



SNS COLLEGE OF TECHNOLOGY

(An Autonomous Institution)

COIMBATORE-35.

Accredited by NBA – AICTE and Accredited by NAAC – UGC with
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Approved by AICTE, New Delhi & Affiliated to Anna University,
Chennai.

DEPARTMENT OF AGRICULTURAL ENGINEERING

19GET201 Professional Ethics and Human Values

UNIT IV

Harmony in Human- Human Relationship



Understanding The Human Being As Co-Existence Of Self (“I”) And Body

- Human being is more than just a Body. He is a co-existence of both the Self(I/ Jivana) and the Body. There is an exchange of information between the two. Our body acts according to the suggestions given by our “Jivana”.
- All the human feelings of happiness, sorrow, pain, excitement etc. are all experienced by “I” and not the “Body”.



- Human Being





Human Being



Physical Body

Alive-ness

[Jivana (or) I (or) Self]



| | | | |
|-------------------|---|--|---|
| Needs | Needs are.... | I Trust, Respect... | BODY Food, Clothing... |
| | In terms of Time, needs are... | Happiness (Sukh) Continuous | Physical Activities (Suvidha) Temporary |
| | In terms of Quantity, needs are... | Qualitative (no quantity) | Quantitative (limited in quantity) |
| | Needs are fulfilled by.... | Right Understanding and Right Feelings Desiring, thinking, etc. | Food, clothing etc. Breathing, heart-beat etc. |
| Activities | Activities are... | Knowing, assuming, recognizing, fulfilling | Recognizing, fulfilling |
| Type | It is of Type... | Conscious (non-material) | Physico-chemical (material) |



- Having Physical Facilities ensures the fulfillment of the needs of the body, but it does not fulfill the needs of the “I”.
- Hence, for every human being, we need to fulfill the needs of both:
- Of “I” = Happiness (Sukha)
- Of “Body” = Physical Facilities (Suvidha)
- One of these cannot replace the other.



The Needs of the Self and the Body

- The need of the self is happiness (any feeling)
- The need of the Body is Physical Facility (Food etc.)
- Ex. Food without respect
- Respect without food
- Both are required



Need – are they temporary or continuous

- Physical Facility such as food is required when we feel hungry not all the time, therefore it is temporarily
- Feeling in continuity , small gap is not accepted
- Ex . child answering to his friend questions
- Does your father love you?



Need – quantity and quality

- Need for food is quantitative in nature to nurture our body, same like cloth, shelter etc.
- Therefore, physical facility is required in a limited quantity
- Feeling of respect, love, trust etc. is not quantitative (2 mtrs of respect)
- Therefore, these are qualitative in nature.

Fulfillment of the needs of the self and the body.

- Need for the food is fulfilled by rice, veg, etc
- Need for respect is fulfilled by the way your friend listen to you, appreciate you etc.

| Human | Self | Body |
|--------------|---------------------------------------|--------------------------|
| Need | Happiness (Respect) | Physical Facility (Food) |
| Fulfilled by | Right Understanding and Right Feeling | Physio-Chemical Things |



Understanding the Activities in the Self and the Activities in the Body:



All Human Activities

1. Activities going in the Self ("I")

(Activities that are Only happening in "I")

Thinking
Dreaming
Imagining
Analyzing
Understanding

These are 'my' activities, they are in "I"

2. Activities involving both "I" and Body

(Activities that are happening with the involvement of both "I" and the "Body")

Seeing
Talking
Listening
Eating
Walking

These activities require my active participation

3. Activities going on in the Body

(Activities that are going on only in the Body, but with the consent of "I")

Breathing
Digesting
Blood flow
Heart-beat

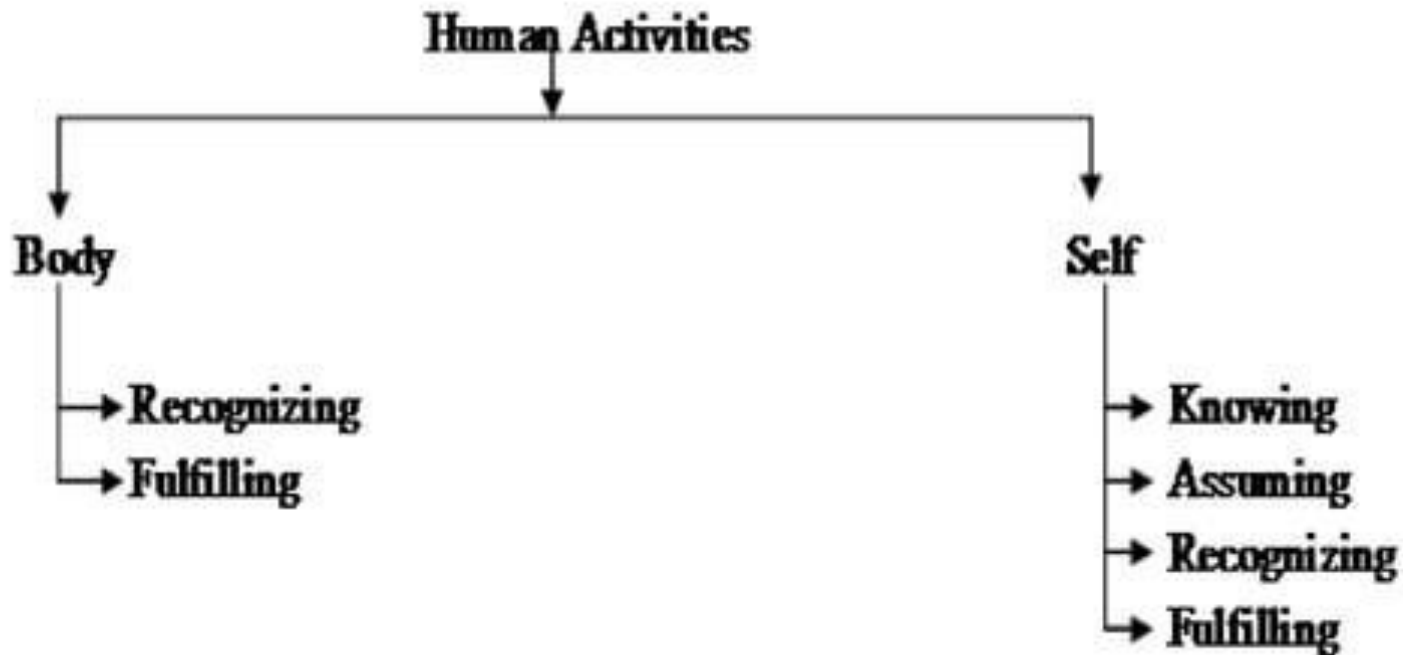
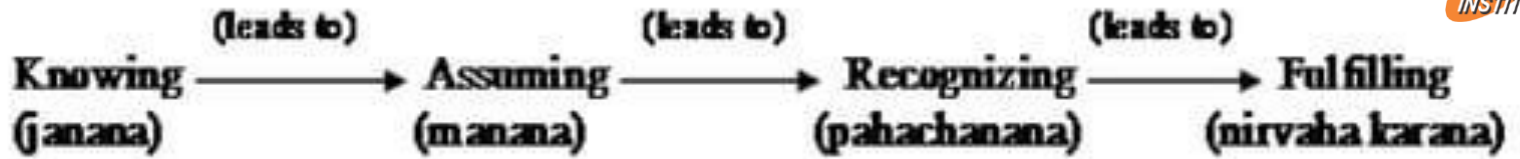
These activities do not require my active participation

These activities are not happening by themselves. The entity that is responsible for all these activities is "I"

These activities are happening by themselves; but with 'my' consent. I don't need to pay particular attention to these activities for them to take place

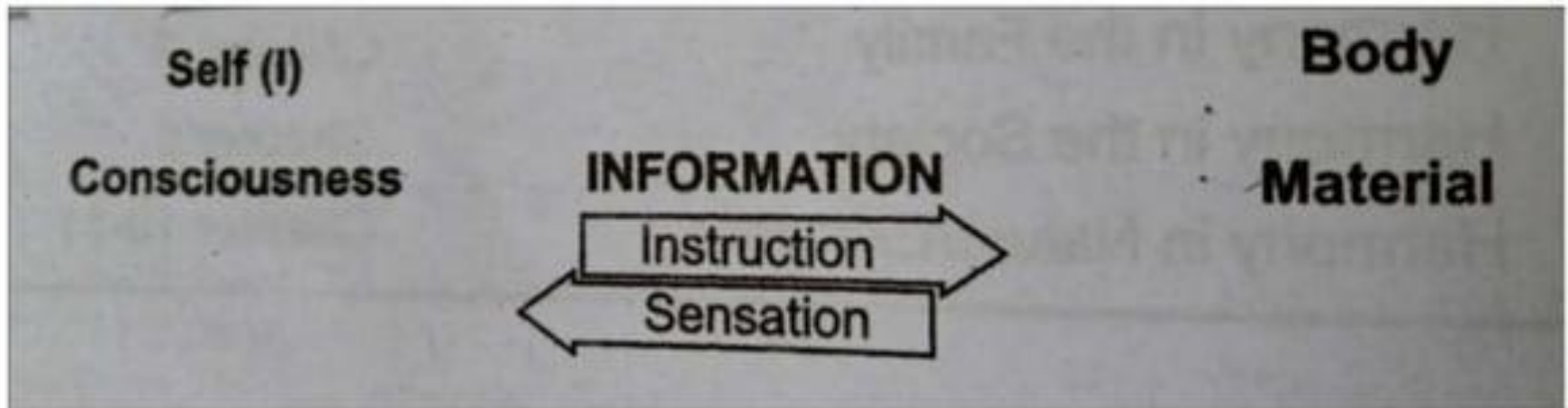


- All human activities can be put under three categories –
- Activities that are going on in the Self
(Sentient Activities)
- Activities that are going on in the Body
(Material Activities)
- Activities involving both the Self and the Body





Body as an instrument





instrument of “I”:

(“I” being the Seer, Doer and Enjoyer)

- **1.** “I” am. The “Body” is.
- “I” knows I exist. I am a conscious / sentient entity.
- The “Body” doesn’t know. It is a material entity.

- **2.** “I” want to live. The “Body” is my instrument.
- “I” and my “Body” co-exist with each other.
- “I” takes decisions and the “Body” acts accordingly.



- **3.** “I” want to live in Continuous Happiness. For my happiness, the Body needs Physical Facilities.
- For the “I” to enjoy the feelings of Strength and Health, my body needs food.
- To get the feeling of protection, my body needs clothing and shelter.
- To utilize my Body (Right Utilization of the body), I need various instruments, equipments etc. With the help of these, my body can make me feel happy.



- **4.** My ('I') program for Continuous Happiness is to understand and to live in harmony at all the four levels. To fulfill my('I') program of achieving Continuous Happiness, the Body is provided with Physical Facilities.
- Ensuring Physical Facilities to the body consists of Production, Protection and Right Utilization.
- **Example:** Producing Wheat, Protecting the wheat from extreme climate and pests, Right Utilization through proper consumption like avoiding wastage etc.
- Today, we have ignored the "I", we know only of the existence of the "Body" and we are only aiming at having more and more Physical Facilities. These facilities do not ensure good health, happiness or the right understanding in "I". Hence we should all pay urgent attention to include the program for "I".



- **5. I am the Seer, I am the Doer and I am the Enjoyer.**
- **I am the Seer**
- Behind all our activities of our Seeing, Understanding, Doing and Enjoying is a feeling of “I-ness” with which we identify ourselves. Every human being actually participates in a number of such activities everyday. In all these activities, the body acts only as an instrument. It is the “I” that sees or understands something.
- For e.g.: Our eyes and ears act as instruments which help us to see or listen anything. They do not convey any information. It is the “I” that understands what it has seen or listened to.
- “Seer” also means the one who understands.
- Hence I am the Seer (Drasta).



- **I am the Doer**
- Once I have seen and understood something, I decide what I should/ should not do. I take the help of my body parts to accomplish the task I want to do.
- For e.g.: I use my hands to write, my legs to walk etc. My body works as per the instructions given by me. Hence I am the Doer and I express my actions via my body.
- Doer means “one who does” or “the one who takes decisions to do something”.
- Hence I am the Doer (Karta).



- **I am the Enjoyer**
- I use my body as an instrument to perform various activities. It is I who enjoy the pleasure derived out of those activities.
- For e.g.: mouth helps to chew and the tongue to taste, but I enjoy the taste and flavour. I am the one feeling excited, angry, sad, happy etc. my body is only one instrument.
- Enjoyer means “one who enjoys”.
- Hence I am the Enjoyer (Bhokta).



Understanding the body as an instrument of 'I'

| | I | Body |
|---|---|---|
| 1 | I am | My body is |
| 2 | I want to live | My body is used as an instrument (of I) |
| 3 | I want to live with happiness | For nurture of body ----> Food For protection of body ----> Clothing, Shelter etc For right utilization of body ----> Instruments/ equipments etc Are needed as physical facilities |
| 4 | To understand & to live in harmony at all 4 levels | Production, protection and right utilization of physical facilities is just a part of my program. |
| 5 | I am the seer, doer, and enjoyer DRASTA, KARTA, BHOKTA | Body is an instrument |



Three possible source of motivation for imagination

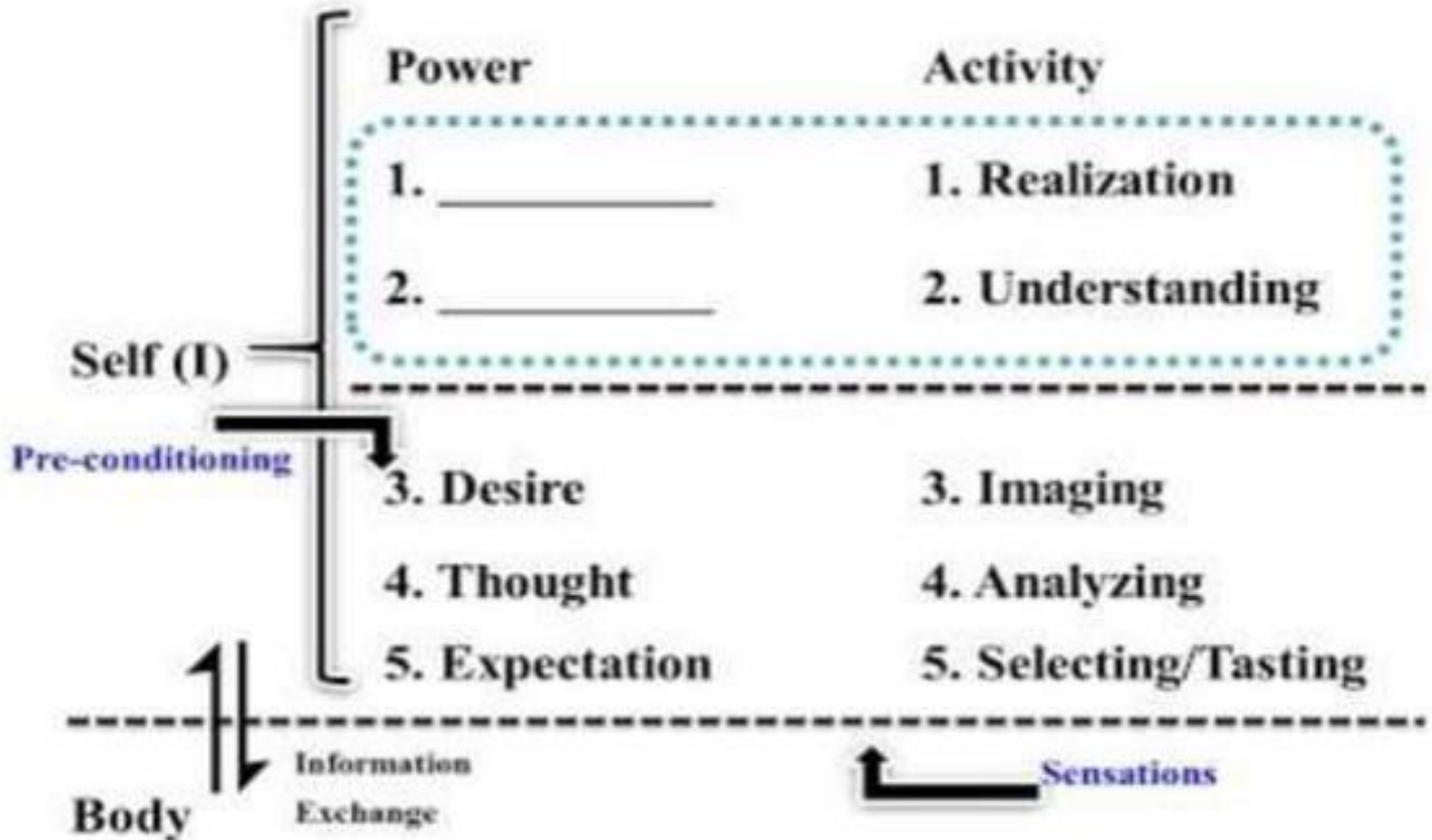
- Preconditioning - beliefs, norms, ideas, views
- Sensation - sense
- Natural Acceptance

Why should I study myself? / Getting to know the activities in the Self (“I”):

- We spend most of our time ‘with’ ourselves, ‘in’ ourselves but we spend most of our time thinking about other things and neglect ourselves.
- The Self (I) is the basis of everything we do. All our desires, expectations, thoughts, feelings, understanding etc. come from the “I”.
- Studying our “Self” helps us to have more clarity about ourselves and makes us confident. It develops our understanding and helps in building good relationships with everyone. It also helps us to understand our program better.



Activities in Self (I):





Analysis of the above diagram:

- The Self “I” is conscious in nature while the “Body” is physio-chemical in nature. The interaction between ‘I’ and the ‘Body’ is in the form of exchange of information.
- The diagram shows two categories of attributes of the Self, namely, the powers of the Self (Sakti) and the corresponding Activities (Kriyas) as the manifest outcome of these powers.



- **POWER:** This is the basic capacity in the Self “I”. This includes:
 - Desire (Ichchha)
 - Thought (Vichara / Vichar)
 - Expectation (Asa / Asha)
 - **ACTIVITIES:** These are the outcomes of the power of Self. They are-
 - Imaging (Chitrana / Chitran)
 - Analyzing (Vishleshana)
 - Selecting / Tasting (Chayana / Asvadana)



Following is an example to understand these activities:

- We may have a **desire** to have respect by being the owner of a big house. This desire exists in the form of **imaging** i.e. we have an image in us of fulfillment of our need of respect via a house.
- Based on this desire our **thoughts** start working out on the details (design) of the house like rooms, balcony etc. This splitting up of the image of “wanting respect from the house” into various parts is called **analyzing**.
- After working out the details of the house, we go about choosing the size, colour etc. of the rooms. The power associated with these choices is **Expectation** and **Selecting**. **Tasting** is the activity which leads us to the fulfillment of these expectations.



- **Selecting** and **Tasting** keeps going on in us continuously, throughout the day, all the time although many times we may not be aware of it.
- **Selecting** and **Tasting** are complimentary i.e. Selection changes whenever our Taste changes.
- **e.g.:** When your taste changes from one company mobile to another mobile, your selection of the shop / showroom also changes according to your new taste.