

MODULE 1

HUMAN VALUES

Truth is the property of being in accord with fact or reality. In everyday language, truth is typically recognized to things that aim to represent reality or otherwise correspond to it, such as beliefs, propositions, and declarative sentences. Mahatma Gandhi dedicated his life to discovering and pursuing truth, or Satya, and called his movement 'satyagraha', which means "appeal to, insistence on, or reliance on the Truth".

Self-control, an aspect of inhibitory control, is the ability to regulate one's emotions, thoughts, and behaviour in the face of temptations and impulses. As an executive function, self-control is a cognitive process that is necessary for regulating one's behaviour in order to achieve specific goals.

Altruism refers to behaviour that benefits another individual at a cost to oneself. For example, giving your lunch away is altruistic because it helps someone who is hungry, but at a cost of being hungry yourself. Altruism in biological observations in field populations of the day organisms is an individual performing an action which is at a cost to themselves (e.g., pleasure and quality of life, time, probability of survival or reproduction), but benefits, either directly or indirectly, another individual.

Tolerance is being patient, understanding and accepting of anything different.

Self-analysis is defined as an evaluation of one's own thoughts and behaviours. You are always growing and changing based upon your personality and life experiences. Therefore, it's important to periodically take time out to conduct a self-analysis. Self-analyses help you to reflect on where you are in various aspects of your life.

Introspection is the process of thinking deeply and carefully to examine your own ideas, feelings, etc. Introspection is closely related to human self-reflection and self-discovery and is contrasted with external observation.

Courage (also called bravery or valour) is the choice and willingness to confront agony, pain, danger, uncertainty, or intimidation. Physical courage is bravery in the face of physical pain, hardship, even death or threat of death, while moral courage is the ability to act rightly in the face of popular opposition, shame, scandal, discouragement, or personal loss.

Gratitude, thankfulness, or gratefulness, from the Latin word gratus "pleasing, thankful", is a feeling of appreciation felt by and/or similar positive response shown by the recipient of kindness, gifts, help, favours, or other types of generosity, towards the giver of such gifts.

Happiness is an emotional state characterized by feelings of joy, satisfaction, contentment, and fulfilment. While happiness has many different definitions, it is often described as involving positive emotions and life satisfaction.

Prudence (Latin: prudentia, contracted from providentia meaning "seeing ahead, sagacity") is the ability to govern and discipline oneself by the use of reason. In modern English, the word has become increasingly synonymous with cautiousness.