

# **UHV-I**

## **Session 9**

### **Respect**

- Right Evaluation of Intention and Competence  
(Issues: Self-confidence, Peer Pressure)**

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

Suggestions for improvement are welcome

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# Introduction

We have explored the feeling of trust.

- My natural acceptance (intention) is to be happy and make the other happy.
- The natural acceptance of the other is also the same.
- However, we both may be lacking in competence.
- So, we make a program with each other, essentially on the basis of our present level of competence, with trust on the natural acceptance (intention).

We have also seen (while discussing peer pressure) that we try to get respect from others through clothes, language-English, money etc.

But it doesn't seem to work most of the time

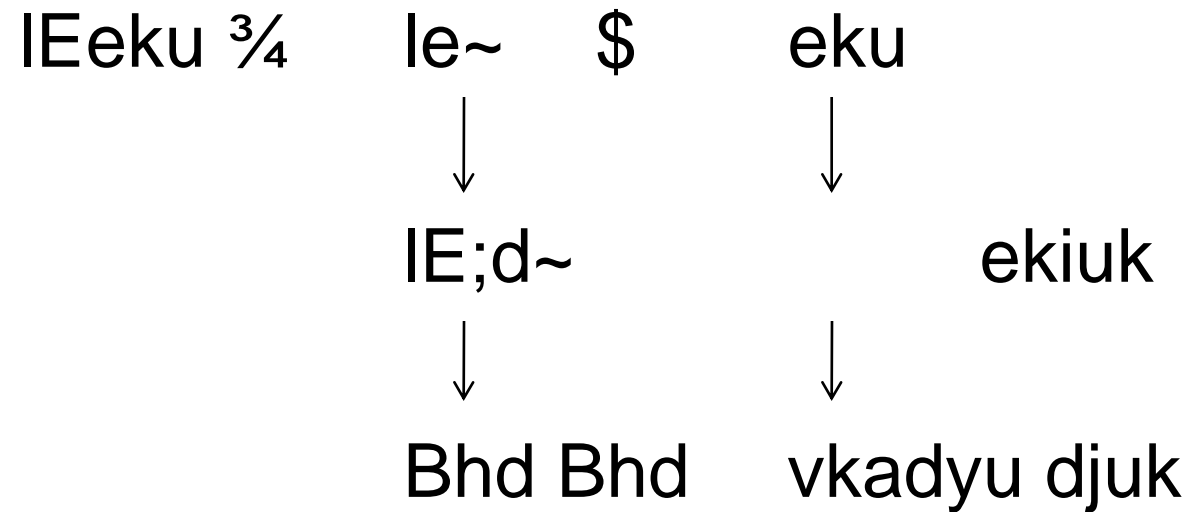
Let us try to understand what is the reason



Let us explore if understanding respect is a solution.....

# Respect (IEeku)

Respect = Right Evaluation



# Common Mistakes

Over evaluation vf/kewY;u	– to evaluate for more than what it is vf/kd vkaadyu djuk
Under evaluation voewY;u	– to evaluate for less than what it is de vkaadyu djuk
Otherwise evaluation vewY;u	– to evaluate for other than what it is vU;Fkk vkaadyu djuk

Disrespect  
vieku

Whenever the evaluation is not right, it is disrespect

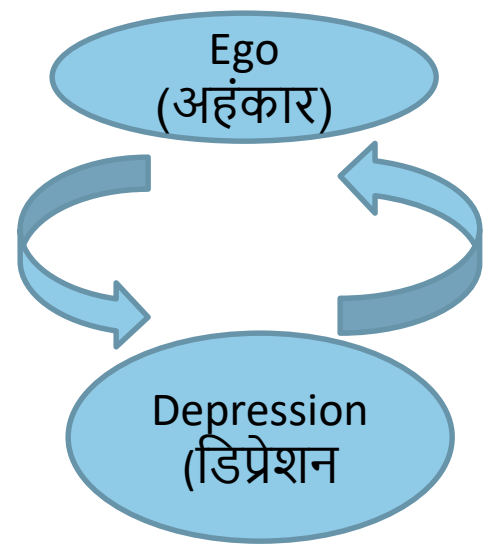
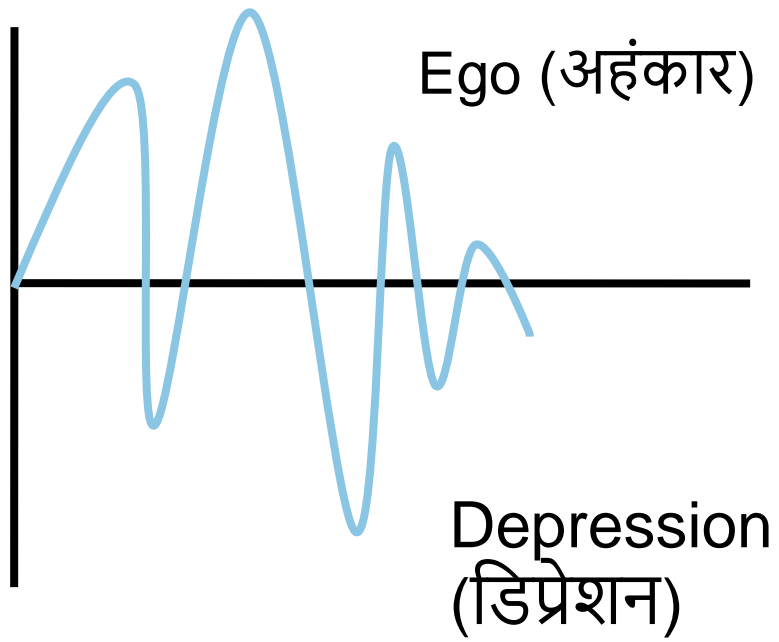
Check for yourself in every interaction with others whether it is respect or disrespect. i.e.

- It is right evaluation or
- It is over / under / otherwise evaluation



# Self Confidence, Ego & Depression

Right Evaluation	Over Evaluation	Under / Otherwise Evaluation
Self Confidence	Ego	Depression
I am self referential $\frac{1}{4}Lora=rk\frac{1}{2}$	The other is my reference $\frac{1}{4}ijra=rk\frac{1}{2}$	The other is my reference $\frac{1}{4}ijra=rk\frac{1}{2}$
Definite Conduct	Indefinite Conduct	Indefinite Conduct



Assumptions...  
↓  
Disharmony within  
↓  
Tension  
↓  
Frustration  
↓  
Depression  
↓  
Suicide etc.

Will the right evaluation be on the basis of the Self (I) or the Body?



# Respect: Right Evaluation – on the basis of the Self (I)

1. Purpose (y{;)
  - I want to live with continuous happiness & prosperity
  - The other also wants to live with continuous happiness & prosperity

**Our purpose is same (on the basis of Natural Acceptance)**
2. Program (dk;ZØe)
  - My program is to understand and to live in harmony at all 4 levels
  - The program of the other is also to understand and to live in harmony at all 4 levels (Individual, family, society and nature/existence)

**Our program is same**

3. Potential ({kerk)
  - Imagination (Desire, Thought & Expectation)  $\frac{1}{4}bPNk] fopkj] vk''kk\frac{1}{2}$  is continuous in me. I am endowed with Natural Acceptance
  - Imagination (Desire, Thought & Expectation)  $\frac{1}{4}bPNk] fopkj] vk''kk\frac{1}{2}$  is continuous in the other. The other is also endowed with Natural Acceptance

**Our potential is same**

MINIMUM CONTENT of RESPECT

↓ The Other is Similar to Me **nwljk esjs tSlk**  
**gS**

# Differences

So there are similarities at the level of the self(I)

There are also differences between one human being and another:

- a) On the basis of the body
- b) On the basis of the self, i.e. how much of the potential has been realised

**In living, are we:**

**Trying to accept the other as being similar to me**

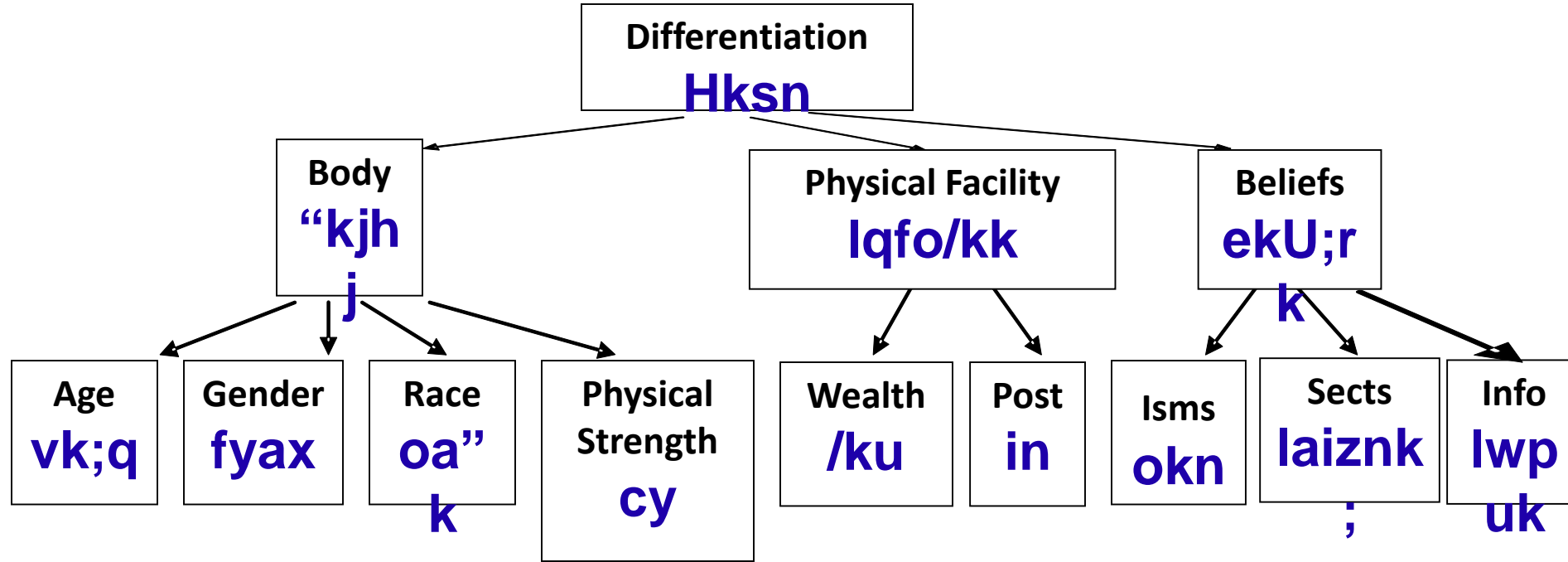
**or**

**Trying to show that we are different from the other?**





# Differentiation Hksn



Evaluation on the basis of Body, Physical Facility or Beliefs (preconditioning) turns out to be differentiation and therefore disrespect

Differentiation like this has led to resentments and protests.  
 eg. Women's Liberalization, Generation Gap, Black vs White, Powerful vs Oppressed, Rich-Poor, Communism-Capitalism, Hindu-Muslim and so on

**Differentiation(भेद) = Disrespect(अपमान)**  
**Not Naturally Acceptable...**



# Respect: Right Evaluation – on the basis of the Self (I)

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- My program is to understand and to live in harmony at all 4 levels
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**Our program is same**

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**Our potential is same**

MINIMUM CONTENT of RESPECT



The Other is Similar to Me

gS

nwljk esjs tSlk

# Respect: Right Evaluation – on the basis of the Self (I)

1. Purpose – Our purpose (Natural Acceptance) is same
2. Program – Our program is same
3. Potential – Our potential is same

## The Other is Similar to Me

4. **Competence – On the basis of right evaluation of our mutual competence, I recognize our complementarity and fulfill it:**
  - If the other has more understanding, is more responsible than me,
    - a. I am committed to understand from the other
  - If I have more understanding, I am more responsible than the other
    - a. I live with responsibility with the other, unconditionally, unperturbed by the behaviour of the other
    - b. I am committed to facilitate understanding in the other (once the other is assured in relationship, and not before that)

↓  
COMPLETE CONTENT of RESPECT

**The Other is Similar to Me. We are complementary to each other**

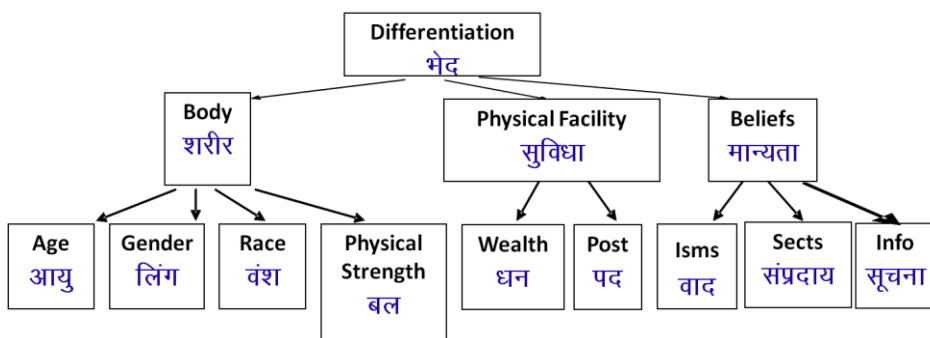
# Differentiation

I evaluate on the basis of body, physical facilities or belief (pre conditioning). I compare, compete, differentiate...

I am different from the other

We are competitors

I make effort to accentuate the difference, to manipulate, exploit the other



# Respect – on the basis of Self (I)

1. Our purpose (Natural Acceptance) is same
2. Our program is same
3. Our potential is same

The other is similar to me

We are complementary to each other

If the other has more understanding than me

- I am committed to understand from the other

If I have more understanding

1. I live with responsibility with the other
2. I am committed to facilitate understanding in the other (once the other is assured in relationship, and not before that)

# Peer Pressure

When we try to get respect from the other, we have to conform to their way of looking things and doing things their way – such as their language, clothes etc.

This becomes a major source for peer pressure

When I have the feeling of respect on the basis of understanding of human being, as discussed in this session, I will have the feeling of respect for everyone including myself

Therefore, I don't have to be dependent on getting feeling from the other and hence will not be under pressure to conform to the other

## Sum up (Respect)

When we try to get respect from the other, we have to conform to their way of looking things and doing things, this becomes a major source for peer pressure

When we have the feeling of respect on the basis of understanding of human beings, we will have the feeling of respect for everyone including myself

Therefore, I don't have to be dependent on getting feeling from the other and hence will not be under pressure to conform to the other

Respect is right evaluation (it is possible only with a feeling of trust on intention)

Under evaluation, over evaluation or otherwise evaluation is disrespect  
Differentiation is disrespect

**Respect on the basis of Self(I) – The other is like me and we are complementary to each other**

# Home Assignment

# Home Assignments

**9.1.** Do you interact the same way with

- a person from your region, sect, speaking in your language and
- a person from another region, sect, speaking a different language?
  
- a person from wearing a dhoti and
- a person wearing a suit;
  
- a person speaking in English and
- a person speaking in Hindi?

Explore the reason. When you differentiate, do you feel comfortable within?

**9.2.** Are you special, unique, different from the others or similar to others? Do you tend to compete or collaborate with your classmates? When are you more at ease?

**9.3.** What is naturally acceptable – to differentiate or to relate, to be complimentary?

- Other students (including those from other states, other countries than your own)
- Faculty
- Staff



**Questions?**