

Value Education for Stress Management

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Abstract

Values are norms, which hold and sustains life and society and establish a symbiotic and interdependent relationship between humankind and ecosystem .values denote a fundamental category in a common understanding they correspond to what we mean when it is said that truth, beauty and Goodness are the supreme value of life, they occur to us whenever we try to conceive all those states of our being or becoming In which we are likely to find some kind of ultimate fulfillment.

KEYWORDS – value, education mind, life, understanding, management.

“Devoid of Sathya, Dharma, Santhi, Prema, and Ahinsa”

All Education is a Zero.

Bereft of Sathya, Dharma, Santhi, Prema and Ahinsa

The value of all meritorious deeds is a zero.

-Ministry of HRD

Swami Visharananda in his book,” Human Values” beautifully states that to be happy is the universal urge of all beings and at all times. One has to be at peace with oneself to be happy. There can be no peace for a turbulent mind. Vasanas, desire, take away the peace of mind. It is only when we follow a value system that we can have a serene, contemplative mind. When mind is calm, we can turn it with in to see the treasure of pure consciousness. Mind has to be loosened from durvyapara (misdeeds) and engaged in acquiring *sadgunas* (virtues).

In Gita, Krishna talks about the developing human values and says that a mind which has *daivisampatti* (divine qualities) has *shanti*. These values make us introspective and correct our personality.

N.N.Prahallada says-“Indian Culture is rooted deeply in her spiritual values and unless these values find their way into the life of students, education will lose their significances.

Moral education involves social education but extends beyond it in so far as it cover the way the individual deals with his own power and potentialities as well how he behaves in his relationship with other people and the community at large.

On the other hand, the contemporary human being has not developed enough spiritual and moral capacity to manage the hugeness of structure and its complexity. The necessity to develop quality education is paramount the nation of quality education does

not merely encompass aspects of education attainment but especially the aspect of curricula and their content focusing on peace shared value ,human rights democracy tolerance and mutual understanding.

Quality education for peace and security should focus in particular on improving knowledge of culture, civilizations, religions and traditions.

Developing an understanding of universally shared values; and encouraging the development of key competencies' for peace and the prevention and resolution of conflict.

Leaders, not only in the field of education but also in other field have tried to enhance the quality of life .various kinds of remedies have been applied or tried but of late ,it has become united voice of all that moral ,social and human values are the ultimate and the much needed remedy .

R .Satya Raju in his article ,”Human values in university management “ states that “Value education means a positive effort for bringing about a synthesis of physical ,intellectual ,emotion ,aesthetic moral and spiritual values in a human being . However, due to total neglect in the five decades after independence, the present focus is on revival of moral and spiritual value in education.

Let us understand three areas of education vis-à-vis our values, wise truth seeking through scientific and objective processes which are followed by the scientists; ---

“Beauty” Creates Appreciation Through” The Processes Of Artistic And Unique Expression Followed By Artists;” and “goodness” constructed through the processes of subjective and meaningful contracting followed by social scientists .there is danger in trespassing the boundaries of sciences to arts to social science without transforming our own perspective and amending the tools of analysis used by our own disciplines’ and their scholars. These scholars in true influence the value substances and methodology prescribed for inditutions in a centralized model of education. All these three aspects if practiced would make students stress free .the need for value education has been stressed by all the commissions set up for educational development from time to time .

A recent conference, ‘Dialogue among civilizations quest for new perspective,’ July 9-10, 2000 elaborated the concept of values as:

“Values may be defined as those desirable idea and goals which are intrinsic in them and which, when achieved or attempted to be achieved, evoke a deep sense of fulfillment to one or meant or all parts of what we consider to be the highest elements of our nature”.

There are ,indeed values of physical life, value of emotional life , value of mental life, but these values constantly point towards certain basic and ultimate values, which are moral and spiritual in character ,moral and spiritual values appear to be the common elements of various religious promoting everlasting peace and universal harmony .We look up to the ethical and spiritual values in ours effort to rise above differences among religions in recent times a vast effort has been made to discover the pursuit of those values - moral and spiritual -which are to be found among all religions .

Science, morality and spirituality are intimately intertwined and they should not be viewed as antagonistic to each other.

Spirituality is premised on universal consciousness, which can serve as the basis of the unity of human kind, and ethical systems derive their force and sustaining power from spiritual consciousness.

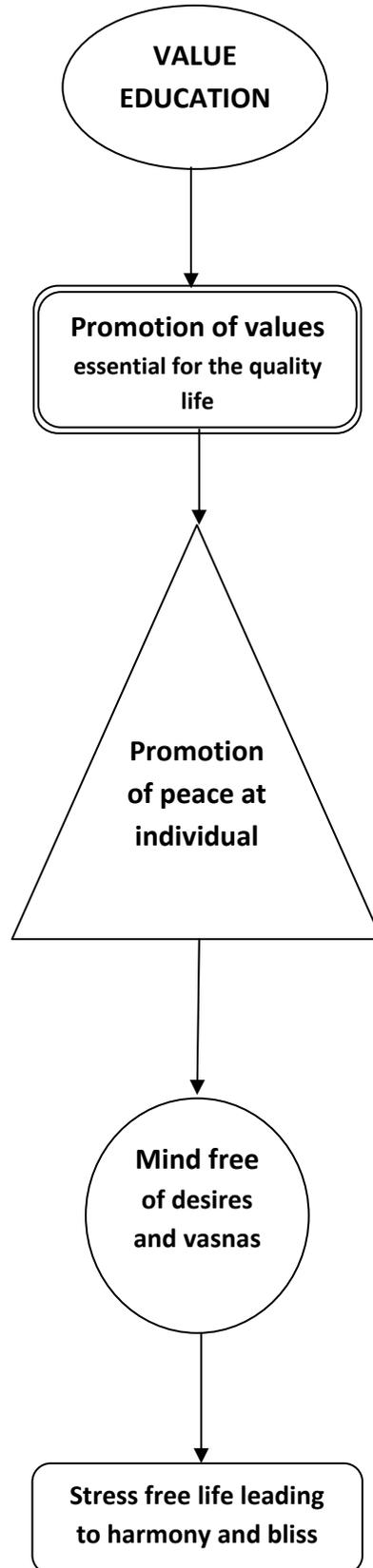
The nation police on education has laid special stress on value –education. It has said, in our culturally plural society, education should foster universal and eternal values, oriented, towards the unity and integrations of our people.

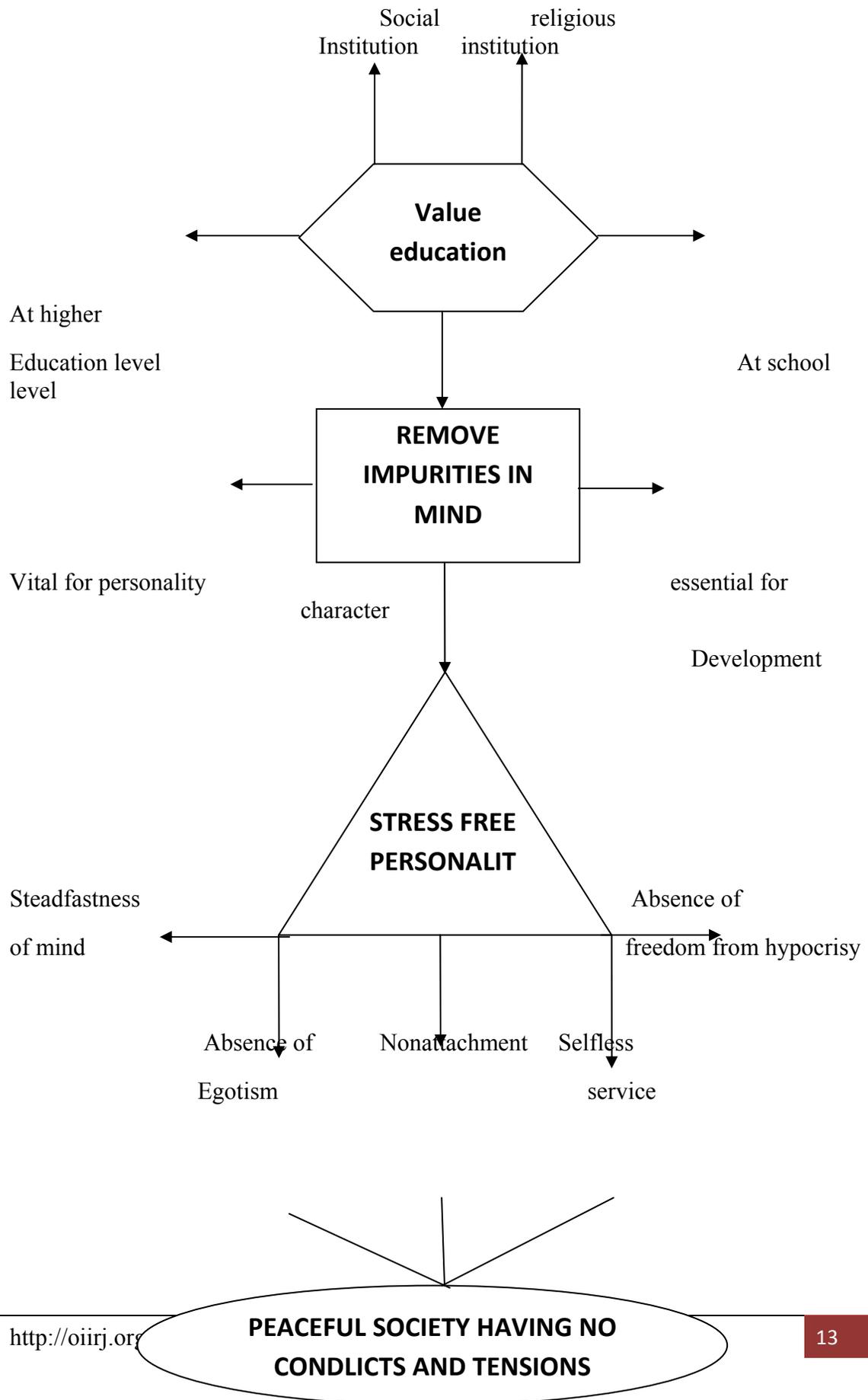
Values are formed as a result of reflection and judgment, thus they are different from desires.

To quote Anita Sheety, "values are those standards or codes of conduct conditioned by one's cultural tenets, guided by conscience, according to which one is supposed to conduct himself and shape his life pattern by integrating his benefits, ideas and attitudes to realize the cherished ideals and aims of life."

To quote Anita Sheety, "values is a conception, explicit or implicit, distinctive of an individual or characteristics which influences the selection, from available modes and ends of action."

Values may be described as a system of personality traits which are in harmony with the inner nature of an individual and which are in accordance with the values approved by the society.





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