BP303T · B.PHARM THEORY

Ethics and Universal Human Values

Unit IV — Harmony in the Individual & Society

Pills & Python Notes

From-zero teaching standard: every technical term is defined before use.

Syllabus coverage: Unit IV (3 hours).

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CHAPTER 4 — Harmony in the Individual and Society

(Unit IV · 3 hours)

4.1 Learning Objectives

After studying this chapter, you will be able to:

1. Distinguish between the needs of the Self and the needs of the Body.
2. List the activities of the Self and the activities of the Body.
3. Explain why the family is the basic unit of human interaction.
4. Describe the role of values in relationships.
5. Explain the seven foundations of respect: affection, kindness, guidance, reverence, glory, gratitude, and love.
6. Apply these values in family, college, and pharmacy workplace relationships.

4.2 Definitions

Need: Something required for living and being happy. The Self and the Body have different needs.

Physical facility (Suvidha): Things needed by the body — food, clothing, shelter, medicine, transport.

Relationship: A connection between two or more human beings (parent–child, teacher–student, pharmacist–patient).

Family: The basic unit of human interaction — the first place where we learn relationships and values.

Respect: The right evaluation of someone — seeing them correctly as they are, without over-evaluation or under-evaluation.

Trust: The feeling that the other person wants my happiness and will not harm me — the foundation of every relationship.

> **Key takeaway:** Needs of the Self are fulfilled by *right understanding and relationships*; needs of the Body are fulfilled by *physical things*. Mixing them up is the root of most unhappiness.

4.3 Terminology

Term	Simple meaning
Need of the Self	Happiness, respect, trust, love — continuous, cannot be weighed
Need of the Body	Food, rest, shelter, medicine — temporary, can be measured
Physical facility	Material things that serve the body's needs
Activity of the Self	Desiring, thinking, expecting (inner actions)
Activity of the Body	Breathing, digestion, circulation (physical actions)
Family	Basic unit where relationships and values are first learned
Respect	Correct evaluation of a person — neither over nor under
Trust	Assurance that the other wants my happiness

4.4 Needs of the Self vs. Needs of the Body

This is one of the most important tables in the whole subject. Learn it by heart.

Feature	Needs of the Self ('I')	Needs of the Body
Examples	Happiness, respect, trust, love, knowledge	Food, water, clothing, shelter, medicine, rest
Type	Continuous — needed all the time	Temporary — hunger comes and goes
Measurable?	No — you cannot weigh respect in kilograms	Yes — 2 rotis, 8 hours of sleep
Fulfilled by	Right understanding + relationships	Physical things (physical facility)
Fulfilled for how long?	Can be continuous	Only for some time, then needed again
More is...	Always welcome (more trust is fine)	Limited — extra food becomes harmful

The great confusion of modern life

Most people try to fulfil the **Self's** needs with **Body** things:

- Feeling lonely (Self needs love) → buying a new phone (Body thing). Loneliness remains.
- Wanting respect (Self need) → buying expensive branded clothes (Body thing). Respect does not come.
- Feeling empty (Self needs happiness) → eating more, partying more (Body things). Emptiness grows.

Example: A student feels stressed and unconfident before exams (Self needs: understanding, encouragement). Instead of talking to a teacher or friend, he orders expensive food online and scrolls reels for 3 hours (Body comforts). The stress is still there at midnight — plus guilt.

Pharmacy example: A pharmacist feels no satisfaction at work (Self needs: respect, meaningful service). He thinks a bigger salary or a bigger shop will fix it (Body things). But what actually fulfils him is a patient's genuine thanks — "Because of your advice, my mother's sugar is under control." That is the Self's need (respect, happiness) fulfilled through relationship.

> **Key takeaway:** Feed the Self with understanding and good relationships; feed the Body with right food and rest. Don't swap the diets.

4.5 Activities of the Self vs. Activities of the Body

Just as needs are different, activities are different too.

Activities of the Self ('I')

These happen in the conscious "I":

1. **Desiring / Imaging (Chahana):** "I want to become a pharmacist." "I want respect." — forming a desire or image of what we want.
2. **Thinking (Vicharna):** "How will I clear this subject? Let me make a timetable." — working out the how.
3. **Expecting / Selecting (Asha/Tulana):** "I expect my friend to help me." "I select this college over that one." — comparing and choosing.

Flow (textual):

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DESIRE (I want...)  →  THOUGHT (How can I...?)  →  EXPECTATION/SELECTION (I choose / I expect...)
      ↓
Then the Body acts: hands write, legs walk, mouth speaks
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Example: You *desire* good marks → you *think* about a study plan → you *select* to wake at 6 am → then the *body* actually wakes, sits, and studies.

Activities of the Body

These happen in the material body, mostly automatically:

1. **Breathing** — in and out, day and night.
2. **Circulation** — heart pumping blood.
3. **Digestion** — stomach and intestines processing food.
4. **Growth and repair** — wounds healing, body growing.

The body does these whether the Self pays attention or not — but the Self can *support* them (good food, rest) or *disturb* them (junk food, no sleep).

Comparison table

Activities of the Self	Activities of the Body
Desiring, thinking, selecting	Breathing, circulation, digestion
Conscious — "I" does them knowingly	Mostly automatic — happen by body-nature
Can be right or wrong (needs understanding)	Follows fixed physical laws
Example: deciding to study honestly	Example: heart beating while you study

Common mistake: Students write "thinking is done by the brain, so it is the body's activity." Remember: the brain is the *instrument*; the *thinking* (understanding, deciding) is done by the conscious Self using the brain.

> **Key takeaway:** The Self desires → thinks → selects; then the Body executes. Right desires + right thinking = right action.

4.6 Family as the Basic Unit of Human Interaction

Why is family the "basic unit"?

1. **First relationships:** Mother, father, brother, sister — these are the first human bonds we ever experience.
2. **First values:** We first learn sharing, respect, and care at home — long before college.
3. **Smallest complete society:** A family has different ages, needs, and roles — like a mini-society. If we can live with harmony in a family, we can extend it to society.
4. **Unconditional support:** In a healthy family, members want each other's happiness without business calculation.

Role of values in relationships (family and beyond)

Every relationship runs on values. Without them, relationships become transactions.

Relationship	Values that keep it healthy
Parent–child	Love, care, respect, gratitude
Brother–sister	Affection, sharing, trust
Teacher–student	Guidance, reverence, sincerity
Friend–friend	Trust, affection, honesty
Pharmacist–patient	Care, honesty, kindness, responsibility
Employer–employee	Justice, respect, cooperation

Example: In a family, when the father is tired after work, the daughter brings him water without being asked. No money is exchanged. The value (care/affection) makes the relationship warm. If every small help needed payment, the family would feel like a shop.

India context: In India, the joint family tradition shows this beautifully — grandparents, parents, children, sometimes uncles and aunts living together, sharing work and care. Even as nuclear families grow in cities, the *values* of the joint family — respect for elders, care for children — remain our strength.

> **Key takeaway:** Family is the first school of values. The values learned at home — trust, respect, care — are the same values needed in society and profession.

4.7 Foundations of Respect in Relationships

Respect means the *right evaluation* of a person:

- **Over-evaluation** ("You are perfect, you can do no wrong") → flattery, disappointment later.
- **Under-evaluation** ("You are useless") → insult, hurt.
- **Right evaluation** ("You are a human being like me; you have strengths and weaknesses") → respect.

The syllabus gives **seven foundations (feelings)** on which respect and healthy relationships stand. Learn each with its simple meaning:

1. Affection (Sneh)

Warmth and fondness towards someone — the feeling "I care for you." *Example:* A mother packing extra food for her hostel-going son. A senior helping a junior in practicals without being asked.

2. Kindness (Karuna/Daya)

Feeling the pain of others and wanting to remove it — compassion in action. *Example:* A pharmacist noticing a poor patient struggling to pay, and suggesting an equally good, cheaper generic medicine.

3. Guidance (Margadarshan)

Showing the right path to someone who needs it — with patience, not pride. *Example:* A teacher explaining the same titration concept three times until the student understands. A senior pharmacist guiding an intern on how to counsel patients.

4. Reverence (Shraddha)

Deep respect for someone's goodness, knowledge, or sacrifice — looking up to them rightly. *Example:* Standing up when your teacher enters; listening carefully to an experienced pharmacist's advice.

5. Glory (Gaurav)

Feeling proud of someone's right achievements — celebrating their goodness. *Example:* The family feeling proud when their daughter becomes a registered pharmacist — not just for the salary, but for the service she will do.

6. Gratitude (Kritagyata)

Thankfulness — remembering and acknowledging what others have done for us. *Example:* Thanking your parents for paying your fees; thanking a friend who shared notes before exams. In pharmacy: a patient thanking the pharmacist who explained her medicines patiently.

7. Love (Prem)

The complete feeling of wanting the other's happiness — the fullness of all the above. *Example:* Parents working hard so their children can study; a pharmacist who genuinely wants every patient to get well, not just to make sales.

Summary table — the seven foundations

#	Foundation	One-line meaning	Quick example
1	Affection	Warm care for someone	Mother's packed tiffin
2	Kindness	Feeling others' pain, acting to help	Suggesting cheaper generic to poor patient
3	Guidance	Showing the right path patiently	Teacher re-explaining a concept
4	Reverence	Deep respect for goodness/knowledge	Respecting teachers and elders
5	Glory	Pride in right achievement	Family proud of new pharmacist
6	Gratitude	Thankfulness for what we received	Thanking parents, friends
7	Love	Wanting the other's complete happiness	Parents' sacrifice; selfless service

Mnemonic for the seven: "A-K-G-R-G-G-L" → make a sentence: "**A**ll **K**ind **G**uides **R**evere **G**ood **G**ivers with **L**ove."

- **A**ffection, **K**indness, **G**uidance, **R**everence, **G**lory, **G**ratitude, **L**ove.

> **Key takeaway:** Respect is not fear and not flattery — it is *right evaluation* built on these seven feelings. Relationships without them become cold transactions.

4.8 Trust: The Foundation of All Relationships

Before the seven feelings can grow, one thing must exist: **trust** — the feeling that "the other person wants my happiness and will not intentionally harm me."

- With trust → we share openly, cooperate, forgive mistakes.
- Without trust → we hide, suspect, and fight — even in families.

Pharmacy example: A patient trusts the pharmacist when the pharmacist has always been honest — no pushing unnecessary medicines, no hiding side effects. That trust brings the patient back for years. Trust is the pharmacist's real capital.

4.9 Harmony from Individual to Society — The Flow

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INDIVIDUAL (Self–Body harmony)
   ↓  (right understanding in me)
FAMILY (trust + the seven feelings)
   ↓  (values practised at home)
SOCIETY (cooperation, justice, fearlessness)
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You cannot give to society what you don't have in yourself. An angry, confused person creates angry, confused relationships. A person with inner harmony spreads harmony — first in family, then in society.

> **Key takeaway:** Social harmony starts with individual harmony. Fix yourself first; the family and society follow.

4.10 Infographic Concept Box — "The Relationship Tree"

> 🌳 **THE RELATIONSHIP TREE — Unit IV at a Glance**
> **Roots (individual):** Self's needs (happiness, respect — continuous) vs Body's needs (food, rest — temporary). Don't mix them!
> **Trunk (activities):** Self desires → thinks → selects; Body executes (breathing, digestion…).
> **Branches (family):** The basic unit — first school of trust, love, and values.
> **Leaves (7 foundations of respect):** 🍃 Affection 🍃 Kindness 🍃 Guidance 🍃 Reverence 🍃 Glory 🍃 Gratitude 🍃 Love
> **Fruits (society):** Cooperation, trust, fearlessness — a harmonious society.
> *Remember: respect = right evaluation (not flattery, not insult). Mnemonic: "All Kind Guides Revere Good Givers with Love."*

4.11 Key Points

1. Needs of the Self: happiness, respect, trust — continuous, not measurable, fulfilled by understanding + relationships.
2. Needs of the Body: food, shelter, medicine — temporary, measurable, fulfilled by physical things.
3. Never try to fulfil Self-needs with Body-things (the great modern confusion).
4. Activities of the Self: desiring → thinking → selecting. Activities of the Body: breathing, circulation, digestion.
5. Family is the basic unit of human interaction — first school of values.
6. Respect = right evaluation (neither over- nor under-evaluation).
7. Seven foundations of respect: affection, kindness, guidance, reverence, glory, gratitude, love.
8. Trust is the base of every relationship — including pharmacist–patient trust.
9. Individual harmony → family harmony → social harmony.

4.12 Common Confusions

> **Confusion 1:** "Respect means obeying elders / fearing the boss." **Clear:** Obedience from fear is not respect. Respect is *right evaluation* — seeing the person correctly, with the seven feelings.

> **Confusion 2:** "Needs of the Self and Body are the same — everyone needs food and happiness." **Clear:** Both are needed, but they are *different in nature*: Self-needs are continuous and non-material; Body-needs are temporary and material. Keep them separate.

Confusion 3: "Thinking is a brain activity, so it belongs to the body." **Clear:** The brain is the instrument; the conscious thinking/deciding is the Self's activity.

4.13 Common Mistakes

1. **Listing only 5–6 foundations of respect** — there are **seven**; examiners check all.
2. **Writing "family is important" without saying WHY it is the basic unit** — mention: first relationships, first values, mini-society.
3. **Confusing glory with pride/arrogance** — glory here means healthy pride in *right* achievement, not showing off.

4.14 Mnemonics

- **Seven foundations:** "All Kind Guides Revere Good Givers with Love" (A-K-G-R-G-G-L).
- **Self vs Body needs:** "**C-Q-R** vs **T-M-P**" — Self: **C**ontinuous, not **Q**uantifiable, fulfilled by **R**elationships; Body: **T**emporary, **M**easurable, fulfilled by **P**hysical things.
- **Activities:** "**D-T-S** then body does" — **D**esire → **T**hink → **S**elect.

4.15 Exam Summary

- Self needs: happiness, respect, trust (continuous, non-material, via understanding/relationships). Body needs: food, rest, shelter (temporary, measurable, via physical things).
- Activities of Self: desiring, thinking, selecting. Activities of Body: breathing, circulation, digestion.
- Family = basic unit of human interaction: first relationships, first values, mini-society.
- Values make relationships warm instead of transactional.
- Respect = right evaluation; its seven foundations: affection, kindness, guidance, reverence, glory, gratitude, love.
- Trust is the base of all relationships (pharmacist–patient included).
- Harmony flows: individual → family → society.

4.16 One-Minute Revision

> Self needs happiness/respect (continuous); Body needs food/rest (temporary) — never swap them. Self: desire → think → select; Body: breathe, digest, circulate. Family is the basic unit — first school of values. Respect = right evaluation, built on 7 feelings: Affection, Kindness, Guidance, Reverence, Glory, Gratitude, Love ("All Kind Guides Revere Good Givers with Love"). Trust first, then everything else. Individual harmony → family → society.

4.17 Exam Questions

A. Short-answer questions

1. Write any three differences between the needs of the Self and the needs of the Body.
2. List the activities of the Self and the activities of the Body.
3. Why is family called the basic unit of human interaction?
4. Define respect. Name the seven foundations of respect.

B. Long-answer questions

1. Distinguish between the needs of the Self and the needs of the Body with a table. Explain the "great confusion" with examples.
2. Explain the role of values in relationships, with special reference to the pharmacist–patient relationship.
3. Describe the seven foundations of respect with one example for each.

C. MCQs

1. Which of the following is a need of the Self?

a) Food b) Shelter c) Respect ✓ d) Medicine

2. The correct order of the Self's activities is:

a) Think → Desire → Select b) Desire → Think → Select ✓ c) Select → Desire → Think d) Act → Think → Desire

3. How many foundations of respect are listed in the syllabus?

a) Five b) Six c) Seven ✓ d) Nine

4. "Right evaluation of a person — neither over nor under" defines:

a) Love b) Respect ✓ c) Trust d) Gratitude

5. Family is the basic unit of human interaction because:

a) It is the largest group b) Relationships and values are first learned there ✓ c) It earns money d) It is ordered by law

D. Viva / application-based questions

1. A junior asks you for guidance before practical exams, but you are busy. Which foundation of respect applies, and what would you do?
2. A patient doubts your advice and asks, "Are you sure this medicine is safe?" Which value will rebuild his trust, and how?

4.18 References

1. Gaur, R. R., Asthana, R. and Bagaria, G. P. *A Foundation Course in Human Values and Professional Ethics*. Excel Books, New Delhi.
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3. Raghavan, V. *Universal Human Values*. Excel Books.
4. Govindarajan, M., Natarajan, S. and Senthil Kumar, V. S. *Engineering Ethics*. Prentice Hall India.