

INTRODUCTION

- Human values are closely related with human life. No human life is possible without values. Human Values are those universal concepts, drivers of action which are found in all cultures, all societies, all times and in all places where human beings eke out their lives.
- Human values are a set of consistent behaviors and measures that guide human beings in doing what is right and acceptable by the society. They attract dignity, respect and appropriateness among people. Human values are used to set laws in most cases. Human values are people's beliefs, feelings and attitudes towards things, situations or other people.

- Human values have an inherent energy and dynamism. Human values do not follow the laws of physical science. They cannot be depleted. Normally, when we spend energy our resources we become drained of energy to the extent of our expenditure. But human values multiply as they are applied, used, expressed and acted out. They benefit both the giver and the recipient.

TYPES OF HUMAN VALUES

- The five human values, which can be found in all cultures, all societies and in all religions, are

1. Truth (sathya)
2. Right Conduct (dharma)
3. Love (prema)
4. Peace (shanti)
5. Non- Violence (ahimsa)

These values are eternal; they are eternal essences, which elevate human life to its highest expression, its highest capacity.

TRUTH

- The desire to know truth has prompted mankind to ask some of the great questions such as: Who am I? What is the purpose of life? How can I live fully in the present moment?
- Learning to speak the truth is a first and vital step in the formation of strong character.
- Voicing an untruth is an anti-social act and causes confusion in the mind of both the speaker and listener and leads to anti-social behavior.
- Telling lies hurts ourselves as well as others in a subtle, but very real way.