

# **UHV-I**

## **Session 10**

### **Reverence for Excellence**

**(Issue: Competition or Cooperation)**

Document prepared by UHV Team ([uhv.or.in](http://uhv.or.in)) and adopted by AICTE NCC-IP Sub-committee for Mentor Manual and related Materials for UHV-I

Suggestions for improvement are welcome

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# Introduction

We want to win, be the best, be successful, to excel

Let us understand **excellence** –

-is it about being better than another in a particular area of life or something else?

We will also explore the program for it

– is it through **competition** or through **collaboration**?



## Understanding Harmony and Living in Harmony



Continuous Happiness

at all levels of being

1. As an individual human being
2. As a member of the family
3. As a member of society
4. As a unit in nature/existence

**Excellence and competition are not similar.**

In excellence, one helps to bring the other to her/his level

In competition, she/he hinders the other from reaching to her/his level

Self Reflection:

How many students in the class can understand? **All can achieve excellence**

How many students can come first in class? **Only 1 (can be special)**



## Excellence

The other is like me –  
we are complementary

- Helps the other to come to his level
- Operates on the basis of his Natural Acceptance (that is definite)
- Self driven (by clarity of human purpose)
- Right evaluation of oneself
- Prosperous, shares, nurtures
- Absolute (definite completion point)

## To be Special

Not anyone else – only me  
I am different/ better than the other

- Stops the other to come to his level - effort to accentuate the difference, to dominate, manipulate, exploit
- Operates on the basis of his assumptions (that may change)
- Driven by others (based on reward / fear of punishment)
- Over-evaluation of oneself & under-evaluation of other
- Deprived, hoards, exploits
- Relative (no definite completion point)

# Competition and Collaboration/Cooperation

## Adverse impact of feeling of Competition:

- On our own happiness and prosperity
- On other human beings with whom we are interacting
- On the society and nature
- We feel unhappy, whenever we have a feeling of competition within
- Hinders the growth of others and make them unhappy
- Promotes struggle, war etc in the society
- Over-consumption and therefore exploitation of natural resources

## Collaboration/Cooperation

- When we feel related to each other, we cooperate
- Our natural acceptance is for relationship and cooperation

# Competition and Collaboration/Cooperation

Our perception depends upon our world-view (दृष्टिकोण)

In today's world view (दृष्टिकोण), what do we assume ?

- There is “**Struggle for survival and survival of the fittest**”
- or
- There is relationship of mutual fulfillment in nature.

**Just ask yourself-** When does our mutual growth/ competence becomes better ?

- When we help each other wherever needed
- When we work separately in isolation
- When we oppose/ misguide each other



# Reverence (J)k

The feeling of acceptance for excellence

Js'Brk dh LohÑfr dk HkkoA

Excellence  $\frac{1}{4}$ Js'Brk $\frac{1}{2}$

Understanding Harmony &  
Living in Harmony



Continuous Happiness

at all levels of being

1. As an individual human being
2. As a member of the family
3. As a member of society
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## Glory $\frac{1}{4}$ xkSjo $\frac{1}{2}$

Feeling for those who have made effort for excellence

ftUgksaus Js'Brk ds fy, iz;kl  
fd;k gS] muds izfr HkkoA

## Gratitude $\frac{1}{4}$ d`rKrk $\frac{1}{2}$

Feeling for those who have made effort for my excellence

ftUgksaus esjh Js'Brk ds fy,  
iz;kl fd;k gS] muds izfr  
HkkoA

I can see that the other has a feeling of care, affection, trust.. in behaviour with me. I can see that the other

- a) Has helped me in developing right understanding & right feeling
- b) Has provided me with the necessary physical facility

**Gratitude is significant in the development of relationship**



# Respect, Reverence, Glory and Gratitude

Basic human aspiration = Continuous happiness  
= To achieve excellence

Excellence  $\frac{1}{4}$  Js'Brk  $\frac{1}{2}$

Understanding Harmony &  
Living in Harmony  
↓  
Continuous Happiness

} at all 4 levels  
1. In the Human Being  
2. In Family  
3. In Society  
4. In Nature/Existence

**Respect** – For **all** (It is the right evaluation  
(of potential and competence))

**Reverence** – For those who have **achieved excellence**

**Glory** – For those who have **made effort for excellence**

**Gratitude** – For those who have **made effort for my excellence**

## Base of any relationship

To make a successful program with the other, it is essential to rightly evaluate oneself and the other

We have seen that **right evaluation is respect**

**Respect** (right evaluation) is essential for recognizing those who are making effort for excellence or have achieved excellence

In fact, **Trust** (assurance) and **Respect** (right evaluation) are at the base of any relationship

# Self Reflection

- You want to be excellent or to be special, different from the other?
- The other wants to be excellent or the other wants to be special?
- You want to jointly make effort for excellence or to compete to be special ?
- Which feelings are essential for teamwork to take place?
- Which feelings are essential for taking help in understanding from others?



# Home Assignment

**10.1** Make a list of people that you take inspiration from.

- Can you see that they are living in harmony or making effort to do so?
- Can you see the feeling you have for them?
- Can you see that they are helping others to live in harmony?
- What would you like to learn from them?
- What effort do you need to make?

**Questions?**