

THE SCIENCE AND ART OF LIVING



(For Under Graduate Students
of all Indian Universities
and Autonomous Institutions
to learn Value Education)



Dr. A. PADMANABHAN
Dr. A. PERUMAL

THE SCIENCE AND ART OF LIVING

(For Under Graduate Students of all Indian Universities
and Autonomous Institutions to learn Value Education)

Authors :

Dr. A. PADMANABHAN,

M.Sc., M.Phil., D.H.Ed., Ph.D.

Formerly Associate Professor of Zoology

Dean-Academic Affairs

Yadava College, Madurai 625 014

Dr. A. PERUMAL,

DHMS., Dip N.I.H., Dip.Yoga., M.Sc. (Psychotherapy)

Homeopathic Physician and Yogatherapist

Om Ram Homeo Clinic

Madurai 625 002

PROWESS
PUBLISHING

Title : **The Science and Art of Living**

First edition : January 2018

© Copyright No part of this book should be reproduced in any form without a written permission of the publisher.

eISBN : 978-1-54576-012-3

Published by : Prowess Publishing
YRK Towers, Thadikara Swamy Koil St, Alandur,
Chennai, Tamil Nadu 600016

Dedicated to

Our Beloved Parents

Sri. A. Ayiramuthu

Smt. A. Meenambal

*for the toil and turmoil they underwent
to bring us up from dustbin
to Temple of Wisdom*

management, self confidence, positive thinking, interpersonal relationship, Love and Truthfulness, Integrity and Character, Peace and Nonviolence, Universal brotherhood and social harmony, Cherishable values of different religion, Environmental values and Sustainable development have been meticulously presented. Under the section *Art of living*, Yoga and Art of learning Values through keen observation of the Mother Nature are explained.

By reading this book, we are pretty sure that the youth will imbibe a purpose in life and lead a healthy and successful life.

A seed will be sowed in their mind which will make them to grow as a Banyan tree, a graceful keystone species of Mother Nature. *This "Silent Revolution" of character moulding is the need of the era.*

We take it as our liberty to stress that this book may be kept in the bookshelf of every child.

Constructive criticisms and suggestions are most welcome.

- Authors

Contents

DIVISION I SCIENCE OF LIVING

<i>Chapter</i>	<i>Title</i>	<i>Page No.</i>
I	Role of Education in Life	- 3
II	Goal Setting	- 40
III	Aptitude	- 49
IV	Time Management	- 54
V	Self Confidence	- 64
VI	Positive Thinking	- 72
VII	Interpersonal Relationships	- 81
VIII	Love and Truthfulness	- 85
IX	Integrity and Character	- 88
X	Peace and Non-Violence	- 92
XI	Universal Brotherhood and Social Harmony	- 103
XII	Cherishable values of Different religion	- 106
XIII	Environmental Value and Sustainable Development	- 116

DIVISION II ART OF LIVING

XIV	Yoga	- 125
XV	Learning from Nature	- 155

DIVISION I

Science of Living

Chapter I

ROLE OF EDUCATION IN LIFE

The Indian civilization and social setup is comparable with the best ones the world has ever evolved. The speciality in it lies in its being at once ancient and modern; ancient because history can't peep into its hoary past; modern because of its adaptability to changing circumstances age after age. Under all changing circumstances, this great country has not lost her individuality. This is due to her holding fast to great deals, the value system.

Through ages, what India has meant by educating a man is the "character building". The yardstick of person's attainments is his character. The sciences and arts that one has mastered are good in themselves; still one's worth is not gauged by the amount of knowledge acquired, but very much by the degree of self-perfection attained by him.

Real education should be like the light that dispels darkness, but never burns. It must be like the water that quenches thirst, but never drowns. It must help us to attain heights of achievement without our becoming dizzy or arrogant about it.

Education, it seems, to have lost its sense of basic human sensibilities-all in the pursuit of excellence in various fields.

We have reached hitherto undreamt possibilities, attained great heights in the field of arts, science and communications, transportation, health, food and sustenance, but the fear of war, terrorism, killer diseases and annihilation has still overpowered the individual and society. Education, therefore, must take care of the subtle emotional needs also and not a breadwinning process alone. The educated Indian has no other noble urge in life than live a "decent life" centered on

the body. But utilizing the intellect for mere physical existence is not consonant with the Indian civilization.

Everything in nature is tending towards perfection. The planned and purposeful drive towards perfection is education.

Purity is the very source of life, it also succors life. Ethics aims at adding more and more to the inherent purity. Persons brought up in ethical excellences evolve as a superior order of humanity. They become perfect in social behaviour, bright in the faculty of understanding, universal in love of beings and unswerving in the discharge of duties.

Value education is not simply a matter of precept or curriculum construction and classroom teaching. It is more practice than precept. It is a matter of observing one's dharma, which does not mean religion or sect or creed. It means ethical and spiritual values in a society which generate integration between men. Even an ignorant mother by teaching her son to love and to act on his love can be the finest teacher of value education.

The great reality of our age is science. The understanding of nature which science provides and the deep harmony, it unfolds are deeply satisfying to human mind. The power of science to transform society is immense, perhaps more than any other activity. Equally, real and pervasive is human suffering-starvation, pain, devastation, hatred, Nepotism, corruption, violence, terrorism, loneliness and the seep anguish of the soul. Science will suffer grievously and in the end reduce to a mockery, if at all its power is not yolked to alleviate human suffering.

Success and Happiness :

Everyone wants to have success and happiness in life.

Success is getting what is aimed or desired. Happiness is the state of expressing pleasure, contentment or satisfaction. These are the dictionary meanings of success and happiness respectively. Can we think of some operational or behavioural definitions of these terms? Success is achieved when you get what you like and happiness when you like what you get.

Some of us think, they are successful. Some others think they are happy, though not successful. We can be successful as well as happy. Success and happiness need not be contradictory. They are, in fact complementary. There must be harmony between success and happiness. This harmony determines the music of life.

Success is not victory over others or defeating others. It is victory over yourself defeating your own negative forces which pull down and prevent you from optimum realization of your potential.

Success does not necessarily mean reaching a top position or making money or commanding conveniences or acquiring and using power. These stages may be reached either by competency or by sheer luck (or chance) or by a combination of both.

Reaching a top position by foul means is not success. Making money by unscrupulous means is not success. In short, getting what we want by unethical means is not success.

Performing a task based on your aptitude and interest is an indicator of success. Success is making the best use of your potentials, giving your best in your career and being useful to society.

According to Philip Holden, success is not simply a matter of being fast or strong; it is being tough mentally, to have guts, determination and a will to win.

According to Jeanne Sharbuno success means more than money, fame or managing task well; it is getting the best of yourself gaining respect, managing stress and leading a happy, calm, fulfilling life.

Happiness is not an explicit overexcited exhibition of “everjoyful never sorrowful” disposition but an implicit relatively permanent and consistently cheerful disposition even in times of difficulties and problems.

Happiness is a frame of mind – an attitude- a mindset- a trait- a habit usually Cultivated and learnt right from early childhood. In several cases, it is also cultivated and learnt in later stages of growth and development in life. Also happiness is not necessarily related to one’s socio economic status.

Best things in life are free.- a long awaited down pour, a refreshing shower, a timely sunshine, a stimulating sunrise, a wonderful sunset, a gentle breeze, a beautiful rainbow, an innocent smile of a baby, a good joke shared by somebody in a gathering, a thought provoking speech, an inspiring anecdote, an unfailing friendship, melodious music over the air, sight of a beautiful natural scenery, affectionate friends and relatives and above all love.

THE ART AND SCIENCE OF LIVING

Two main goals of life are naturally success and happiness. Reaching these two goals depends upon one’s style of living. Living is not only an art but a science as well. Art implies an aesthetically pleasing human ability to create or express something beautiful. This ability is a blend of skills-physical and mental (cognitive and intellectual) emotional (feelings and sentiments oriented) and social; One is not born with this art, one learns it’s science, here, does not refer to knowledge of our physical and social world but to its method-

systematic, thorough, logical, objective based on observation and experimentation. To lead a successful and happy life, we must learn not only the art of living but the science of living as well.

VALUES

DEFINITION:

Values refer to anything that fulfils or has the capacity to fulfill the needs of man which might be physical, psychological or spiritual.

The object that has the capability to appease the hunger of a man and nourish his body is considered valuable as food. Certain materials possess the capacity to cure diseases, so they have medicinal value. There are certain rules and regulations meant for the moral growth of man and they are moral values.

TYPES OF VALUES:

Values can be classified by looking at them from different points of view.

I. Considering the nature of values, they could be

1. Instrumental values- they act as means to some end.
E.g. food, water, shelter, clothing, books, medicine, degrees, titles, and so as to achieve strength, health or a living.
2. Intrinsic values- which act as ends in themselves,
e.g. Cultivating virtues like honesty, speaking the truth, dharma or righteousness, goodwill, scientific temper, pursuing truth, love and beauty in thought, word and deed.

You've Just Finished your Free Sample

Enjoyed the preview?

Buy: <https://store.prowesspub.com>