

UHVPE - UNIT 3

Harmony in the Family and Society

1. Family — The Basic Unit of Human Interaction

"The family is where values are first lived, not just taught."

- Family = the smallest unit of human society; where all relationships begin
- It is the first place where 'I' interacts with other human beings
- All social values — trust, respect, love, care — are first experienced and practised in the family
- A harmonious family creates harmonious individuals → harmonious society
- Family is not just parents and children — it includes all people we live and interact with closely
- The quality of relationships in the family determines the quality of the individual's inner life

💡 Society is simply an extension of the family — if we can get family relationships right, society follows.

2. Values in Human-Human Relationships

- Every relationship has a set of feelings that define it — these feelings are the values
- Values are not external rules — they are the natural feelings that arise when 'I' understands correctly
- Nine key values / feelings in human relationships:

Value / Feeling	Direction	Brief Meaning
Trust (Vishwas)	Mutual (both ways)	Confidence that the other's intention and competence are right
Respect (Samman)	Mutual (both ways)	Recognising the other as equal in being; accepting their uniqueness
Affection (Sneha)	Junior → Senior	A feeling of closeness and warmth toward an elder/guide
Care (Mamata)	Senior → Junior	Nurturing concern for someone in your care
Guidance (Vatsalya)	Senior → Junior	Wanting the best for the other and guiding accordingly
Reverence (Shraddha)	Junior → Senior	Deep respect for someone with greater wisdom/understanding
Glory (Gaurav)	Senior → Junior	Feeling pride and honour in the other's growth and achievements
Gratitude (Kritagyata)	Junior → Senior	Acknowledgement and appreciation for what has been given/done
Love (Prem)	Universal	Feeling of belonging; wanting well-being for all without condition

- These feelings are naturally present in us — they need to be recognised and expressed, not manufactured
- Problems arise when we replace these genuine feelings with transactions (give-take, exchange)

3. Nyaya and Ubhay-Triпти

"Justice is not punishment — it is mutual fulfilment."

Nyaya (Justice)

- Nyaya = right evaluation of every relationship and interaction
- It is NOT about laws or courts — it is about recognising the right feeling and acting accordingly
- Nyaya means: every person gets what is right for them in that relationship — no one feels wronged
- Nyaya happens when both parties correctly understand and fulfil the values (feelings) of the relationship
- If any party has wrong understanding → feelings are wrong → Nyaya is absent

Ubhay-Tripti (Mutual Satisfaction)

- Ubhay = both; Tripti = satisfaction — satisfaction of BOTH parties
- Nyaya is fulfilled when both feel satisfied in the relationship — neither feels exploited or neglected
- It is the test of whether the relationship is genuinely harmonious
- Ubhay-Tripti can only happen when both parties have right understanding and right values

💡 If one party is satisfied and the other is not → Nyaya is absent. True justice means both feel right about the relationship.

4. Trust — Vishwas

"Trust is the foundation of all relationships — without it, no relationship can survive."

- Vishwas = the feeling that the other's intention is to make me happy and not harm me
- Trust has two components — BOTH must be present:

Component	Meaning	Example of Absence
Intention (Niyat)	The other genuinely WANTS my well-being; their purpose is good	Someone who gives good advice but secretly wants to benefit themselves
Competence (Yogyata)	The other HAS THE ABILITY to fulfil their good intention	A sincere doctor who lacks medical knowledge — good intent but incompetent

- Trust is broken when EITHER component fails — bad intention OR incompetence both destroy trust
- We must work on both: having right intention AND developing the competence to fulfil it
- Self-trust: trusting oneself requires understanding one's own intention and building competence
- Trust is the foundational value — all other relationship values rest on it

💡 You can have the best intentions but if you keep failing due to lack of skill, trust erodes. Develop both intention AND competence.

5. Respect — Samman

"Respect is not given for what someone has — it is given for what someone is."

Meaning of Samman

- Samman = recognising the other as a human being equal in nature to oneself
- Every person has the same basic nature as 'I' — the same desire for happiness, same capacity for understanding
- Respect means: acknowledging this equality of being regardless of status, wealth, role, or achievement
- Respect is not about agreeing with everything the person does — it is about honouring their humanity

Respect vs Differentiation

Respect (Samman)	Differentiation (Bhed-bhaav)
Based on equality of the 'Self' in every human	Based on external factors: money, status, caste, looks

Respect (Samman)	Differentiation (Bhed-bhaav)
Universal — given to every human being	Selective — given only to some, withheld from others
Stable — does not change with circumstances	Variable — changes as status/wealth changes
Acknowledges unique role without hierarchy of worth	Creates superiority/inferiority hierarchies
Leads to harmony and mutual fulfilment	Leads to conflict, jealousy, exploitation

- Differentiating based on wealth, caste, gender, or religion is NOT respect — it is discrimination
- Each person plays a different role (teacher, student, parent, child) — roles differ, but worth is equal

💡 Respect the person for being human. Acknowledge the role for its function. Never confuse the two.

6. Harmony in Society — The Four Comprehensive Human Goals

- Society = an extended family; the same values that apply in family apply in society
- A harmonious society ensures four comprehensive goals — known as the four pillars:

Goal (Sanskrit)	Meaning	What It Ensures
Samadhan (Resolution)	Right understanding at every level; no inner or outer conflict	Every individual has clarity, no confusion about values or purpose
Samridhi (Prosperity)	Everyone has adequate physical facilities; no one in deprivation	Physical needs of all are met; no hoarding or exploitation
Abhay (Fearlessness)	No fear among human beings — of other people, systems, or nature	A society where no one exploits or threatens another
Sahastitva (Co-existence)	Humans living in harmony with nature and all of existence	Ecological balance; no destruction of nature for greed

- These four goals are not separate — they reinforce each other; all four must be present together
- Today's society has Samridhi for some but lacks Samadhan, Abhay, and Sahastitva universally
- A truly harmonious society achieves all four for every member — not just for a privileged few

💡 Remember: Samadhan → inner clarity. Samridhi → material sufficiency. Abhay → freedom from fear. Sahastitva → harmony with nature.

7. Undivided Society & Universal Order

"The human family is one — divisions are created by wrong understanding, not by nature."

Akhand Samaj — Undivided Society

- Akhand = undivided/unbroken; Samaj = society
- Vision: all human beings as one interconnected family — no division by nation, religion, caste, or race
- Divisions are based on wrong understanding — they do not reflect the underlying oneness of human nature
- Every human being has the same basic nature, same aspirations, same capacity for understanding
- An undivided society is not uniform — people have different roles, cultures, traditions — but share one humanity
- Moving toward Akhand Samaj means reducing 'us vs them' thinking and treating all as part of one family

Sarvabhaum Vyawastha — Universal Order

- Sarvabhaum = universal/all-encompassing; Vyawastha = order/system
- A system of governance and organisation that works for ALL human beings, not just one nation or group
- Not a single world government — but a common understanding and values that guide all systems

- Based on the four goals: Samadhan, Samridhi, Abhay, Sahastitva — for every person, everywhere
- Progression: Family → Extended Family → Community → Nation → World Family

From Family to World Family

- The same values that make a family harmonious — trust, respect, care, justice — apply at every scale
- World family (Vasudhaiva Kutumbakam) is the ultimate expression of this understanding
- It starts with getting one's own family right → then community → then society → then the world
- Universal Order is not imposed from outside — it emerges naturally when individuals and families have right understanding

🕒 *Akhand Samaj is not a political agenda — it is the natural outcome of right understanding spreading from individual to family to world.*

GLOSSARY — KEY TERMS

Term (Sanskrit)	Meaning
Nyaya	Justice — right evaluation of every relationship; mutual fulfilment of both parties
Ubhay-Tripti	Mutual satisfaction — both parties feel fulfilled and right in the relationship
Vishwas	Trust — confidence in the other's good intention AND competence; foundational value
Niyat	Intention — the purpose/will behind an action; one component of trust
Yogyata	Competence — the ability and skill to fulfil one's intention; other component of trust
Samman	Respect — recognising every human being as equal in nature; not based on status
Sneha	Affection — feeling of warmth and closeness, typically directed toward an elder
Mamata	Care — nurturing concern for someone; typically from senior to junior
Vatsalya	Guidance — wanting the best for the other and guiding their growth
Shraddha	Reverence — deep respect for someone of greater wisdom; junior toward senior
Gaurav	Glory — pride and honour felt for the other's achievements; senior toward junior
Kritagyata	Gratitude — acknowledgement and appreciation for what has been received
Prem	Love — universal feeling of belonging and unconditional well-being for all
Samadhan	Resolution — right understanding and inner clarity at every level of society
Samridhi	Prosperity — adequate physical facilities for all; no deprivation, no hoarding
Abhay	Fearlessness — freedom from fear of other people, systems, or exploitation
Sahastitva	Co-existence — living in harmony with nature and all of existence sustainably
Akhand Samaj	Undivided Society — vision of all humans as one family; no divisions by religion/caste/nation
Sarvabhaum Vyawastha	Universal Order — a system of values and governance that works for all humans everywhere
Vasudhaiva Kutumbakam	The world is one family — the ultimate expression of Akhand Samaj (ancient Indian concept)

EXAM MANTRA: Family = first unit | 9 feelings (Trust & Respect are foundational) | Vishwas = Intention + Competence | Samman ≠ Differentiation | Nyaya → Ubhay-Tripti | Society Goals: Samadhan + Samridhi + Abhay + Sahastitva | Akhand Samaj → Sarvabhaum Vyawastha → World Family



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