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**UNIVERSAL HUMAN VALUES – II**

**UNDERSTANDING HARMONY**

**VIII** Semester

**Course Code:** 201MC8T01

1. Society means

a. Family

b. All human beings

c. Few individuals

d. None

**ANS: B**

2. The processes/ methods adopted for the fulfilment of the collective social goal

a. Social system

b. Social order

c. Both

d. None

**ANS: C**

3. TRUTH deals with

a. Right understanding in the self

b. Fulfilment in relationship

c. Ensuring more than required physical facility

d. None

**ANS: A**

4. PROSPERITY deals with

a. Right understanding in the self

b. Fulfilment in relationship

c. Ensuring more than required physical facility

d. None

**ANS: C**

5. The human goal at the level of society is

a. Prosperity

b. Fearlessness

c. Co-existence

d. Right understanding

**ANS: B**

6. Recognizing need for physical facility, its production, and Right utilization ensures

a. Fearlessness

b. Prosperity

c. Justice

d. None

**ANS: B**

7. The statement-“Fulfilment of collective responsibilities – those responsibilities that are required for the societal systems to work smoothly and effectively: deals with

a. Human goal at individual level

b. Human goal at family level

c. Human goal at society level

d. Human goal at nature level

**ANS: C**

8. Mutual fulfilment is the hall mark of

a. Guidance

b. Reverence

c. Justice

d. Glory

**Ans: C**

9. Terms- definite, continuous, unconditional refers to

a. Right understanding

b. Right feeling

c. Swatantrata

d. All

**ANS: D**

10. \_\_\_\_\_\_\_\_\_\_\_means harmony within myself.

a. Happiness

b. Pleasure

c. Excitement

d. Feeling

**ANS: A**

11. Behavior depends upon

a. Feelings

b. Desire, Thought, Expectation

c. Right Understanding

d. All

**ANS: D**

12. For behavior in relationship to be right, it is necessary for the \_\_\_\_\_\_ and \_\_\_\_\_\_\_\_ to be right.

a. Feeling and thought

b. Physical facility and health

c. Wealth and prosperity

d. None

**ANS: A**

13.\_\_\_\_\_\_\_\_ on intention is the starting point for mutual development.

a. Trust

b. Belief

c. Doubt

d. None

**ANS: A**

14.Right evaluation of each other’s intention and \_\_\_\_\_\_\_\_ is called Respect

a. Behaviour

b. Belief

c. Expression

d. Competence

**ANS: D**

15. The statement-“Desire, Thought & Expectation are continuous in me as well as other” indicates our

a. Program

b. Potential

c. Purpose

d. Competence

**ANS: B**

16. We can feel being related to other when we have feelings of\_\_\_\_\_ & \_\_\_\_\_\_ for other.

a. Trust and respect

b. Care and guidance

c. Reverence and glory

d. Affection and gratitude

**ANS: A**

17. The feeling of acceptance for excellence is called\_\_\_\_\_\_\_\_

a. Glory

b. Reverence

c. Respect

d. Affection

**ANS: B**

18.Generally, as a child, \_\_\_\_\_\_\_\_ is the prominent feeling.

a. Glory

b. Trust

c. Gratitude

d. Care

**ANS: C**

19.The feeling of care is expressed in the form of \_\_\_\_\_\_\_\_\_

a. Spontaneity

b. Commitment

c. Generosity

d. Obedience

**Ans: C**

20. Expressed value for trust is

a. Complementariness

b. Transparency

c. Commitment

d. Generosity

**ANS: A**

21. In Ashtang Marg, final part of action is known as

a. Result

b. Karmant

c. Expression

d. Choice

**ANS: B**

22.Complete alignment of our view/vision (with reality) is

a. Knowledge

b. Education

c. Unhappiness

d. Happiness

**ANS: A**

23.What is Samadhi (right concentration/ meditation)?

a. To leave everything and live even without basic necessity

b. the ultimate state of awareness in which we can see the reality as it is

c. to focus on a particular object at a certain point of time

d. none of the above

**ANS: B**

24. Meditation includes

a. Right speech, right action

b. Right vision, right resolve

c. Right livelihood, right effort

d. Right awareness, right concentration

**ANS: D**

25. Realization centric wisdom is

a. Knowledge based on listening

b. Knowledge based on Self-realization of existential realities

c. Reasoning based Knowledge

d. None of the above

**ANS: B**

26. Non-violence (अहहंसा) means not hurting anyone by

a. Body

b. Mind

c. Speech, words

d. All of them

**ANS: D**

27. Non-stealing (अस्तेय) means

a. Using only those things that one has produced or obtained; to feel ones right only on such things

b. Understanding the basic laws, principles associated with sensation

c. not accumulating things that are unessential

d. none of the above

**ANS:A**

28. Being able to correctly recognize one’s need for physical facility and living in harmony with that much is

a. self-reflection (स्वाध्याय)

b. Self-discipline (तप)

c. Contentment (संतोष)

d. Non-Possessiveness (अपररग्रह)

**ANS: C**

29. Wealth means

a. Physical facility that is rightfully earned, in accordance with right understanding of natural laws

b. Money only

c. Happiness

d. All the above

**ANS: A**

30. It is natural for \_\_\_\_\_\_\_\_\_\_\_\_\_ to slowly deteriorate.

a. Physical things/ physical facilities

b. Happiness

c. Feelings

d. Relationship

**ANS: A**

31. Right understanding, feeling and thought are collectively known as

a. Knowledge

b. Prosperity

c. Happiness

d. Unhappiness

**ANS: A**

32. Free from hatred, unperturbed by evil in others is known as

a. Friendliness (र्ैत्री)

b. Compassion (करुणा)

c. Joy (र् हदता)

d. Equanimity

**ANS: D**

33. For Gestation ceremony (गर्भसंस्काि) what is basic requirement

a. The health of the Body of the parents

b. The conduct of the parents

c. Feeling and thought of harmony

d. All the above

**ANS: D**

34. The purpose of Death ceremony is

a. To be free of the pain at the time of death

b. To become free of the sanskars related to our likes-dislikes

c. Both a and b

d. None of the above

**ANS: C**

35. Which one is not a type of verbal communication

a. Music

b. Literature

c. Documentaries

d. Movies

**ANS: B**

36.\_\_\_\_\_\_\_\_\_ is related to way of thinking of individual human beings

a. Sanskar

b. Culture

c. Civilization

d. All the above

**ANS: B**

37. The desired state of culture is

a. Resolution in thought (thought of justice, harmony and co-existence)

b. Justice in behavior (Participation for harmony in larger order)

c. Both a and b

d. None of the above

**ANS: A**

38.\_\_\_\_\_\_\_\_\_\_\_\_\_\_ builds the ability, the competence for Right Understanding, Right Thought and Right Behavior in every person.

a. Health

b. Justice

c. Education

d. Service

**ANS: C**

39. What we obtain as outcome of labor on rest of nature is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_

a. Production

b. Service

c. Preservation

d. Right utilization

**ANS: A**

40. The service which is being ensured by the system

a. Administrative Service

b. Social Service

c. Justice

d. Education

**ANS: A**

41.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are important in the sense of living in a society

a. Law and order

b. Production and work

c. Culture and civilization

d. Sanskaar and Culture

**ANS: C**

42. Clarity of our goals, programs etc., and knowledge of keeping activities of the self in harmony is what type of education?

a. Mental education

b. Behavioral education

c. Health education

d. Education for Participation in the system

**ANS: A**

43. Education for production of necessary physical facility through work on natural resources is

a. Education for Production

b. Education for Right Utilization

c. Education for Participation in the system

d. None of the above

**ANS: A**

44. A child starts to learn and understand by the method of

a. Imitate and follow

b. Imitate and obedience

c. Follow and obedience

d. Obedience and self-verification

**ANS: A**

45. What are the aspects of personal transformation?

a. Self-verification

b. Self-awareness

c. Self-evaluation

d. All the above

**ANS: D**

46. For bringing the harmony of the body back from temporary disharmony, on which major area we need to work on

a. Intake

b. Daily routine (Lifestyle)

c. Medicine

d. Posture of body and regulated breathing

**ANS: C**

47. Harmonious human-human relationship resulting in mutual happiness, is the achievement of

a. Respect

b. Justice

c. Trust

d. Love

**ANS: B**

48. ‘To create an environment of mutual trust in the society’ it is the objective of

a. Respect

b. Justice

c. Happiness

d. Love

**ANS: B**

49. Understanding the issues completely, taking full responsibility and execute them is

a. Obligation

b. Duty

c. Ethics

d. Justice

**ANS: A**

50. While in the process of understanding, if self-verification is right child develops

a. Opposition and self confidence

b. Struggle and opposition

c. Self-discipline and self confidence

d. Self-discipline and opposition

**ANS: C**

51. Education about self-regulation, intake-daily routine etc. in the context of keeping the body healthy is known as

a. Mental education

b. Behavioral education

c. Health education

d. Education for Participation in the system

**ANS: C**

52. While deciding about what to produce we have to focus on

a. Produce the physical facility or material that is needed to ensure nutrition, protection, and health of the body.

b. Produce the physical facility needed for smooth running and maintenance of the system in the society.

c. Both a & b

d. None of the above

**ANS: C**

53. Three important questions related to production are –

a. What, how and how much to produce

b. What, why and when to produce

c. How, when and what to produce

d. What, when and where to produce

**ANS: A**

54. Production and service of equipment, instruments required to produce physical facility for primary needs

a. Primary production and service

b. Secondary production and service

c. Tertiary production and service

d. None of the above

**ANS: B**

55. ‘helping the nature to prosper’ is an indicator of

a. Protection

b. Production

c. Enrichment

d. Right utilization

**ANS: C**

56. What type of production should be ensured at family level

a. Tertiary

b. Primary

c. Secondary

d. None

**ANS: B**

57. What type of production should be ensured at the level of village cluster or at larger level

a. Tertiary

b. Primary

c. Secondary

d. None

**ANS: A**

58. Human being is

a. Self

b. Body

c. co-existence of Self and Body

d. none

**ANS: C**

59. Needs of self is fulfilled through

a. Right Understanding and right feelings

b. Relationship

c. physical facilities

d. all the above

**ANS: A**

60. Today we are talking about localization in terms of

a. physical facilities

b. development of self

c. both a and b

d. none of the above

**ANS: B**

61. Goal of Exchange is

a. To ensure the availability of necessary physical facilities in different regions and time

b. Profit earning

c. both a and b

d. none of the above

**ANS: A**

62. Exchange of rice with wheat is

a. Indirect Exchange

b. Direct Exchange

c. Physical exchange

d. Profit exchange

**ANS: B**

63. Avoiding use of urea, pesticide etc helps in

a. Water conservation

b. Soil conservation

c. Forest conservation

d. Air conservation

**ANS: B**

64. Right utilization of self is required

a. To ensure right feelings and right thoughts for living with mutual fulfilment

b. To invest time and labor for the activities of Production

c. To ensure the availability of necessary physical facilities

d. To Enrich and Protect Natural Resources

**ANS: A**

65. What is the reason of mis-utilization

a. Trying to get Continuity of Happiness through favorable sensation or physical facility

b. Trying to get Continuity of Happiness through favorable feelings from others such as respect

c. Both a and b

d. None of the above

**ANS: C**

66. Types of mis-utilization

a. indulgence

b. accumulation

c. over consumption

d. all the above

**ANS: D**

67. Which of the following is not a level of service

a. Service in relation to Production

b. Service in relation to Society

c. Service in relation to Participation in the System

d. Service in relation to individual

**ANS: D**

68. Which of the following is not a type of service at the level of society and the system

a. structure like “Langar”

b. Trusts and NGOs

c. government

d. industries

**ANS: D**

69. Which among the following is comprehensive human goal at the level of family?

a. Fearlessness

b. Prosperity

c. Mutual fulfillment

d. Right understanding

ANS: B

70. Different names such as bliss, peace, satisfaction, happiness, fulfilment, salvation, contentment, enlightenment, liberation, independence, self-actualization, ecstasy, divinity, wellbeing of all etc have been used for

a. Physical facilities

b. Sensations

c. Fearlessness

d. Mutual fulfilment

**ANS: D**

71. Human being is the coexistence of \_\_\_\_\_ & \_\_\_\_\_\_.

a. Body and wealth

b. Self and wealth

c. Self and body

d. Material & body

**ANS: C**

72. For smooth functioning of the family and ensuring its goal, the family must have at least \_\_\_\_\_ generations living together.

a. Two

b. Three

c. Five

d. Six

**Ans: B**

73. Which approach helps us to fulfil comprehensive human goals?

a. Problem escaping approach

b. Problem centric approach

c. Solution centric approach

d. Solution thinking approach

**ANS: C**

74. Education and health take care of our

a. physical & mental well being

b. relationship in human interaction

c. all

d. none

**ANS: A**

75. Which among the following are not the indicators for evaluation of dimensions of health?

a. Having hospitals and medical store in every locality,

b. good life style, and fast recovery from illness

c. life survival period

d. period over which people remain healthy

**Ans: A**

76.  The ‘Self’ is central to the human existence and \_\_\_\_\_\_\_\_\_\_ is central to the existence.

A. Coexistence

B. Nature

C. Struggle

D. Society

**ANS: A**

77. The word “society” is primarily used in the context of human-\_\_\_\_\_\_\_\_ relationship.

A. Human

B. Nature

C. Both

D. None

**ANS: A**

78.\_\_\_\_\_\_\_\_ deals with personal transformation and societal transformation

A. Skill Education

B. Human Education

C. Professional education

D. Inhuman Education

**ANS:B**

79. Terms -Aimlessness, Confusion, Tension, Frustration, Depression, Alcoholism, Obesity, Suicide deal with

A. Individual

B. Family

C. Society

D. Relationship with rest of nature

**ANS: A**

80. TRUTH deals with

A. Realization in the self

B. Fulfilment in relationship

C. Ensuring more than required physical facility

D. None

**ANS: A**

81.  PROSPERITY deals with

A. Right understanding in the self

B. Fulfilment in relationship

C. Ensuring more than required physical facility

D. None

**ANS: C**

82. The human goal at the level of individual is

A. Prosperity

B. Fearlessness

C. Co-existence

D. Right understanding

**ANS: D**

83. Thoughts may be governed by

a. Right understanding

b. Preconditioning

c. Sensation

d. All

**ANS: D**

84. Wisdom means

a. Right speech, right action

b. Clarity of human goals

c. Developing Skill with right efforts

d. Right awareness and focusing

**ANS: B**

85. What does human goal at the level of NATURE ensures?

a. Ensuring mutual enrichment with every unit in nature (at all the levels- individual, family, village… national… international)

b. Ensuring Cyclic and mutually enriching production processes

c. Coexistence and Mutual prosperity

d. All

**Ans: D**

86. Which among the following are the indicators for evaluation of dimensions of JUSTICE?

a. Having more number of courts and the judges

b. How many people are able to ensure mutual fulfilment in their relationships?

c. More number of cases being disposed and at faster speed

d. Availability of police force to enforce justice etc.

**Ans: B**

87. Name the model village of Bhutan

a. Menchri Village

b. Khejari village

c. Tsangpo village

d. None

**Ans: A**

88. When, we are generally trying to understand how we can ensure living a fulfilling life for oneself and for all, and then work for such a living in our day today life, this is called

a. Problem escaping approach

b. Problem centric approach

c. Solution centric approach

d. Solution escaping approach

**ANS: C**

89. Which approach helps us to fulfil comprehensive human goals?

a. Problem escaping approach

b. Problem centric approach

c. Solution centric approach

d. Solution thinking approach

**ANS: C**

90. Which among the following are not the indicators for evaluation of dimensions of health?

a. Having hospitals and medical store in every locality,

b. good life style, and fast recovery from illness

c. life survival period

d. period over which people remain healthy

**Ans: A**

91. Which among the following is the indicators for evaluation system implementation?

a. different dimensions of the system are running smoothly

b. the system has to put in lot of efforts to do so

c. Bigger and bigger structure of central administration to make the different dimension work

d. More and more enforcement through strict laws and police force

**ANS: A**

92. At the dimension of education what areas we focus on for evaluation of our state today

a. mental & behavioral education

b. education for right utilization

c. health education

d. all the above

**Ans: D**

93. Ensuring mutual enrichment with every unit in nature is

A. Human goal at individual level

B. Human goal at family level

C. Human goal at society level

D. Human goal at nature level

**ANS: D**

94. The fulfilment and evaluation of feelings lead to mutual \_\_\_\_\_\_\_\_\_ in relationship.

A. Prosperity

B. Enrichment

C. Happiness

D. None

**Ans: C**

95. Work depends upon

A. Feelings

B. Desire, Thought, Expectation

C. Right Understanding

D. Both b and c

**ANS: D**

96. PARTANTRATA deals with

a. Within you don’t have any definite feeling (it keeps fluctuating)

b. If the other expresses right feeling, you feel “happy”

c. If the other expresses wrong feeling, you feel “unhappy”

d. All

**ANS: D**

97. Seeing the essence of the reality as it is, means seeing the part that is definite, universal & continuous, like:

a. Natural Characteristic (Relationship/participation in larger order)

b. Innateness (Harmony/self organization)

c. Co-existence (Coexistence/submergence)

d. All the above

**Ans: D**

98. Who is knower?

a. Human Being

b. Existence

c. Self

d. Body

**Ans: C**

99. Choose the incorrect matching

a. Natural Characteristic & Relationship

b. Innateness & self organization

c. Co-existence & submergence

d. Co-existence & Harmony

**Ans: D**

100. Righteous expression is outcome of

a. Analyzing within

b. Contemplation within

c. Understanding within

d. Realization within

**Ans: D**