrients and energy and the body’s demand for them to ensure growth and maintenance and specific functions.” -W.H.O.

Malnutrition can be defined as the insufficient, excessive or imbalanced consumption of nutrients. It is the condition that results from taking an unbalanced diet in which certain nutrients are lacking, in excess (too high intake), or in the wrong proportions. It is a medical condition caused by an improper or insufficient diet. Malnutrition is technically a category of Disease that includes, under nutrition, obesity and overweight, and micronutrient deficiency. It is frequently used to mean just under nutrition from either inadequate calories or inadequate specific dietary components for whatever reason. It is the condition that develops when the body does not get the right amount of the vitamins, minerals and other nutrients it need to maintain healthy tissues and organ function.

Malnutrition is broad term which refers to both under-nutrition and over-nutrition

Under nutrition (sub-nutrition):

It is a consequence of consuming too few essential nutrients or using excreting them more rapidly than they can be replaced. Sub-nutrition occurs when an individual does not consume enough food. It may exist if the person has a poor diet that gives them wrong balance of basic food groups. People suffer from under nutrition if their diet does not provide them with adequate calories.

Over nutrition:

Over nutrition is due to eating too much, eating too many of the wrong things, not exercising enough, or taking too many vitamins or other dietary replacements. Individuals suffer from over nutrition if their diet provides them with too much calories and protein.

Causes for malnutrition:

Mal-nutrition, the result of a lack of essential nutrients, resulting in poorer health, may be caused by number of conditions or circumstances. In many developing countries long- term (chronic) malnutrition is wide spread simply because people do not have enough food to eat.

The main causes for Mal-nutrition are,

Poor diet: if a person does not eat enough food, or if what they eat does not provide them with the nutrients they require for good health, they suffer from malnutrition.

Mental health problems: some patients with mental health problems, such as depression, may develop eating habits which leads to malnutrition.

Mobility problems: People with mobility problems may suffer from mal-nutrition, simply because they cannot eat out enough food and at proper time.

Digestive disorders and stomach conditions: Some people may eat properly, but their body cannot absorb required nutrients in right proportion for good health.

Alcoholism: Individuals addicted to alcohol develop gastritis, pancreas damage and many more chronic diseases. These problems also seriously undermine the ability of body to digest food, absorb required vitamins and produce hormones which regulate metabolism. Alcohol contains calories which reduces patient's appetite leading to mal-nutrition.

Food shortages: Food shortage is a significant cause of mal-nutrition in many parts of the world.

Food price and its distribution: It is ironic that approximately around 80% of mal-nourished children live in developing countries that actually produce food in surplus. Some leading economists presume that famine is closely linked to high food prices and problems with food distribution.

Lack of breast feeding: Few experts opine that lack of breast feeding leads to mal-nutrition in children.

Superstition: Superstition and other religious and cultural restriction imposed on infants, pregnant mothers are some of the pre disposing factors that add on to the mal-nutrition.

Insanitary condition: Individuals living in slums and unhygienic areas add to plenty of Gastro-Intestinal problems. Low dietary intake coupled with improper sanitation gives rise to dehydration.

Other causes for mal-nutrition include:

- Absence of food or nutrients or abundance of food or nutrients.
- Inadequate or unbalanced food.
- Not consuming adequate calories and proteins for growth and maintenance.
- Problems with digestion or absorption.
- Consuming too many calories.
- Abnormal nutrient loss.
- Poverty, lack of food, food prices diet practices in low income households.
- Poor water and sanitation.
- Overpopulation can reduce food production, leading to inadequate food intake and intake of poor nutritional food.
- Poor environmental conditions may increase insects, protozoal infections and also contributes to environmental deficiencies in micronutrients (bad nourishment).
- Ignorance of basic principles of nutrition.
- Misplaced faith in vitamin pills as a substitute for food causes malnutrition
- Food allergies' of some people make them difficult to take sufficient food.

Effects of Mal-nutrition:

Malnutrition is globally the most important risk factor for illness and death, **W.H.O.** Say that **Malnutrition is the greatest single threat to the world's public health.**

Mal-nutrition covers a range of problems, such as being dangerously thin, being too short for one's age, being deficient in vitamins and minerals (such as lacking iron which makes you anemic), or even being too fat (obese) .

Some of the Effects of Mal -nutrition are:

- Poor growth and problems with organ functions.
- Dizziness and nausea.
- Increases the risk of infection and infectious disease and moderate malnutrition weakness every part of the immune system. e.g., it is a major risk factor in the onset of active tuberculosis.



- Extreme malnutrition may lead to starvation.
- Malnutrition affects HIV transmission by increasing the risk of transmission from mother to child and also increasing replication of the virus.
- People with drug and alcoholic dependencies are also at risk of malnutrition. These people tend to maintain inadequate diets for long periods of time and thus ability to absorb nutrients is impaired by the alcohol or drug's effect on body tissues, particularly liver, pancreas and brain.

Remedies for mal-nutrition:

World Bank estimates that India is ranked 2nd in the world of the number of children suffering from malnutrition. Hence there is a great need of finding out remedy for malnutrition. Some of the following remedies are suggested.

1. Provision of balanced food: Taking

good and well balanced food is one of the best remedies for malnutrition. The right diets at right times saves the children from malnutrition. Parents and guardians are the most responsible persons in this regard. They must have the knowledge of balanced diet and should guide children to take good and balanced food. They must try to provide food containing all essential nutrients. Teachers are also responsible in this regard. They must guide the children regarding the importance of balanced diet. They must instruct children to take food which includes all sorts of nutrients like carbohydrates, proteins, fats and minerals. Children are to be guided to eat variety of food that are low in fats and cholesterol and contain only moderate salt and sodium.

2. Healthy environment: Home and school environment should be healthy to enable children to fight against malnutrition. In addition to balanced food, the environment should be healthy. It is the responsibility of all to maintain the environment clean and healthy. In home and schools proper arrangements are to be made for clean water, air, sunlight. Cleanliness is to be maintained at home and schools. Improved water supply, sanitation and hygiene are to be maintained. Knowledge of health education and health hygiene is very essential for all.

3. Regular medical checkup: Frequent check up should be carried out for identifying and preventing causes for malnutrition. The doctors should guide and advise the parents regarding the causes, effects and measures of malnutrition. Parents must act on the doctor's advice and take remedial measures as directed. The weight of the children must be checked regularly. Regular exercise is recommended on the advice of the doctor.

4. Personal hygiene: Personal hygiene is of utmost importance to fight against malnutrition. Cleanliness regarding body and cloths will help to prevent malnutrition in children. Elders in home should guide children regarding personal hygiene. The school curriculum should include topics like health education and health hygiene. Teacher's effective teaching in this regard helps a lot.

5. Regular games and exercises: Physical education is to be made compulsory in schools and colleges. Different games and physical activities help students to develop and maintain sound physical health so that all parts of their body are toned up and they do not fall prey to malnutrition.

6. **Women care:** Malnutrition is shown to be important in women. During pregnancy and breastfeeding women require additional nutrients. Children can be at risk for malnutrition even before birth as their nutrition levels are directly tied up to the nutrition of their mothers. Breast feeding can reduce rates of malnutrition and mortality in children. **W.H.O.** estimates that malnutrition accounts 54% of child mortality worldwide. Hence proper guidance and care is to be taken at the time of pregnancy and after the birth of the child.

8.5 Characteristics of a mentally healthy individual:

Health does not mean only being free from illness or injury; It represents the degree of good norms of mental functioning. It is a state of complete physical, mental and social well-being. Mental health of an individual is also very important like physical health. Physical health refers to bodily fitness where as mental health refers to the mental soundness and for emotional well-being. The state of being without any disease in the body is physical health. Similarly, the state of being without any worry or aberration is mental health. Man's behavior is determined by both physical and mental factors.

Meaning of mental health:

Mental health is a condition which is a characteristic of an average person who meets the demands of life on the basis of his own capacities and limitations. It is not merely absence of mental illness that constitutes mental health. On the other hand it is a positive active quality of an individual's daily living. Thus quality of living can be seen in the behavior of an individual, whole body and mind are working together in the same direction. His thoughts, feelings and actions functions harmoniously, towards common end.

WHO defines mental health as "a state of well being in which the individual realizes his/her own abilities, can cope with the normal stress of life, can work productively and fruitfully and is able to make a contribution to his/her community". It stresses that mental health not the just absence of mental disorder. "Mental health is the full and harmonious functioning of the total personality. It describes level of psychological well-being or an absence of a mental disorder". Mental health means cheerfulness, well regulated instincts and habits, normal sex consciousness, a healthy philosophy of life, good temper, calmness and optimistic outlook. It is the status of an individual whose all potentialities whether innate or acquired are fully developed and harmonized with one another by being directed to a common end, aim or purpose.

Mental health is of utmost importance in every individual's life. Evidence from the **W.H.O.** suggests that nearly half of the world's population is affected by mental illness with an impact on their self-esteem, relationships and ability to function in everyday life".

Characteristics of a mentally healthy individual are:

- Free from mental diseases.
- Free from Stress.
- Self concept.
- Confidence.
- Willpower.
- Self satisfaction.
- Mentally stable.

**Other characteristics are:**

- He is emotionally balanced. He is free from tension.
- He is emotionally matured in behavior.
- He moves and get's along with other people comfortably.
- He is able to think himself and doesn't run away from challenging situations.
- He does not get disturbed in moments of displeasure.
- He has self-respect and feels secure in the group.
- He accepts joy and sorrow, success and failure with poise.
- He possesses a philosophy of life that gives meaning and purpose to his daily activities.
- He is in the world of reality rather than fantasy.
- He possesses capacity to tolerate frustrations and disappointment in life.
- He is able to take his own decisions.
- He has variety of interests and accepts his limitations.
- He is optimistic and in positive outlook on life.
- He has very clear self esteem and self respect.
- He does not blame others for his deficiencies.
- He is tolerant and easy going.
- He has ability to function well with others.
- He has effective management of emotions.
- He loves others, respects others and has interest in others.
- He accepts responsibilities and welcome new experiences.
- He has simple living and high thinking.
- He is not overwhelmed by his own emotions-fears, anger, love, jealousy, guilt or worries.
- He has a tolerant, easy going attitude towards themselves as well as others.
- He neither underestimates nor overestimates his abilities.
- He accepts his own shortcomings
- He is able to give love and consider the interests of others.
- He likes and trusts others and feels that others will like and trust him.
- He never takes the advantage of others and does not allow others to take advantage of him.
- He feels that he is a part of the group.
- He tries to plan ahead and do not fear for the future.
- He welcomes new experiences and new ideas.

8.6 Barriers to mental health: tension- frustration and stress- measures to promote mental health-importance of yoga, dhyana and pranayama.

Good health is the great gift of God. There is a great need of maintaining both physical and mental health to lead a happy and peaceful life. Along with understanding the ways and means of maintaining good health, there is a great need of having knowledge regarding the barriers to mental health. Tension, frustration and stress are the major barriers to mental health.

Tension:

Tension is a mental, emotional and nervous strain. Mental tension is related to psychology and human beings suffer from tension because of many reasons. Mental tension is due to excess



mental activity. Tension is the root problem of all diseases. By it man loses his attention and concentration which also leads further to various physical and psychological diseases. Some of them are anxiety, helplessness, anger, headache and depression, loss of memory, hypertension, cardiac problem, chronic fatigue and even death. Today tension is due to unemployment, job changes, fast paced business transactions, illness, separations, failure in

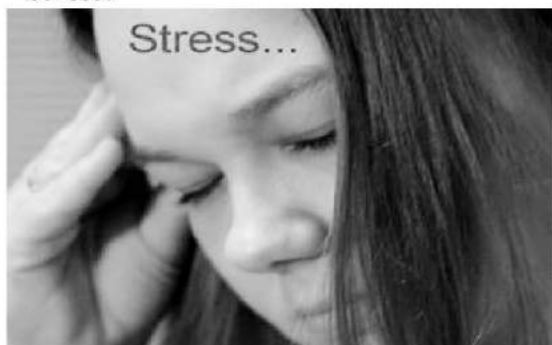
exams, deaths of relatives, financial crisis and divorce etc. In today fast life, the moment one gets up in the morning, his/ her mind is full of tension to fulfill the jobs and commitments for the day at any cost. This results that he/ she is more exhausted and tense for the next day's pressure and the circle goes on like this weaving him/ her into more and more problems every day.

Frustration:

Human behavior is goal oriented. He undertakes series of activities in achieving goals. When he fails to achieve it, a sense of depression is developed which results in frustration. Thus frustration, is "the resulting feeling caused by a sense of privation i.e. lack of something, deprivation or conflict in relation to the goal-directed activities" In other words frustration is the blocking or slowing down a goal directed activity. It is the feeling of being blocked or let down in satisfying a need. It is a state of disappointment that people face in their day to day life. It affects both physical and mental health.

Factors causing frustration:

- **Personal factors:** These are the internal factors of an individual. The Causes include Physical handicaps, Lack of self discipline, a wide disparity between ambition and inner capacity, and the like.
- **Environmental factors:** These are external factors of individual's surroundings which include physical, social, and economical in nature. These obstruct the satisfaction level of needs from external environment.
- **Economic factors:** Unlimited wants, poorness, economic limitations.

Stress:

The concept of stress was first put forward by **Hans Salve** in 1936. He defines stress as “an adoptive response to the external situation and / or behavioral deviation for organizational participants”

Stress is hailed from a Latin word, “**Stringere**” during 17th century, used to mean ‘hardship’ ‘strain’, ‘adversity’ or ‘affliction’.

Stress is a force and refers to “a state of tension produced by pressure or conflicting demands with which the person cannot adequately cope”

-Collins Dictionary

“Stress is pressure or tension exerted on an object. It is a state of mental or emotional strain.”

-Illustrated Oxford Dictionary

In general, stress is the pressure people feel in life due to their reactions to the situations. It is a demand made on an individual by parents, teacher and other members of the society. Pressure is the source of stress which forces an individual to activate himself beyond the capacities. Pressure may stem from interior or external sources. Internal sources centre round one’s own aspirations and ego-ideas. When he has high level of aspirations, the pressure is continuous and severe. He breaks down when there is wide discrepancy between aspiration and capacity, external sources refer to dos and don’ts. Over ambitious parents set up high levels of achievements on children. This results in heavy stress to mental ill health.

Causes for stress:

1. Family demands and obligations, economic-financial conditions, race, caste class, ethnic identity and the like
2. Modern life-style, heavy traffic, huge work load, lack of recreation and leisure, urgency, restlessness, lack of privacy, poor/bad light and the like
3. Group causes like group cohesiveness, group conflict, lack of leadership, mal adjustment, lack of social support and the like.
4. Individual causes like work load, deaths, divorce, ego, self-esteem, dependence, debts and the like.

Tension, frustration and stress- all these barriers are to be managed properly. As they affect the mental health of an individual. Hence care is to be taken to see to that individuals are properly guided with regard to all these Guidance of parents and elders is of utmost importance. Children and the youth should develop self-concept and self-realization regarding their personal health. Group cohesiveness, consciousness and oneness, obedience and patience help in this regard. Besides this, some measures to promote mental health is to be thought of.

Measures to promote mental health:

Promoting good mental health does not have to involve multimillion dollar budgets. There are low cost and cost effective interventions that can always raise the level of an individual and community mental health. There are some evidence based, high impact interventions that help to promote good mental health.

Yoga, meditation and pranayama are the most useful ways to promote mental health. We need not go for any expenditure. Only we need is patience and concentration. Nowadays not only in India but in the whole world, all most all prefer yoga, dhyana and pranayama as medicine for mental ill health.

Importance of yoga, dhyana and prana yama:

Yoga: Yoga is commonly known generic term for physical, mental and spiritual disciplines which originated in ancient India. In Vedic Sanskrit, the more commonly used ,literal meaning of the Sanskrit word, ‘Yoga’ which is ‘yoke’, ‘to join’, ‘to unite’, or ‘to attach’ flow the root ‘yuj’. Yoga can take meaning such as ‘connection’, ‘contact’, ‘method’, ‘application’, ‘addition’, or ‘performance’.

The term ‘yoga’ first appeared in the Hindu scripture ‘Kathopanishad’, where it is defined as “the steady control of the senses, which along with sense of mental activity, leads to supreme state.” Especially yoga is one of the astica (orthodox) schools of Hindu philosophy. One of the most and detailed and thorough expositions on the subject are the yoga sutras of **Patanjali**. Patanjali is widely regarded as the compiler the formal yoga philosophy. The yoga sutras of Patanjali are often labeled as ‘Raja Yoga’, which is a system for control of the mind.

Patanjali, the father of yoga defines word Yoga thus;

“Yogaaha: chitha vruthi nirodhaha” which Means, ‘Yoga is Inhibition (nirodhaha) of the Modification (vruthi) of Mind (chitha)’ Yoga is the state of complete control over the fluctuations of mind, the intellect and the ego. It is a path, a method and technique of achieving optimal development of the mind and body in a very harmonious and integrated manner.

Patanjali advocated 8-fold path in his text “Yoga sutras” namely Yama, Niyama, Aasana, Praanayama, Prathyahaara, Dhaarana, Dhyaana and Samaadhi. Each step is independent and capable of contributing immensely towards achieving goals of yoga.

Yogic practices undoubtedly play a major role in directing one’s mind towards creativity and constructive goals. They provide individual with refreshing positive thinking, self confidence, analytical approach, emotional stability and strong will power.

Effect of yoga exercises in promoting mental health:

Yoga plays a vital role in promoting mental health. Yoga helps to save energy in the body achieving and maintaining self concept and mental health of a person. Yoga as a physical exercise, also leads to sharp memory and increased concentration.

Through the practice of yoga, you can become more aware of your emotional, mental and physical health.

Importance of yoga:**Physiological importance:**

- Stretching increases joint lubrication and stretches the soft tissues of our body.
- Yoga directly influences all of your organs and body systems and helps to create optimum blood supply to every area of your body. By stretching joints and muscles and massaging your organs, the blood supply is increased. This allows for toxins to be flushed out and provides nourishment to your body systems.
- Yoga increases muscle strength and endurance. Holding standing poses for several long breaths increases strength within your quadriceps, hamstrings and abdominal muscles. Lower back muscles are strengthened by practicing poses like the chair pose and upward dog. Nearly all yoga poses help to build deep abdominal muscles and core strength. Increased strength allows for daily activities to be easier, and an increase in lean body mass increases your metabolism.
- Practicing yoga regularly can help with weight management.
- The deep breathing in yoga increases oxygen intake within our body.
- Yoga helps in improving breath holding capacity
- Human body is always active and free.
- Yoga helps to bring health, strength and interest in performing activities with great zeal.
- Strengthens nervous system
- Good for Diabetes and cancer patients
- Helps in proper functioning of lungs, heart, abdomen, intestines, kidneys and pancreas.
- Increases longevity

Psychological importance:

- Yoga prevents mental diseases and keeps mental health normal.
- Reduces relaxation of mind in turn reducing mental tensions, anxieties and worries.
- Helps to think positive and tries to eliminate negative thinking, keeping individual calm cool and optimistic
- Reduces stress and helps in stress management
- Promotes mental health making individual free from anger, depression, arrogance and the like. Yoga increases immunity power.
- Helps in maintaining normal blood pressure
- It is a ready food for mental peace.
- Yoga creates sound mind in a sound body.
- It decreases anxiety and promotes mental health
- It is useful in improving memory, attention and concentration
- Tries to nullify mental disorders

Spiritual importance:

- Spiritual realization is possible.
- Improves spiritual power and makes to think in a positive and unidirectional way
- Creates magic within that makes body light and holy thinking.
- Influential on all organs of the body and also helps in proper pumping of blood to all corners of body.
- It brings self-confidence.
- It leads to self-realization.

Meditation (Dhyana):

Meditation is a practice in which an individual trains the mind.

The term meditation is derived from the Latin '**meditatio**,' from a verb *meditari*, meaning "**to think, contemplate, devise, and ponder**". Apart from its historical usage, the term meditation was introduced as a translation for Eastern spiritual practices, referred to as *dhyāna* in Buddhism and in Hinduism, which comes from the Sanskrit root '**dhyai**,' meaning to '**contemplate or meditate**.'

"Meditation refers to a family of self-regulation practices that focus on training attention and awareness in order to bring mental processes under greater voluntary control and thereby foster general mental well-being and development and/or specific capacities such as calm, clarity, and concentration"

Dhyana is a system of silencing the body, mind, and intellect in the form of Meditation. When we meditate, we calm the mind and help realign our inner self to the right path. If we have lesser thoughts, we have lesser worries. It also means that we are able to live a simple life. Too many distractions are not good in our life. It is important that we are able to contemplate on important things and that we are connecting with the inner self.

Meditating can do wonders for both the physical and emotional symptoms of stress, tension and frustration.

The term 'meditation' refers to a broad variety of practices that includes techniques designed to promote relaxation, contact spiritual guides, build internal energy, and receive psychic visions.

'Meditation' may also refer to the second of the three steps of Yoga in Patanjali's Yoga Sutras, a step called *dhyāna* in Sanskrit. Meditation often involves an internal effort to self-regulate the mind in some way.

Importance of meditation:**Physiological importance:**

- It increases blood flow and slows the heart rate.
- Leads to a deeper level of physical relaxation.
- Good for people with high blood pressure.
- Decreases muscle tension and helps in chronic diseases.
- Increases longevity.

- Enhances the immune system and enhances energy, strength and vigour.
- Helps with weight loss and drop in cholesterol levels
- Improved flow of air to the lungs resulting in easier breathing.
- Decreases the aging process.
- Makes you sweat less.
- Cure headaches and migraines.
- Greater orderliness of Brain Functioning.
- Significant relief from asthma.

Psychological importance:

- Builds self-confidence and resolve fear.
- Helps control own thoughts and brings concentration.
- Improved learning ability and memory.
- Increased emotional stability. Maturity and improves relationships.
- Increased ability to solve complex problems
- Purifies your character and develop will power
- React more quickly and more effectively to a stressful event.
- Increases one's perceptual ability and motor performance
- higher intelligence growth rate and Increased job satisfaction
- Less aggressiveness
- Helps in quitting smoking, alcohol addiction and reduces need and dependency on drugs, pills and pharmaceuticals
- Require less time to fall asleep, helps cure insomnia
- Increases sense of responsibility and decrease in restless thinking
- Decreased tendency to worry
- Increases listening skills and empathy and greater tolerance
- Grows a stable, more balanced personality.

Spiritual importance:

- Provides peace of mind, happiness
- Helps you discover your purpose
- Increased self-actualization.
- Growing wisdom and deeper understanding of yourself and others
- Brings body, mind, spirit in harmony
- Deeper Level of spiritual relaxation
- Helps to learn forgiveness
- Attain enlightenment
- Creates a widening, deepening capacity for love
- Discovery of the power and consciousness beyond the ego
- Experience a sense of "Oneness."

Pranayama:

Pranayama is a Sanskrit word meaning “extension of the ‘Pran’ or breath” or, “extension of the life force”. The word is composed of two Sanskrit words, ‘Pran’ i.e. ‘life force’, or **vital energy**, particularly, the breath, and “ayama”, i.e., **to extend or draw out**. It is the systematic control of inhalation and exhalation of life force or prana. The origins of this yogic discipline lie in ancient Bharat (India).

- The term pranayama has been constituted by two words: **Prana + Ayama**. ‘Prana’ is the vital force which pervades the whole cosmos. Prana is more subtle than air and can be defined as the energy essence that is within everything in the universe. ‘Ayama’ means to control or to give a rhythm or a definite flow. In this sense Pranayama may be defined as a process and technique through which vital energy can be stimulated and increased: and this brings about perfect control over the flow of Prana within the body.

Pranayama is an exact science. Regulation of breathing, as a matter of fact, is natural. The breath enters through the nose and depending on one’s general health and strength of the lungs; it is retained inside and then is exhaled. This natural condition of intake and outflow of the breath goes on continuously and it is on this process that human life depends. The difference between this natural process and the ‘Pranayama’ is that in the former the inhalation and exhalation is not necessarily connected with the mind; that process continues owing to the natural functioning of the heart and lungs. The inhalation and the exhalation are, hence, not of any set duration. In some person the inhalation may take a longer time than the exhalation and in some others the opposite may occur. In Pranayama, however, there is a systematic regulation of both the inhalation and exhalation. The result of this controlled inhalation and exhalation, both in respect of speed and time has a mere beneficial effect on the mind and the body than that of the natural process.

Pranayama means control of health. It is a science of breathing. It promotes breathing by bringing more oxygen into the blood and to the brain which in turn controls prana.

Pranayama aims at bringing the involuntary functions of the respiratory mechanism within human control.

The goal of Pranayama is to increase the quantum of this life force (Prana) so that it can reach out to ‘hidden’ recesses of the brain. Pranayama is a yogic technique, consisting of systematic regulation and restraint of the breath, which leads to steadiness of mind.

Pranayama refers to the breathing technique in Yoga, which can work wonders in improving the overall health and the function of all the organs in the body. Pranayama is also closely linked to meditation, a crucial aspect of yoga.

Some important instructions for pranayama:

1. Place for pranayama should be clean, peaceful and airy.
2. Pranayama should not be performed under a fan on full speed.

3. Pranayama should be done in morning hours preferably before the dawn.
4. Body must be cleaned before sitting for Pranayama.
5. Duration of Pranayama should be increased gradually and gradually.
6. One should not sit for Pranayama after meals. At least a gap of 3-4 hours is essential.
7. Pranayama should be practiced after Asans and before Meditation.
8. One should not strain the body.

Importance of pranayama:

Pranayama is a systematic process of inhalation and exhalation. Through this process, it controls both body and mind. It is one of the important factors to promote mental health. Nowadays pranayama is gaining popularity as already medicine to both physical and mental diseases. Its importance lies in the following points.

Physiological importance:

- Improvement in the rate of breathing.
- It controls the process of inhalation and exhalation.
- It promotes breathing by bringing more oxygen into the blood.
- Reduction in the heart rate as well as the wear and tear of the heart.
- Helping the body get rid of excessive fat and weight
- Curing problems that are related to the digestive system.
- Improves the digestive system.
- Decreases muscle tension and helps in chronic diseases.
- Maintains blood pressure and normal body temperature
- It is a ready medicine for high blood pressure, sugar and asthma.
- Strengthens the nervous system.
- Enhancing the functioning of several organs, which include the kidneys, pancreas, intestines, diaphragm, lungs and the heart
- Improving the circulation of blood throughout the body
- Preventing various diseases by strengthening the immune system
- Increases longevity.
- Tones up liver, stomach, intestines, digestive system.
- Controls blood pressure.
- relaxing the body and soothing the nerves
- Keeps body fit healthy by controlling breath.
- Removes the toxins from the body.

Psychological importance:

- Facilitates intellectual development.
- Brain will be active to acquire knowledge.
- Improves concentration.
- Facilitates learning capacity and memory power.
- Rest of body and mind brings refreshment.
- Keeps mind calm and cool.
- Brings mental peace.
- Enhances mental health.

Emotional importance:

- Helps in minimising tension, anger, jealousy.
- Develops the attitude of affection and love towards all.
- Develops positive attitudes.
- Facilitates thinking ability.
- Body becomes light and mind will be peaceful and balanced.
- Sense organs will be controlled.
- Self-decision capacity increases.

Spiritual importance:

- Facilitates self-realization.
- Helps to develop spiritual thinking.
- Leads to emancipation of spirituality.
- Develops self-concept.

Totally, one who practices pranayama will be physically, psychologically, emotionally and spiritually a well being individual. He or she develops sound mind in a sound body. He/she will be a successful individual in life being always smiling, active, courageous, intelligent and balanced. Topics like Yoga, Dhyana and Pranayama are to be introduced in the curriculum in order to facilitate the all round development of the personality of a child.

Seminar

A seminar on mal-nutrition-its causes effects and remedial measures.

Exercise Questions:**I Answer the following questions in a sentence each**

1. What is health?
2. What is Relaxation?
3. What is the meaning of health education?
4. Write the meaning of cleanliness.
5. What is Dhyana?
6. What is balanced food?
7. What is mal-nutrition?
8. What is the meaning of tension?
9. What is frustration?
10. Write the meaning of Pranayama.
11. What is mental stress?
12. What is the meaning of yoga.
13. What is under-nutrition?
14. What is over-nutrition?
15. Name the disease caused due to the deficiency of iron.

II Answer the following questions in 2-3 sentences each

1. Write the concept of health.
2. Write the concept of health education.
3. Mention two importance's of cleanliness.
4. Mention two importance's of relaxation.
5. Mention two reasons for mal-nutrition.
6. Write two importance's of Dhyana.
7. Mention two importance's of physical exercises.
8. Write two effects of mal – nutrition.
9. What is the concept of Pranayama?
10. Write two importance's of yoga.
11. Mention the causes for under-nutrition.
12. Mention the causes for over-nutrition.

III Answer the following questions in not more than a page each

1. What is health? Write its importance.
2. What is health education? Mention its importance.
3. Mention the characteristics of physically healthy individual.
4. What is balanced food? Write the importance of carbohydrates and proteins.

5. What is the role of cleanliness and physical exercises in the physical development?
6. Write about the causes and effects of mal – nutrition.
7. What is mental stress? What is its effect on mental health?
8. What are the effects of tension and frustration on mental health?
9. Write about the sources and importance of different vitamins.
10. Write the characteristics of a mentally healthy individual.
11. What is the importance of yoga and Dhyana in promoting mental health?
12. What is the concept of Pranayama? What is its importance?
13. What are fats? Mention its sources and importance.
14. Bring out the importance of minerals to our body.
15. Name the important vitamins. Mention their importance.
16. What is relaxation? Mention its techniques and importance.
17. What is a physical exercise? Bring out its importance.

IV Answer the following questions in not more than two pages each

1. Briefly explain the factors helpful in the healthy physical development of an individual.
2. Explain the causes, effects, and remedies for Mal – nutrition.
3. Explain the barriers to mental health.
4. Explain the measures to promote mental health?
5. Bring out the concept and importance of health education.

Unit 9

Value Based Education

9.1 Meaning and Importance of values.

9.2 Individual and Social Values.

Individual Values-Self – Esteem – Discipline Promptness Simple Living-
Industriousness – Moral and Spiritual.

Social Values – Democratic – Secular–Tolerance–Non-Violence and
Scientific Temper.

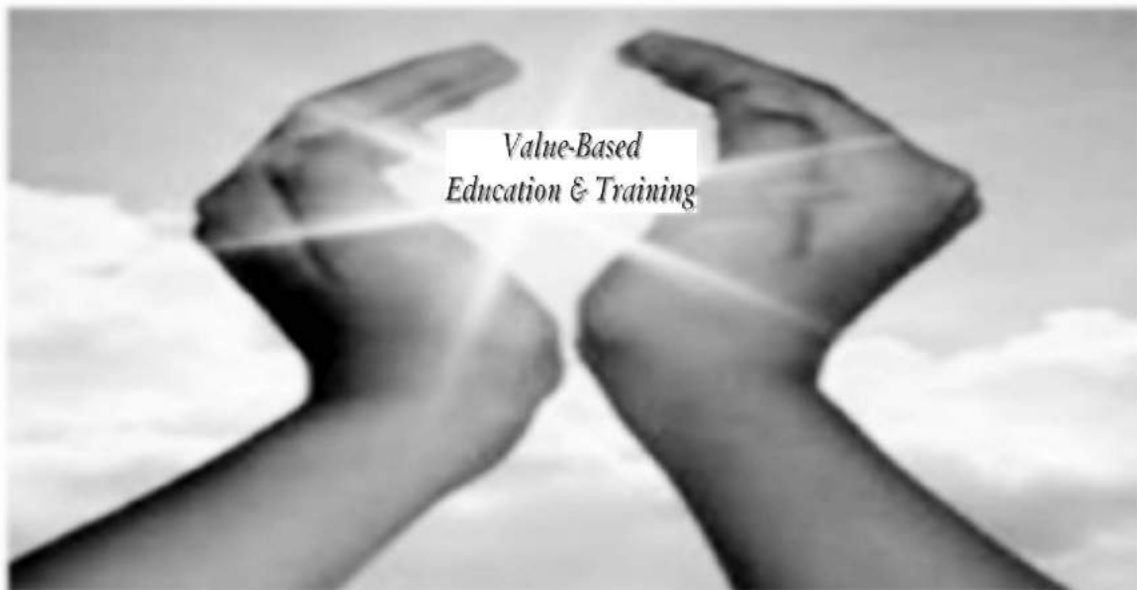
9.3 Theories of Indian Values – Purusharthas and Panchakoshas.

9.4 Role of Education in inculcating values among individuals.

Objectives:

At the end of the instruction of this unit the students will.

- Explain the meaning and importance of values.
- Describe the different individual and social values.
- Describe the Indian theory of values.
- Develop positive favorable attitude towards the individual and social values.
- Develop skills of Self-esteem, selfdiscipline, promptness and simple living.
- Develop social skills like tolerance, nonviolence and scientific temper.



Unit 9**Value Based Education**

Ours is a great country with rich cultural heritage since time immemorial. The highest ideals of life were prevailed and practiced in ancient India and it was model to other countries of the world. 'Sarvejanaha sukhinobha vantu' and 'Vaudaiva kutumbakam' were the life slogans and we still today respect these ideals of life. Education in ancient India was based on these values. The students were getting education based on ideal values like, obedience, tolerance, truthfulness, non-violence, aesthetic sense, moral and spiritual values. Today education is vocationalized. It is needless to say that it is commercialized. Money has become everything to man today. There is violence, cheating, kidnapping, abduction, rape and murder everywhere. Man is forgetting the ideals of life. Without values one cannot lead a happy and peaceful life. Awareness of values is the need of the hour. Education is the only instrument which can inculcate values in our children and youths. The ultimate aim of education is to inculcate human values among individuals. Hence there is a great need of giving value based education.

Education that is imparted on the basis of values is called 'value based education'.

Value based education; now-a-days has very great role to play in molding an individual according to the changes and needs of the society. Value based education is organized to secure the fullest possible development of body, mind and heart; and a fruitful canalization of the life energy that contribute to the growth of personality. It offers a sufficient training of the mental faculties in the fields of various humanities and sciences. It ultimately provides the requisite help through a powerful spiritual atmosphere, for the soul to come forward and gradually begin to govern a balanced, peaceful and spiritually awakened life. Therefore value based education is instrumental to unfold and nurture the ideals of life. The national policy on education (1986) highlights the urgent need of value education in the view of the growing erosion of essential values and increasing cynicism in society.

9.1 Meaning and importance of values :

It is very difficult to give a precise meaning to the term value. Its concept is wide and comprehensive. Ancient Indians used the term value in terms of 'Religious' and 'Moral' aspects. 'The term value is derived from the word '**valura**' which means 'ideal quality'. The dictionary meaning of the term value is 'something respectable', 'something useful', or 'standard of behavior' etc.

Some definitions of values:

"Values are something that we consider good such as love, kindness, contentment, fun, honesty, decency, relaxation, simplicity."

-Jules Henry

"Value means primarily to prize, to esteem, it means the act of cherishing something, holding it and also the act of passing judgment upon the nature and amounts of values as compared with something else".

-John Dewey

“Values are assumptions, largely unconscious, of what is right and important.”

-Young and Mack

“Values are general standards and may be regarded as higher order norms”.

-H.M.Johnson

“Value is a person’s idea of what is desirable, what he and others want not necessarily what he actually wants”.

-Lindsey

“Values are the unique or special characteristic features of high standards concerned to social, moral, psychological and aesthetic aspects. They are the socially approved aspirations and objectives. They are the highest ideals of life concerned to all fields. Thus a value stands for ideals men live for. They are the guiding principles of life which are conducive to all round development.

Importance of values:

Values have a significant role to play in the life of every individual. They bring all-round development of personality of an individual. The personality of an individual is determined by values that he has inculcated in his life. The great personalities like Adi Shankaracharya, swami Vivekananda, Gotham Buddha, Mahatma Gandhi and many others are physically no more today but still they are alive because of the great values they possessed in their life. Values are the measuring tools of our life. They give meaning to human life. When values disappear, human mankind ends.

Importance of different values lies in the following points.

Individual values:

- Individual values such as self-esteem, self respect, discipline, honesty, promptness, health consciousness, simple living, industriousness, morality and spirituality etc. help in the dynamic and creative personality of an individual.
- These values facilitate an individual to achieve and maintain a healthy and balanced state of mind.
- They bring happiness, contentment and prosperity in the life of the individual.
- They make a person self- disciplined.
- They develop good habits and good hobbies in him.
- They create duty sense, time sense and help an individual to get good name, fame and respect in the society.
- They facilitate an individual to develop great ideas and a man of broad outlook.

Social values:

- Social values like co-operation, oneness, ‘we’ feeling, secularism, interdependence, social consciousness etc, facilitate individual to develop as a social being.
- These values help in the progressive development of the society.
- They bring unity in diversity.
- They achieve national and emotional integration as well as international understanding.
- They help in creating an ideal society.

Moral values:

- Moral values bring morality in man.
- These values inculcate such values in individual so that he or she develops a good moral character and conduct.
- They bring purity in thought, word and deed.
- They help in creating an ideal individual and an ideal society.

Spiritual values:

- Spiritual values are related to spirit rather than the body and they enable an individual to discover the essence of his/her being.
- Spiritual practices like meditation, prayer and contemplation intend to develop individual's inner power.
- They encompass belief in immaterial realities or experiences of the transcendental nature of the world.
- They aim at self-realization of the individual.
- They facilitate introspection.

Aesthetic values:

- Aesthetic values include the qualities of appreciating human achievements and they create aesthetic sense and bring self satisfaction and contentment.
- They help individuals to cultivate appreciating attitudes towards art, literature, music, dance, drama, etc, and bring peace of mind and happiness.
- They facilitate individual to develop human interests.

Educational values:

- Educational values aims towards the modification of behaviors in the learner.
- They inculcate human behaviors in the individual and make him a man of good character.
- They facilitate an individual to develop a philosophical bent of mind.

Cultural values:

- Cultural values helps in making a man cultured.
- They facilitate cultivate the right life-styles.
- They help in developing good manners, conduct, behavior, good habits and beliefs which also leads to a cultured society.

Other importance of values:

- Values make individual self-less, self-reliant and self-esteemed.
- They help in developing balanced personality.
- They keep individuals away from corruption, violence, terrorism, communalism, jealousy and hatredness.
- Values bring great will-power to face the challenges of life.
- They help in raising the quality of life.
- They bring oneness among men of the whole world and bring world peace.

9.2 Individual and social values

Values may be either individual or social. Individual values are concerned to the individuals and help in the development of an individual's individuality. These values facilitate individuals to develop their personality.

Some of the individual values are as follows:

1. Self-esteem 2. Discipline 3. Promptness 4. Simple living 5. Industriousness 6. Moral values and 7. Spiritual values.

1. Self-esteem:

Self-esteem is one of the very important aspects of our personality. Self-esteem means to identify our own self. It is confidence in our own worth or abilities. It is something that is evaluated by oneself about his worth and a feeling of self-respect. Self-esteem is the good opinion of oneself. It is a feeling of satisfaction about one's own character and abilities. It is a feeling of an individual who evaluates, appreciate and accept himself his capacities.

‘Self-esteem is good opinion of oneself’

-D.K. Bharadwaja's dictionary

“Self-esteem is the feeling of satisfaction with one's own character and abilities’

-Dictionary edited by L.S.S.

“Self-esteem is a term used in psychology to reflect a person's overall emotional evaluation of his worthiness. It is judgment of oneself. Self-esteem is also known as the evaluative dimension of the self that includes feeling of worthiness.

Self-esteem is an extremely important value for every individual. It is that value which not only builds our personality but also shapes our life. This value keeps individual always in a good mood, in harmony with him and with others. People with high self-esteem are always feeling satisfied with their ability and develop will power to face the challenges of the life. On the other hand those who have low self-esteem will be depressed and angry about themselves. Education should aim at developing self-esteem in our children and youths. Parents and teachers must guide children from their early childhood to develop self-esteem. The great personalities in the history have all lived with high self-esteem and are always remembered by one and all. It is one of the noble values to be cultivated by one and all.

Importance of self-esteem:

- Self-esteem develops self- concept.
- It helps in self-realization.
- It facilitates the individual to take self decisions.
- It motivates us to come out from inferiority complexes.
- It brings self-respect and self-control.
- It makes the individual self-reliant, self-less and self-esteemed.
- It helps individual in developing his own unique and dynamic personality.

Tips to enrich self-esteem:

- Do not underestimate yourself.
- Do not develop inferiority complex.
- Be self-less, self-reliant and self-esteemed.
- Always be independent.
- Trust yourself.
- Have faith in your capacities and capabilities.
- Be positive and optimistic.
- Be polite always.
- Be firm in your decisions.
- Accept the faults done by you and do not repeat the same again.
- Be sympathetic towards others and develop the attitude of empathy.

Discipline:

The term Discipline is derived from the Latin word ‘disciplina’ which means instruction.

Discipline is also a very important value which is essential for one and all. It should be considered as a great value because an individual without discipline is a living dead.

“Discipline is obedience, self control, and training that produces orderliness”.

-D.K. Bharadwaja’s Dictionary

“Discipline is the training of people to obey rules or a code of behavior. It is train to be obedient or self-controlled”.

-Illustrated Oxford Dictionary.

Discipline is the training by which individuals learn to obey the orders of the higher authority or it is a self-controlled ability of an individual. It is acting in an orderly manner. It is performing duties according to certain principles. It refers to a system where actions are controlled by certain norms. Life without discipline is not a life at all. It is just like a garden without pruning.

Discipline is to be considered as a great value and should be followed by each and everyone. It is not only a way of life but it shapes the life and makes it systematic.

Importance of discipline:

- Discipline is an important human virtue.
- It helps to perform duties in a systematic way.
- It creates duty sense and time sense.
- It saves time, money and energy.
- It promotes peace of mind.
- It brings justice to all our activities.
- It facilitates creativity.
- It makes individual dynamic and creative.
- It strengthens efficiency.
- It creates healthy atmosphere.
- Self discipline is the best discipline.

Promptness:

Promptness is a great value by which every activity is performed well in time. Today due to lack of promptness many individuals are not performing their duties properly and in time. This is the main reason for our poor performance in our activities and poor quality in our productions. Hence it is the need of the hour that all of us must develop this value which is of great importance always and in all walks of our life.

“Promptness means be ready or quick”.

-D.K. Bharadwaja's Gem Dictionary

“Promptness is action without delay, ready and quick action”.

-Dictionary edited by L.S.S.

“Promptness is the quality or habit of arriving or being ready on time ...”

-Webster

It is doing things on time. It is ready in action and quick to act as occasion demands. It is to be punctual.

Importance of promptness:

- Promptness helps in doing or performing activities quickly and on time.
- It saves time, money and energy.
- It brings credit, name and fame to those who are very prompt always.
- It brings quality in work.
- It makes individual disciplined.
- It makes individual punctual and creative.

Simple living:

The value of simple living is of immense importance today. It is true that beauty lies in simplicity. Simple living does not mean only wearing simple dress but it should be the way of life i.e. our dress, speech, food, utilization of materialistic things etc. Simple living is the greatest value which everybody cannot cultivate. But it is to be cultivated by one and all. Then only everybody will lead a happy and contented life. The person leading simple life is really a role model to others. The great personalities like Mahatma Gandhi, Lalbahadur Shastri and many others are the great examples as they lived very simple life throughout their life. The whole world remembers them because of their simple living.

Simple living and high thinking always go together. This great value is to be inculcated in our children through education from childhood only. The main aim of education should be to teach children the importance of simple life.

Importance of simple living:

- Simple living facilitates high thinking.
- Simple living is a disciplined living.
- It is economical and reduces unnecessary wastage.
- It minimizes necessities.
- Real beauty eventually lies in simplicity.
- The simpler the life, the easier is to live with.

- It creates an ideal individual and an ideal society.
- Simple living ensures distribution of facilities and resources to one and all.
- It makes an individual a role model.

Industriousness:

Industriousness is also one of the very important values that all individuals need to cultivate. One who is industrious will succeed in achieving his goal easily and immediately. Industriousness always brings happiness and contentment. The great scientists, artists, dramatists, writers, businessmen, teachers have reached the peak in their field because of their industriousness shown in their duties and responsibilities.

“Industriousness is hard working.” It is the sincere effort of an individual to exhibit a solid effort in his/her work. It is the involvement of work with intention, determination and perseverance. An individual is considered as industrious only when he has time sense, duty sense and his zeal of complete involvement in his duties.

Importance of industriousness:

- Industriousness facilitates time sense and duty sense.
- It invests a good and proper input in any process and results in a good product.
- It motivates to involve in the work with more enthusiastic mind.
- It facilitates great involvement and commitment in performing our duties.
- An industrious person is always respected.
- Industriousness helps in economic development.
- It is helpful in the development of an individual as well as the society at large.

Moral values:

Moral values are very important to all individuals. Man is a social animal. He must be a moral being also because that morality is that which differentiates man from animal. Hence there is a great need of moral values.

The term ‘moral’ is derived from the Latin word ‘Mores’ which means ‘Manners’, ‘customs’, and ‘folkways’.

‘The term Moral is concerned with distinction between right and wrong’.

-D.K.Bharadawja’s Gem Dictionary

“Moral is concerned with the principle of right and wrong behavior and is concerned with the accepted standards of behavior’.

-Illustrated Oxford Dictionary

“Fixed customs and folkways induced with an ethical significance are called morality”.

-Webster’s New Internal Dictionary

The term moral is virtuous. Moral values are the basis of good life. Moral values refer to the conduct of man towards man in his home school and society. Education should teach moral values in children. from their childhood itself because moral values lead to a righteous and virtuous life.

Importance of moral values:

- Moral values are virtuous.
- They show us the path of right and wrong.
- They give meaning and purpose to life.
- They govern the individual's behavior and choices.
- They develop positive attitude towards parents, elders, teachers and society.
- They develop qualities like good conduct, righteousness, obedience, tolerance, sacrificing nature etc.
- They help us to develop harmony with others and to lead a happy and peaceful life.
- Moral values bring us self satisfaction and contentment.

Spiritual values:

The term spiritual is relating to the human spirit as opposed to the physical things.

Spiritual values are the ultimate values of human life. They are the values pertaining to the soul.

“Spiritual values are related to the spirit rather than the body.”

-Dictionary edited by L.S.S.

“Spiritual values are connected to our spirit rather than our body or mind”.

-Longman Dictionary

Spirituality is the concept of an ultimate or an alleged immaterial reality, an inner path enabling a person to discover the essence of his/her being. Spiritual practices include meditation, prayer, and contemplation and they are intended to develop an inner life.

Spiritual values encompass belief in immaterial realities or experiences of the transcendent nature of the world. Spirituality is a matter of nurturing thoughts, emotions, words and actions that are in harmony with a belief that everything in the universe is mutually dependent. Such values are very important for all human beings. Education must inculcate such values in our children. The philosophical thoughts of Shankaracharya, Gandhi, Tagore, Vivekananda and Aurabindo are all packed with spiritual meanings. They are to be taught to our children through education.

Importance of spiritual values:

- Spiritual values help in the realization of self.
- They bring inner peace.
- They develop harmony with other people and with other religions.
- They teach us a universal truth that the whole universe is in harmony.
- They facilitate us to understand the ultimate reality of the immaterial world.
- They develop self- concept in the individual.
- They lead to self-emancipation.

Social values:

Man is a social animal. He cannot live alone. He takes birth, grows, develops and dies in the society. He has to cultivate certain social values to live in harmony with all the members of the society. Social values are the part and parcel of our society.

Social values are concerned with development of society by bringing harmony with all the members of the society. They are social norms or standards which help in bringing social solidarity and prosperity.

Social values are the prime aspects of our culture. They depict how social institutions and social processes happen. They are the basics of interactions that take place in the society. Social values are those standards which assess the role of people and guide them to perform their duties based on some acceptable social norms. Social values are to be kept in mind while framing curriculum.

Some important social values are as follows,

1. Democracy
2. Secular
3. Tolerance
4. Non-violence
5. Scientific temper.

Democratic values:

India is a very large democratic country in the world. Democracy is not only the political theory but it is the way of life of every Indian.

The term '**Democracy**' is derived from the Greek words '**Demos**' and '**Kratia**'. '**Demos**' means '**people**' and '**Kratia**' means '**power**'. Hence Democracy means 'power of the people' or 'government of people'.

"Democracy is a "government of the people, by the people and for the people"

-Abraham Lincoln

"Democracy is a form government in which the people can vote for representatives to govern the state on their behalf or a state governed by elected representatives."

-Illustrated Oxford Dictionary

Democracy is a system of beliefs and action that gives all people a voice and is based on the practice of equality of opportunity.

As people are very important in democracy they are to be well educated and responsible. They must understand the concept of democracy and its merits and demerits so that they can protect it. They must be aware of the values which protect and help in the progress of democracy. These democratic values are very important with respect to the development of democracy as well as society. These are the social values which makes society a democratic society so that people have the supreme power and their needs are to be fulfilled. Democratic values like freedom, equality, justice, responsibility and brotherhood are to be inculcated among individuals. Education is the only weapon to inculcate these values in our children and youths.

Core democratic values are the fundamental beliefs and constitutional principles of Indian society which unite all Indians. Following are some of the core democratic values.

Right to life:

The individual's right to life is to be considered sacred. Every individual has right to live. 'Live and let live' should be the great value to be followed by each and every individual. In a democratic country, all are equal and equal right to lead life according to their capacities and capabilities. Everybody has right to live following certain norms of the society. Value based education is needed to inculcate such values.

Freedom:

Freedom is right to liberty. The right to liberty includes personal freedom-each person is free to act think and believe. They have liberty to participate in the political process. They have liberty to make their own property. The value of freedom is very important in order to develop freely. Man can be creative and do his best when he is free to involve in activities of his interest and abilities and which is useful both for him and the society.

Equality:

In a democratic country all are equal. Everybody should have an equal opportunity in democracy based on their capacities and abilities. Before law also all are equal. Irrespective of caste, creed, color, language all are provided with equal opportunities. There should be unity in diversity.

Justice:

Justice is one of the democratic values. In democracy people are the responsible persons to choose the government and the elected party should look after the people. All should be treated fairly and equally with respect to the benefits of the society. The value of justice believes in equality of all. No injustice is done to anyone who is honest and duty minded. Hundred criminals may be punished but one innocent should be given justice at any cost. The value of justice is to be taught to all through education.

Responsibility:

In a democracy all are responsible for the welfare of the state. Everybody is responsible for the progress of the country and survival of the democracy. Each and everyone should understand his/her responsibility and work for the welfare of the nation. The welfare of the nation is not only depending upon political parties or the beaurocrats or only the public. But all should have equal responsibility. This value must be understood by each and everybody.

Brotherhood:

The value of brotherhood is to be sensed by one and all. Everyone should feel that we are all brothers and members of the same family. Tagore says that 'the whole universe is one family and we are all members of the same family'. This great value is to be inculcated through education to one and all. Only with this feeling of oneness we can save democracy and progress well. Unity in diversity is possible only by inculcating such values.

Secularism:

The term secularism was first used in 19th century by George Jacob Halidek in the social and moral context.

The term '**secularism**' is derived from the Latin word 'Secularism' relating to an 'age' or 'period.' It means not religious or spiritual.

- Illustrated Oxford Dictionary

"Secularism is the belief that the state, moral education etc. should be independent of religion".

-D.K. Bharadwaja's Dictionary

"Secularism is a system of social or political philosophy that rejects all forms of religion faiths"

-Random House Dictionary

"Secularism is belief that morality, education etc. should not be based on religion."

-Oxford Advanced Learner's Dictionary

"A large area of social and cultural life, beliefs and practices, basic values, patterns of behavior and organizational activities- has become increasingly separated from religious or spiritual influences. This trend is known as secularization.

-David Popenoe

Secularism is traditionally based on human brotherhood. It believes in human values. It is a value which minimizes the effect of religion so that it can neither affect the morals nor it affects the education of the people. Our constitution aims at secularism and India is a secular country. This value is to be cultivated among all to ensure unity in diversity.

Secularism is to be considered as a great and virtuous value. Education should aim at cultivating such value in our children. The curriculum is so designed that secular values are given utmost importance. The children are to be convinced that all religions are show the path of truth and all are one. The aim should be to develop human values and uphold human Dharma. Such value based education is the need of the hour.

Importance of secularism:

- It favors human values.
- It guides the individual to understand that he is a human being and not a man of a particular religion.
- It facilitates the individuals to develop positive and noble attitude towards all religions.
- It brings happiness, peace and oneness in the society.
- It guides him to be co-operative with all in the society.
- It leads to unity in diversity.

Tolerance:

The term 'Tolerance' is derived from the Latin word '**Toler**' which means to bear, 'endure', sustain etc,

"Tolerance is an act of enduring"

-D.K. Bharadwaja's Dictionary

"It is the ability to accept things you dislike or disagree with or the ability to endure specified conditions or treatment."

-Illustrated Oxford Dictionary

To tolerate something is to put up with it or to be patient or forbearing it. It is a state of mind which facilitates patience. It is the capacity to endure pain.

The use of the term tolerance implies a negative: something undesirable. Thus, to tolerate another person's religion implies disapproval, just as acceptance implies approval. To one person, tolerance may mean personal freedom from bias or bigotry. But because of the way that words are often used rather loosely, a person who claims to be tolerant of, rather than neutral or indifferent to another's beliefs, may be seen by others to be making a value judgment about those beliefs.

Tolerance is one of the great values of Indian heritage. It is one of the human values. Without this value no human mankind will survive. One should be tolerant towards other religion, caste, color, language etc. otherwise no integration is possible. India is a multi-religious and multi-lingual country where the value tolerance has a great to play in bringing everyone under one human community. Unity in diversity is our motto and it is possible only when we accept and apply this value in our life. Tolerance is the only way to bring emotional integration and international brotherhood. It is the responsibility of education to inculcate such a great value in our children. In order to put an end to angriness, jealousy, hatredness, communalism, language and color differentiation, only way is to develop the attitude of tolerance.

Tolerance is not seen as a grant of freedom. To simply *tolerate* another person's behavior is seen as a mild form of disapproval. If a rule of law specifies *tolerance* rather than *freedom* then it runs the risk of being seen as, not a grant of freedom, but an expression of disapproval

Importance of tolerance:

- Tolerance facilitates to bring patience.
- It helps to put an end to all sorts of discriminations among people.
- It brings self-satisfaction and happiness.
- It brings unity in diversity.
- It leads to creativity, progress, and development in all fields.
- It brings oneness.
- It helps in bringing emotional integration.
- It brings national and international understanding.
- It guides all to live with co-operation, love.
- Tolerance brings name, fame, and respect in the whole universe.

Non-violence:

'Non-violence' is great virtuous value among social values. It is the practice of being harmless to self and others under every condition. It comes from the belief that you do not have to hurt people, animals or the environment to fulfill your wishes. It refers, first, to a general philosophy of abstention from violence based on moral, religious or spiritual principles and secondly, it refers to non-violent or harmless behavior. Nonviolence is an active element and a means to achieve political and social change. Thus, for example, the Gandhian *ahimsa* is a philosophy and strategy for social change.

Nonviolence is the law of the human race and is infinitely greater than and superior to brute force. It is a power that facilitates all-children, young men and women or grown up people, to have faith in nonviolence and makes them to love the whole mankind. It is said that 'Ahiso

Parama Dharmaha’. It means that non-violence is the greatest dharma. The principle of non-violence is that one should not punish physically, frighten or hurt others. The attitude of expecting all to live happily is the ideal non-violence. Bhagavadgeeta says that non-violence is the one and only thact of intelligence through which body and mind work for the world peace. Today Ghandhi is worshipped through out the world only because of his non-violence principle. Education should have an aim of inculcating the value of non-violence amongst our children.

Importance of non violence:

- Nonviolence leads to happy and peaceful life in the society.
- It brings unity in diversity.
- It develops humanity among all.
- It facilitates to bring international brotherhood.
- It eradicates jealousy, angry, hatredness and brings patience, love, and peace.
- It facilitates to bring cohesiveness in human relations.
- Nonviolence is a great weapon to win the enemies heart.

Scientific temper:

‘**Scientific temper**’ is one of the social and a concurrent value which facilitates scientific bent of mind among individuals. It describes an attitude which involves the application of logic and the avoidance of bias and preconceived notions. Discussion, argument and analysis are vital parts of scientific temper. ‘**Develop Scientific Temper**’ is one of the fundamental duties of the Indian citizens, according to the constitution of India.

It is essential for the country’s development that its citizens develop scientific temper, meaning doing things in a logical and reasonable fashion not biased by unscientific beliefs etc. Fortunately this trait is common in today’s society. It has to be maintained or promoted so that whenever we face a situation we can reach the right conclusions and take the right actions. When each of us realise how crucial that can be, we will grasp the importance of scientific temper in India for moving forward.

We are living in the scientific age. We are bound to develop scientific bent of mind. Scientific temper means it is the state of mind which thinks in scientific behaviour. It looks at phenomena objectively and based on scientific observations. It accepts truth on the basis of experimentally proved ideas. Our education should be based on scientific temper.

Importance of scientific temper:

- Scientific Temper facilitates thinking of cause and effect relations.
- It allows us to believe anything only after systematic observation and experiment.
- It develops an attitude of research.
- It facilitates rational thinking.
- It makes to believe in new innovations and welcome new ideas.
- It makes to be away with old and unscientific beliefs.
- It motivates to look at things in a systematic and scientific way