



## Value based life skills: Gandhian perspective

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**Abstract:** Life skills help us to accomplish our aims and live to our life with full potential. The skill which is useful in our life can be considered a life skill. There is no definitive list of life skills. They are a set of human skills acquired by teaching, direct or indirect experience that are used to handle problems and situations commonly faced in our daily human life. Certain skills may be more or less relevant to ours depending on our life circumstances, culture, beliefs, age, geographic location, etc. for example, if we are at education, we need study skills, when we have a product to sell, then we need a marketing skills, if we are an employee we need professional skills. In our social life to maintain cordial relations with others we need some skills. To run our family peacefully we need time management and organising skills, finally to end our life successfully we need skills. Value denotes the degree of importance of something or action, with the aim of determining what actions are best to do or what way is best to live, or to describe the significance of different actions. It tells what is good and what bad? Values tend to influence attitudes and behaviour of humans. It deals with right conduct and good life. Types of values include ethical, religious, social and professional etc. when we have value added life skills it will be a great thing and he will be an ideal person. Gandhi life skills are non-violence, satyagraha, trusteeship and truth. His skills are added with values, so that he became father of the nation. In these busy materialistic days we need ethics or value based skills.

**Key words:** Life skills, Satyagraha, Non-violence, values, profession and conduct

### Introduction

In this fast changing society, stressful and busy human life we need some life skills. 'Life Skills' means the skills we need to make the most out of life. It helps us to accomplish our aims and live to our life with full potential. The skill which is useful in our life can be considered a life skill. There is no definitive list of life skills. They are a set of human skills acquired by teaching, direct or indirect experience that are used to handle problems and situations commonly faced in our daily human life.

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geographic location, etc. for example, if we are at education, we need study skills, when we have a product to sell, then we need a marketing skills, if we are an employee we need professional skills. In our social life to maintain cordial relations with others we need some skills. To run our family peacefully we need time management and organising skills, finally to end our life successfully we need skills.

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### **Personal Skills**

Personal skills are the very essential life skills we need to help maintain a healthy body and mind. We recognise and manage and cope with emotions. It helps us to have good relations. By learning new skills we increase our understanding of the world as well as society around us and equip ourselves with the tools we need to live a more productive, happy and fulfilling life, finding ways to cope with the challenges that life, inevitably, and throws at us. Life skills are not always taught directly but often learned indirectly through experience and practice.

Communication skills are one of the important life skills. It includes Effective listening, understanding, negotiation and proper communication. These are very essential in every human life.

Problem Solving is another desirable and useful skill in our day-to-day lives. Develop some techniques to solve our problems at work place or everywhere. We should have ability to solve the problems. Poor problem solving affects our business and relations also.

Recognise and control the Anger and Stress also another important personal life skill. It shows impact our health and

personal relationships. We should know how to control or manage such emotions which can greatly enhance our quality of life and human relations. Problem solving includes identification of problem, looking for possible solutions, decision making and implementation. Decision making and implementation is an important skill.

Managing Stress and Anxiety are a key modern life skill. Effectively coping with Stress, Anxiety and Tension are common problems in modern life. Most of the people suffer from this problem. These can be detrimental to our personal relationships and our health also. We should know the sources of the stress and how to control or manage such emotions can highly influence our quality of lives.

Self control and Critical Thinking, Time Management is not very difficult. It requires the investment of little time upfront to prioritise and organise our self. Effective time management is another important life skill. We should know what is important and what is urgent?

### **Values**

Values can be defined as broad preferences concerning appropriate courses of action or outcomes. As such, values reflect a person's sense of right and wrong or what "ought" to be. " Value denotes the degree of importance of something or action, with the aim of determining what actions are best to do or what is best to live, or to describe the significance of different actions. It tells what is good and what is bad? Values may help solve general problems for survival by comparative rankings of value, the results of which provide answers to questions of why people do



what they do and in what order they choose to do them.

Important and lasting beliefs or ideals shared by the members of a culture about what is good or bad and desirable or undesirable. Values have major influence on a person's behaviour and attitude and serve as broad guidelines in all situations. Some common business values are fairness, innovation and community involvement.

### **Gandhi Values**

Mahatma Gandhi's ideologies of non-violence, truth and social justice have brought about a paradigm shift as far as India's image to the outside world is concerned. These inspiring values propagated by Gandhi attracted world's attention and provided a moral canvass for the other countries to follow suit in their struggle to create a more egalitarian and just society that is bereft of violence and hatred. This changing identity of the country can be traced in the tribute paid to Gandhi by famous scientist Albert Einstein. Einstein observed in 1939 on the 70th anniversary of Gandhi's birthday: "Generations to come, it may well be, will scarce believe that such a man as this one ever in flesh and blood walked upon this Earth." Today the name of Gandhi transcends the bounds of race, region and religion, and has emerged as the prophetic voice of our time. He is remembered now for his passionate adherence to the practice of non-violence and humanism.

### **Conclusion**

It is true that Buddha and Mahavir reinvented the word Ahimsha (non-violence) but credit goes to Gandhi to use it as effective skills for social change.

Gandhi in his book "My experiment with truth" said: "I taught nothing new to this world, truth and Ahimsha is as old as trees and mountains". He was successful in demonstrating to the world the importance of truth and non-violence which are very essential life skills in these modern days.

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