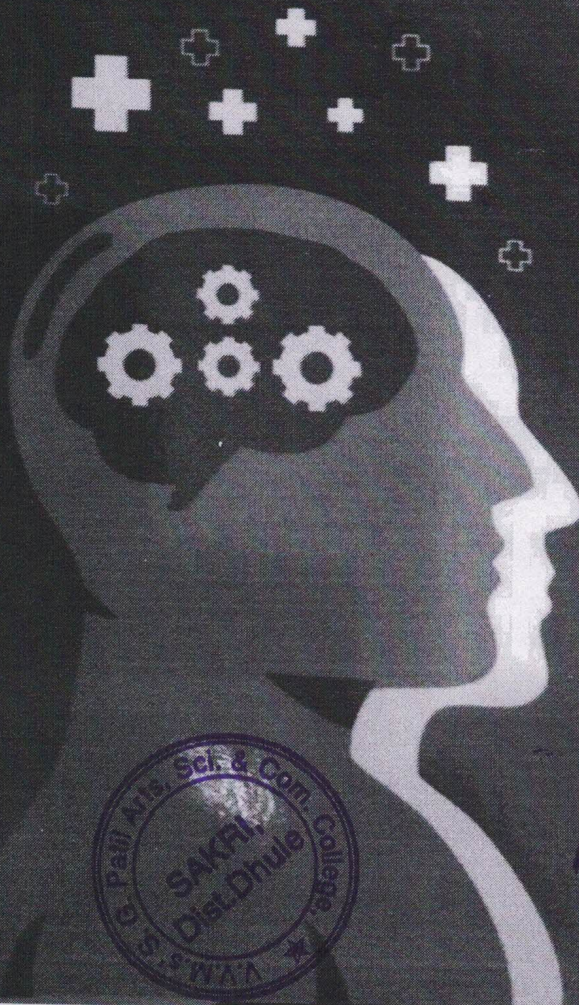


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PSYCHOLOGICAL AND SPIRITUAL FOUNDATIONS IN VALUE EDUCATION



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Preface



I am delighted to write this preface for the book entitled "Psychological and Spiritual Foundations in Value Education" written by Dr. Jaiprakash N. Choube. In the book he has used the specialized concept of "Satyam Vad Dharamam Char" as the key word to acquaint us with the role of education system in 'Personality Building.' The author has opined that academic based Universities produce economical, physical and political values dominated personalities and such type of persons are tilted towards sensual pleasure, corruption and erosion of character whereas on the other hand value based education system inculcates aesthetic, moral, religious and social values among students through their curriculum. They promote mature growth through inculcating human values. These values result in connectedness, sense of duty and responsibility, empathy, love and proud for nation and above all better mental health.

He has used Qualitative and Quantitative methods for analysis and interpretation of data generated using MBTI, Value Scale, and Spirituality Scale as tools. The data was collected from a sample of 300 subjects from 10 Universities of five different states namely Andhra Pradesh, Tamil Nadu, Gujrat, Rajasthan and Uttaranchal. The author has defined Personality, Spirituality, and Values in the light of mythology and psychology and differentiated the academic intelligence and social intelligence and how it develops through education.

I believe deeply the educative value of interpretive discussion detailed for all the readers. I hope that we can enrich and strengthen our profile by learning the discussion, leading patterns and practices presented in this book.

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III



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Secretes of Happiness

Dr. Jaiprakash N. Choube

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Abstract

According to Bhagwad Gita happiness emerges from control of desire and senseorgans. It also focuses on types and ways to happiness. While Psychology today, define it as study of happiness and traditionally is focused on people with mental illness or other psychological problems and how to cure it. Positive psychology is a relatively new growing branch of applied psychology that examines how ordinary people can become happier and live more fulfilled lives. Present research paper also focuses the role of hormones in happiness like Endorphins, Serotonin, Dopamine and Oxytocin. Yoga and meditation is the only way to achieve health and happiness in life. Along with some practices or training courses are available to maintain the happiness in life. In brief the ancient rituals and practices mentioned in Bhagwadgita are accepted by intellectuals and researchers under the title of Positive Psychology.

A) Bhagwad Gita

The Gita, which was penned by Vyasa, the old sage, in words in the Mahabharata, has remained an all-time classic. Even the West, from where most of our intellectuals get their inspiration from, has recognised the Gita as an all-time great. American author Stephen Covey, in his books, reiterates the same principles without reference to the original source.

In BhagwadGita, "*Aapurya-manamachala-prathistham*

samudramapahpravishantiadvat

tadvat-kama yam pravishantisarve

sashantim-apnotinakama-kaami" (Chapter II, Verse 70)

It means , "As the waters (of different rivers) enters the Great Ocean, which though full on all sides remains undisturbed, like wise a person who is not disturbed by the incessant flow of desires – can alone achieve peace, and not the man who runs after these desires & strives to satisfy such desires."

B) Psychology of Happiness:

- Happiness: -Happiness is a sense of well-being, joy, or contentment. When people are successful, or safe, or lucky, they feel happiness. The "pursuit of happiness" is something this country is based on, and different people feel happiness for different reasons.
- Optimism and helplessness: -Learned optimism is the idea in positive psychology that a talent for joy, like any other, can be cultivated. It is contrasted with learned helplessness. Learning optimism is done by consciously challenging any negative self talk.
- Mindfulness: -The quality or state of being conscious or aware of something. Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there's a "right" or "wrong" way to think or feel in a given moment. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.
- Flow, which is a state of complete immersion in your present activity: -According to positive psychologist Mihály Csíkszentmihályi, what you are experiencing in that moment is known as flow, a state of complete immersion in an activity. He describes the mental state of flow as "being completely involved in an activity for its own sake
- Character strengths and virtues: -Courage: bravery, persistence, integrity, vitality, zest. Humanity: love, kindness, social intelligence. Justice: citizenship, fairness, leadership. Temperance: forgiveness and mercy, humility, prudence, self control.
- Hope: - a feeling of expectation and desire for a particular thing to happen.
- Positive thinking: -Positive thinking is a mental attitude in which you expect good and favorable results. In other words, positive thinking is the process of creating thoughts that create and transform energy into reality. A positive mind waits for happiness, health and a happy ending in any situation.
- Resilience: - the capacity to recover quickly from difficulties; toughness.

C) Hormones and Happiness

Our feelings and emotions are a result of chemical reactions taking place in our body. These reactions are responsible for making us to feel negative emotions, like anger and

Ways to increase our oxytocin levels:

Get a massage, since it relaxes our muscles and the prolonged physical contact triggers the release of oxytocin.

- Show our friends and family that you love them by touching them affectionately.

We can hug our parents, throw an arm around a friend or cuddle up with our partner.

What are the limitations of these hormones?

Hormones are effective, but they do have their limitations. The effects of endorphins are only temporary. If we have had a fight with someone for example, exercising will make you feel better for a while, but until we sort out the fight our unhappiness will keep returning.

Oxytocin is a great way to build a relationship, but common sense dictates that we can't love and trust everyone whom we meet. Too much dopamine is unhealthy, and it can cause addictions.

D) Yoga, Meditation and Happiness

Yoga is a form of meditation and it promotes our happiness and well-being. It helps us to attain a clear and focused mind and heightened sense of self. Place and pose are two important factors in yoga and meditation. With relaxation of muscles it enhances our inner energy and concentration power. After long regular practice a person becomes affirmative and patient in nature. Such self-controlled person bridges the gaps between 'self' and 'ideal self'.

Yoga and meditation activate the right hemisphere of the brain which is related to conscience and creativity. It causes suitable hormonal balance in the body and relief from anxiety and depression. According to Sara Lazar (2016) meditation shrinks the amygdala, the part of the brain that controls anxiety and fear and it translates to less stress means more joy and happiness. Davis U.C. (2014) found meditation can effectively lower the level of cortisol (stress hormone) in the body. Less cortisol means less stress and more happiness.

F) Literature and Happiness

It has been proved that literature has an evolutionary value in allowing us to try solutions of life situations. It helps us to empathize with other humans. It makes morally sound and happy. It has good impact on our perception process. For example..

1. How much wealth do we really need in life? Bare minimum.

Sayen Itna Deekiye, Ja Mein Kutumb Samaye.

Main Bhi Bhokha Na Rahun, Sadhu Na Bhokha Jaye.

Give so much O God, suffice to envelop my clan. I should not suffer cravings,

nor does the visitor go unfed.

2. Who is bad among all? It's the word "I", One's ego.

Bura Jo Dekhan Main Chala, BuraNaaMilyaKoye

Jo Mann KhojaApnaa, To MujhseBuraNaaKoye

I searched for the crooked, met not a single one When searched myself, "I" found the crooked one.

KabirkeDohe, Tukaram'sAbhang, Devotional Artis like "Om Jai Jagdish Hare.." etc. chanting of these works like "self instruction therapy" which reduces greediness, jealousy, anger, self centeredness, hate, stress and cultivate harmony, love, cooperation and above all peace in life.

Our thoughts, habit, life style has great impact on our mental health. So to maintain happiness in life we have to focus on all these factors.

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sadness, as well as positive emotions, like love and happiness.

- **Endorphins**

Endorphins is natural painkillers. Exercise releases endorphins, but we don't realise the reason for this. It reduce the pain and create the bodily happiness.

- **Serotonin**

Serotonin is the key hormone of happiness, since it regulates mood, prevents depression, thwarts irritation and makes us happy and sociable.

- With spending some time in sunlight in the morning causes generation of Vitamin D, which triggers the release of serotonin.
- Think happy thoughts, since our brain produces serotonin when we remember happy memories or think about things that make us happy.
- Consume foods like milk and corn, since they contain tryptophan, a substance that our body converts to serotonin. Other carbohydrates also contain tryptophan.
- Do a low-intensity workout, since your body produces serotonin when it is performing aerobic exercise, as opposed to the endorphins it produces during anaerobic exercise.

- **Dopamine**

Dopamine is a pleasure hormone that is released when we strive towards a goal. Dopamine motivates us to work hard so that we can achieve the satisfaction of reaching that goal. It also keeps us mentally alert and helps us focus.

Ways to increase our dopamine levels:

- Set daily or monthly goals and plans to achieve it.
- Set exercise goals, since dopamine increases in tandem with serotonin and endorphins when we exercise. Setting goals will increase the production of dopamine even more.
- Eat foods that are rich in protein.

- **Oxytocin**

Oxytocin is the love hormone, and is released in large amounts during sexual intercourse and childbirth, but also during other types of affectionate physical contact, like hugging. Oxytocin also increases feelings of love and trust.

THE THREE TYPES OF HAPPINESS

“Sukha tvidani tri-vidha shrinu me bharatarshabha

abhyasad ramateyatra duhkham tam cha nigachchhati” (Chapter 18, Verse 36)

There are three kinds of happiness in which the embodied soul rejoices, and can even reach the end of all suffering.”

1. Satvik or Pure happiness: It is the happiness that arises from the elevation of the soul. However, attaining this is not easy. One pursuing satvik or pure happiness has to practice a lot of discipline. That is why, it feels like poison in the beginning but nectar in the end.

“Yat tad agre viham iva pariname mitopamam

tat sukham sattvikam proktam atma-buddhi-prasada-jam” (Chapter 18, Verse 37)

“That which seems like poison at first, but tastes like nectar in the end, is said to be happiness in the mode of goodness. It is generated by the pure intellect that is situated in self-knowledge.”

2. Rajasik or result-oriented happiness: This is the materialistic pleasure that is derived when the senses come in contact with external objects that create a feeling of gratification. However, this kind of happiness is temporary.

“Vishayendriya-sanyogad yat tad agre mritopamam pariname visham iva tat sukham rajasam smritam” (Chapter 18, Verse 38)

“Happiness is said to be in the mode of passion when it is derived from the contact of the senses with their objects. Such happiness is like nectar at first but poison at the end.”

3. Tamasic or slothful happiness: This is the lowest form of happiness and is derived from sleeping or being lazy. The soul is never nurtured through these practices yet since there is a tiny sense of pleasure associated with it, people wrongfully consider it to be a state of happiness.

*“Yad agre chanubandhe cha sukham mohanam atmanah
nidralasya-pramadottha tat tamasam udahritam”* (Chapter 18, Verse 39)

“That happiness which covers the nature of the self from beginning to end, and which is derived from sleep, indolence, and negligence, is said to be in the mode of ignorance.”

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