



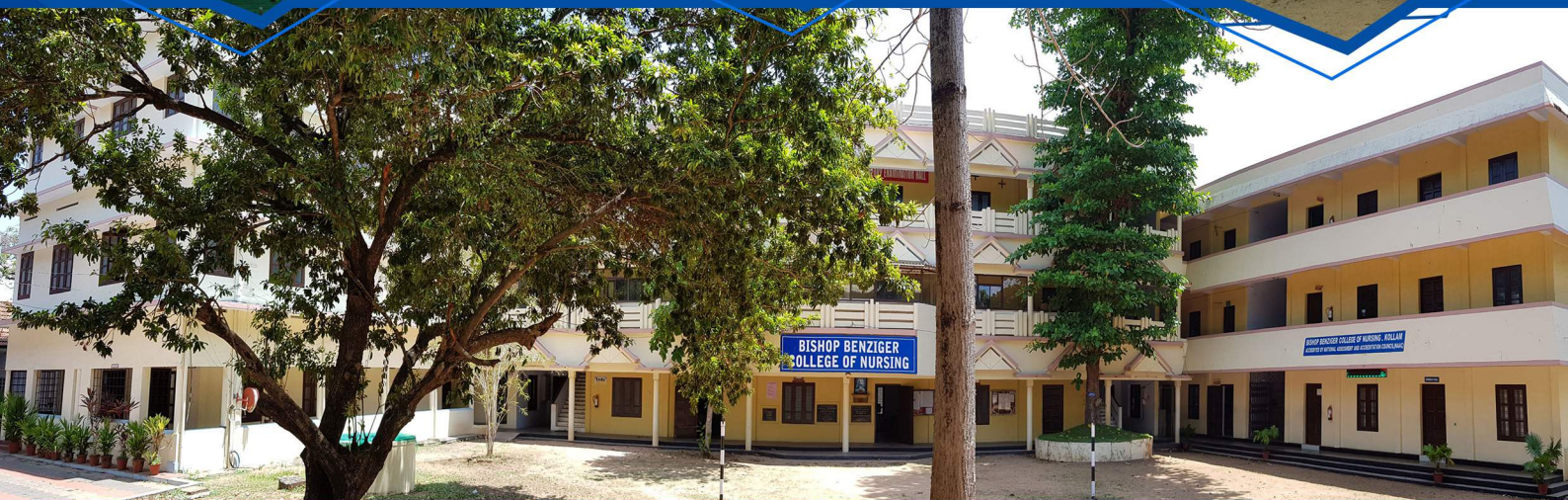
BISHOP ENZIGER COLLEGE

OF NURSING

Accredited by NAAC,

Member of United Nations Academic Impact Program

Approved Research Centre of Kerala University of Health Sciences



5.1.2 Human Values Development Programme



BISHOP BENZIGER COLLEGE OF NURSING, KOLLAM

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HUMAN VALUES DEVELOPMENT PROGRAMME

CERTIFICATION COURSE

Adopted From Human Values

ALL INDIA ASSOCIATION FOR CHRISTIAN HIGHER EDUCATION
NEW DELHI



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INTRODUCTION

Human Values Development program is an effort to bring alive the concept of moral and ethically good values to you through the classroom and thus into higher education. College life gives you the opportunity to discuss and debate several issues. This value education module is designed not to be taught but to enable you to be caught up with strong morally driven values. Even as you move into the different issues of life that are presented within the pages, take it as an opportunity to concretize and internalize the values that will help you go through life as an accomplished person with integrity. Live right -live well.

HUMAN VALUES DEVELOPMENT PROGRAMME

UNIT	CONTENTS	ALLOTTED HOURS
I.	Values - to begin with	1
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VALUES — TO BEGIN WITH....



Learner Intended Outcomes

To recognize that Values already play an important part in our lives and that our experiences and exposure often have already shaped us.

To choose better values and make life worth living.

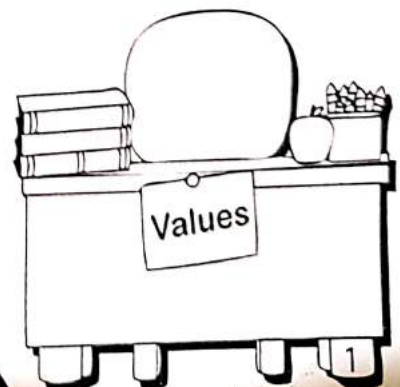
UNIT 1 :

'ME - COLLEGE - LIFE AND VALUES'

'I walked into College, feeling uneasy as it was a new place. Yet, the heartbeat was just a little faster and a distinct tinge of excitement in the air. School with all its 'discipline' seemed far away and in its place an atmosphere of freedom. The school 'uniform' was gone and in its place the fashion of the day. The clothes, the hair-style, the language - all of it had to keep pace with fast-paced action that seemed to be happening every day. The desire to be a part of the crowd and be seen as someone who matters became even stronger.'

Classrooms and classes; the breaks for a good hot cup of tea; the playgrounds; the 'friends' and 'acquaintances'; cultural programs; college politics; lots of action and lots of fun- not to forget the internal tests and the end-of-semester exams.'

Experiences - experiences - experiences - experiences— experiences (discussions on similar experiences)



Gradually, the entire experience begins to have an impact on the mind - on the emotions - on the will. One good experience and the mind is reinforced with a positive attitude that there are good things in this world and that there are good people out there. It's a good world you feel. One bad experience and the mind is filled with negative emotions of anger, bitterness and sometimes even revenge. Experiences impact us in every possible way and leave behind attitudes and values that become a part of us.

As much as 'experiences' and 'events' begin to mould us in a quiet way, our values and what we will ultimately believe in becomes concretized at the same time. If one happening is similar to another, it begins to confirm the attitude that is in the mind. Our belief system just starts getting stronger. Our value system begins to form without any external manifestation. To illustrate, you see a person lying or indulging in falsehood and getting what he wants and it begins to dawn on you that maybe lying is not such a bad thing after all. Our value system can be affected by one experience.

Balan saw his father drinking alcohol through the day and in the process destroying himself and the family. It had a positive impact on him. He determined never to touch alcohol. He went through College as a sportsman and settled down to a stable family life. Now, with his children grown up - he still stays away from alcohol and saying 'No' to liquor has been a cherished value that was impacted on him through a negative experience. Sometimes negative and difficult experiences can teach us positive values.

While this book is all about values, it is also meant to guide you in understanding yourself, your experiences and the need to relate to a world which needs harmony - to help you grow into being a complete person.



ACTIVITY 1.1 :

Experience sharing - Each member of the class/group are required to share briefly about their family background. Occupation of parents, details of brothers and sisters. (When a full round of sharing is completed - it will set the stage for further in-depth sharing and discussions that will facilitate dealing with the rest of the units and chapters of this book)

UNIT 2 : 'QUESTIONS THAT BOTHER ME...

If school is a place where you felt 'programmed', College is a time to 'let your hair down' and feel free about (Questions that bother you. Speaking your mind and 'airing' your questions are opportunities to help one to think clearly and look at the way others see the same issue. Somewhere along the way, the truth emerges and there is 'sufficient reason' in your heart to settle to a point of view. Read through these questions and think a while.

On protests and demonstrations:

- ? Is it alright to take to the streets to bring about political or social change?
- ? Who am I trying to influence when I resort to a protest?..
- ? How much of my protest is to release my own frustration rather than influence anyone or anything?
- ? How do I get the attention of those who need to be influenced? What is the best way to influence decisions in higher circles?
- ? Are we justified in resorting to violence during protests to bring about justice?

On beliefs:

- ? What is wrong with taking drugs?
Is smoking that bad?
- ? There is nothing really wrong with abortion -is it?
- ? What occupation shall I choose to make life meaningful?
- ? What can I do in the face of communal violence and religious fundamentalism?

On ethical matters:

- ? Do I have to be honest always?
- ? Does religion have any meaning in my life or is it nothing more than a series of outmoded traditions, customs and rituals?
- ? Why should I take care of my parents?
- ? What is wrong in acquiring the latest in gadgets for the sake of novelty?



On Public morality:

- ? Why should I discourage bribe and corruption, especially when it helps me?
- ? Even if I cast my vote, it really does not help - I am just one in the ocean
- ? What is wrong with pre-marital sex?
- ? What is wrong in living together relationships or in same-sex marriage?

On General issues:

- ? Is it wrong to take dowry?
- ? Am I the preserver of the environment?
- ? Is it right to drive a vehicle without a license?
- ? How much money should I make before I say 'Enough'?
- ? Do the 'ends' justify the 'means'?

*These questions are just a few and you may be faced with many more.
The best or correct answers are out there for you to find.*



*A thought in passing:
'Questions that bother me,
can resolve to be the values
that will guide me'*

ACTIVITY 1.2 :

As a class/group, pick up three of these questions and attempt to crystallize on possible answers. Better still if you can - split up the questions and deal with them as smaller groups and then present the thoughts that emerged in the course of the discussion. Try and avoid arguments - LISTEN - to each ones point of view.

UNIT 3 : 'VALUES' - WHAT ARE THEY?

Values are not theoretical but actually influence our behavior. They are practical norms that we hold dear to ourselves. To understand a person's values, the best is to observe his/her habitual way of doing things, rather than what he/she says. Generally, values are seen as moral or spiritual principles that govern.

- 👍 Helpfulness
- 👍 Honesty
- 👍 Generosity
- 👍 Service
- 👍 Respect
- 👍 Concern
- 👍 Ensuring Justice
- 👍 Kindness
- 👍 Truthfulness
- 👍 Patience
- 👍 Fairness
- 👍 Respect
- 👍 Cooperation
- 👍 Compassion
- 👍 Peace
- 👍 Love
- 👍 Manners
- 👍 Active Citizenship
- 👍 and patriotism
- 👍 Respect for life
- 👍 Integrity
- 👍 Stewardship
- 👍 Moral excellence
- 👍 Sanctity

The core of our lifestyle and that which we will not easily let go or compromise on are Values.

As we continue to focus on values, we are listing a few for better understanding as we go along.

The list goes on. The one who gives space for these and many other positive values, is bound to receive more in like measure.



VALUES - A COMPASS:

Stephen Covey writing in 'A Compass for the Times: The True north Compass' explains principles and values in the following way. 'In today's world, what's needed is a compass. A compass consists of a magnetic needle swinging freely and pointing to magnetic north. It's also a mariner's instrument for directing or ascertaining the course of ships at sea as well as an instrument for drawing circles and taking measurements. The word compass may also refer to the reach, extent, limit or boundary of a space or time; a course, circuit or range; an intent, purpose or design; an understanding or comprehension. The compass orients people to the coordinates and indicates a course or direction even in forests, deserts, seas and open, unsettled terrain. As the territory changes, the map becomes obsolete; in times of rapid change, a map may be out-dated and inaccurate by the time it's printed. Inaccurate maps are a frustration for people who are trying to find their way or navigate territory'.

'The Compass provides vision and direction'

'Principles (Values) are like the compass that empowers everyone who understands those principles to act without constant monitoring, evaluating, correcting or controlling. Principles have universal application. And when these are internalized into habits, they empower people to create a wide variety of practices to deal with different situations. Leading with values, as opposed to practices, requires a different kind of training, perhaps even more training, but the payoff is more expertise, creativity, and shared responsibility at all levels of the organization'.

IMPORTANCE OF VALUES:

Values assume significance for they (i) reflect our personal attitudes and judgement (ii) they influence our decisions and choices (iii) pattern our behaviour and relationships and finally (iv) impact the core of our dreams and visions. Added to this, their relevance in nation building becomes so much more important to both the individual and society as goodness and happiness is determinate on this.

Values depend upon:

What we believe - often referred to as 'professed values'

What we practise - referred to as 'operational values'

What we learn from experience - referred to as 'dynamic values'

Human values must be operational, relevant and dynamic. Often the gap between professed and operational values is too vast and therefore, a sense of unreality and confusion follows. Values should not be crystallized to the point of rigidity, stopping further growth and renewal. Education, logical reasoning and experiences contribute to the building of values in us. Habit, culture and tradition are also great contributors. Religious beliefs and personal faith is a very strong influence. Irrespective of the source, values are bound to make me a whole person and a better citizen.

INTERNALIZATION OF VALUES:

N.W. Steiner and M.R. Bell (1975) suggested that there are five ascending steps in the internalisation of values.

- * Exposure - when we are exposed to a particular value system and recognise it as worth internalizing.
- * Participation - when we begin to involve in it.
- * Identification - when we identify ourselves with the value in public.
- * Internalisation - when it has firmly established in our core lifestyle and is easily reflected in our behaviour.
- * Dissemination - when we begin to talk about it and actively propagate it as a value worth having and living with.

ACTIVITY 1.3 :

In the first part of unit 3, there is a long list of values. Rate each of the values in your life on a scale of 1 to 10. 1 would be very poor and 10 would be outstanding. It will take you 5 minutes. Once, you have rated yourself, share your experience with the group.

INDIA AND ME



Learner Intended Outcomes

To gain a holistic picture of India and identify oneself as being responsible for its future.

To begin the walk at the heart level to work for the betterment of the country.

UNIT 1 : DOES INDIA NEED ME AND MY VALUE SYSTEM?

India is a fascinating country. Prior to 1947, it did not look like we had a unified country. Our history books tell us and we know that over 500 princely states were merged and all the areas ruled by the British became a 'boundary' for us to be demarcated as India. Pakistan was originally a part but the two of us went our separate ways - all in 1947. Yet we know, that India has had an amazing heritage.

Get onto a train or bus and travel North, South, East, West and North-East and the diversity is simply amazing. We could have been as many countries as the number of languages we speak. Each state with a uniqueness of its own and culturally different. Our dress styles, mannerisms, festivals and even the way we speak a particular language is different in each region of the state.

We speak of the Indus Valley civilization in glowing terms of Ancient and then Medieval India and of all that we have heard about the sacrifices of our forefathers who fought for Independence in Modern India. We are also reminded that four world religions, Hinduism, Buddhism, Jainism and Sikhism have their roots in India and that Judaism, Christianity, Islam and Zoroastrianism also arrived early. Our country has traditionally been known for communal harmony except for a brief period at the time of independence or later in times when politics overtook religious sentiments.

MAHATMA GANDHI



Mahatma Gandhi took us to the world stage when the Independence movement gained momentum and climaxed in 1947. The world watched in amazement when the non-violent style of protesting overcame the powerful British system of the day. He spoke of truth, peace and love and managed to impact the minds of the people with the message that - they could achieve what was desirable in a non-violent way. Even to this day, we respect his life and commitment to serve all Indians with his unique message. Today, it may appear that these teachings are no longer relevant because the methodologies have been abused, but if the core belief is looked at, it does appear relevant today.

VALUE CHECK

- 'If I had lived in Mahatma Gandhi's time, I would have been involved in the Struggle for Independence. What does my country want from me now - that would help it to grow?'

UNIT 2: INDIA'S 'GOOD' AND 'SAD' SIDE

BIGGEST DEMOCRACY:

Perhaps, the best that India can be proud about is that it is the biggest functioning democracy in the world. We have survived the onslaught that all our neighbors have had to face - of dictatorships, civil wars, collapse of civil liberties - with some of them unsure about the nature of government that they would evolve to. With a population of more than a billion and steadily rising, we have managed stability. The three pillars of democracy - legislature, judiciary and executive - have managed to hold their ground and respect each other. The checks and balances are firmly in place. The Armed forces have always been subordinate to the political executive of the day and the system of choosing top leadership in the Army, Navy and Air Force has weathered time. India is amazing.



In 2014, the Lok Sabha Elections took place and of a total electorate of 83.41 crores, the days of poll saw 55.38 crore citizens casting their vote. Interestingly, this accounted for 66.4% of the electorate having cast their vote. Add to these numbers is the fact that there are currently 1,766 (in 2014) registered political parties in the country with only 6 of them being National parties.

CRIMINAL CASES AND POLITICIANS:

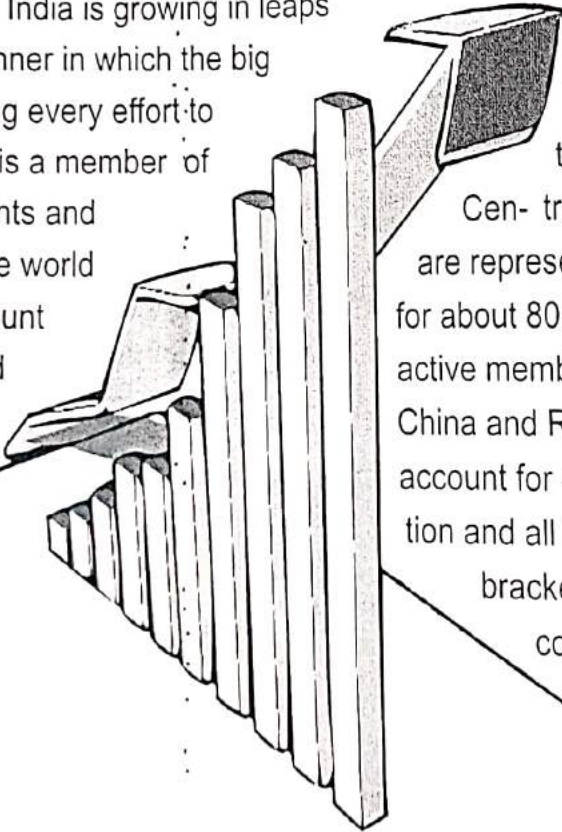
However, the depressing side is that of criminal elements in a comparatively large number of legislators who get elected to power. A Times of India report that was quoting an analysis by National Election Watch and Association for Democratic Reforms makes for interesting reading. Of 541 winning candidates (of 543) in the 2014 Lok Sabha elections, 186 MPs (34%) had declared in their election affidavits that they had criminal cases against themselves. They took the analysis further and said that a candidate with criminal cases had a 13% chance of winning as compared to an aspirant with a clean record who would have a chance of only 3%. Worse still, 112 of them were facing serious criminal charges including those related to murder, attempt to murder, kidnapping, crimes against women and so on. As much as India can be proud of its democratic status, it does cause alarm that such a large number of political representatives are from criminal backgrounds or are such as have serious criminal cases still pending in the courts.

VALUE CHECK

- 'Did I cast my vote in the last elections?' - 'Does it really matter?'
- 'Do I assess the background of a candidate before I cast my vote?'

FAST GROWING ECONOMY:

On the positive side, India is growing in leaps and bounds and this is made out by the manner in which the big economies in the world are constantly making every effort to attract the political rulers of our country. India is a member of the G-20 which is both a forum for Governments and Central Bank Governors. All the big economies of the world are represented here. These 20 countries alone account for about 80% of world trade. India is also a prominent and active member of BRICS (Brazil, Russia India, China and Russia). Together these five countries account for 40% of the world's population and all of them fall within the bracket of newly industrialized countries. India on account of its population size is also seen as a huge market for consumer goods.



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PARADOX OF

POVERTY

The paradox within the country is seen in that within India, there are huge disparities of income among states. Bihar, Chhattisgarh, Jharkhand, Madhya Pradesh, Odisha and Uttar Pradesh are one bloc of states which fair poorly on a large level of poverty indicators that no one in the world would want to have. The RBI³ in an earlier report states that about 22% of the Indian population are below the poverty line. Some International agencies have suggested that it is 29% (UNDP⁴). The fact remains that a huge part of India is poor. Whether it be Delhi, Mumbai, Kolkata or Chennai - or for that matter - any urban location in India, scenes of abject poverty are visible to the naked eye.

VALUE CHECK

- 'Is there something I can do for the poor in my country?'
- 'Do I need to be concerned?'
- 'What do we as College students have to offer to bring down poverty levels?'



FOOD SECURITY IN INDIA

A basic necessity is food. There should be enough food for all and this should necessarily be accessible. India has benefitted from the Green Revolution and is also exporting food grains. Accessibility to all has been ensured by private traders in retail. On the other hand, the public distribution system ensures subsidized food grains being made available. Andhra Pradesh (35kg), Telengana (35kg), Karnataka (30kg), Odisha (20kg) - make available rice through fair price shops at Re 1 per kg. Madhya Pradesh gives 30kg wheat for Re1 per kg. Tamilnadu gives 20kg free rice. Similar schemes are found in different states. One needs a ration card to access this benefit. Huge buffer stocks are maintained both by Central Government agencies and State Governments to ensure that the supplies continue without a break.

3. "Number and Percentage of Population Below Poverty Line". Reserve Bank of India. 2012.

4. Jay Mandal. India Factsheet | UNDP India

THE DOWNSIDE

In spite of this network, starvation deaths have been reported in some pockets in India. Homeless, Beggars, poor and the like find it difficult to access even existing systems. Complaints are received of poor storage facilities in warehouses leading to deterioration of stocks. Large scale malpractices are reported in Fair price shops and storage locations when large stocks are diverted into the open market for private gain. Bogus ration cards on the one side and difficulties in securing ration cards on the other sometimes make a mockery of the public distribution system. The problem of identifying the 'real' and 'needy' beneficiaries has always been a problem on account of the problem of establishing identity and determining who is really poor.

VALUE CHECK

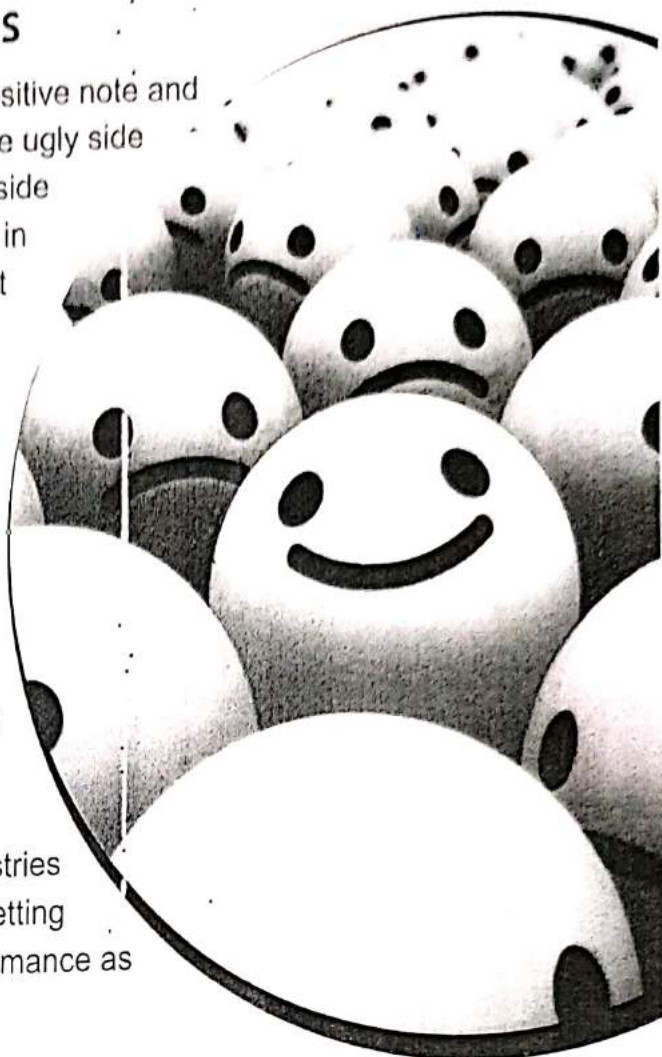
- 'As a citizen - am I responsible in any manner for the Downside?'
- 'How can I help in our own locality and ensure that the poor have their ration cards?'



UNIT 3: INDIA'S 'UGLY' AND 'DIFFICULT' SIDE

CASTE AND ITS NEGATIVE DIMENSIONS

It would be nice to complete this chapter on a positive note and we will do that. However, there is no escaping the ugly side of India that all of us are faced with. On the one side there is the caste system which still has its roots in the rural areas. In certain places footwear cannot be worn by certain castes. In certain pockets of our country, tea shops have the 'two tumbler system' and some are forced to drink from a tumbler that is kept specifically for such people who do not have equal rights in the community. Caste-related violence, caste-related politics and such others caste-oriented organisations continue to be an issue that India has been finding difficult to deal with. In the cities, we don't see it much in a very prominent manner. In the cities, we don't see it much in a very prominent manner. Offices, factories, service-oriented industries and the general work atmosphere in the urban setting ensure more importance for efficiency and performance as related to caste structure that one comes from.



VALUE CHECK

- > 'Do I recognize all Indians as my brothers and sisters?'
- > 'What is the best way to get rid of caste discrimination?'



OPEN DEFECATION

The 2011 census reveals tragic information about the state of Sanitation in India. 53% household in India had no latrines which means that all of them were part of the 'Open Defecation group'. For all that we claim in driving the world's technology companies, it's a rude shock that more than half of our countrymen do not use latrines either because they don't have toilets or prefer not to use one. Some of the active programs that attempted to solve the problem have found that it's easy to convince people to build toilets but quite difficult to get them to use it. Behaviour change is the challenge which is easier said than done. Estimates have been made to suggest that more than half the disease burden of the poor and middle class in our country is on account of poor sanitary habits. We are yet to devise a real strategy to deal with this problem.

VALUE CHECK

- > 'Do you think you can form a small group or better still your class and convince one village panchayat to declare itself Open Defecation Free?'
- > 'What will it take to do so?'

CORRUPTION

This is one subject that does not need much authentication on account of the experiential nature of the same in India.

Several studies have been made and reports published about the extensive nature of the problem in our country.

Transparency International a few years ago ranked India 94th of the 176 countries that they had analyzed.


Licenses and Government approvals in offices are often dependent on the extent to which outpocket expenses are met. Although there are Vigilance Commissions and LokAyuktas (Watchdog bodies) in several states, it is almost as though India is resigned to corruption as a way of life. Outdated procedures in Government, authority and power overpowered by greed, lethargy in the system on account of dependence on speed money, poor support systems in the judiciary and the like - make it difficult for us to build confidence in the Governance systems in our country.

We are collectively ashamed of our ugly and difficult sides.

VALUE CHECK

- > 'What can I as an individual do to transform the Ugly and Difficult sides of India?'
- > 'What is my stand against corruption - do I compromise or is there something that I can do?'
- > 'Choose a Government department - If you were given the authority to bring down corruption in a month - what will you do?'

UNIT 4 : INDIAN CONSTITUTION AND HUMAN VALUES



The founding fathers of the Republic of India, set in place the Indian Constitution. The Indian Constitution has set in place the framework by which all systems and laws function. Any law or for that matter 'anything' that is to be introduced afresh must be in line with the Constitution. It is the foundation of all systems in our country. The key question after the above discussion on India's different side is - 'What does the foundational document of our country have to say about Human Values?' 'Is it all only about systems of governance or is there something that would point to - for us to live by?' 'Do basic human values find place in the Constitution? The truth is that - the great leaders who drafted the constitution - knew that without a basic human value system - there would be very little to look forward to. So, they reiterated their commitment to the same by incorporating this at the very beginning of the Constitution. The Indian Constitution in its 'Preamble' set out the declaration of all that the document stands for and this in part is quoted verbatim below. The Preamble is simply the first paragraph of the Constitution.

PREAMBLE

'WE, THE PEOPLE OF INDIA, HAVING SOLEMNLY RESOLVED TO constitute INDIA INTO A "SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC" AND to secure all its citizens:

JUSTICE, social, economic and political;
LIBERTY, of thought, expression, belief, faith and worship;
EQUALITY, of status and opportunity; and to promote among them all;
FRATERNITY, assuring the dignity of individual the unity and integrity of the nation;

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION'

TRANSFORMATION OF SELF



Learner Intended Outcomes

To have a better insight of self-worth.

If we judged ourselves rightly, we would not be judged.

UNIT 1 - SELF IDENTITY

Let's ask this question – Who are you?

• Are you a collection of information and beliefs about yourself that you believe and may include gender and sexuality, racial identity and academics etc.?

• Does your identity depend on your

- Self worth – which comes from what you do

- Security – which comes from what you have

- Significance – which comes from self-worth / security

The answer is that your identity is not so dependent on the above but it does

depend on

'Who you are'



- We

have long been

deceived into believing

that what we do determines

who we are. This is

not true.



Consider the following equations....

- Good appearance + admiration = whole person
- Star performance + accomplishments = whole person
- Certain amount of status + recognition we accumulate = whole person
- These equations did not work for King Solomon the wise and the rich in the Bible. He was so unfulfilled that he needed 700 wives.....
- External appearance, riches, accomplishment and recognition don't necessarily reflect or produce internal peace and maturity.

THE ONLY IDENTITY EQUATION THAT WORKS IS:

GOD

ME

WHOLENESS

MEANING

Wholeness and meaning in life are not the products of what you have or don't have, what you have done or haven't done.

SELF-CONCEPT

(also called self-construction, self-identity or self-perspective)
embodies the answer to "Who am I?"

So, what is your self-concept made up of?

Your self-concept is made up of your self-schemas, interacts with self-esteem, your self-knowledge, and your social self to form the self.

The self-concept includes past, present and future selves.

The future or possible selves represent your ideas of what you might become, what you would like to become, or what you are afraid of becoming.

These correspond to your hopes, fears, standards, goals, and threats to your own-self.

During adolescence and early adult years, there is a constant process of 'taking stock of one's self'. While the system of values may continue to form, it is possible to persist with some and accept changes in some others.

SELF-DISCOVERY

Self-discovery is very important because it shows who you are as a person and your own identity. Self-discovery can shape how your life will span out in terms of your career, your social groups, even your location.

Process of self-discovery

Self-discovery will probe into really important questions about "who you are?" "Why you do particular things?" "What makes you happy?" "What gives you fulfillment?" etc.

There are two external ways in which you normally discover yourself.

a) There are a lot of factors outside of yourself that have contributed largely to how you would define yourself. One example is through your relationships, what you have learnt or heard from parents, friends etc. about yourself.

b) The other is the culture in which you live. You can discover yourself through your culture.

Both play an integral part in one's self discovery.

The internal way to discover yourself is the hardest to describe in this process. It is the discovery of the essence of your own individuality.

When there is humility in your self-discovery then you are on the right track.



Precautions with regard to self-discovery

It is very possible that you can deceive yourself about the nature of reality.

You are not meant to discover "your own self" alone, but in the process you should atleast partly discover the self of others.

If your own self-discovery does not lead to humility but arrogance towards yourself and others then your lifestyle may be dictatorial.

Self-Discovery equips you to become what you need to be for success (personally, socially, emotionally, relationally and in business) and to live in the confident fullness of your purpose.

You may also develop the mindset, skills, discipline, healing and direction you need to move forward.

After self-discovery what you need is....

Self - Acceptance

Self-acceptance is to accept your own strengths/weaknesses, abilities/inabilities, talents/shortcomings etc. unconditionally.

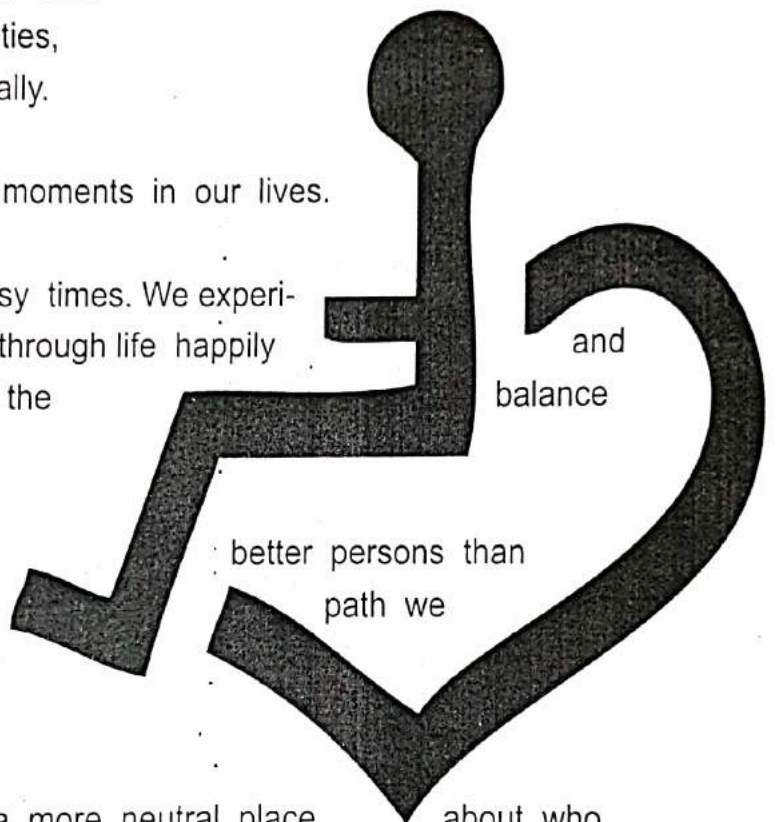
We all have failures and successful moments in our lives.

We have hard times as well as easy times. We experience ups and downs. Getting through life happily peacefully requires us to understand the of the positive and the negative.

Hence we need to evolve to be what we are today and accept the are creating.

Being balanced

Self-acceptance allows you to be in a more neutral place about who you are and how you are in the world. You understand you have gifts you bring to the world and you also have things you aren't as good at and you know your gifts don't make you better than anyone else nor do your challenges make you worse.



and
balance

better persons than
path we

UNIT 2 - SELF-ESTEEM



We have to build a positive self esteem and image while nurturing respect and the self esteem of others. It is only by assessing our self worth that our own performance can be enhanced. Self esteem is a measure of self-worth and importance. Many realize the importance of their self-worth, whereas we meet many who due to low self esteem fail to realize their own potential. High self esteem is essential basically to see how beautiful this life is and how important we are. A person with high self-esteem leadership qualities, talents and abilities himself and in others.

realizes his
and moves with confidence in

"Once you see a child's self image being to improve, you will see significant gains in achievement areas, but even more important, you will see a child who is beginning to enjoy".

-Wayne Dyer

Self esteem is a personality trait that is shaped from the very early years. Strengthening of a person's self-respect depends on the way the child's feelings are respected, valued and recognized. If the child's thoughts are belittled, ridiculed and abilities not respected, the child is likely to have low self-esteem. On the other hand, if the talents and achievements of a child are recognized and encouraged, the child will blossom into an adult with high self-esteem.

Self-esteem as a personality trait can be strengthened at any point in life and building up self-esteem is a slow process and needs patience and perseverance. High self-esteem is essential for a person to be successful in interpersonal relationships. Man is after all a social animal.

The individual with a strong self-esteem feels happy and is comfortable with himself as well as others. He can have, 'I am O.K.', 'You are O.K.', kind of feeling. Having a feeling that he is O.K. makes him a well-loved and endearing person among his associates and makes him successful in establishing human relationship, for, he is confident, dynamic, appreciative, achievement oriented and in general an acceptable person in company. But a person with low self-esteem tends to be critical, self-centred, cynical and different. This makes him a person who is not that much needed in company. He tends to feel 'I am not O.K.' and naturally withdraws from company.

Self-esteem is how we feel about ourselves. Our opinion of ourselves critically influences everything from our performance at work, our relationships and roles as a parent to our accomplishments in life. High self-esteem leads to a happy, gratifying and purposeful life. All great world leaders and teachers throughout history have concluded that one must be internally driven in order to be a success. Self-esteem is a feeling which comes from one's awareness of what is good and of having done it.

PEOPLE WITH HIGH SELF-ESTEEM	PEOPLE WITH LOW SELF-ESTEEM
Optimistic	Pessimistic
Accept criticism	Get offended at criticism
Well motivated	Lack motivation and drive
Set goal	Aimless
Caring	No concern for other
Sensitive to others needs	Indifferent to the needs of others
Respect others.	Snub
Discuss and share	Autocratic
Willing to accept ideas	Argue "Know all" attitude
Disciplined	Shabby
Assertive	Aggressive
Humble	Arrogant
Respect and obey authority	Rebellious
Discuss ideas	Discuss people
Confident	Confuses
Open minded	Secretive
Have self-worth and pride	Lack of pride in themselves
Consult and agree	Impose their ideas on others
Appreciate the good in others	Always find fault with others
Enjoy decency	Enjoy vulgarity

The objective of the list is to provide a basis of self-evaluation rather than invoke guilt. It is not necessary to have all the traits. Some characteristics may be present to a greater or lesser degree. When we are able to recognise them, we can make an effort to correct ourselves.

ACTIVITY:

Make use of the following work sheet to write down your strengths and weaknesses and see whether you can build high self-esteem.

MY STRENGTH AND HOW I AM GOING TO USE THEM.

STRENGTH I:

STRENGTH II:

STRENGTH III:

MY WEAKNESS AND HOW I AM GOING TO ELIMINATE IT.

WEAKNESS I:

WEAKNESS II:

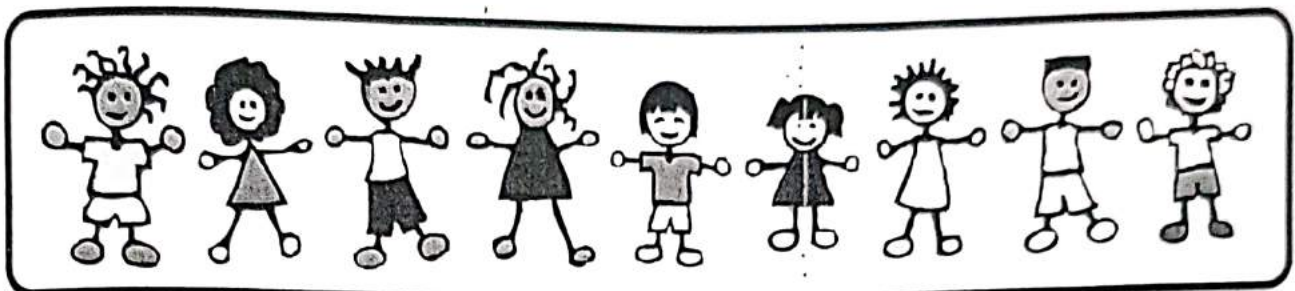
WEAKNESS III:

UNIT 3: PERSONALITY DEVELOPMENT

Definitions of personality

Let us look at a few definitions from the dictionary and from psychologists:

- The quality or state of being of a person.
- The complex of characteristics that distinguish you from others.
- The totality of an individual's behavior and emotional tendencies.
- The organization of the individual's distinguishing character traits, attitudes or habits.



Some complex definitions of personality

- "Personality is the dynamic organisation within the individual of those psycho-physical systems that determined his unique adjustments to his environment".
- "Personality is the developing system of those distinctive emotional, cognitive and spiritual attributes that manifest themselves in the individual's characteristic behaviour at any point in the life of course" - Mc Martin.

Characteristics and Elements of Personality

The most commonly acknowledged traits that constitute a person's personality are:

- Appearance
- Intelligence
- Emotionality
- Sociability
- Ascendance and submission
- Moral character
- Attitude

Developing your personality

Some of the traits of a good personality...

Diligence

Faced with the challenge of living in a competitive world, you cannot afford to be uninterested. You need to be diligent.

Diligence gives man the ability and the enthusiasm to undertake a time-bound, goal-oriented task, the patience to pursue it cheerfully despite setbacks and failures and to bring it to fulfilment in a spirit of perseverance.

Diligence gives fulfillment, security, sense of achievement, confidence, self-reliance and independence in completing tasks.

Opposite of diligence is indolence, which paves the way to lethargy and apathy towards work.

Fortitude:

The meaning of fortitude is to have courage in endurance.

It enables a person to face risks, disaster and adversity with unflinching determination and strength of mind.

Fortitude empowers the individual with the gift of smiling in the face of adversity.

Being punctual :

"Unfaithfulness in keeping an appointment is an act of clear dishonesty" -
Horace Mann.

Punctuality shows an appreciation and sensitivity for the value of time.

Punctuality wins the respect of others.

Being Honest :

"No legacy is as rich as honesty".

ACTIVITY:

(Discuss in groups)

- What are the characteristics of an "indolent" person?

(Dependency, lack of confidence, lethargy, tension, frustration, insecurity.)

- What do you think are the factors leading to diligence?

(Hope of success, perseverance, consistency in work, motivation, time sense, pursuit of goal.)

Being an Effective Communicator:

Communication is an exchange of information and shared understanding between people.

Your voice, gesture, words and what you say are physical ways of communicating.

Speaking, gesturing and writing are the mechanical ways of communicating.

Speaking :

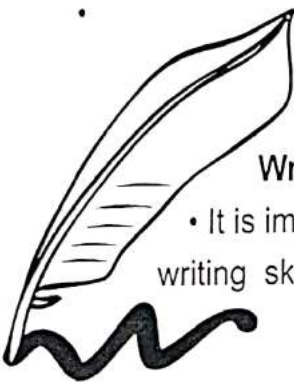
Speech is the most used method of communication.

Pleasant voice, correct speaking speed, audible speech, distinct and clear articulation and correct pronunciation are necessary while developing the mechanics of speech.



Gestures :

- Physical appearance is an important part of communication.
- Facial expressions speak more than the words.
- It is very important to look at the other person's eyes while conversing.
- Natural hand gestures are useful too - if used in a restricted manner.
- The body language of a person also reveals the personality.
- Remember, most of our communication (about 80%) is nonverbal.

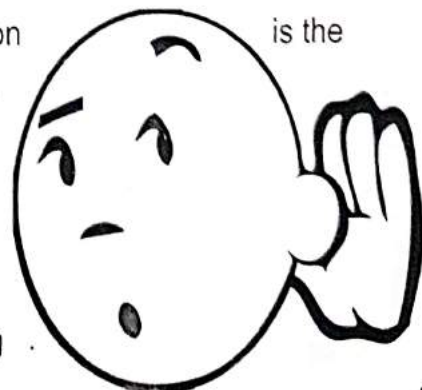


Writing :

- It is important to a well-trained career person to develop good writing skills. There should be neatness and legibility.

Listening :

- Another important part of effective communication is the art of listening. When someone is talking to you, try to reinforce oral communication with gestural feedback that encourages the speaker.
- You are more likely to get the information or response you want, at the earliest, if you show interest. Otherwise, the speaker will take a long time to part with the required information.





Learner Intended Outcomes

- To get equipped to face challenges.
- To enable students to set and implement personal goals.
- To help students to manage time effectively.
- To empower students in the management of academic stress.

UNIT 1 :

PURPOSE FOR LIFE - MISSION AND VISION

GOAL SETTING

To be successful, any individual, group or institution has to set specific goal(s) and strive towards attaining that goal or those goals. Setting goal means focusing on the target in hand for attainment. Goal setting gives direction to one's activities. The activities of a person who does not set goals for himself/herself are likely to be shabby, unsystematic and unplanned.

Everyone's life should have a mission. It is not appropriate that we wander like a drifting cloud carried by the direction of the wind. Young people, especially, should have a goal and direction as well. Just as a mariner is guided by the Pole Star, he/she should be guided by a goal. Each dream, each thought, each activity should be directed towards attaining that lofty goal.

GOAL

ACTIVITY:

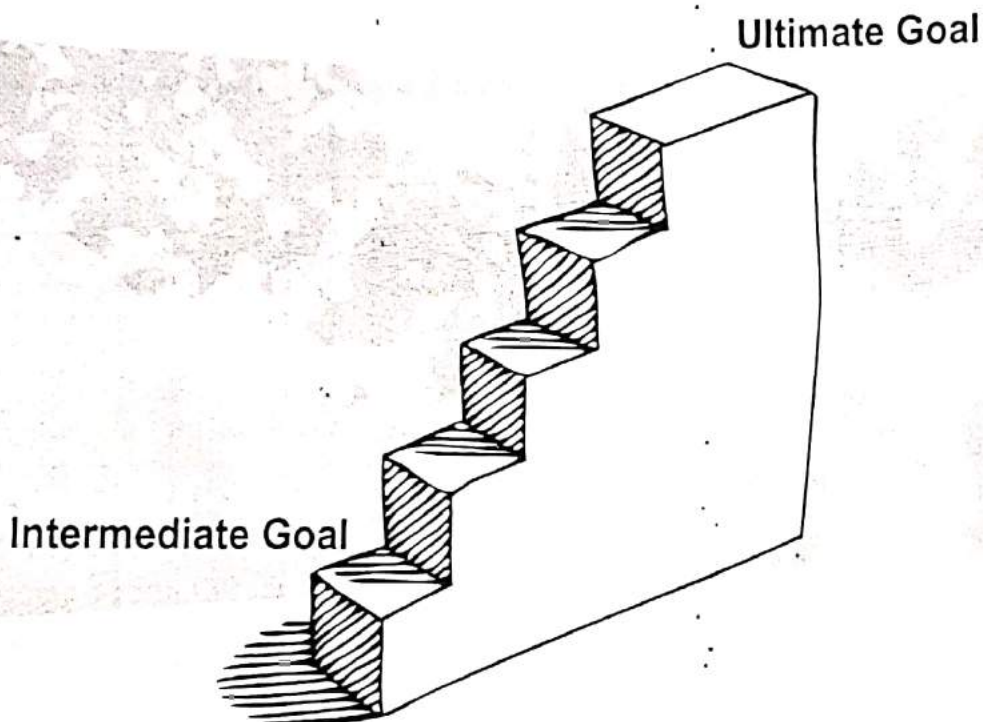
Students should be asked to close their eyes for one minute and to dream about their future...the place you work...your income...your family...your career...and so on... At the end randomly few students can share their dreams...

What are Goals?

Goals are the targets or ends toward which we direct our effort. Goal setting and attainment has a positive effect on a student's life. Goals enhance students' energy and self-confidence. They are important for us because they motivate us to attend classes and study for examinations whole-heartedly. We can improve our academic performance by learning to set goals that motivate us to do well and thus increase chances of success.

Is it necessary to fix goal?

Yes! A person who is in a race should know the finish line, only then he can reach it. If he/she does not know, then there is a chance of moving in the opposite direction.



Ultimate goal : This is the finishing line or this is what that should be finally achieved.

Immediate goals : This will change from time to time. These immediate goals pave the way to achieve the ultimate goal.

***“Hard work and energy is needed
for immediate goals to inherit ultimate goal”***

Characteristics of Goals

To be both motivating and useful, the goals we set must have some important characteristics.

Paul J. Meyer explained the features of such planning in the form of SMART goals in *Attitude is Everything* (Meyer, 2002).

S SPECIFIC

M MEASURABLE

A ACHIEVABLE

R REALISTIC

T TIMEBOUND

1) Specific:

A goal has to be written in simple and clear language rather than in general terms.

What do I want to accomplish?

Why do I want to accomplish it?

How can I accomplish it?

The more specific goals are, the more motivated one will be to achieve them. For example, getting a good grade this semester will be a general goal, whereas getting a B-Grade this semester will be a specific goal.

2) Measurable

There should be proper criteria set in place for measuring the progress of the goal from time to time. It will help for making necessary changes in between, if needed. For example, it would be difficult to determine whether you achieved your goal if you just wanted to "do well in a course."

3) Achievable

Every goal has to be within one's reach. If we plan our steps wisely and establish a timeframe for achieving those steps, almost every goal set can be achieved. We will gradually develop the attitudes, abilities, skills, and financial capacity to reach the goals that have been set. While achievable goals motivate us, impossible goals can demotivate anyone.

4) Realistic

To set realistic goals, one must carefully evaluate the chances of achieving each goal. For this to happen, a goal must represent an objective towards which each one is both willing and able to work.

5) Time bound

We as students, need to set a specific time to complete our goals. For example, if a project is due by Friday, it needs to be done by Friday. Setting intermediate deadlines to complete different parts of the project is helpful. Without a deadline, many would tend to put off starting, working on, and completing the set goals. Setting deadlines is also an important time management tool.

Questionnaire

Goal:

Specific. What is the goal to be accomplished? How and why will it be accomplished?

Measurable. How will you not the goal reached (list at least two indicators)?

Achievable. Have others done have the necessary knowl-resources to accomplish the challenge you without defeating

Realistic - Results-focused. What is the reason, purpose, or benefit of accomplishing the goal? What is the result (not activities leading up to the result) of the goal?

Time-bound. What is the pre-determined completion date and does that completion date create a practical sense of urgency?

Revised Goal:

Source: UHR, Employee Development. Retrieved October 2013, from http://www.hr.virginia.edu/uploads/documents/media/Writing_SMART_Goals.pdf

Hard work is needed..... What you sow..... you reap....

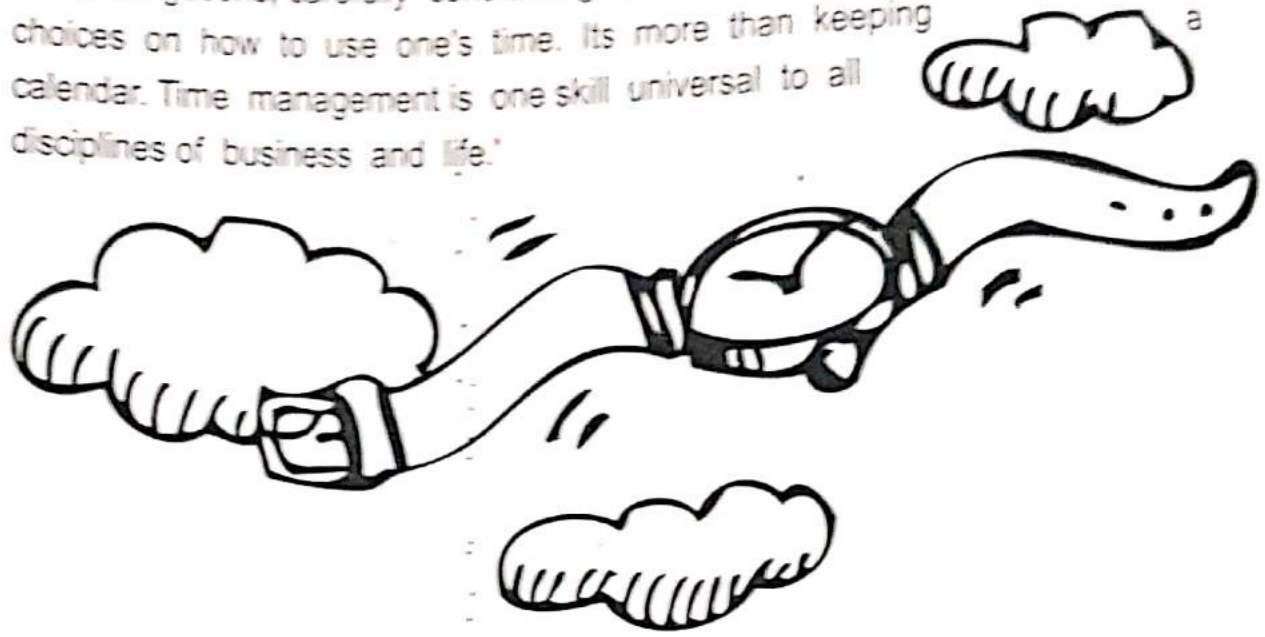


One can lose his/her goal due to obstacles. These obstacles can be love relationships, addictions, casual and carelessness and peer pressure etc.

God, I take a decision to say NO to all obstacles....
(mention what it is) which hinders my dreams and goals.
From now on I fix a goal and work hard to achieve it.

UNIT 2 : TIME MANAGEMENT

Stephen Covey The seven habits of highly effective people-4 quadrants First things first - Pebbles / Sand/ Water - 'Time management means identifying one's obligations, carefully considering their importance, and making important choices on how to use one's time. Its more than keeping a calendar. Time management is one skill universal to all disciplines of business and life.'



Exercise :

Make a list of your daily activities. Write down the time taken for each activity. Finally calculate the timing.

For example, Getting ready-(brushing, bathing etc.) – 15 mins,

TV watching –

travel –

You will be surprised!!!

End of the list you will come to know that your time is wasted for unnecessary activities. Now prioritize your activities and make sure that your time is spent in a proper way to reach your dreams and goals.

There are many levels of time management:

Level 1 - Make a list.

Level 2 - Prioritize your list.

Level 3 - Prioritizing Daily Task

You prioritize them; A (must do), B (should do), and C (could do.) Then if you have time you put a rank order on your A's, B's, and C's with a 1, 2, 3, etc.

Level 4 - Mission, Vision, Roles and Principles

Execute the priorities which can help you to achieve your goal.

	Urgent	Not Urgent
Important	I Cases Class tests Semester	II Prevention Re-creation
Not Important	III Interruptions Visiting friends Some scrap & rework	IV Trivia Phone calls E-mails Time-wasters Whats up Pleasant activities

Level 5 - Recurring tasks that build habits

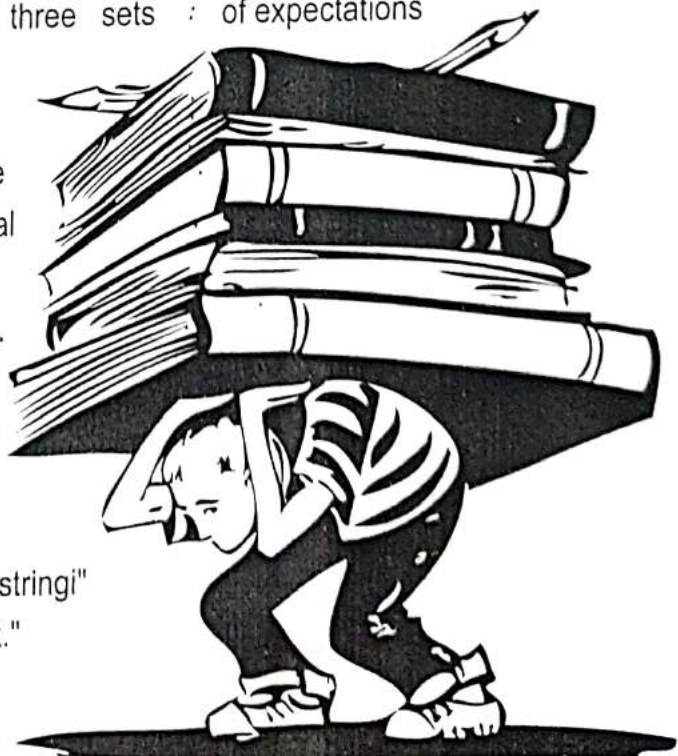
This is combining effectiveness and efficiency into execution in business.

UNIT 3 : STRESS MANAGEMENT

Every student has to take care of three sets of expectations for excellence in academics - parents, teachers and self. In this sense, for some students attending college can be stressful because they are forced to deal with so many new responsibilities, opportunities, challenges, and decisions.

Stress can be described as feeling tensed, overwhelmed, or under pressure.

Stress is derived from the Latin word "stringi" which literally means "to be drawn tight."



'According to Hans Selye (1956, 1976), there is eustress (positive stress - stress experienced during a wedding) & distress (negative stress - stress experienced during a funeral). Both of these take a toll on a person's resources and coping skills, although distress damages more. Too much of work to be done in short period of time causes stress. Eg.: Opening the text book just before the day of exam.'

Exercise :

Take a bottle of water in a hand. Make sure that the bottle is full. Stand up and stretch your hand with bottle and hold it for 5 minutes.

What happens after 5 mins?

- Your hand starts to feel the pain....

If it's going to be 1hr? – You cannot manage...

If it's going to be one day? – You will collapse...

college hours –

chatting with friends – Phone – in person –

Sleeping for how many hours - etc.....

When you hold the bottle and stand for a long time, your muscle contracts, stress builds up and causes pain. When the stress increases you will lose control. As long as you hold the bottle, stress will increase. You are not free.

To become free, keep the bottle down.

You are free, you are relaxed, NO STRESS....

The same way, when you hold any unwanted things, it makes you to undergo stress....

Pressures

Sometimes, stress arises from pressures to achieve specific goals or to behave in particular ways in a society. It forces one to speed up, redouble the effort, or change the direction of goal-oriented behavior.

For example, undue expectations by teachers and parents to perform can seriously damage student's coping resources or even lead to maladaptive behavior.

Pressures can be external or internal: e.g., studies - parents' expectation and wanting to go for higher studies.

Life changes:

Even some positive life changes or new environments (e.g., from village to city, marriage) make demands on each of us and thus may be stressful. The faster the changes take place, the greater the stress experienced

External stressors in students

a. Stress and academic performance: Unreasonable expectations from self, parents and teachers can create stress and it in turn, can bring down the actual performance. In many cases, it is the fear or concern about the consequences of below-par performance that lead to stress. For example, when a student fears that if she fails to perform according to expectations of her parents, she will lose their love, she is under tremendous stress. When a student is unprepared or underprepared, he/she will experience pre-examination blues.



- i. Such a person may lose confidence.
- ii. Stress related to physical and psychological changes

b. The adolescent physical changes are rapid and conspicuous. If these are not positively appreciated, they can lead to psychological difficulties, affecting emotional development. In such scenario, the family and teachers can be a big motivating and guiding force.

c. Problems originating out of relationships : Each student seeks acceptance, understanding and recognition from peers. Peers are viewed as an extension of one's family. Any form of rejection from peers can affect one's self-esteem. Again, during the adolescent period, each person wants to express himself/herself sexually with the opposite gender. If an adolescent involves in an unhealthy relationship with the opposite sex, it can add to the stress level.

d. Changes and stresses : Changes such as change of school, class, teacher, or home can cause stress. Sometimes positive changes such as promotion in job can lead to stress in a worker. When changes are anticipated, the level of stress is low compared to stress caused by unexpected changes. Changes that are beyond one's control lead to increased stress and uncertainty about future compared to changes that are under one's control.

CHANGE

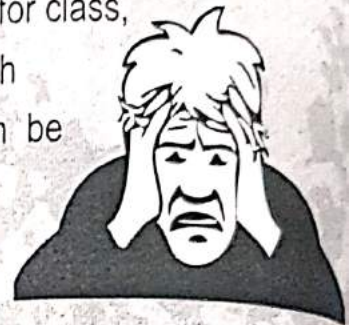


a. Anger

One of the emotions that can cause lots of stress is anger. An angry person loses reasoning capabilities. When stress translates into anger, any person can be a victim of his/her anger.

b. Frustrations

All of us experience frustrations in a small way or in a big way. Being caught in a traffic when you are in a hurry to be on time for class, can cause frustration but once you reach, it fades away. Such frustrations are easily forgotten. Among big frustrations can be that you trained hard for your annual sports day and expected to win the first place but just before the event, you breakdown and you are unable to participate.



c. Guilt

Guilt can be a form of self-punishment. For example, When you have watched some unwanted movies or porn sites, initially you will feel bad and feel sorry about it. But in the long run you will enjoy watching it but those thoughts can cause anxiety in the mind leading to stress.

d. Phobias

A phobia is any irrational or inappropriate fear towards something. Such a person may try to reorganise life in order to avoid the fear-producing situation/object. In the process some people can feel more stressed.

Management of Stress

1. **Throw away the unwanted things you are holding.**
2. **Time to Pray** - A few minutes of prayer each day can help ease anxiety.
3. **Reach Out** - A good social support system is one of the most important resources for dealing with stress. Talking to others -- preferably face-to-face or at least on the phone -- is a great way to better manage whatever is stressing you out.

4. **Get Moving** - You can go for a quick walk around the block, take the stairs up and down a few flights, or do some stretching exercises like head rolls and shoulder shrugs.

5. **Be Grateful** - Keep a gratefulness journal or several (one by your bed, keep one in your purse, and one at work) to help you remember all the things that are good in your life. "Being grateful for your blessings cancels out negative thoughts and worries," says Joni Emmerling, a wellness coach

6. **Negative Self-Talk To Positive Self-Talk**

Negative self-talk is defined as the negative statements you tell yourself before and during tests. Negative self-talk causes students to lose confidence and to give up on tests. Further, it can give you an inappropriate excuse for failing tests and cause you to give up on learning. Students need to change their negative self-talk to positive self-talk without making unrealistic statements. Positive self-statements can improve your studying and test preparation. During tests, positive self-talk can build confidence and decrease your test anxiety.

Example - 1

NEGATIVE SELF-TALK - "I must pass this exam or my life won't be worth living."

POSITIVE SELF-TALK - Life will always be worth living regardless of this exam.

Example - 2

NEGATIVE SELF-TALK - "If I fail this exam then I have failed as a person."

POSITIVE SELF-TALK - The test score is about this exam, not about me as a person.

Take a commitment,

I will value time and say NO to all unwanted things which causes stress...



DYNAMICS OF INTER-PERSONAL RELATIONSHIPS

V



Learner Intended Outcomes

To forge and nurture healthy relationships.

There are three important components of a good relationship.
The first is the building process. How do we initiate it?
The second is managing emotions. Expressed emotions can make or break relationships.
Third is resolving conflicts. Unresolved conflicts cause distance in relationships.

UNIT 1 : BUILDING RELATIONSHIPS

"The man who spends his life building walls instead of bridges has no right to complain, if he is lonely".

This lesson aims at developing interpersonal relationships within the family, and in the outside world.

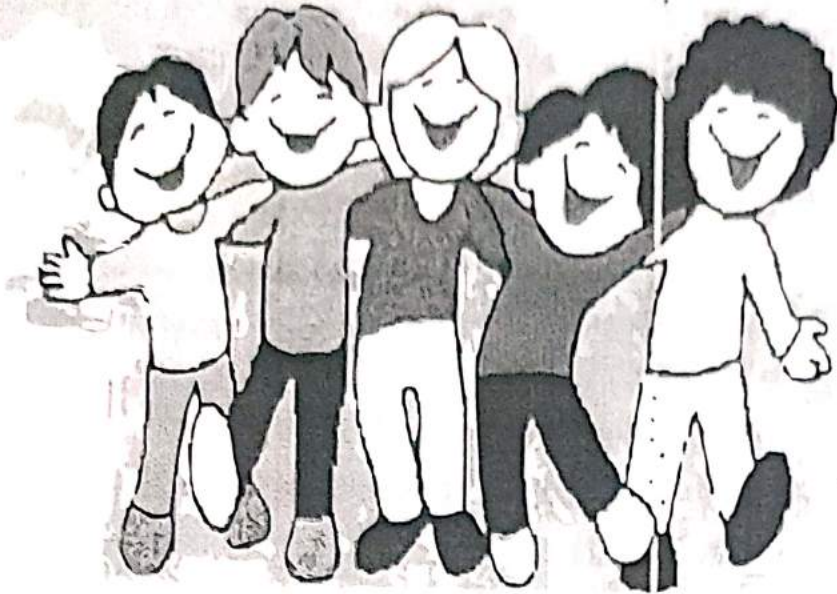
What do we mean by Inter-personal relationships?

An interpersonal relationship is a strong, deep, or close association or acquaintance between two or more people that may range in duration from brief to enduring.



The various kinds of interpersonal relationships you will frequently come across are :

1. **Friendship** - Friendship is a simple and unconditional interpersonal relationship between two or more individuals.
2. **Love relationship** - An interpersonal relationship characterized by intimacy.
3. **Platonic Relationship** - A relationship between two individuals without any feelings or sexual desires for each other.



4. Family Relationship - Individuals related by blood or marriage are said to have family relationship.

5. Professional Relationship - It is work related. This relationship is confined to the work place and does not involve the heart. There should be no intimacy in a professional relationship. People involved in this relationship are known as 'colleagues'.

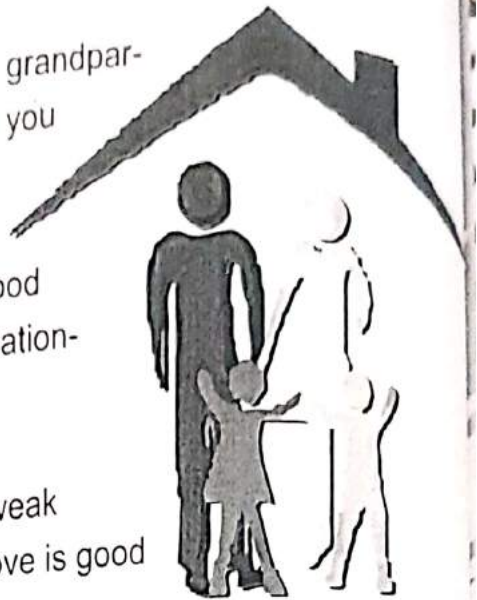
Why are relationships important to you?

A human being is essentially a social being. He or she is not so, by choice, but by nature. A child left to itself for long will not survive. A person who is not touched by another will never blossom. This phenomenon is termed as "failure to thrive".

John Powell, in his book, 'Why am I afraid to Love', remarks: "We are very largely shaped by others, who in an almost, frightening way hold our destiny in their hands. Therefore, it is only in communication with others that we can grow, both physically and psychologically".

We desire and seek building relationships because certain needs can be satisfied only through interaction with others. Success in your career, family and friendships depends on building up your relationships with fellow human beings. It is your responsibility to develop interpersonal skills as you mature in growth. To have good relationships we need certain skills.

Building Relationships should begin at 'Home'
Your very first relationship starts at home. Parents, grandparents, brothers and sisters are the ones with whom you spend most of your time.



A good family leads to a good society and to a good nation. Therefore, building strong inter-personal relationships within the family is very important.

Today, the cause of several problems in the society is weak inter-personal bonds at home. A family that is knit in love is good for the society.

What are the values that you must possess in order to build good relationships?

In a good friendship, you will experience mutual affirmation, acceptance and freedom. Since you have entered the golden period of your lives, 'the college days', friendships will be very important to you. After making a good choice of friends, you should know to grow with them, without limiting their personal freedom. At the same time you should not be in bondage to them and be enslaved to them.

Dutifulness: You must have a sense of duty towards others in the relationship. It is the fulfillment of obligations in the relationship without fear of punishment, or hope or reward, but for the sake of friendship.

Patience : You must be patient with each other. It is the ability to assess the situation calmly, judge rationally and act accordingly without mental or emotional agitation. You must accept people for who they are and be tolerant of their weaknesses and faults.

You must be emotionally and mentally free in a relationship.

Courtesy : Be courteous. Its best to be well disposed to others and express yourself through concrete positive gestures. Affirming words and actions are like a tonic to relationships. Courtesy oils and smoothens the working of interpersonal relationships.

Magnanimity : Have a large heart, which goes out of its way to help others. It forgives insult and injury, and is not vindictive.

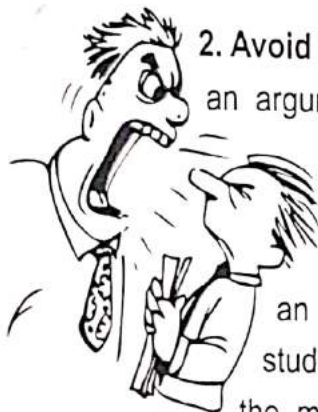
Loyalty : Remain faithful through thick and thin, through good times and bad times irrespective of limitations or shortcomings. At the same time be wise to know when you are being manipulated and avoid embarrassing situation.

Gratitude : Be thankful in relationships. You must express appreciation even for the smallest services received.

Some Hints towards improving Relationships

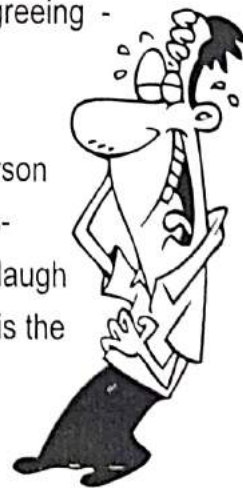
a) Develop good communication skills

1. Listen : In an interpersonal relationship there could be intellectual barriers such as language and comprehension. A good listener can break these barriers. Listening shows care and concern. When the other person feels he/she is being cared for, he/she is motivated and becomes more receptive to you. An open ear is the only believable sign of an open heart.



2. Avoid arguments: An argument is one thing you will never win. In an argument, there are risks of losing a good friend, a good job or a good relationship. The best way to win an argument is to allow the other person's views to be expressed. An argument is an expression of temper whereas a discussion is an expression of logic. (suggested activity- a discussion between 2 students on an issue- one agreeing - the other disagreeing - the main aim should be to avoid any argument)

3. Develop a sense of humour : A sense of humour make a person likable and attractive. Humour helps one to convey a serious message in a light manner, taking the sting out of the bite. Learn to laugh at yourself because it is the safest humour. Remember - Laughter is the best medicine.



b) Develop good principles

1. Confidentiality and Trust : Make yourself a trust-worthy person. You should be able to hold information without gossiping or bad-mouthing others. Almost all relationships such as parent/child/ husband/wife, student/teacher, buyer/seller, employer/employee are relationships based on trust. A personal bond grows stronger only when there is mutual trust.

(suggested activity: Trust walk : pairs are formed- one is blindfolded - the other leads the partner- roles are reversed- experiences are shared)

2. **Positive regard** : Value your fellow human beings and treat them with the same grace and elegance irrespective of their status. This attitude not only notes interpersonal relationships but it also increases self-worth, self-respect and self-esteem.

3. **Non-judgmental** : Do not make hasty judgments about people or situations. Hasty and baseless judgment is enmity to a sound relationship.

UNIT 2 : EMOTIONAL MANAGEMENT

- Emotions are an inevitable substrata of a relationship. What everyone struggles with, especially during growing up years, is emotions!
- Managing emotions is valuable and important in interpersonal relationships.
- Emotions and stress are closely linked.
- Your emotional response is what produces stress in a relationship.

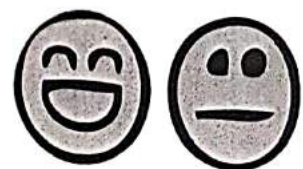
What is an Emotion?

An emotion is a reaction happens to us, which up. Love, affection, hatred, grief; these are to something that arouses or stirs us desire, fear, anger, felt tendencies that involve our minds and bodies and our total personalities. Anything we see as helping us, or contributing to our well-being, or making us happy triggers a positive, or good tendency. Anything we see as harming us, affecting our well-being or making us unhappy, creates a negative, or bad tendency. Everyone has emotions. We learn and experience them as we grow, just as we learn to walk or read. The infant has no feeling about fire until one day he touches it and burns his fingers. From then on, he has learned a certain fear and respect for fire.



Soft emotions/Hard Emotions

Emotions direct our thoughts and thoughts direct our emotions. There are soft emotions like kindness, sympathy, compassion and hard emotions like hatred, bitterness, murder, jealousy. There are also negative emotions like anger, fear, anxiety, depression, sadness etc., conversely there are also positive emotions like happiness, peace, hope etc.



Emotions can be strong or weak

Feelings can be defined as "a positive or negative reaction to some experience." We have different names for different degrees of feelings. We can progress from



being slightly annoyed, to being irritated, angry, enraged, or we can be sad, disheartened, sorrowful, grief-stricken, or filled with despair.

Anyway what purpose do emotions serve? What are emotions for?

Just as a carburettor spurts gasoline at the spark plugs, which ignite and explode the gas vapour to move, first moving the cylinder, and finally the whole automobile, emotions are the 'fuel for our behaviour.

What are some of the distressing emotions we experience?

Fear

- ⊖ It is common to everyone, all of us have experienced fear at some time or the other.
- ⊖ Fear actually makes you think that something bad will happen.
- ⊖ You can never tell others 'you must not be afraid' one will have fear, but we must learn to overcome fear through faith and 'FAITH IN GOD'.
- ⊖ Fear can be true fear or imagined fear. True fear is when a bad event is real, but imagined fear is when there is no reason for the fear.



What is anxiety?

- ⊖ Anxiety is the experience of feeling that something will go wrong (i.e.) a fear of impending doom.
- ⊖ This anxiety produces immense stress.
- ⊖ We either want to run away and hide or we want to fight even before we see the enemy.
- ⊖ You may experience headaches, palpitation, sweating and fear when you are anxious.
- ⊖ **Be anxious for nothing, but in everything by prayer and supplication make your requests known to the almighty God (Bible).**

How do we manage our emotions?

- ① The first step is to recognize and identify the emotions you are experiencing.
- ① Then, consider how it affects your health, your happiness, your interpersonal relationships, your studies etc.
- ① Do you think you need more of rational behaviour?
- ① Can you recognize the absence of soft emotions? Do you need to increase it?
- ① May be you need to replace fear by 'FAITH IN GOD'

What do we mean by emotional behaviour?

- ① It is action based only on what we feel.
- ① Only our emotions for eg. anger or fear determines our actions, or our emotions dictate what we should do.
- ① We do not analyze why we do or what we do or behave the way we do. Our behaviour responds immediately to how we feel?
- ① Instinct make us to react and emotions magnifies it.

What is Rational behaviour?

- ① As human being we have the ability to reason and figure out the meaning and value of a situation.
- ① We can analyse and decide what kind of behaviour is proper and called for.
- ① We are then able to control and channel our behaviour.
- ① Rational behaviour is not dependant on emotions but on logic and analysis.

Questions to ask and think?..

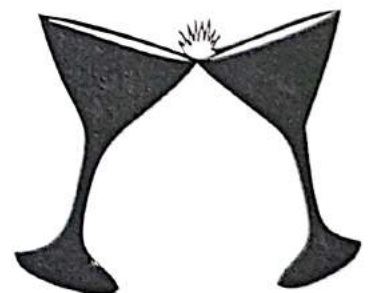
(Can be a group discussion)



1. Which is better emotional or rational behaviour?
2. What are the positives and negatives of both?
3. Can we have a balance of both?

How do alcohol and other substance affect behaviour?

- Alcohol and other substances prevent rational behaviour. The higher thinking centers of the brain are cut off from reactive behaviour.
- This called 'DISINHIBITED' behaviour.
- We behave in a way that is illogical, irrelevant and primitive (animal instincts are high)
- People who look at us are often ashamed of our behaviour.



You can pray this Prayer...

God, I realize I am an emotional person. I do many things based on my emotions which are out of control. I ask you to help me. I say 'NO' to fear, failure, anger, sadness, anxiety, depression and hatred. I ask to fill me with soft emotions.

UNIT 3 : CONFLICT MANAGEMENT IN RELATIONSHIPS

Once we know how to manage our emotions, the next step is to know how to resolve conflicts!

Any relationship over a period of time is bound to come into conflicts. These conflicts arise because of differing opinions, goals, ideas and beliefs.

A conflict can be said to be an emotional tug of war and we are bound to feel some kind of turmoil or conflict in relationships in today's world. Some of the conflicts can have their base related to childhood issues.

A feeling of being unworthy, unloved and even abandoned can make you vulnerable and dependent on other people and give rise to many fears in relationships. If these fears are persistent, they will continue to influence behaviour and lead to conflicts in life. Conflicts can be....

1. Personal conflicts – when lot of personal issues are involved.
2. Built-in conflicts or internal conflicts – when there is crisis between two opposing views within you.
3. External conflicts – disagreement with others.

Conflict and relationship

Conflict is a normal part of any healthy relationship. Two people cannot be expected to agree on everything, all the time.

Learning how to deal with conflict—rather than avoiding it—is crucial.

When conflict is mismanaged, it can cause great harm to a relationship, but when handled in a respectful, positive way, conflict provides an opportunity to strengthen the bond between two people.

By learning these skills for conflict resolution, you can keep your personal and professional relationships strong and growing.

Managing and resolving conflict

<u>Healthy and unhealthy ways of managing and resolving conflict</u>	
Unhealthy responses to conflict	Healthy responses to conflict
An inability to recognize and respond to the things that matter to the other person	The capacity to recognize and respond correctly to the things that matter to the other person
Explosive, angry, hurtful, and resentful reactions	Calm, non-defensive, and respectful reactions
The withdrawal of love, resulting in rejection, isolation, shaming, and fear of abandonment	A readiness to forgive and forget, and to move past the conflict without holding resentments or anger
An inability to compromise or see the other person's side	The ability to seek compromise and avoid punishing
The fear and avoidance of conflict; the expectation of bad outcomes	A belief that facing conflict head on is the best thing for both sides

Source- Conflict Resolution Skills, Authors: Jeanne Segal, Ph.D., and Melinda Smith, M.A

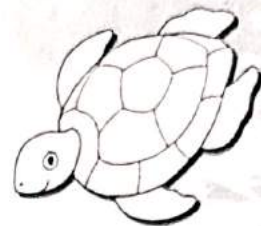
Conflict Management

There are many ways we face conflicts. It is uniquely personal.

How do 'I' react to conflicts?

Strategies in conflict handling

1. **The Turtle (Withdrawing):** Turtles withdraw into their shells to avoid conflicts. They give up their personal goals and relationships.



2. **The shark (Forcing):** Sharks try to overpower opponents by forcing them to accept their solution to the conflict. Their goals are highly important to them and the relationship is of minor importance.



3. **The Teddy Bear (Smoothing):** Relationships are of great importance, while their own goals are of little importance to teddy bears. They want to be careful, accepted and liked by other people.



4. **The Fox (Compromising):** Without giving importance to the means, the fox cuts a deal in order to achieve its goals compromising with values.



5. **The Owl (Problem-solving):** Owls highly value their own goals and relationships. They view conflicts as improving relationships by reducing tension between two people.



Source: Interpersonal Effectiveness and Self-actualization - David W. Johnson

Which strategy do you think is the best? (Let's have a group discussion)

Let us look at the turtle – withdrawing only increases distance and wastes precious time.

If you are like the shark, be careful that you do not put off people, and lose relationships in the process.

Maybe, like the Teddy bear, you are lost in the process of trying to make others like you.

But, compared to all these, being like the fox is the greatest danger. You will be known as a crooked person who does not have integrity.

Out of the five strategies, the owl approach is considered to be the best in conflict management. You hold on to your goals but value relationships.



LIFE VALUES



Learner Intended Outcomes

To understand the important values in life.

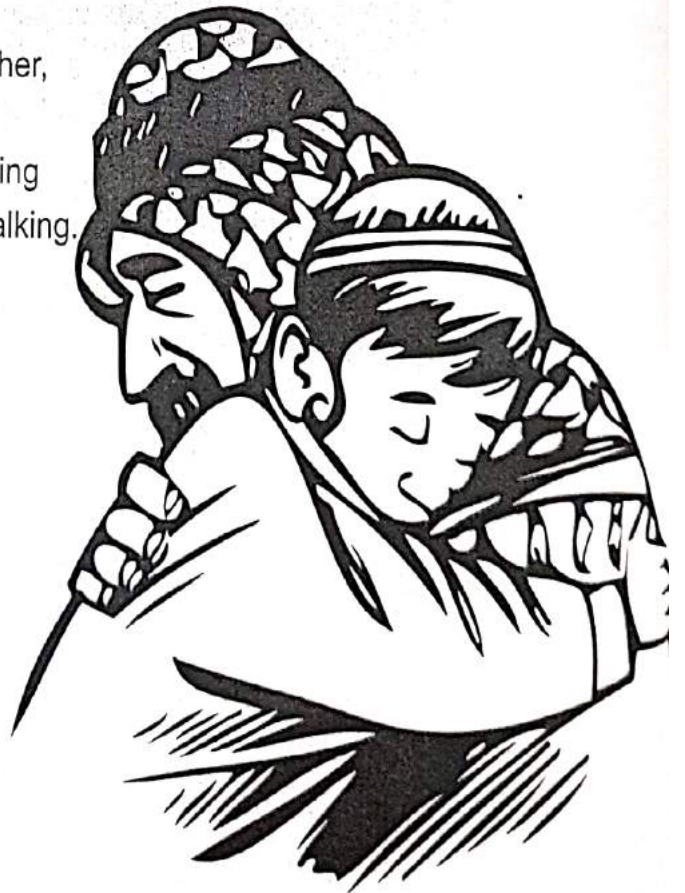
FORGIVENESS

When someone hurts us, we get offended. We feel bad. We ask the question, 'How could they?.....'
Then what happens?

- We keep thinking about it - it goes on and on and keeps working on our mind.
- There are many unpleasant feelings that we start experiencing.
- On one side we are angry and on the other, we want to forget the whole thing.
- We start talking about it to others. Anything that reminds us of the incident gets us talking.

What does this show to you?

It shows that you are offended.



FORGIVENESS is a costly value we should possess.

What do we mean when we talk about Forgiveness?

- † Forgiveness is not forgetting what happened.
- † Forgiveness is a choice, a decision we make.
- † Forgiveness is to let go.
- † It is not an occasional act, it is a constant attitude – Martin Luther King Jr.
- † It is very challenging.
- † It is agreeing to live with the consequences of another person's fault.
- † It doesn't excuse their actions, but stops their actions from destroying our hearts.
- † It is the decision not to use their offense against them.
- † Forgiveness does not change the past, but it enlarges the future.
- † To err is human, to forgive, divine – Alexander pope.



FORGIVENESS is a divine act.

Why should I forgive?

- You must forgive for your own sake –when you let go, you are released from an emotional bondage which is pain.
- Forgiveness brings peace. There is peace in your heart when you forgive.
- Forgiveness gives freedom to you.
- Forgiveness lets you live life to the full. It cuts down preoccupation and wasted mental energy.



Don't wait till you feel like forgiving.....

You don't need any reasons to forgive....

Forgiveness doesn't need worthiness....

Forgiveness need no time....

Your fetters start cracking the moment you take the decision to forgive....

How do I forgive?

List out the person's name, spell out what they did to hurt you and the pain you experienced..... and then....

How!

You can pray....

God, I choose to forgive _____ (name of the person) for

_____ (what they did to hurt) even though it made me feel

_____ (painful feelings) and release them. I thank you for setting me free from the offense and hurt. I choose to bless them instead.

After forgiving, you can tear the paper in which you have listed these things symbolically...

Now, you are free from offense!

But, if we do not forgive, we are in danger of experiencing a range of hard emotions which in course of time could turn into negative personal values.

Unforgiveness.....

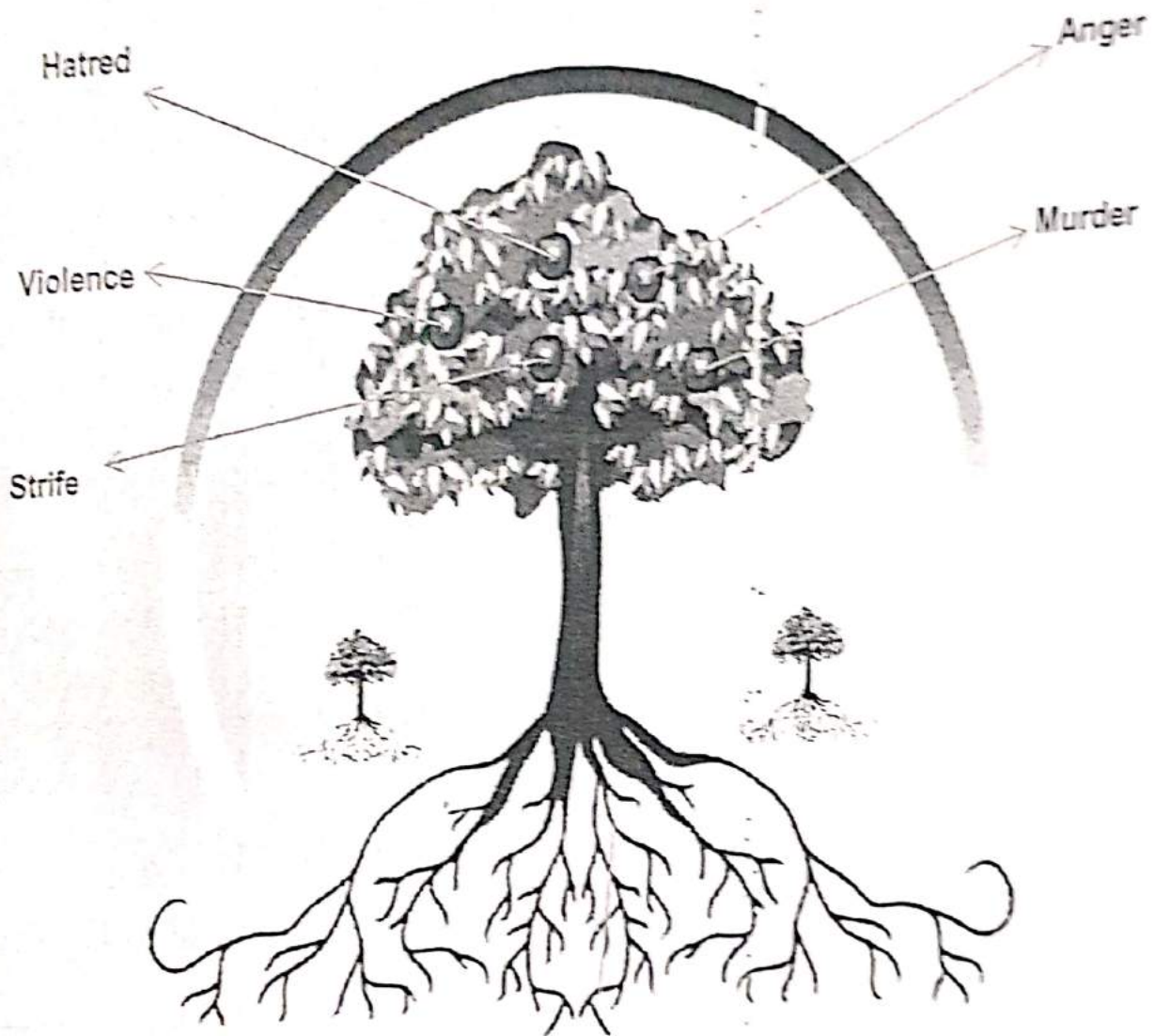
- Being unwilling to forgive is called unforgiveness in the heart.
- Unforgiveness is a negative value we could cherish. This comes when we are taught by culture or family to take revenge. You may have been encouraged not to forget what people have done to you.
- Prolonged unforgiveness leads to bitterness.
- Bitterness is holding grudges and harboring resentment. It is like drinking poison and waiting for the person who hurt you to die.
- It is generally expressed as anger, hatred, strife, vengeance, violence etc. It is like a cancer, it eats up the host.
- An angry person is an unforgiving person. Short temper and getting irritated at people/things and situations is not a good value. It is a negative value.
- What does it lead to? Anger leads to hatred.
- You may have more enemies than friends. Everyone you see may seem to be harmful in your eyes. You may think that no one is good.
- What does hatred lead to? Hatred leads to violence and murder.



DANGER
POISON

- You may get offended easily. You feel you are right in your attitude and you are perfectly justified in indulging in violence.
- It hardens our heart, crushes love, causes the heart to grow cold and often destroys it. It will control, confuse, condemn and create a critical, casual, carnal and caustic person.
- The ultimate effect of bitterness is that many are defiled, "Be aware....it's your life"

FRUIT OF BITTERNESS



Roots of Bitterness

This may be the reason for so much of crime we see in our society.
 If you have recognized bitterness in your heart, you can pray the following prayer...

God, I choose to say 'NO' to anger, hatred, bitterness, violence and murder. I recognize that I get offended easily. I choose to forgive..... (name the person) and refuse and renounce all bitterness and revenge.

The second important value to have is
"INTEGRITY"

- ☑ "To have integrity is to be honest".
- ☑ Integrity is closely linked to Truthfulness.
- ☑ Being truthful is a prerequisite and is consistent with being honest.

Integrity

What is Truthfulness?

Truthfulness is to speak the truth always in all situations, however hard it may be. When you are true to yourself and others you keep your word or promise at all cost. If you are truthful, you will reject falsehood, however much people may influence you.

What does society teach us today?

It teaches us that 'we should speak according to situations and circumstances'. It says that 'we should change according to circumstances'. 'We should be skilled to hide who we really are, and be professional i.e., neutral in approach'. In effect it makes us two people, one person inside and one person outside.

This is referred to as "Playing games" and being double minded.

IN OTHER WORDS, THIS IS CALLED "HYPOCRISY".

Hypocrisy is related to...

Lying : What does it mean to lie?

We often indulge in lying even without knowing it. Lying is twisting or denying the truth. To lie means, you deliberately hide the truth. We do not deliberately lie all the time, sometimes we are forced to lie.

How does this happen?

- When we are forced by circumstances – Situational Lie.
(e.g.) when we come late to class and lie about the reason, to escape facing consequences.
- When we give half – truths.
(e.g.) we say that the teacher got angry with us, but hide the reason for his/her anger or what we have done to make them angry. In this way we get sympathy and favour from others.
- When we save others through lying – Forced Lie.
(e.g.) Giving proxy attendance - thereby enabling the person to wrongfully get something.
- When we believe it is for good – white lie.

LIERS

Why do we lie?

- We are ashamed of ourselves and our behavior and therefore we overcome it by lying.
- When we think we are going to gain something or sometimes the fear of losing something makes us to lie.
- Thinking of punishment or the feeling of being rejected also makes us to lie.
- Some people make speaking lies a habit. You may have begun lying in small things, and may have gotten away with it. Over time, you enjoyed lying and even came to a position of thinking you are smart.
- This will only lead you into cheating others, and you may soon find that others are also cheating you. In the end you are the loser.

EXERCISE

Have a group discussion on

a) Why do we lie?

b) How did we come to this position of lying?

Lying is not harmless. There are some consequences to it

1. Confusion – wherever we are, there is confusion. We are confused and we confuse others. So remember, if there is confusion, someone is lying
2. Serial lying and falsehood – falsehood means to have a character that is 'BAD' to us and society. This character is referred to as being a 'SLIMY' character
3. Circumstances going beyond control – a lying person is never in control of his or her life. Things happen in their lives that are very often unexpected.
4. Crisis – when you have multiple crisis in your life, check whether you are in the habit of lying.

If you have recognized yourself as someone who does not speak the truth and lying has been part of your life till now, you can pray the following prayer...

God, I accept I lie easily to escape or even lie out of habit. Forgive me. I say 'NO' to speaking lies of any kind. Fill me with 'TRUTH' that I may always speak what is true.

We will look at another important value closely linked with INTEGRITY and that is...
MONEY

All of us love money. Why do we love it? There are two myths about money: money leads to happiness and money brings security. We believe these myths to be true. Every year we come across magazines publishing surveys about the most famous people in the world. Most are the most famous. When we want to get rich control us, money will money becomes our life will lead to ruin and Happiness comes from having a right attitude we possess.



times we see that the richest and this desire begins to become our master. When master, the path we take in destruction. towards money and all that everything in this world and I have also belongs to God

- Attitude No. 1: God made He will meet all my needs.
- Attitude No. 2: Everything because He gave it to me. I must be willing to share it with others.
- Attitude No. 3: I must be content with what I have and never compare.

Money by itself is not bad. Only the craving for money is bad. We live in an insecure and consumerist world, therefore we must be careful about how we earn and spend. People may not be aware about this, but God is. We must be good stewards of the resources we have been blessed with. Money is good, when earned the right way. Money is necessary for good living.

But, what is good money and bad money?

Good Money	Bad Money
Is earned	May not be earned in the right way
Does not cheat any one	Associated with cheating or lying
Comes with wisdom	Comes with possible greed
Is accountable	Refuses to be accountable
Is content	Is not satisfied
Meets needs	Brings problems
Multiplies	Sudden loss may be seen

EXERCISE:

The following statements may be read out, and as a group, the participants can agree or disagree over each issue.

- It is not possible to meet all needs through good money alone.
- It doesn't matter which way the money comes, as long as needs are met.
- The way people earn money is not as important as how it is spent.

Though it seems impossible, when you are truthful with regard to money, your necessary needs will be met.

- Money should be earned the right way!
- Money should be spent the right way!

WE ARE ACCOUNTABLE FOR BOTH!

"Good Money is earned the right way and spent in the right way"

If you have recognized a wrong attitude towards money, you can pray...

God, I agree that I have a bad attitude towards earning and spending money.
Help me to be a good steward of all my financial resources.

Humility

The third important value is.....

Humbleness and
pride and arro-

(meek-
gance. . .

ness are the opposites of

What does it mean

to be humble?

- It means you think of yourself modestly ie., in moderation compared to others.
- It also means that you consider others to be better than yourself.

Humility does not mean having a low self-esteem.

Then, what is the difference?

- When we are humble, we are able to love others.
- When we have low self-esteem, it is difficult to love others freely.
- Humility gives us peace and hope, whereas a low self-esteem makes us to lack confidence in ourselves.

Meekness is linked with humility

What is meekness?

To be meek is to give up your rights out of free choice, for the sake of others. We allow others first preference. For eg. When we are in an argument and there is a clash of opinions, we will give up our rights to push our views and not resort to violence to get our point across.

Love is connected with humility

When you are humble, it is easy to love people unconditionally. Even if they wrong you, you still love them. It is not being cheated by them, or that you are being naive but knowing everything, you are able to love them.

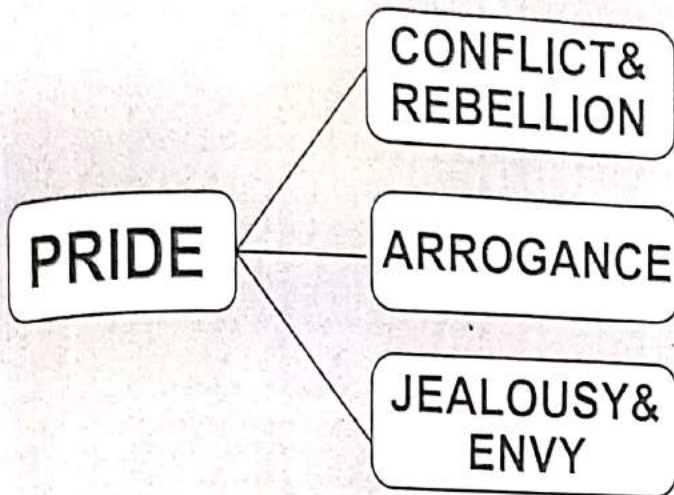
This is especially true when it comes to family and parental relationships.

Pride is the opposite of humility
Pride makes you think more about yourself than others.

Pride

Pride is "SELF" centered!

When you have pride, it leads to arrogance and arrogance says, "I know everything!
You don't know anything!"



Doesn't this remind you of how you talk to your parents?

- With prides, comes Jealousy and envy.
- Jealousy compares "myself" with "others".

- Envy compares "what I have" with "what others have".

- "I am not like others. I am not good looking"

- "His bike is better than mine" etc.
- You may be experiencing pressure and stress in yourself because of this.
- You may also be unable to submit and may be rebelling against authority.

If this is how you are and you are struggling, you can pray the following prayer...

God, I realize I am proud. I am going through unwanted pressures and feelings. I say 'NO' to pride, arrogance, jealousy, envy and rebellion. Help me to be humble and meek.

Exercise:

Discuss how proud people behave? Or how they act?
You can enact a skit, to bring the point out.

The three important values to cherish.....

BE FORGIVING!

BE HONEST!

BE HUMBLE!

UNIT 2 : BEING SUBSTANCE FREE

One important value for any youth to have is to be "substance free..." To understand this, we must start from knowing about substance use. True personality development happens only in the absence of any external interference like substance use. So, let us see how this would affect an individual in the process of self development.

Substance use modifies the personality and life of an individual. Substance abuse is a universal problem.

But, where does it all start? If we consider carefully, most addictions or substance use begins during teens or college days.

So, what do we mean by Substance abuse?

The term 'substance abuse' refers to the use or excess use of any chemical used by a person for altering the mood. It includes alcohol, tobacco, psychoactive pharmaceuticals, hard core drugs like brown sugar or cocaine, and even substances like petrol and glue etc.



EXERCISE :

Students can be encouraged to discuss this issue by asking the following questions:

- Have you experimented with any of these substances?
- What made you to take the first step?
- Is substance abuse a problem in our institution? How?
- Is there a possibility that some of the students could become addicts?

When can we say that you are addicted to a substance?

1. You may have started using a substance for fun, and now you are finding it difficult to live without it.
2. The excitement that comes by using a particular quantity no longer comes. Therefore, you need more of it to produce the same effect. This shows that you have developed a 'tolerance' to the substance.
3. You may start consuming the substance in larger quantities, more frequently and also wherever you get it.
4. Then comes the stage, when your body cannot function normally without taking the substance. This stage is called 'dependence'.

But, you may still not understand that you are addicted and are losing control over it.

You may be insisting that you can stop using the substance whenever you want to. This stage is the stage of denial. This is the first step towards developing substance abuse behaviour.

Do all people reach this stage? – Studies have shown that certain people have a genetic predisposition towards addiction. It means it can come down the family line.

EXERCISE

Why do some people get drawn to substance use? Are there reasons for it?
(Brainstorm)

All the answers can be listed down and discussed. Let us list some of the more common reasons....

1. **Availability:** Easy availability and access is the most common reason. This is commonly found in Educational institutions.
2. **Curiosity and Experimentation:** Substance use seems to some people to be an act that requires being daring and courage. It may seem to be like the forbidden fruit. They are curious about it. But, curiosity kills the cat according to an age old proverb. ("**Curiosity killed the cat**" is a proverb used to warn of the dangers of unnecessary investigation or experimentation.) It also requires some amount of rebellion against moral authorities to indulge in substance use.
3. **Peer pressure and acceptance:** For youth the main reason often is to have fun and be accepted by your peer group. You want an identity of being rough and not obeying moral standards.

4. **Social status and societal acceptability:** Substance use has become a drug culture, work place culture and a corporate culture today. Do you want to be drawn into it?

5. **False beliefs:** Substance use may initially elevate the mood, but in the long run, it is a central nervous system depressant and you may be at risk of mood swings and suicide attempts later on.

There are many myths about drugs and alcohol.

Some believe that alcohol is a health drink/tonic and after a day's hard physical or mental work, it is good to take it. The **truth** is no drugs or alcohol have any nutrient value. In fact, it reduces nourishment and leads to nutritional deficiencies.

Some believe that it makes you forget your worries by making you happy. This is not **true**. Because, taking alcohol or any other substance does not change the circumstances but only makes the person '**indifferent**' to circumstances.

There are many who believe that it enhances manliness and sexual drive! But the **truth** is substance use increases the urge but destroys the body. Not understanding this, you may seek harmful relationships to prove your manliness. Some believe that it enhances creativity and claim that Coleridge would not have written his 'Kubla Khan' if he had not taken opium. This is only a myth. All that a drug does is, at the most, makes a person shed inhibitions.

6. **Media influence:** Media dictates how we keep up with times. Some of us may be caught up with it and unable to break free.

7. **Role models and Generational:** If some of your family members are addicted to substances, you are in increased danger of getting addicted as well.

EXERCISE :

The students may be asked to give instances from cinema and TV shows which encourage a person to try drinking or taking drugs. It is also good to discuss the ways by which this can be curbed. If facilities permit, it is good to show clippings from films which instigate the younger generation to try drugs. Ask the students whether they can write to the Censor Board and the TV channels about it.

THE SPECTRUM OF EFFECTS OF SUBSTANCE ABUSE

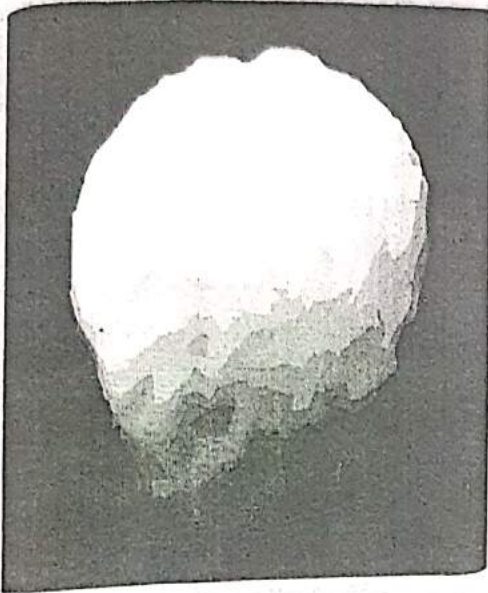
Substance abuse has a wide spectrum of influence over many dimensions of a person's life and the society.

How does addiction affect an individual and the society?

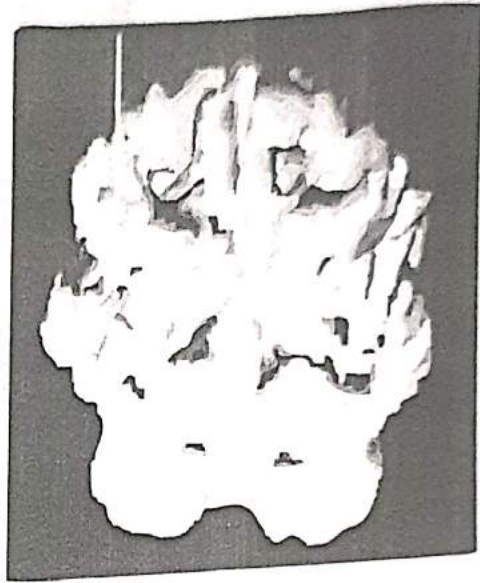
It affects my health.....

It is the health of the individual which is worst affected consequent to addiction. Drugs affect one's physical and mental health.

HEALTHY BRAIN



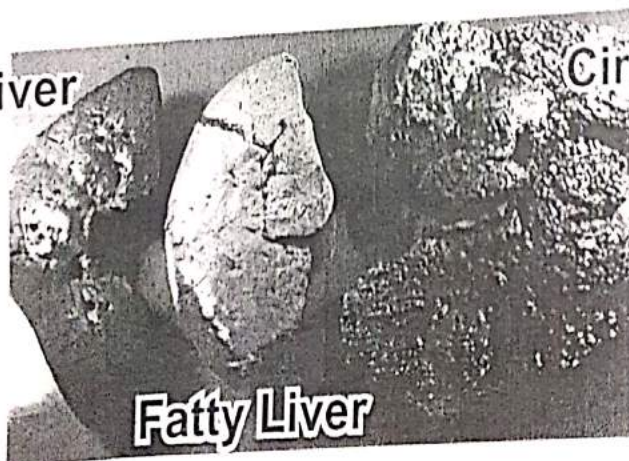
ALCOHOL AFFECTED BRAIN



Alcoholism, for example is considered to be a progressive and terminal disease. An addict doesn't take care of his health and usually does not eat well. It becomes the main cause for many of the ulcers and cancers.

An alcoholic very easily gets peptic ulcer and also cancer of the stomach and alcohol is the major cause of liver cirrhosis. It also serves as the reason for high blood pressure and heart attacks. It impairs one's pancreas.

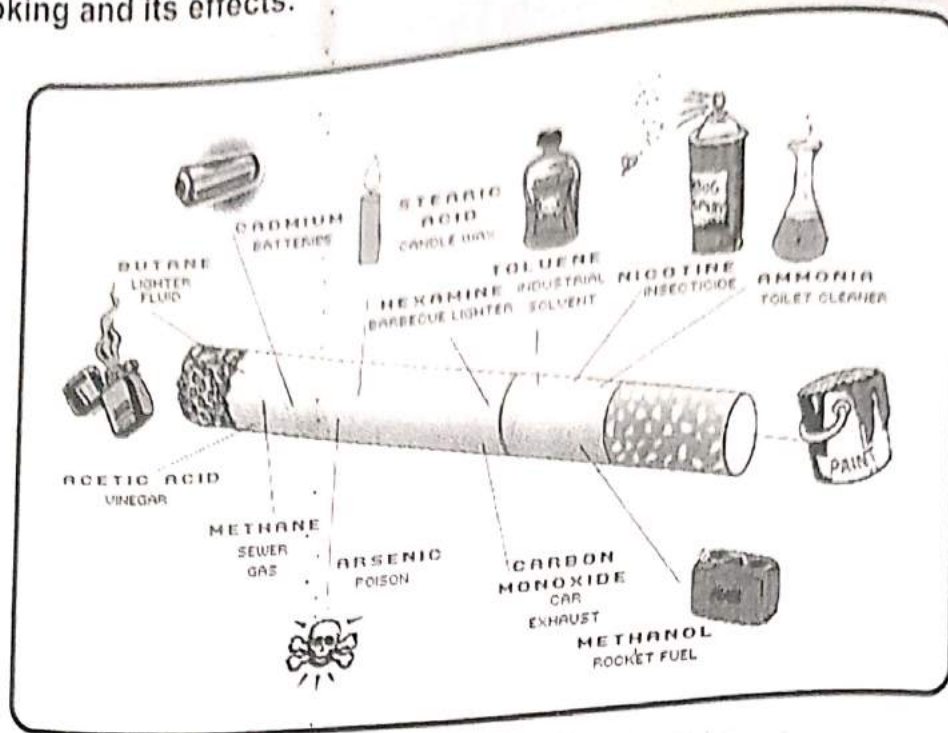
Normal Liver



Cirrhosis

Fatty Liver

Smoking and its effects.



Addiction among females is all the more dangerous as it can affect even the foetus during pregnancy. Substances often become the cause of depressions and addicts become victims of phobias (fear) and manias (grandiose behaviour) and many alcoholics get alcoholic paranoia (suspecting others).

It affects my social life....

Though people believe that taking substances increases one's efficiency, this is not at all true. Addiction, in fact, spoils concentration and thereby affects the efficiency of an individual. For example, due to hang over and withdrawal, an addicted person is not regular to work. It is a fact that addicts are not at all dependable and they are bound to show disrespect to timings.

It affects my ethics.....

If you are addicted, you may lose your ethical values and consequently respect for yourself. For example, you may resort to unethical ways to find money for your habit through lying, gambling, stealing, misappropriation, pawning, indiscriminate borrowing, begging etc.

If you are addicted, because of your unethical ways you are not usually welcome in your family or in a social function and this may make you feel rejected. This leads to many psychological problems as you have become alienated.

It affects my judgment....

This alienated feeling may make you judge people and their intentions wrongly and you may attribute wrong motives to people. This is often the reason many addicted people hate their own families.

Because an addict loses his power of judgment, it is the major cause of industrial and road accidents. As judgment is impaired, you may be bound to take wrong decisions which are catastrophic. This leads to loss of many man hours, property, and lives. When addicts are employed by a firm, the dependability and performance of the firm suffers.

It affects my spirituality.....

Addiction is one of the root causes of domestic violence, broken families, suicides, sexual immorality etc. If you have substance dependence, these issues may be part of your life.

An addicted person fails to give the required attention to his family and peace is lost. In a country like India, when the man drinks, the worst affected are his wife and children. This is because of the abusive nature of substance use which may have started during college days. In short, addiction is one of the major causes of broken homes.

Child abuse is common in homes where there is substance abuse. You may have been a victim of such a home, but now you may be about to become an abuser. Substance abuse is an evil and this evil can continue down through generations. But you can put a stop to this by saying 'NO' to this evil.

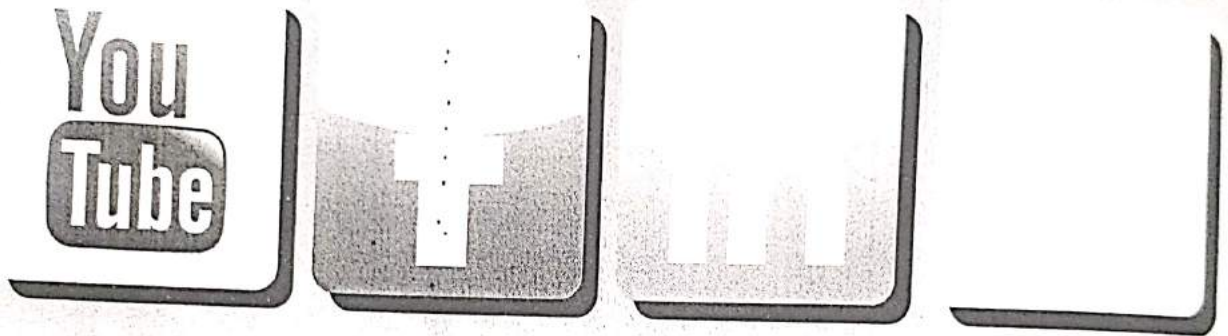
Activity: Have a discussion – “Can we have a liquor-free state”

If you want to do this, you can say the following prayer:

God, I accept that I have experimented, been curious and pressured to use alcohol and other drugs..... (name them) I also accept that I have been drawn and influenced by media and wrong beliefs. I also accept that my family has issues of addiction. I ask forgiveness for all these. I renounce substance use and all its associated evil (anger, fighting's, quarrels, harmful relationships, heightened sexual drive, immorality, abusive behaviour, violence, sadism) and its effects and my involvement with it. I also renounce my families involvement with substance use. I say NO firmly to all substances and substance use in my life.

UNIT 3 : THE INTERNET AND ITS ADDICTIONS

The Internet is perhaps the most valuable tool for everyday life. It has most of the answers to the questions we are faced with to tackle immediate problems. Any assignment on any topic can be attended to with just a few clicks. We are now privileged to observe brilliant search engines that can track down any kind of information on the Internet. The Smart phones have added to these fun times. The Internet is available at hand and has become accessible irrespective of the location one is in. Added to this is the free Wifi in many public places. It's now common to see an entire family eating at the same table, with each one seriously fiddling around with their smartphones and absolute silence in the absence of conversation. So, where are we heading?



Social Media:

Facebook, WhatsApp and the like have helped us make the world a smaller place. About 35 years ago, having three 'pen friends' and being in touch with them, was quite an achievement. Currently, having 1000 friends on Facebook is normal. On this kind of a circuit, having just a few 'friends' may even indicate that one is not sociable enough. We have progressed into a new 'friend culture'. Sometimes, the ones who are friends may not be known to us otherwise. On the one hand, Social media has helped us connect to old friends, relatives and acquaintances across the globe while at the same time making us vulnerable to a world with no boundaries and no real means of checking the veracity of an individual approaching us for a 'friendship' or for friendships which are against moral boundaries.

Are you on Facebook - if so - Do you really know your 'friends'? Are you wandering into friendships that you would not want others to know? Have you learnt how to 'unfriend' someone you don't trust? - are all questions worth asking!

Internet Addiction:

Addictions have already been discussed in the earlier unit. Yet, there is something called 'Internet addiction'. 'I am unable to be away from the Internet even for a single day'. 'I think I will go mad when the Net connection is down'. 'I am unable to sleep if I have not checked my multiple email accounts, read/download all the whatsapp messages, scrolled 'my wall' fully and posted a few comments on my Facebook account, checked the sms and deleted a few etc – all at the end of the day – even when I have done the same thing several times in the day! Restlessness is an indicator of Net addiction. When it begins to affect your mood and/or you get upset if someone disturbs you - when you are online – are also indicators that you may be hooked without your being able to accept it. At the tail end of this spiral – the danger is of withdrawing into your Internet cocoon and keeping away from friends and family – to punch those extra buttons on your computer/phone!

If you have doubts after reading this, it may help - if you do the 'Internet Addiction Test' that is available on www.netaddiction.com . There are other sites too which give such tests – which can give you a 'lead' on whether you are an Internet addict or not. If you are an Internet addict and have now become aware of being one –you know what to do next. Act immediately.

Cyber Crime:

As much as crime is a part of the 'real world', crime is also a part of the 'virtual world with one big difference – the identity is always in doubt. Harmless emails landing in your 'inbox' can lead to losing large sums of money because someone out there is efficient in 'phishing'. We now have case studies about a single person destroying a bank on 'stolen transactions'. Criminals are now all over the globe stealing and selling valuable customer data. Police in several countries are also becoming increasingly aware and are specializing in advanced techniques to track such criminals down. The long-arm of the law will eventually catch up and short-cuts are dangerous. It's best to stay away from criminal minded persons on the Net. Footprints maybe difficult to track – but everyone who uses the Internet does leave a trail!

Are you in touch with criminal-minded persons/groups on the Internet – with the hope that you will not be found out? Is there a dark-world that you are connecting with – that is best left alone?

Stealing Data and Plagiarism:

The Internet is also the easiest place to steal data. someone else's information without proper referencing is On every occasion that one borrows another person's work or necessary to give credit to the individual whose work has been fill up your essay. Stealing data/information and publishing it as your own is both illegal and ethically wrong. Across the world, there have been instances of research theses that have been rejected on account of plagiarism and stolen data. Point is – keep away

Borrowing
plagiarism,
data, it is
utilized to

Are you aware of the rules of referencing?
If not – please request your
Professor/Lecturer to teach you the basics
of referencing. Stay out of trouble!

Net Pornography:

Finally, pornographic material is abundant on the Internet and many students have had their sneak previews and seen shows even while in school. The three letter word 'Sex' leaves one curious and begins to drive the person into that which was a forbidden area. Things done in secret derive pleasure for the moment but often leave a bitter taste in the mouth. Repeat incidents and activities of this kind are often seen as driving out the guilt and suppressing the conscience in you. As your heart becomes 'defiled' with continuous exposure of this kind, that which was a beautiful gift from God is turned into a beast that begins to eat you up. Sex is a 'gift box' meant to be unwrapped after marriage. Keep it that way. Live in peace

If you have made the mistake of going into websites that have porn elements in it or watched movies of this kind – there is only one way out of it. Say 'Sorry' to God – Repent for what you have done – and live a clean life from now.

SEXUALITY AND GENDER



Learner Intended Outcomes

- To understand and experience the sanctity of sexuality.
- To understand about gender and its various implications.

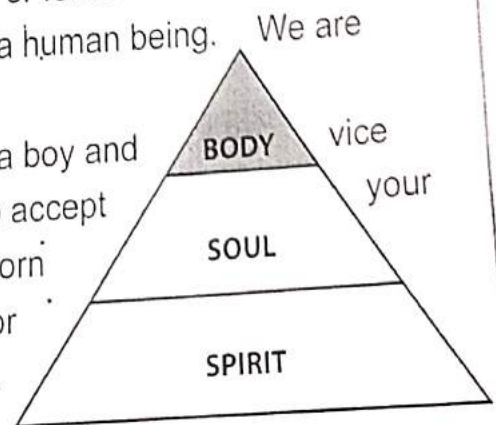
Till now, we have been looking at values of life which strengthen a person outwardly. The values we spoke till now focused on our personality. But, an important value we should possess is "Inner purity" or "morality". The strength of a person's character is this 'inner purity' and is in many ways related to the sexuality of a person.



SO, WHAT IS SEXUALITY?

God created human beings as male and female.

- We are created in the image of God as either male or female.
- This differentiation is in the body, soul and spirit of a human being. We are either male or female according to God's creation.
- If you are a girl, you may have liked to have been a boy and vice versa. But, nothing can be done about it. It is good to accept your sexuality as you have been created. When you are born Indian, nothing can change your appearance, looks or nature even if you try or want to look like some other.

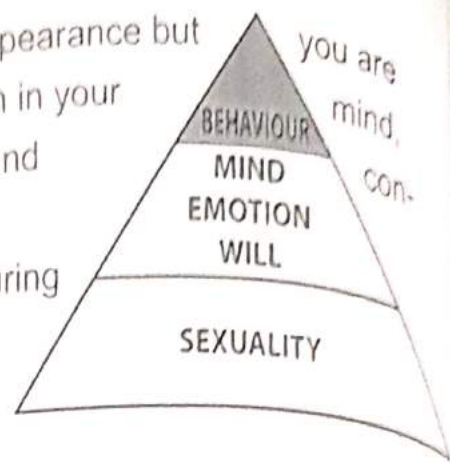


Sexuality is your manhood or your womanhood.

- It is defined not only by your body and physical appearance but also conscious of who you are as a man or a woman in your emotions and your spirit. There is perfect harmony and congruence between body, soul and spirit.

- You grow in your understanding of who you are during adolescence and as a young man or young woman.

This understanding starts even when you are a child.



Sexuality is not your personality.

- Personality is your personhood - who you are as a person.

- It is defined by your strengths, weaknesses, abilities, talents, communication skills, leadership skills etc.

- But, sexuality or manhood/womanhood - describes you as a man or woman.

- Personality is meant for the workplace and outside home, but sexuality is for the family, for close intimate relationships.

- We operate through our sexuality and our personality at any given point of time, but we must learn to identify the difference between the two.

- The problem comes when we operate our sexuality at the workplace and our personality in the family. This leads to undesirable relationships at work place and ego conflicts within the family.

- Operating through our sexuality at the work place and outside may seem to be beneficial to get our way, but is not morally correct. It is ethically wrong.

- The main thrust of sexuality is designed for marriage. Absolute expression of sexuality is in marriage.

Sexuality ≠ sex. Sexuality is not defined by sex.

- If you think sexuality is only sex, it is not true. Sexuality is not all about sex, but is the heart of your manhood or your womanhood. Nobody can see your heart and only you know it's true nature.

- If you think manhood/womanhood is in the body, then you will always associate it with sex and physical relationships. You must know that sexuality is much deeper than that. It is in the spirit realm of a person and is a heart issue, for which "only you" are responsible.

- This is the reason why many men and women 'don't seem to have a heart' because 'their heart is in the wrong place'.

Sexuality ≠ Relationship. Relationships do not define your sexuality.

- If you are always drawn into intimate sexual relationships, then your basic belief is that your sexuality comes alive only when you are intimate with another person.
- Relationships are good, but they should not make you expose your sexuality.
- If there is a danger of this happening, you may lose part of your sexuality in this relationship. It may make you lose your wholeness.
- Your sexuality was designed exclusively for your marriage relationship.
- Absolute expression of your sexuality is within your marriage, under the protection of marriage.
- Therefore be careful not to expose your sexuality i.e. the heart of your manhood/womanhood to anybody, but guard and protect it at all cost.

Sexuality is not defined by sex or relationships or sexual orientations etc.....

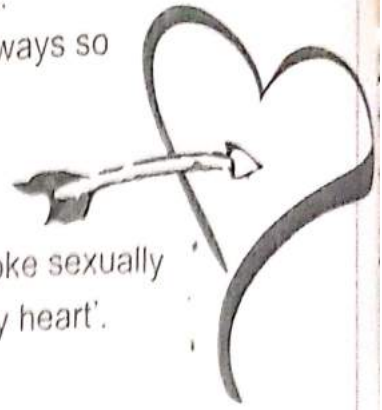
..Sexuality is the essence of your MANHOOD or WOMANHOOD

Sexuality ≠ Sexual orientation. Sexuality is not defined by orientation.

- Sexual orientation means "whom am I attracted to" in my sexuality? And "whom do I attract" towards my sexuality?
- You may be facing attractions of many kinds. You may be attracted to many people - either of the same sex or the opposite sex.
- You may be wondering if this is how everyone is and whether this is how one grows through youth and whether you are someone great because you have a great many attractions.
- You may find other people being attracted to you. Does it mean you are desirable?
- There may be great confusion as to what it means to be male and female. Can I look like a man outside, but feel like a woman inside?;
- There may be confusion in orientation also. Heterosexual orientation is attracting and being attracted by the opposite sex; Homosexual orientation is attracting and being attracted by the same sex; Bisexual orientation is attracting and being attracted by both; Multi sexual orientation is attraction to many.
- A holy and true sexual orientation is 'when a man leaves his father and mother and cleaves to his wife and the two become one-flesh'. This is God ordained.
- The attraction between husband and wife is true sexual orientation.
- Any other orientation is only a counterfeit of the original.

What is the state of your sexuality?

- Sexuality was created pure, holy, clean and honourable.
- But, you would have recognized by now, that it is not always so and 'something' keeps happening to it.
- There may have been times when you felt unclean or defiled, as though something touched your sexuality leaving it unclean. Like a girl said, 'whenever my boss spoke sexually tinged conversations, I felt like a waste paper basket in my heart'.



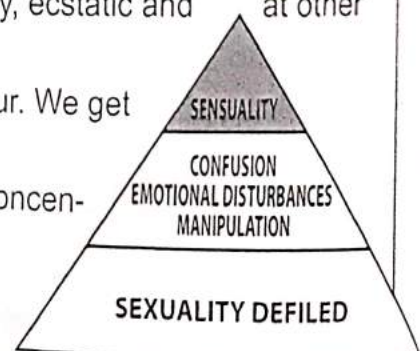
So, how does purity become defiled?

- You may think that only 'sex' defiles a person. But, it is not true entirely.
- You may become defiled even before that - when your sexuality your innermost being is touched.
- It may have been touched through sexual words, stories, discussions, pictures, unexpected witnessing of things that stirred you in your manhood or womanhood or even some physical touch or intimacy.
- All these caused stains in your sexuality.
- When the stains are heavy; you may come to think that the colour of stains is the colour of your sexuality. It may even make you behave in ways.
- The nature of your stains might make you believe that you are somebody inside and somebody else outside.
- It leaves you like a hunted animal - afraid that you may be found out.



How can I know if my sexuality is being touched and about to become impure?

- The first indication is agitation in the mind. There is confusion in the mind, as though things are not under control. We feel and we are not mentally free.
- Moral values are veiled or shut down - in other words we compromise on what our values are of good and bad.
- We become secretive and even resort to lying and manipulating family and others.
- Mood swings are common. At times we are very happy, ecstatic and at other times very depressed.
- Sometimes it becomes bad and suicidal thoughts occur. We get easily angry and 'off-moods' with people.
- We are preoccupied. This means we are not able to concentrate on things at hand and our mind is always filled with sexual imagery and thoughts.



One of the dangers of an impure sexuality is a soul-tie.

- A soul-tie is undue mending of the mind, emotions and will with another person either of the same sex or opposite sex.

- This happens easily in

- You feel totally on the other person.

- Your thinking is may even affect

- Your emotions or dependent on that

- This soul-tie can be so intense come and suicide-pacts are instances when such a pair even

- When you recognize even the faintest hint of a soul-tie, the way of escape is the best. Cut the relationship, and break all ties. Make a complete end of it and save yourself.

- Soul-ties are never good or beneficial. They only destroy. Many people have lost careers, health and family because of unhealthy soul-ties.



an intimate relationship.

'tied-to and dependent

bound to that person. It

your day to day work.

feelings are totally

person.

that death thoughts can

common. There are several

dies attempting suicide.

faintest hint of a soul-tie, the way of escape is the best. Cut the relationship, and break all ties. Make a complete end of it and save yourself.

You can pray....

God, I cut my soul-tie with (Name of person). I am sorry for allowing this. Forgive me. I renounce every attraction and every emotion and every thought. Help me God!

How can I recognize 'when' my sexuality gets defiled?

- There is preoccupation with sexual thoughts.

- You may have increased sexual desires.

- You may have violence in friendships and relationships.

- You may be hurting others and becoming angry, especially family and parents.

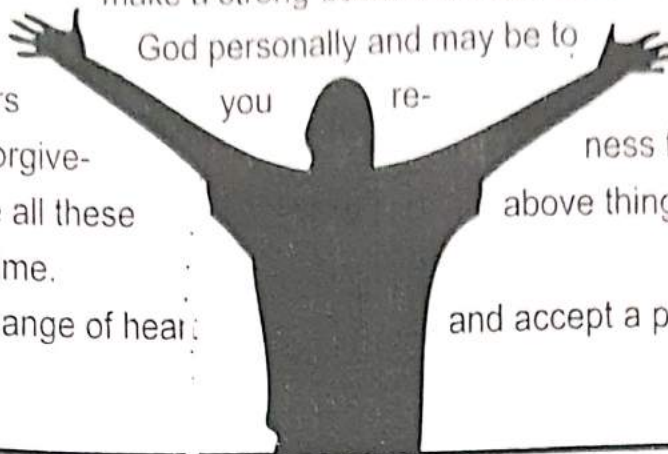
- You may not be able to concentrate on activities like studies and fair poorly in academics.

- You will be looking for fulfillment in romantic and sexual relationships. Unable to be sober and at rest.

- You may have self-gratification like masturbation and self-harm like cutting of forearm and wrists.

What should I do if I want to be free from defilement and become pure?

- First recognize that your sexuality has become impure.
- Then, make a strong decision to turn around. Confess everything to God personally and may be to respected elders or counselors you re-spect.
- Receive forgiveness for harm done.
- Renounce all these above things and firmly say 'NO!' each time.
- Have a change of heart and accept a pure sexuality.



Commitment prayer:

God, I accept that I allowed my sexuality to become defiled. I am sorry and I ask forgiveness. I renounce defilement and all its consequences. Give me a pure sexuality. Help me to guard its purity till my death.

Does my family have a role to play in the shaping of my sexuality?

- If your family members have a pure sexuality, then you are safe. You will most probably not be drawn to anything that defiles.
- But, if there is weakness in the area of sexual purity in family members, then you automatically become vulnerable. You need protection.
- Some patterns are seen in families (eg.) extra martial affairs, pre-marital relationships and abortion-etc.
- You can be different and firmly say 'NO' to impurity and guard your sexuality and keep it pure.

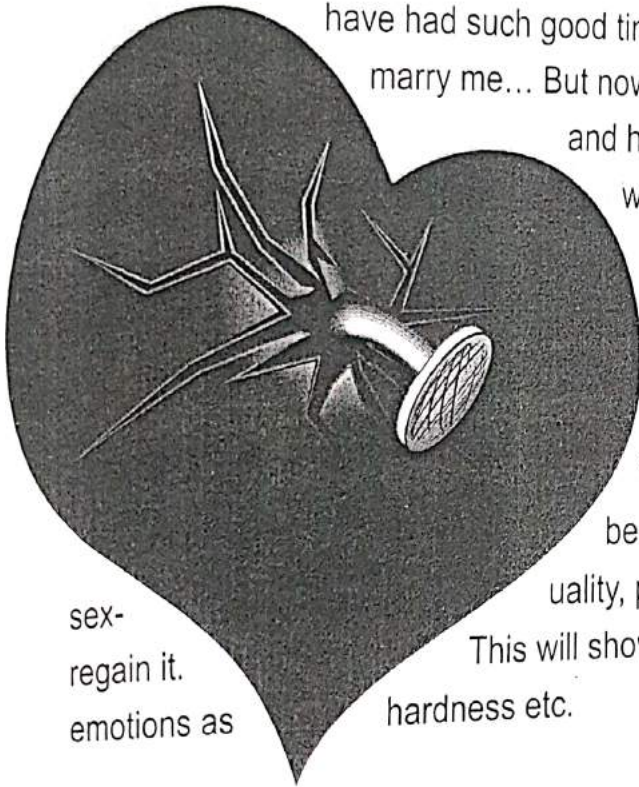
You can pray...

God, I accept there is a defilement of sexuality in my family which makes me vulnerable. Help me to overcome this situation....

Is there a possibility that I can lose my sexuality?

- If you are not careful and are casual about yourself, you can lose part of your sexuality. People can steal it.
- Sometimes you can even offer your sexualities to others as a gift; you may feel that you want to give yourselves to them not realizing that you are going to lose something.
- For the sake of exercising your personal rights by defying authority whether parental or teacher or family, you can lose your sexuality.
- When your sexuality is lost, you go searching for it from others. You may mourn, grieve and beg from the person who you think has taken it.
- You might even think of suicide.
- The way to overcome is not to 'beg' or to find an immediate replacement to fill the void, but to feel sorry for being careless and ask God to restore what was lost.

A girl said this.... 'I thought he really loved me.... I know he loves me, we have had such good times together. I thought he would marry me... But now, he has chosen someone else and has left me... I feel empty... I don't want to live... If only I can talk with him just once... everything will change...'(she was pleading)



sex-
regain it.
emotions as

Your sexuality is valuable. It has to be kept whole. When you lose your sexuality, part of you dies. You may never regain it. This will show up later on in life, as deficits in hardness etc.

You can pray...

God, my sexuality has been stolen and I have lost it. I am sad and mourning. Please help me. Restore it back to wholeness...

What happens to my sexuality if there were childhood experiences that broke me?

- A boy said this.... 'Why do boys hound me, why do men get attracted to me?' He was frustrated and perplexed. He had been abused by an elder boy when he was a child. Can the boy be free of this situation?
- When bad things like abuse happen at a very early age, something is passed on from the offender. You can say, impurity is passed on.
- This causes shame and humiliation, but it can also cause a tendency to similar behaviour in you.
- This makes the child open to further abuse and may even cooperate with it.
- As you grow older, sexuality becomes corrupted and sometimes deviant behaviours or tendencies can be seen.
- The way out is to understand the effects of abuse and to firmly reject and renounce all these ill effects and resist any influence. FORGIVE the offender and set yourself free. Accept a clean sexuality which is between your creator and you. Do not give place to anything which defiles from now on.

You can pray...

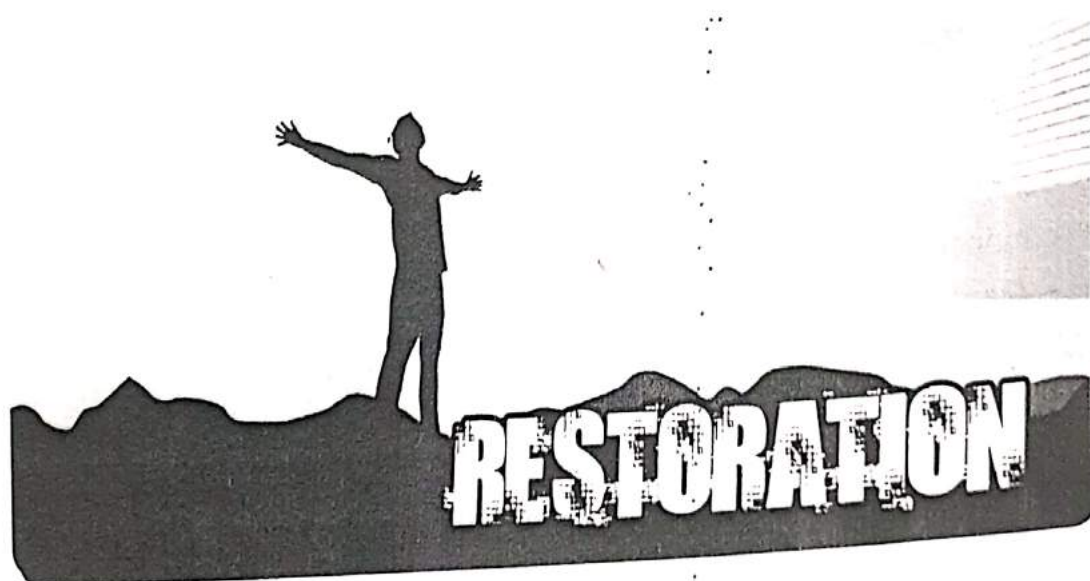
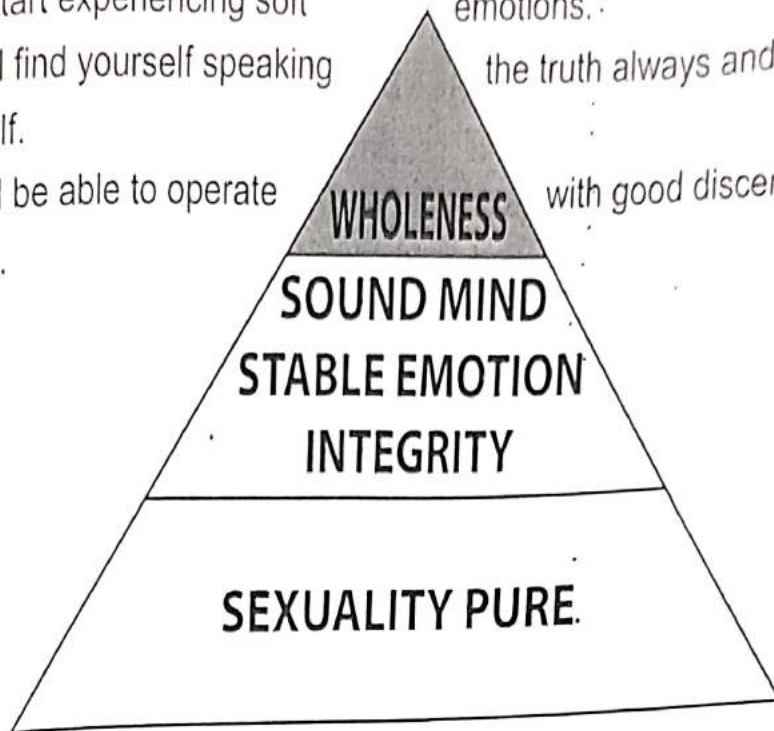
God, I accept I have been abused, which is causing shame and humiliation and guilt and making me to behave in certain perverse ways. I forgive the person (name) who has abused me. I accept a clean sexuality and promise not to defile myself or anyone else.

Can my sexuality become clean again?

- Now that you have recognized and understood defilement and its consequences, you can make a choice to renounce it and accept a clean sexuality.

How do I know that my sexuality has become pure?

- You will have a sound mind which is clear and without any confusion.
- Your emotions will be stable and there is peace and calm in the soul.
- There is no more guilt or shame. Your heart becomes soft and tender and you will start experiencing soft emotions.
- You will find yourself speaking the truth always and being true to yourself.
- You will be able to operate with good discernment and judgment.



'So guard your sexuality and keep it pure'

UNIT 2 : GENDER



Learner Intended Outcomes

- To remove gender bias and prejudices.
- To develop a gender-just perspective.

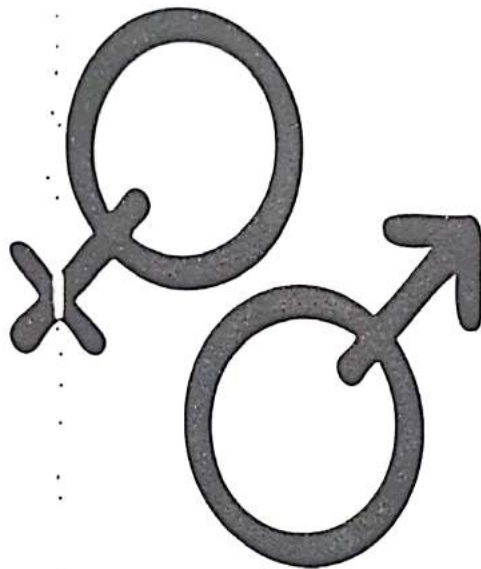
Gender Concepts: What does 'GENDER' mean?

- Gender refers to proposed social and cultural constructs of masculine and feminine traits which apply to both man and woman.
- It explicitly excludes reference to biological differences, to focus on cultural differences.

- Most of the traits understood to be female or male have been constructed by society and culture.

- This has no connection with biological sex.

- Gender varies from place to place and from country to country and within a country to region. It describes all the socially and economically given attributes, behavior patterns, roles and activities connected to being male or a female.



traits understood to be female or male have been constructed by society and culture.

This has no connection with biological sex.

Gender varies from place to place and from country to country and within a country to region. It describes all the socially and economically given attributes, behavior patterns, roles and activities connected to being male or a female.

- Gender is how we are perceived or made to think and act and behave - with expectations of the society the male and female belong to, because the society is organized in that manner.

- Gender is also about power. It creates the divide between the leader (male) and the follower (female), the thinker (male) and the implementer (female), the rational person (male) and the emotional person (the female), the active (male) and the passive (female).

What do we mean by.....

Gender Discrimination?	<ul style="list-style-type: none">• It is a condition in which bias exists with respect to women and men. In such a case the different social, economic, and political activities of women and men are geared to and determined by their gender.
Gender Awareness or sensitivity?	<ul style="list-style-type: none">• This refers to the ability of one to be able to identify problems that arise due to gender based discrimination and inequality.
Gender Blind?	<ul style="list-style-type: none">• Gender blind is when a person, or policies, or institutions are not at all sensitive to the discrimination between women and men nor is it possible for them to perceive the specific needs of women.
Gender Relations?	<ul style="list-style-type: none">• This is about the relationship between men and women. It is the culturally and socially built relations between women and men. It is about power relationship and how power is dealt with between the sexes, about how responsibilities are allocated and how value is assigned to each. Gender relations vary over time, caste, race, ethnicity, disability etc, and tend to be context specific.
Gender Analysis?	<ul style="list-style-type: none">• This involves a close examination of the problems or a given situation specifically to identify gender issues.• Some of the important elements of gender analysis are identifying differences and similarities between women and men with respect to work, wages, and access to resources, decision making, roles, and responsibilities.

Gender sensitivity

- While sexuality makes us understand the character of manhood / womanhood and the essence of being man and woman, gender refers to social constructs of this manhood and womanhood.
- Gender expression is based on societal expectation.
- How does the society want the man or woman to think and act and behave?
- Gender also addresses about power equation.
- Who is greater? The man or the woman?

Difference between Gender and Sex (Male/Female)

In common usage, the word gender often refers to the sexual distinction between male and female. By contrast, in the social sciences, "gender" denotes a social, cultural, or psychological condition, as opposed to that of biological sex.

<u>Sex</u>	<u>Gender</u>
Sex differentiation is natural and biological	Gender is socially constructed. It is socio-natural and it is man-made.
Born with biological characteristics.	Masculine and feminine qualities, behavior patterns, roles and responsibilities etc.
Everywhere (universal), seen in all human beings.	Gender is variable, it changes from time to time, culture to culture, even family to family.

To sum up,

- Gender = social and cultural construct or interpretation of differences between the sexes (masculinity/ femininity)
- Sex = Biological distinction/differences (male/female)

Gender Equality

Equality between man and woman is a fundamental right, a necessary condition for the achievement of growth. Although inequalities still exist in our family and in significant steps have been taken to overcome gender inequalities. Gender specific for advance-



our society, many legislations intended to address disparities and gender mainstreaming is a commitment of women.

Gender Equality means,

- Different behavior, aspirations and needs of women and men are considered and valued equally.
- Their rights, opportunities and responsibilities will not depend on whether they are born male or female.
- Free to develop their personal skills and make choices without limitations set by stereotypes, rigid gender roles and bias.
- Women and men live equally fulfilling lives.

Gender equality in marriage

- Marriage is the coming together and union of two opposite sexualities and two different genders.
- When manhood and womanhood combine, there is a great synergy. It is like nuclear fusion and creates a lot of positive energy which is good for the family and society.
- When two gender roles combine, there is maximum efficiency of the marriage, family and home.
- This requires that each spouse respect and honour each other and submit to each other and love each other and give themselves up for each other. This is God's plan for marriage.
- If there is a power inequality, it leads to suppression and a role change.
- The extreme pressure for gender equality may result in a role reversal.
- This produces a great burden on the woman as the sole bread-winner of the family, having to give up all the joy of a happy home.
- Womanhood blooms under the support and security of a protective reassuring husband.
- Manhood blooms under the support and encouragement of chaste womanhood.

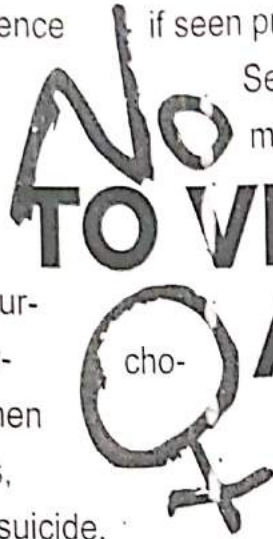
So why is there violence against Women?

- Violence against women [VAW] is a chosen action against a woman or girl simply because of her gender, simply because she is a female.
- VAW cuts across lines of race, religion, income, class and culture.
- VAW is deeply embedded in all cultures, so much so that millions of women consider it a way of life.

- Gender Violence if seen prevails throughout a woman's life and expressed as Sex selective abortions [female foeticide], wife battering, marital abuse, domestic violence, abuse of women by intimate part-

ners, marital rape, dowry abuse and murders, partner homicide, psychological abuse, abuse of women with disabilities, honour killings, acid attack, abetment to suicide.

- Abuse of widows / elder women.



In Childhood VAW is

- Female infanticide, emotional and physical abuse and discrimination and neglect of girl child.
- Differential treatment and access to food, medical care and education depriving childhood and recreation, prostitution, bonded labour based on gender.

In most cases VAW is directly linked with substance abuse especially alcohol.

Violence against women and sexuality

- It can be seen from all the above that it is not gender alone, but there is a certain element of sexuality and the defilement that is connected with violence against women.
- It is possible that we have accepted defiled sexualities and its consequences as part of a normal society and family for too long.
- Domestic violence and violence against women is definitely associated with antisocial traits secondary to defilement.
- When the woman shares in the impurity, then violence increases.

Towards a Gender Just Society

In a gendered society, the need for educating both men and women about the concept of gender is of paramount importance.

Equality between women and men is God's idea and a human rights issue.

There are gender re-distributive policies and interventions by the government and other stakeholders, which intend to transform systems to create a more balanced relationship between men and women.

Counselling and support services are very essential to deal with situations of violence and discrimination affecting women and children. Support services are available include interventions of rescue, shelter (hostels and clinics), rehabilitation and integration into family and society.

How can we establish equality between man and woman?

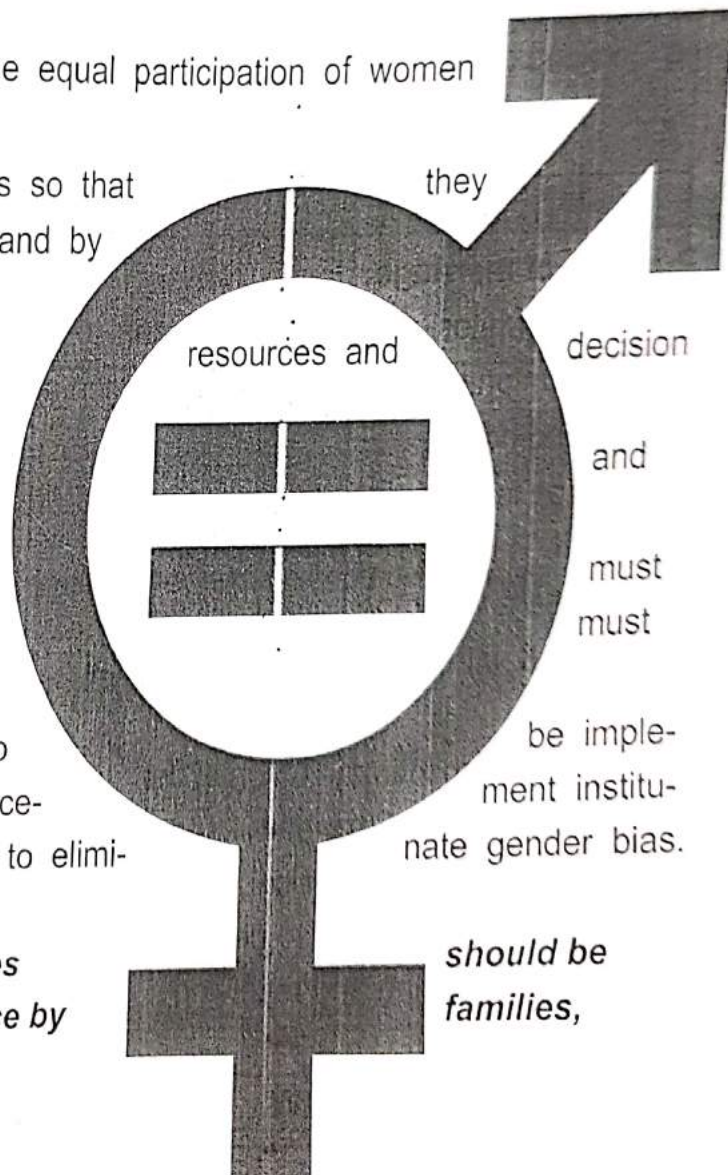
- We can do it. By promoting the equal participation of women and men in making decisions.

- Supporting women and girls so that they can fully exercise their rights and by reducing the gap between women's and men's access to making.

- If equitable and sustainable peaceful progress is to be achieved, women's status be improved and their rights be recognized.

- For gender-responsive laws to be implemented and enforced, law enforcement agencies may need to be reformed to elimi-

Developing gender just practices encouraged and put into practice by school and society...





Learner Intended Outcomes

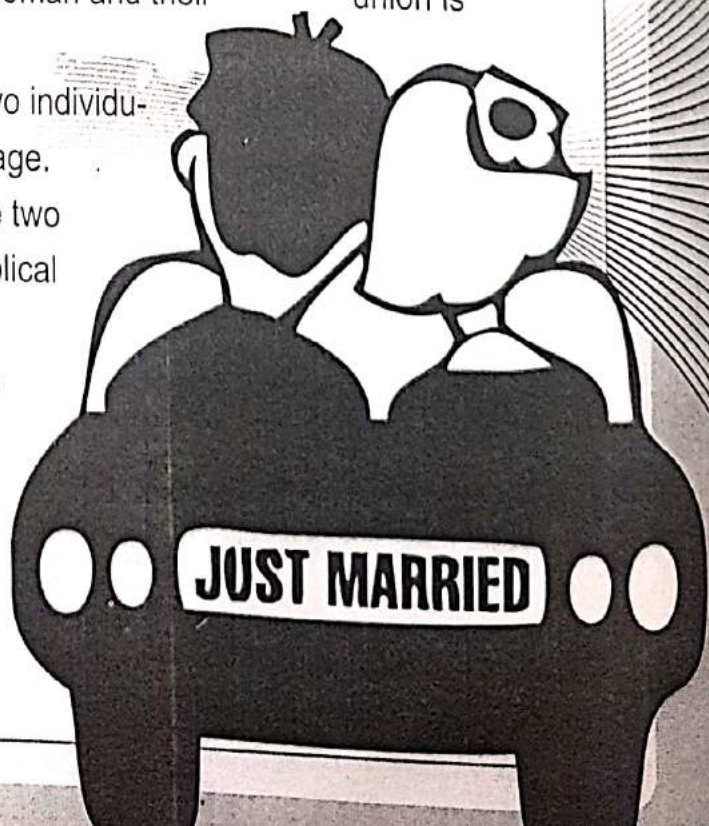
To know, appreciate and experience the sanctity of marriage

- Young people must realize that God is part of every marriage and without God, marriage would lose its depth and value.
- Entering into a marriage relationship is an act of faith. We begin marriage without enquiring or understanding how everything will work out; but we must have confidence in God and commitment to our spouse.

“For this reason a man will leave his father and mother and be united to his wife, and the two will become one-flesh...”

Purpose of marriage

- Marriage unites 'a man' and 'a woman' to become husband and wife. It is the legal union of one man and one woman and their union is sacred and holy.
- Marriage is not an affair between two individuals. There is sacred intimacy in marriage.
- Marriage is a companionship where two (husband & wife) become one – a Biblical view.
- Marriage is an intimate union of the spirit (spiritual), soul (mind, will and emotions) and body (physical).
- Marriage was intended to be a caring, loving, giving and receiving relationship.



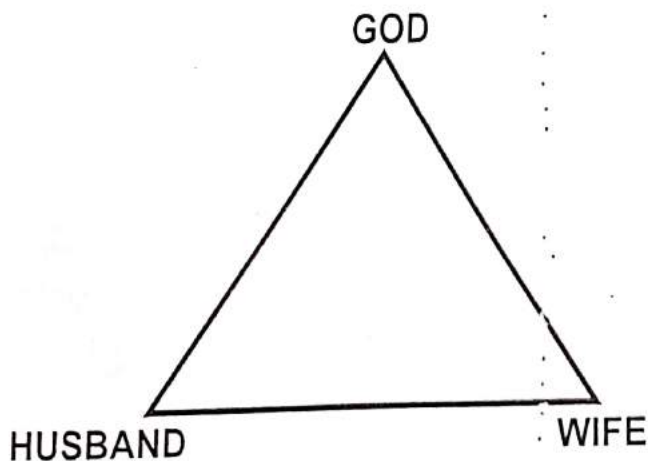
Marriage is God's idea and has been in existence from the beginning of creation.

Sacredness of Marriage

- Marriage is a calling, where two people commit themselves to a legal relationship. .
- It should be emphasized that marriage is not for convenience (i.e.) A surface relationship intended for mutual convenience only.
- Marriage is also not a 'contract' relationship; where provisions are made for an escape when either party breaches the contract. But, marriage is a 'Covenant' relationship where both promise to fulfill their word given, irrespective of the stand of the other person and regardless of the circumstances.
- A marriage ceremony involves making a commitment to one another in the presence of God and the witness of self, family, friends and relatives.
- Being in Covenant means you are unconditionally committed to someone. This commitment is intended to be mutual. Unconditional commitment means loving someone doesn't depend on what they do or don't do for you.
- Therefore, this relationship needs a lot of forgiveness to be extended because the two are not perfect but imperfect humans.
- Covenant marriage also means that divorce is not an option – if you believe that it is your right to get out of the relationship when it gets tough, remember you have kept the exit / back door open. ∴

What is a covenant?

- Covenant is not just two people, but God in the union of a husband and wife.
- For this reason, a man will leave his father and his mother and cleave to his wife, and the two will become one flesh. This is the ordinance of God.



There are three principles of a covenant

(1) Strong commitment – Marriage should not be taken lightly or casually, because there is high investment in marriage.

The primary commitment is to the marriage covenant and only then to the spouse.

(2) Loyalty unto death.

Loyalty = Being faithful.

Whether in sickness or health, whether richer or poorer, whether up or down, in good times or bad times, we will be together till death parts us.

(3) Unconditional protection.

There may be losses, sacrifices, change, but all these will work for good to the one who stays true in marriage.

The loss is always limited because of God's goodness.

It is good to see marriage as...

- Death to independent living
- Not 'I' but 'WE'
- Not 'mine' but 'Ours'

This is called 'interdependence'
in marriage.

What do we mean by becoming 'one' in marriage or what is marriage union?

- We must understand that both male and female were created in God's image.
- They were created to enjoy everything on the earth but they were not intended to dominate or suppress one other.
- Man and woman were created complementary to each other – therefore there is no real need for competition or conflict with each other. We must learn to identify, appreciate and integrate the complementarities.
- The differences should neither be considered as weakness nor as superiority or inferiority.
- God intended that individual strengths should combine together to produce 'Synergism'. This would give exponential results in coming together (i.e.) 'marriage'.

Some suggested roles for Husband and wife

Husband	Wife
<ul style="list-style-type: none"> As the head of the home should take all responsibility for everyone's well-being in your home. 	<ul style="list-style-type: none"> Respect and honour your husband in what is right and good. Do not subscribe to what is wrong.
<ul style="list-style-type: none"> Be the provider. You should be the prime breadwinner for the home. Your wife may supplement your income. 	<ul style="list-style-type: none"> As the woman of the home, see that everyone in your home has all their needs met.
<ul style="list-style-type: none"> Be the 'lover'. Love your wife and love your children even if you have to give up certain things in your life. 	<ul style="list-style-type: none"> Love and care comes naturally to you. Excel in it.
<ul style="list-style-type: none"> Honour your elders, parents and in-laws. Provide for them. 	<ul style="list-style-type: none"> Learn to be assertive for what is good and right.
<p>Bringing up children is a joint responsibility. It does not belong to the woman alone. When both of you take equal responsibility and enjoy it, then children grow up good and strong.</p>	

A husband should not and cannot think he is the boss. Remember personality is for work place and manhood is for home – loving / caring and so on.



Learner Intended Outcomes

To understand the 'preparation' for marriage.

“Marriage is to be held in honour among all, and the marriage bed is to be undefiled....”

♥ Today, creating a picture perfect wedding day for the couple has become profitable and a huge industry. Glamorous and classy wedding scenes are the rule of the day.

♥ Weddings are without a doubt, one of the most significant and life changing events a man and a woman will ever experience.

♥ However as marriage is a life-long commitment between a man and his wife, it is absolutely necessary to step into this relationship with preparation.

♥ Preparation for marriage would generally include...

☑ Knowing who you really are and where you come from in terms of beliefs, experiences, behaviours and so on. This will help you understand yourself better and deal with the issues that can crop up in your marriage to destroy the peace.

☑ Recognizing your family in your marriage – This means, there may be negative behaviour patterns which you may have to work on. Generational patterns are learned and rehearsed by family members over years – if they are not good, learn to cancel them and reject them from your life.

☑ Knowing God's intentions of marriage.

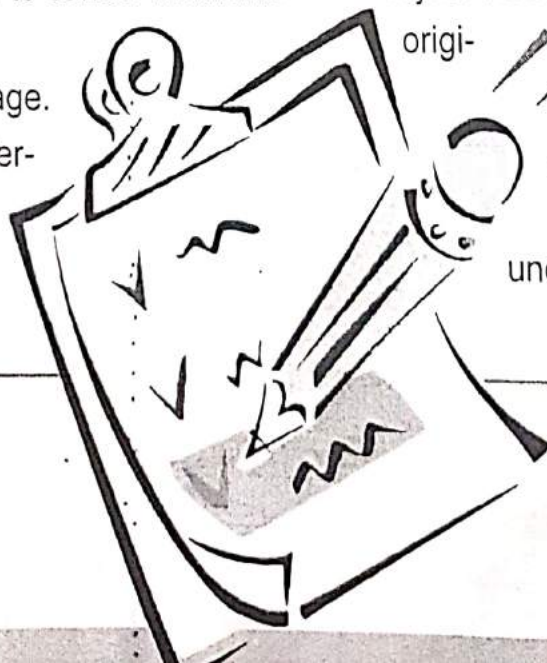
☑ Knowing the difference between love and lust. and lust is

original idea and

ence between

Love is clean

unclean.



CHOOSING OF LIFE PARTNER

♥ Arranged Marriage:

- ☑ A marriage union decided by elders with the consent of the child can be a good thing because it speaks of the love and concern of the parents.
- ☑ To parents it is a sacred duty but this duty should not be exploited on the grounds of caste, dowry etc.,
- ☑ Parental judgement regarding the character of the person in consideration should be valued.
- ☑ Does love come into an arranged marriage? God puts His love into the marriage when the marriage covenant is made.

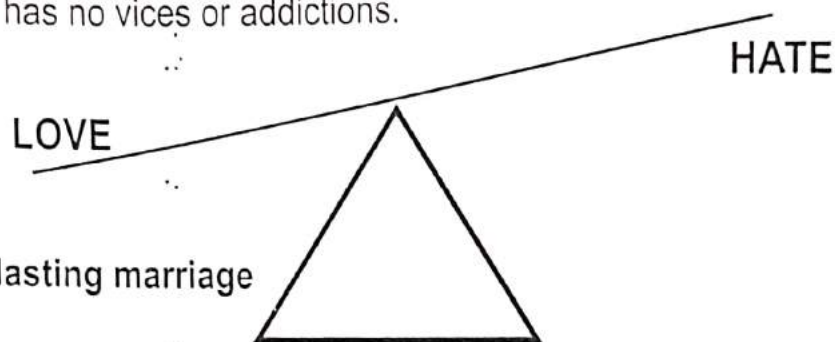
♥ Love marriage:

- ☑ While parental choice without the consent of the partners is unjust, the opposite extreme of self-choice without the consent of parents or elders is generally imprudent.
- ☑ Marriage based on mere feelings of love and romance may not have a firm foundation to withstand life.
- ☑ While parents must begin to see that the times are changing and greater freedom of choice for their children is appropriate, on the other hand young people must not be rash to neglect the wisdom and experience of parents.
- ☑ Young people generally they do best to press other – marriage tear down mask. must realize that wear people in love a mask – their im- the but will the



♥ A few thoughts on choosing a life partner

- ☑ Choosing a life partner is a serious and responsible thing.
- ☑ This is one of the most important decisions you will make in your life.
- ☑ Make sure that both of you have good moral values..
- ☑ Make sure your life partner is a person of character – as marriage will not change him/her. (Habits like drinking, flirting, suspicion, anger, violence and instability in jobs etc - don't change)
- ☑ Are you able to relate and converse easily
- ☑ Is he/she treating his/her parents with honor & respect.
- ☑ Is he/she is respected by others – you may discreetly ask a few people what they have observed.
- ☑ Women make sure you marry a person who has financial stability to provide for the basic necessities for the family.
- ☑ Make sure he has no vices or addictions.



♥ Secrets to a lasting marriage

- ☑ Remember marriage is not just about finding the right person it's also changing oneself to become the right person. This will not be according to your spouse but according to what God wants you to become.
- ☑ Remember - Marriage is based on covenant relationship which is unbreakable – never allow anyone or anything to break the covenant.
- ☑ Remember that your spouse cannot fulfill all your needs – only God can.
- ☑ Remember marriage cannot be a 50/50 relationship - "If you do your part I'll do mine." Do whatever your responsibility is and do your best – 100%.
- ☑ Say no to sin of any kind – keep your boundaries intact and strong.
- ☑ Learn to intentionally invest time and energy to do that which can bring joy into your marriage and home.
- ☑ Remember – your spouse is not your enemy - or for that matter your in-laws – we have a common enemy –sin and Satan, who aims at breaking marriages- resist him.
- ☑ Remember –"whatever a man sows that he will reap" – be careful about what you sow in your spouse and children. Example: If we sow LOVE.... we will reap LOVE.
If we sow HATRED..... we will reap HATRED.

Sex outside marriage

- ☑ The Bible calls sex outside marriage as adultery.
- ☑ Any other form of sexual activity outside marriage is sinful - Pornography, sexual fantasies, etc. all lead to adultery of the heart and make a person just as guilty as physical adultery.
- ☑ Adultery is sin against God, spouse, children, self and society.
- ☑ Adultery destroys trust and the self-esteem of the victim.
- ☑ When such immorality becomes the accepted conduct of a nation, it brings that nation to destruction.

Premarital sex and its consequences¹

- ☑ Sex is a powerful bonding experience designed to bless and strengthen marriage.
- ☑ Since sex is a sacred gift of God, sexual sin leads to deep spiritual & emotional implications.
- ☑ When a man and a woman who are not married to each other have sex, they are consummating a "marriage" without the covering or the security of the covenant of marriage.
- ☑ Premarital sex is outside God's original plan for human beings.
- ☑ This is unsafe sex. Sadly, today the world says 'unsafe sex' is sex without condom but that is the least of it.
- ☑ Though the pill and the condom have made it easier for unmarried to indulge in sex without the fear of pregnancy – that does not make premarital sex become a cleaner act
- ☑ Premarital sex is so common today that some people are considered conservative or old-fashioned for maintaining purity until marriage



Sex' is God's plan for sexual intimacy and sacred gift for husband and wife under the covering of the covenant.

Why is Premarital sex dangerous?

- ☑ An ungodly soul-tie is established through this act – this brings a curse on our life as it is sin - defiles the manhood or womanhood of a person.
- ☑ Be aware of the dangers of venereal diseases which even the condom cannot always prevent.

GOD'S VIEW :

- ☑ The Bible calls Pre-marital sex as fornication – sexual immorality where partner is unmarried and sex outside marriage as adultery.
- ☑ The command is straightforward – “*Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body.*” “*Marriage is honorable among all, and the bed undefiled; but fornicators and adulterers God will judge.*”
- ☑ Repentance, receiving God's forgiveness and the breaking of soul-ties is the best way to deal with this sin.

Do not be deceived young women!

Youth is such an innocent period that you tend to trust the person who makes advances to you. Especially if your home offers no love, you tend to fall into the open arms of the first lover who comes your way. Then one day you face the hard choice, "if you love me, come to bed with me." If you refuse he may leave you. You are made to believe he will marry you and make you his queen. But this is an emotional tactic. Deflowering innocent virgins is a game for some boys. Every conquest they make is another feather to their already loaded caps. But how soul-destroying it is to the girl when she discovers that he was simply having fun with her. Worse still to know that she was one of his many victims. Remember, virginity once lost is forever lost. You cannot get it back.

Why only playboys? There are too many play girls who will sell their souls for a sex trip. **BEWARE!**

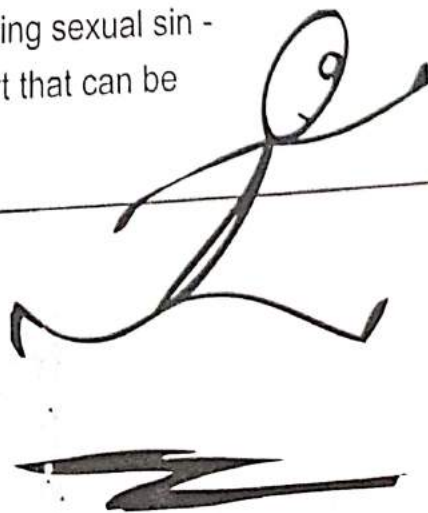
There seems to be always a group around you to push you into premature sex-friends who want to watch the fun, who would call you a chicken if you don't entice a girl or boy. Who is chicken?

The one who does the easier thing or the one who stands the tempests of temptations? They won't dare call you so, ten years later, when you are decently married! Keep away from such chicken friends.



Overcoming sexual temptations :

- ☑ This is one temptation that has destroyed more lives than any other.
- ☑ Often we allow the norms and values of the society we live in to dictate our behavior – but God has given a standard to live by and He also gives the grace to do it.
- ☑ God has given man a free will – a power to choose that can be steered in the right or wrong directions to achieve either positive or negative results.
- ☑ Beware of the attitude – “It will never happen to me.”
- ☑ When tempted one does not see the consequences that come along with it.
- ☑ Decide abstinence – people think staying pure is impossible but with God all things are possible.
- ☑ Don't develop intimate relationships with the opposite sex and never be alone with one – it is like gunpowder and fire – can end up in an explosion that will forever wreck your life.
- ☑ Establish boundaries - avoid every kind of physical contact. Keep yourself away from people, things and places that make you to be vulnerable to sin.
- ☑ Keep yourself at a respectable distance from opposite sex – both single and married.
- ☑ If your lover asks for sex to prove your love for him/her and threatens to leave if you don't – it is better to get rid of this person than to live a life of regret. Demand for sex before marriage is not love but lust (selfish sexual desire that does not care for the other and will not last long) – you have the right to refuse it and guard yourself.
- ☑ Remember, virginity lost is forever lost – you cannot get it back unless God restores it back to you pure and sanctified.
- ☑ Many people become frustrated in their struggle to overcome sexual sin because of the misunderstanding about the location of the sin – body or heart?
- ☑ The heart is the most important place in conquering sexual sin - victory over sexual immorality begins with a heart that can be sanctified by God – just ask Him.



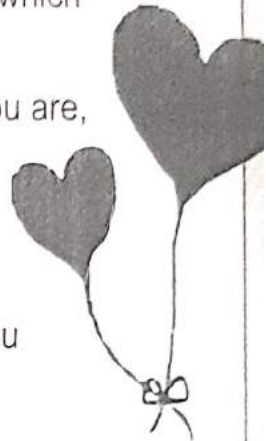
How can I prepare myself and my sexuality for marriage?

- ☑ When you enter into marriage, you must enter it clean and pure and whole.
- ☑ Impurity and brokenness should not be swept into marriage.
- ☑ Prepare your heart...

- If you had been physically abused and mistreated by parents and elders...
FORGIVE THEM.... even if they don't deserve it... By this you will be free...

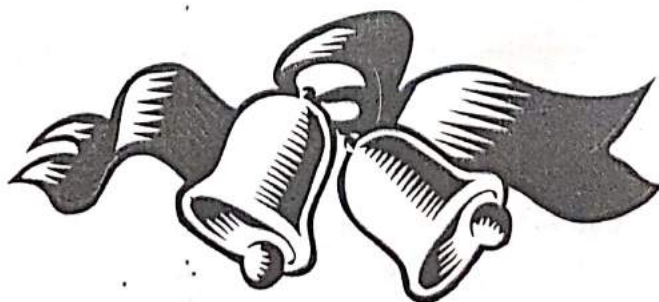
- If you had been emotionally abused... through hurtful words which made you feel useless, insignificant and small FORGIVE THE ABUSER... Refuse to believe what they said and know who you are, you are valuable to God and people.

- If you had been neglected... if your parents were too busy for you or if you did not feel loved or did not feel secure, FORGIVE THEM... what you felt is not true! You are lovable and you have security in God.



You can pray,
God, I choose to forgive those who have physically, emotionally, verbally abused me.... (If you could remember their names, speak out the name)... I also forgive my parents for neglecting me...

- ☑ See that all soul-ties are cut and you are free emotionally and mentally for your spouse.
- ☑ Make sure you have received a clean sexuality and cleaned up of all defilement.
- ☑ If you are not prepared, marriage can be a challenge and you may make others feel miserable and responsible for your unhappiness.



I will honour my marriage covenant and
Commit to be faithful till my death ...

SOCIETAL CONCERNS AND CHALLENGES

IX



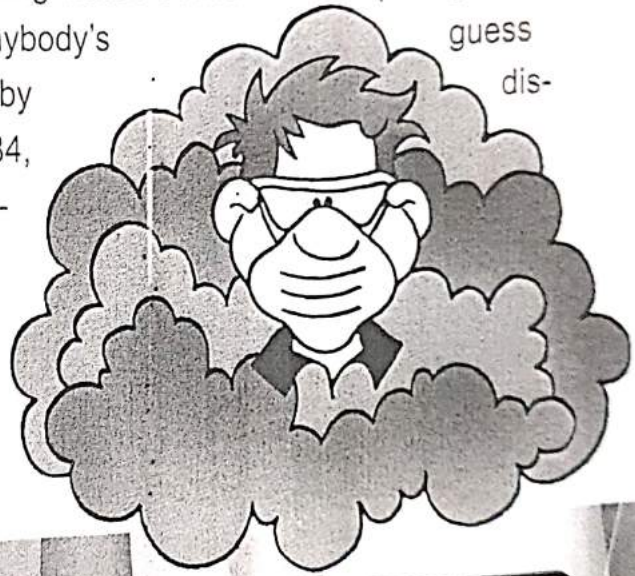
Learner Intended Outcomes

To generate awareness of social issues and challenges and to strategise effectively in combating them.

ENVIRONMENTAL ISSUES:

Pollution:

We have learnt to adjust to the dirt and filth in our country. In fact, without realizing it we contribute to it. India is very high on the list of 'most polluted countries'. As we technologically advance, there is a huge quantum of experimentation that occurs and environmental norms are often not given its due importance. Whether it is the drainage disposal or the industrial pollution due to waste-water discharged from our factories, there seems to be very little possibility of preventing its flowing into our water bodies that provide us precious drinking water. Consequently, the groundwater is also hugely polluted. It's anybody's guess as to the number of people being affected by diseases due to polluted ground water. In 1984, with the Bhopal gas tragedy and the resultant death and destruction, we woke up to the reality that pollution can result in severe damage to life on a large-scale – not to mention the devastation that occurs to livelihoods.



ACTIVITY :

On a scale of 1(very poor) to 10(excellent) – evaluate yourself on your personal understanding of the following terms:-

Acid Rain

Green Buildings

Global Warming

Light pollution

Emission standards

Thermal pollution

Greenhouse gases

Biomagnifications

Hazardous wastes

Soil Contamination

Ozone layer depletion

Earth Day

What can we do about reducing Pollution and improving the environment?

The immediate response that comes to mind is 'can I really make a difference?' Perhaps a good beginning could be 'let me contribute in a small way to reduce pollution in India'. If all of us begin practicing little things, it is bound to have an impact on the pollution levels in our nation. Here are some practical tips - you can mark 'Yes' or 'No' - to indicate that it is possible for you to work on them and make things happen.

Possible Action points

1. Switch off lights -at home and in other places - when not needed.
2. Close/Shut the tap when overflowing or not in use- to prevent wastage of water.
3. Practice the three 'R's - Reduce; Recycle; Reuse
4. Avoid plastic to the maximum extent possible.
5. Buy goods that have energy certification or stated energy standards.
6. Avoid unnecessary print-outs from the computer - saying 'No' to wastage of paper.
7. Get involved in the eco-club in college.
8. Plan a trek to a place with natural wealth.
9. Plant trees and plan for them to be watered and protected.
10. Do a project with your classmates - study the pollution in your area and plan on bringing it to the attention of the authorities. (ex: if open sewage is a problem - you can study the same and propose a solution to the authorities concerned. You can also plan a follow-up to ensure that it is incorporated in the next year's plan of the authorities concerned.)



UNIT 2 : CORRUPTION:

In India, we are familiar with corruption on a day to day basis. Often the question we consider is 'how much should I pay' rather than 'is it right to pay'. The first experience that we are faced with leaves us with anger and frustration with the 'system' and then slowly we shift to a level of acceptance. 'It's alright as long as the job gets done'; 'it's alright as long as it is reasonable'; 'it's ok as long as I am not doing it directly' and so on. As much as one attempts to justify it at an individual level, we also realize that it has everything to do with greed. There is no question of being satisfied – the 'receiver' of the bribe never stops. On the other hand, he/she gets bolder and greedier and if one is dependent on such a person for regular work to get done, the 'receiver' is emboldened to expect more – for the 'greed factor' is elastic. The sobering thought is that corruption is present both in the government and in the private sector. There are no boundaries for it.

EXERCISE:

Briefly - each one can share any one situation in which you or your parents or friends were victims of corruption. What could have happened to avoid it?

Corruption is not unique to any particular country. Every country in the world is affected by corrupt practices even when they appear to have the most developed judicial system and efficient police and vigilance personnel. An international organization Transparency International looks at all countries in an equal manner and publishes the 'Corruption Perception Index' which is all about 'perceived levels of corruption' and this is determined by expert assessments and opinion surveys. Interestingly, in 2014 India was ranked 85th out of 175 countries.

Check out the Wikipedia website on 'Corruption in India' and it throws light on this issue. On the one hand, it gives comfort that there are several countries struggling like us and on the other it is depressing to know that we still have a long way to go.

Recognising corruption: Paying for seats in educational institutions and for staff positions; Examination results being manipulated; Currying favour from staff and faculty to secure better results; Giving money to 'get the job done'; Bribery in cash or kind; Nepotism; embezzlement; Abuse of power in any office; Giving benefits to friends or relatives to gain pecuniary or other advantage; Manipulation of weights and measures; False promises for personal benefit; Black-markets; Selling or assisting in selling goods and products that were meant for the poor or for the public distribution system; adulteration of food and drugs; and the list goes on.

What can each one do to deal with the problem of corruption? Is there a solution at hand? The options are many and each one will need to consider his/her role as a possible contributor in reducing the magnitude of corruption in our land.



EXERCISE:

Rank in importance on feasible options/possible solutions before you to help India reduce the level of corruption:.

- Participating in Online movements to bring in changes that will reduce corruption
- Proposing to Government on changes of existing procedure + reducing red-tape
- Reporting on corrupt practices to designated authorities
- Learning about rules and procedures before applying
- Using Right to Information Act to gain information and report on corrupt practices, poor quality of implementation in public infrastructure
- Understanding Anti-corruption efforts of the Government and making it work
- Visiting Lok Ayukta office – (in states where available) and getting informed on what contributes as good evidence against corruption
- Writing letters to the Editor of newspapers/magazines at local, State and National level on accurate information available with you or your team
- Reengineering existing procedures to simplify and ensure transparency – with documented facts

- Suggestions of Ideas on Information Technology being utilized to enable easy access to existing services
- Enlisting in legally organized/non-political bodies that are fighting corruption
- Submitting proposals to Government or other institutions for outsourcing activities in a particular manner that would bring in more efficiency and transparency.
- Informing journalists in specified fields when corruption is obvious in particular departments/offices/staff

ACTIVITY:

How do you think that your College/department can contribute to the nation in reducing corruption – suggest a procedure or process that could be done differently that will lead to simplification, transparency and efficiency at the same time.

Thought: Morality and Human Values take a back-seat when corruption abounds. Corruption leads to decay in any civilized society. Development is not possible with decay at the core. Rooting out the demon of corruption is imperative for the future of the nation and the security of every ordinary citizen.

CASE STUDY

The 11 M.Sc. students of a college are on a study tour. There are 16 of them and a teacher in the van. When they are on the way to collect specimens, their van is stopped by the police and the Sub Inspector says that he will not allow the vehicle to proceed as it is overloaded. The teacher pleads that the van has a sanctioned capacity of 15 and that it is a group of students on a study tour. The Constable negotiates with the teacher and settles for Rs. 200 to be given to the Sub Inspector. As the teacher is about to give the money Brijesh objects and says that nobody need to be bribed. The Sub Inspector imposes a fine of Rs. 500 on the vehicle and back in the van everyone, including the teacher accuses Brijesh. Later when they reach the reserve forest area, the forest official refuses to allow them to go for specimen collection.

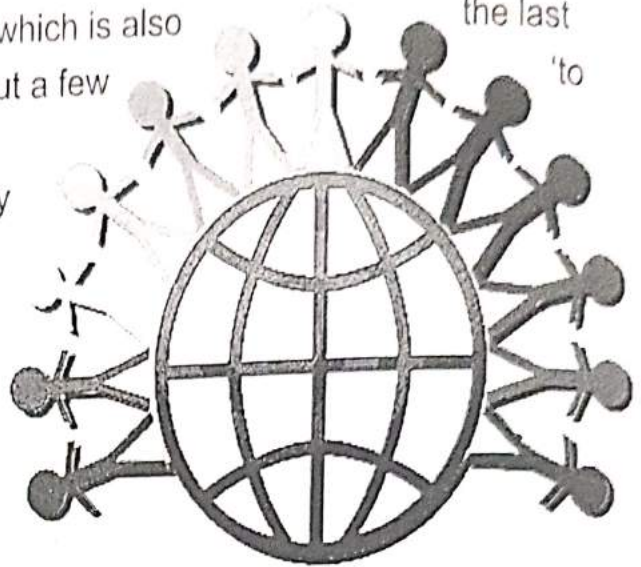
The teacher asks Brijesh to keep quiet and bribes the official. The teacher tells him how one should learn to 'live' by bribing when it is necessary.

The following questions may be discussed:

- Is Brijesh worldly wise?
 - What would you do if you were to be in the group?
 - What would you have done with the Sub Inspector?
 - Do you think that the teacher is wise in handling the forest official?
 - What would have happened if the forest official was not bribed?
- Enact an imaginary argument between the Sub Inspector and Brijesh, Brijesh and the teacher, Brijesh and a friend.

UNIT 3: PARTICIPATING IN NATION-BUILDING AND GOOD GOVERNANCE

All of us have felt that 'tug in our hearts' or the 'lump in our throats' when we were singing the National Anthem after an elaborate ceremony to celebrate Independence Day or the Republic Day. Listening to patriotic stories and events of the past make us want to contribute to the well being of the nation. How do we go about it? This section is to look at practical ways on being a part of nation-building all your life. Hopefully at the end of this unit and which is also the last part of the book, you will be able to list out a few 'to do' items that you will hold on for your lifetime. After all, for all of us, our country will progress only to the extent that we are willing to push in the direction of its development. If we sleep, we will all be destroyed. An elder's advice is 'Do not blame the country for its ills when you could have done something to avoid it'.



SO WHAT COULD THIS MEAN TO ME?

- **Cast your vote** - on every occasion that you have the right to do so: Elections are held to elect representatives to the local bodies, Assembly, Lok Sabha. Even as you read this – you are eligible to vote as you have crossed the age of 18 years. Get yourself enrolled – ensure your name is on the electoral roll. Every vote matters and collectively expresses the choice of leadership. If you want good leadership – you will need to cast your vote. We are privileged to live in a democracy and can keep it as a good experience only if we participate on a regular basis.
- **Be informed:** Reading the newspapers, watching news on TV, tracking major issues of state/national and international importance on the Net will help you to be aware. Awareness is a prerequisite for meaningful participation. Participation is necessary to help the political and administrative leadership understand that they are being watched and at the same time to help them know the people's preferences. Securing the correct and up-to-date information is very necessary. So take time each day to 'catch up with the news'.

• **Social Involvement:** Walk out of your comfort zone and get involved. Look at any need in the place and area that you study or live in and you will find something or someone who will need help. You do not need a 'great analysis' of the situation - rather a 'helping hand'. One good deed may result in 'lighting up the lives of a few people and can trigger a life time of beneficial acts that will lead to greater good happening. 'Try a little kindness' and 'show the light'. A famous singer of yester-years once sang 'It's a drop in the bucket - I can hear you say; but the bucket gets wetter and wetter and I know we will fill it someday'.

• **Keeping your area/city clean:** Cleanliness is perhaps one of the most difficult things to achieve in our country. Our public places are badly kept and we as members of the public are often contributing to the problem. Yet, when we travel to better-maintained countries, we are very careful to observe cleanliness in our outlook and action. Help the local body you live and study in to succeed in keeping the place clean. Segregation/Separation of Garbage will go a long way in reducing pollution. Keeping garbage confined to its rightful place will help. Avoiding public/open defecation, passing urine in public open spaces as sidewalks etc, add up to the dirt and filth in our country which also results in the negative side of sanitation showing its ugly face. Today is a good day to get started!



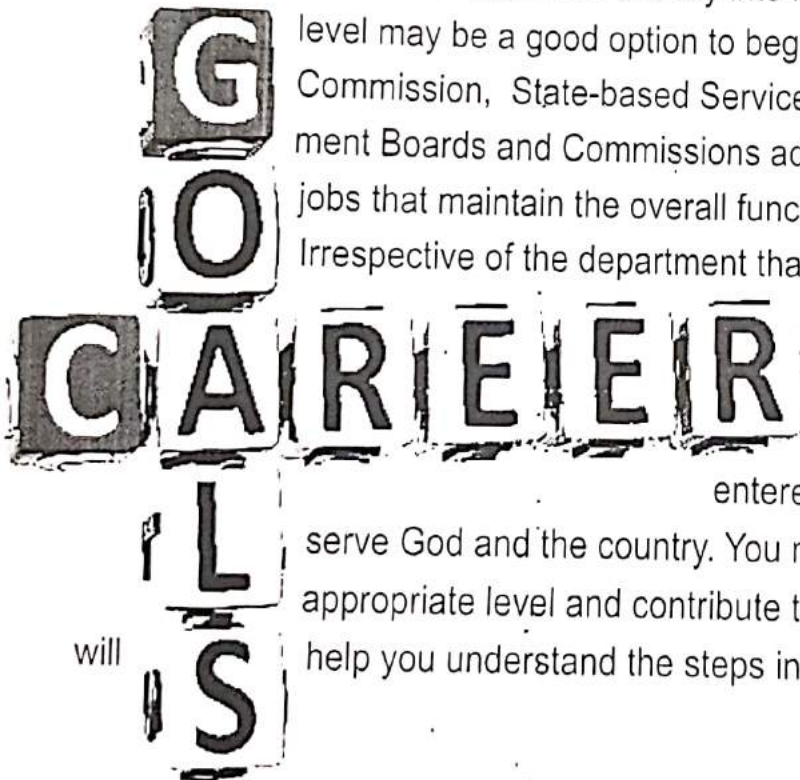
• **Observing Traffic Rules:** We love to ride bikes and if our parents can afford it, fast cars as well. Some-



times due to somebody else's error we land up in an accident. Some are unmindful of the fact that they have caused an accident. Although the rules say 'keep to the left' - it sometimes does not seem possible. With buffaloes and dogs joining in the fun, everything seems justified. Yet we know, the way we ride or drive, we are often guilty of violating basic lane discipline. India has one of the largest numbers of road safety accidents and no amount of enforcement seems to improve the situation. Each one of us is responsible. Determining to drive with discipline and observing traffic rules even when the cops are not looking, could be the biggest contribution you can make in this sphere. Sign up for the road safety patrol in your college - do your part and make India safer.

• **Influencing Public policy:** One of the biggest advantages in a working democracy is the ability of the common man to voice public opinion. Several forums are available and the Internet has made it even simpler to voice public opinion. No Government can afford to ignore groundswell of public opinion and particularly so when it is targeted at policy makers. For example, supposing you want to influence the Government on the dominance of liquor/alcohol and bring in some form of prohibition – you will need to organize public opinion. The Social cost of 'drinking' and the way it affects the lives of middle-class and poor families is unknown to policy-makers. Real-life stories of families being destroyed by alcohol addiction - being posted in the public domain will help policy-makers to wake-up to the situation. Specific studies of liquor intake increasing across large sections of the population will also help. The Net is also useful to mobilize public opinion. Several websites, Blogs etc encourage voicing on specific issues. Get started – begin somewhere – your opinion matters.

• **A career option:** Considering the Civil Services, Armed forces or Para-Military forces or such Services which are directly into Nation-building - as a career at any level may be a good option to begin with. The Union Public Service Commission, State-based Service Commissions and other Recruitment Boards and Commissions advertise and recruit for positions and jobs that maintain the overall functioning of our economy and polity. Irrespective of the department that one is working in - efficiency, integrity and goal oriented behavior can result in much transformation provided the individual has entered the 'service' with a motivation to serve God and the country. You may like to join the Service at any appropriate level and contribute to nation-building. Official Websites help you understand the steps involved. Why not check it out now?



will

These are but a few where you can make a difference. In groups of three, list out three action points that you can think of in making a difference to the nation. If there is time – it can be shared with the whole class.

VALUABLE QUOTES ON VALUES

*'Blessed are the pure in heart, for they shall see
God'*

*'Blessed are the peacemakers, for they shall be
called sons of God'*

'Marriage is sacred and binding'

*'A good man out of the good treasure of his
heart brings forth good things'*

*'Keep your heart with all diligence, for out of it
spring the issues of life'*

*'Whoever commits adultery lacks understand-
ing; one who does so destroys his own soul'*

*'He who walks with integrity walks securely, but
he who perverts his ways will become known'*

VALUABLE QUOTES ON VALUES

'Abstain from every form of evil'

'Let us love one another for love is of God'

Whatever you sow - that you will reap'

'The desire of a lazy man kills him, For his hands refuse to labor'

'Do not be one of those who shakes hands in a pledge, one of those who is surety for debts; If you have nothing with which to pay, why should he take away your bed from under you?'

'The laborer is worthy of his wages'

'Through wisdom a house is built, and by understanding it is established; By knowledge the rooms are filled with all precious and pleasant riches'

VALUABLE QUOTES ON VALUES

'No man can tame the tongue, it is an unruly evil, full of deadly poison'

'If a brother or sister is naked and destitute of daily food, and one of you says to them, "Depart in peace, be warmed and filled", but you do not give them the things which are needed for the body, what does it profit?

'Love your enemies, bless those who curse you, do good to those who hate you'

'The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light'

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