

QUESTION BANK

Descriptive

Unit -1

- a. What is the need for Value Education in technical and other professional institutions?
- b. What is the difference between belief and understanding?
- c. Justify the role of self exploration as in the process of Value Education?
- d. What is Self Exploration? What is its purpose?
- e. Self exploration is a process of dialogue between 'what you are' and 'what you really want to be'
- f. Explain and illustrate.
- g. What are pre conditions? What is their source?
- h. Do you feel that you have some pre-conditions? How do you evaluate them?
- i. Critically examine the prevailing notion of happiness and prosperity and their consequences?
- j. What is the true essence of happiness and prosperity?
- k. Does having physical facilities ensure relationship and right understanding? Justify your answer.
- l. Write a note on Human and Animal consciousness?
- m. Illustrate Human and Animal Consciousness with a diagram?

UNIT-II.

- a. Elucidate the self (I) as the conscious entity, the body as the material entity?
- b. What are the consequences of confusion between Sukh and Suvidha?
- c. "Human being is more than just the Body"- explain?
- d. Why are the Physical facilities required? What do you mean by right utilization of Body?
- e. Are the activities in 'I' continuous or temporary? Justify your answer.

- f. How does realization and understanding lead to definiteness of human conduct?
- g. In what way can we say that the human body is a self organized unit?
- h. How is the correct appraisal of our physical needs done?
- i. Suggest any two programs that you can undertake to improve the health of your body?
- j. How do we go into conflicts when our activities are not guided by one natural acceptance?

UNIT-III

- a. The major crisis in today's society is that of Trust and Respect. Elucidate?
- b. What is 'Justice' what are its four elements? Is it a continuous or a temporary need?
- c. How is 'Trust' the foundation values of relationship?
- d. What can be the basis of an undivided society- the 'World family'?
- e. Explain the dimensions of human Endeavour in society conducive to manaviya Vyavastha?
- f. Indicate a few feasible steps to promote harmony in the society and co-existence with nature.
- g. What is the Svabhava (Natural Characteristic) of animal order?
- h. What is the meaning of Education and Sanskara? How does Sanskara follow education?
- i. Write a note on "Recyclability and Self – regulation in nature.
- j. Explain the term 'Anu – Sangita'.

UNIT – IV & V

- a. Differentiate between units and space. How are units self – organized in space?
- b. Draw a chart showing in detail, the different categories of units of nature in co-existence in space.
- c. 'Nature submerged in space' – explain the term with reference to existence.

- d. What do you mean by holistic alternatives? What is the vision for the holistic alternative?
- e. Explain the term 'Competence' in professional ethics.
- f. Mention a few steps you may take to promote ethics among your colleagues among whom unethical practices prevail?

UNIT WISE QUIZ QUESTIONS

FILL IN THE BLANKS

(Text in bracket is the answer of the blank)

- (Value)_____is our participation at different levels in the larger order.
- When we participate in the larger order, this participation at different levels is our (Value)_____
- The participation of the human being is seen in two forms: (Behaviour)_____and (work)_____.
- (Values)_____are the outcome of (Realization)_____and (understanding)_____, which are always definite.
- By exploring our svatva and living accordingly, we become Svatantra)_____.
- Giving weight age to physical facilities, to the maximization of sensory pleasures, to accumulation of wealth is called (Animal consciousness)_____.
- (Right understanding)_____ helps the human being to transform from (Animal

- consciousness)_____to (human consciousness)_____
- There can only be a (Qualitative)_____change in conscious units.
 - (Society)_____is the third level of living
 - (Individual)_____is the first level of living.
 - (Family)_____is the second level of living.
 - (Nature)_____is the fourth level of living.
 - Self exploration uses two mechanisms– (natural acceptance)_____and (experiential validation)_____.
 - Mechanisms of self exploration are (natural acceptance)_____and (experiential validation)_____
- _____
- Samridhi means (prosperity) _____
 - Process of value education has to be that of (self investigation)_____and (self exploration)_____
- _____
- Prosperity means (health)_____, (wealth)_____and (wisdom) _____
 - Developed nations are the live example of (prosperity) _____
 - Happiness, pleasure or joy is the (emotional)_____state of being happy.
 - Without truth, caring, concern or love and justice,(conflicts)_____arise and peace is endangered.
 - Self introspection plays important role to create (harmony)_____within oneself
 - Self study helps us to know our (weaknesses) _____
 - (Prosperity)_____is the state to flourishing, thriving, success or good fortune.
 - (Natural acceptance)_____of (values)_____will develop (self respect)_____.
 - Universal, rational and verifiable are (guidelines)_____of (value education) _____
 - The four levels of human living are (self)_____, (family)_____, (society)_____and (nature) _____
 - To be in a state of (liking)_____is (happiness)_____.
 - To be in a state of (disliking)_____is (unhappiness)_____.
 - The (value)_____of entity is its participation in larger order.
 - (Self exploration)_____ is a process of (self evolution)_____ through (self investigation)_____.
- (Program)_____and (desire)_____are the content of (self exploration).
 - (Value education)_____helps us to correctly identify our (aspirations)_____.
 - (Technology)_____is only a means to achieve what is considered valuable for a human being in an effective and efficient manner.
 - Value education leads a human being to (harmony)_____.
 - The content of Value education is expected to include all (dimensions)_____ and (levels)_____of a human being.
 - The process to understand human (value)_____is self exploration.
 - Prosperity means (health)_____, (wealth)_____and (wisdom) _____
 - Developed nations are the live example of (prosperity) _____
 - Happiness, pleasure or joy is the (emotional)_____state of being happy.

- 20. Without truth, caring, concern or love and justice, (conflicts) _____ arise and peace is endangered
- Self introspection plays important role to create (harmony) _____ within oneself
- Self study helps us to know our (weaknesses) _____ and how to remove
- (Prosperity) _____ is the state to flourishing, thriving, success or good fortune.
- (Natural acceptance) _____ of (values) _____ will develop (self respect) _____.
- Universal, rational and verifiable are (guidelines) _____ of (value education) _____
- The four levels of human living are (self) _____,
- (family) _____, (society) _____ and (nature) _____.
- To be in a state of (liking) _____ is (happiness) _____.
- To be in a state of (disliking) _____ is (unhappiness) _____.
- The (value) _____ of entity is its participation in larger order.
- (Self exploration) _____ is a process of (self evolution) _____ through (self investigation) _____.

- (Program)_____and (desire)_____are the content of (self exploration).
- (Value education)_____helps us to correctly indentify our (aspirations)_____.
- (Technology)_____is only a means to achieve what is considered valuable for a human being in an effective and efficient manner.
- Value education leads a human being to (harmony)_____.
- The content of Value education is expected to include all (dimensions)_____ and (levels)_____of a human being.

Unit 2: Harmony in Self

- ‘Knowing’ means having the (Right understanding)_____.
- Each human being is co-existence of the (Self (I))_____and the body)_____.
- The (body)_____does not ‘assume’ things.
- (Sanyam)_____is the feeling of responsibility for nurturing, protecting and right utilizing the body.
- Where there is harmony among the parts of the body,it is known as (Swasthya)_____.
- (Sanyama)_____is the basis of (Swasthya)_____
- (Sanyam)_____is vital for the (Swasthya)_____
- With the help of the (Body)_____, self explores and interact with rest of the nature.
- The system of the body works in a (Self organized) _____ way.
- Human body is an instrument to facilitate (Right understanding) _____.

- The self is (Conscious)_____in nature while body is (Physico-chemical)_____in nature.
 - The basic capacity of self is known as (Power)_____.
 - The power/capacity for selecting/tasting is (Expectation)_____.
 - (Expectation)_____is the capacity of (Selecting/tasting)_____.
 - The self and body interacts with each other via the activity of (Selecting/tasting)_____.
 - The flow of activity of (Selecting/tasting)_____can leads to (thoughts)_____.
 - The capacity of (thoughts)_____could lead to (desires)_____.
 - The activity of desires, thoughts and expecting, together is called as (imagination)_____.
 - We make choices with external world, based on our (imagination)_____today.
 - Imaging is _____(continuous) with time.
 - The activity of Selecting/tasting is (continuous) _____
 - What we analyze may keep changing, the activity of analyzing is (continuous) _____
 - When we assume something about on the prevailing notion it is called (preconditioning)_____
 - (realization)_____means to be able to see the reality as it is.
 - What we really want to be is our (natural acceptance) _____
 - We can have (right understanding)_____through the process of (realization) _____
 - Behaviour on the basis of (realization and understanding)_____is called (self organized behaviour) _____
 - Human being is co-existence of (self and body)_____.
 - The self or I is also called (consciousness) _____
 - Clothing, nourishment etc are the needs of (body) _____
 - Trust, respect, happiness etc are the needs of (self) _____
 - The needs of the self are (continuous)_____in time and needs of body are (temporary) _____
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- Needs of the body are temporary while the needs of the self are_____.
 - Physical facilities are required in (limited)_____quantity.
 - If the needs are naturally acceptable I want them (continuously) _____
 - The needs of (self)_____are (qualitative)_____in nature and we want them continuously
 - The needs of the body are ensured by (physico-chemical)_____things.
 - The needs of the self are ensured by (right understanding)_____and (right feeling) _____
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- By (right understanding)_____we become responsible to ourselves.
 - Choosing and imaging are the activities of (self) _____.
 - Recognition and fulfillment between (material entities)_____is always (definite)_____.
 - In I (self), recognizing and fulfillment depends on(assuming)_____.
 - The activity of fulfillment depends on the (recognition) _____
 - Knowing means we have the (right understanding) _____
 - Any entity that has the activity of recognizing and fulfillment only can be called as (material entity)_____.
 - The feeling of prosperity is the need of (self)_____.

- Physical facilities are the need of the (body) _____
- Selecting and desiring are the activities of (self) _____.
- I am the (seer) _____, (doer) _____ and (enjoyer) _____
- The (Body) _____ is an (instrument) _____ of (I - self) _____.
- The requirements of body are (nutrition) _____, (protection) _____ and (right utilization) _____
- (Seer) _____ means the one that understands.
- The awareness of being is in (I) _____
- Seer is also called (drashta) _____ or Drishta refers to (seer) _____
- Doer is also called (karta) _____ or Karta refers to (doer) _____
- Enjoyer is also called (bhokta) _____ or Bhokta refers to (enjoyer) _____
- In relationship we want (mutual fulfillment) _____
- From physical facilities we want (prosperity) _____
- Swasthya leads to (sukh) _____
- Sanyam represent (self control) _____
- Swasthya refers to (health) _____

Unit 3: Harmony in Family and Society

- Education- right living leads to (Right understanding) _____.
- The process of education and right living leads to (Right understanding) _____ in the individual.
- The program for health and sanyam leads to feeling of (Prosperity) _____ in family.
- Ensuring justice in relationship, on the basis of values leads to (Fearlessness) _____ in society.
- Suraksha of nature via enrichment protection and right utilization leads to (Co-existence) _____ in nature.
- Production and work for physical facilities leads to (Prosperity) _____ in family and (co-existence) _____ with nature.
- (Trust) _____ is the foundational value in relationship
- The foundational value in relationship is (Trust) _____.
- The ability to fulfill the aspirations is called (Competence) _____.
- To be assured of others at all the time is the feeling of (Trust) _____.
- (Respect) _____ means (Right evaluation) _____

- Any belief in terms of 'thought system' that we have or that we have adopted is called (Ism's)_____.
- The feeling that other is related to me is called (Affection)_____.
- The feeling to nurture and protect the body of our relative is called (Care)_____.
- Ensuring right understanding and feelings in the other is called (Guidance)_____.
- Acceptance of excellence in others is called (Reverence)_____.
- (Glory)_____is the feeling for someone who has made efforts for excellence.
- (Gratitude)_____is the feeling of acceptance for those who have made efforts for my excellence.
- (Love)_____is a complete value.
- The feeling of relatedness to all human beings is called (Affection)_____.
- Society is an extension of (Family)_____.
- (Family)_____is the basic unit of human interaction.
- We are all similar at the level of our (Intension)_____but differ in our (Competence)_____.
- Employing the body physically for production and maintenance of physical facilities is called (Labour)_____.
- There is justice in relationship when there is (Mutual fulfillment)_____.
- The four gems of trust are (effective listening)_____, (empathy)_____, (justice)_____and (honesty)_____.
- She-astitva means (co-existence) _____
- Abhay means (fearlessness) _____
- (Competence)_____is the ability to perform a specific task action or function successfully
- In healthy relationship, I learn to (respect)_____and (trust)_____important people in our life
- The commitment is the only aspect that actually strengthens the (relationship)_____
- (Education)_____means the (vision) _____
- The problems in our relationship with various entities are due to our (assumptions)_____.
- Comprehensive human goal is right understanding, prosperity, fearlessness and_____.

Unit 4: Harmony in Nature and Existence

- The participation of the human being in ensuring the role of physical facility in nurture, protection and providing means for the body is called its (Utility value)_____.
- The participation of the human being in ensuring the role of physical facility to help and preserve its utility is called its (Artistic value)_____.
- Between every two units there is (Space)_____.
- When nature is submerged in space we call it (Existence)_____.
- Nature is (Limited)_____and while space is (unlimited)_____in size.
- When something is active or has activity, we call it a (Unit)_____.
- Space is constant or (Equilibrium)_____energy.
- There are two kinds of realities in existence: (Space)_____and (units)_____.
- Material units have the activities of (Recognizing)_____and (fulfilling)_____.
- Material units are (Temporary)_____in nature.

- Co-existence is when (Nature)_____is submerged in (space)_____.
- The first order of nature is (Material order)_____.
- The second order of nature is (Plant order)_____.
- The third order of nature is (Animal order)_____.
- The fourth order of nature is (Human order)_____.
- Parsparta means (Interconnectedness)_____.
- Paraspar purakta means (Mutually fulfilling)_____.
- Human beings are dependent on the (Material order)_____for soil, minerals and metals.
- The natural characteristic of material order (Composition/ decomposition)_____.
- The basic activities of plant order are (Recognizing and fulfillment)_____.
- Conformance of material order is named as (Constitution conformance)_____.
- Conformance of plant/ bio order is called (Seed conformance)_____.
- Conformance of animal order is (Breed conformance)_____.
- Conformance of human order is (Right value or sanskara conformance)_____.
- The cell belongs to (Pranic order)_____order.
- In animals only the activity of (Selection/taste)_____ is predominant.
- The activities in human body are (Composition/decomposition)_____and (respiration)_____.
- (Existence)_____and (growth)_____together are the innateness of the pranic order.
- The value or participation of different orders in existence is also referred to as their (Natural characteristics)_____.
- The fundamental characteristic of material order is(Composition/decomposition)_____.
- The body of animals and humans belongs to the (Pranic)_____order.
- The natural characteristics/svabhava of a human being are (Perseverance)_____, (bravery)_____and (genriosity)_____.
- The continuity of a plant species is maintained in nature by (Seed conformance)_____method.
- Human being has (Sanskar)_____conformance.
- The systems in nature are (Cyclic)_____and (mutually fulfilling)_____.
- (Nature)_____is equivalent to the natural world, physical world or material world.
- There is mutual_____among the four orders of nature.
- The four orders of nature are material order, plant order,_____order and human order.

Unit 5: Professional Ethics

- The definitiveness of human conduct in terms of values, policies and character is termed as (Ethics)_____.
- Developing ethical competence in the profession is the only effective way to ensure (Professional ethics)_____.
- The term ethics has been taken from the Greek word (ethos)_____which means character.
- (Ethics)_____are considered the moral standards by which people judge behaviour.
- (Professional ethics)_____ is the implication of(right nderstanding)_____in (profession)_____.

- Comprehensive human goal consists of (samadhan)_____, (samridhi)_____, (abhay)_____, and (seh-astitva)_____.
- Holistic production systems are eco-friendly and (people - friendly)_____.

True or False:

- 1 Harmony of 'I' with 'body' is not possible as they have different needs. False
- 2 The body is an instrument of 'I'. True
- 3 The 'I' is the doer, sear and enjoyer. True
- 4 Sanyam leads to swasthya and swasthya leads to sukh. True
- 5 Value education cannot be rational and has to be based on assumptions. False
- 6 The self is an instrument of the body. False
- 7 Prosperity in the family is one of the comprehensive human goals. True
- 8 Nature has self – regulation. True
- 9 Human conduct is definite. True False
- 11 The self is the doer, not the body. True
- 12 Undersatanding human relationships leads to undivided society. True
- 13 There is an inherent struggle and chaos in nature. False
- 14 Competence in professional ethics implies the ability to be fulfilling with human being as well as rest of the nature in profession. True
- 15 We may differ on many things, but what we respect is free enquiry open mindness, and their pursuit of ideas for their own sake. True
- 16 There is an inherent inter connectedness, self regulation and harmony at all levels of existence and this needs to be discovered by each individual.
- The whole existence is coexistence. Humans are only a constituent part. True
- 17 Humans are scarcely being governed by their preconditioning and sensory experiences and one is generally very eager to relook at them. True
- 18 We generally evaluate ourselves on the basis of our intentions and others on the basis of their competence. True
- 19 Sanyam is the lack of responsibility in 'I' towards the body for its nurture, protection and right utilization. False
- 20 Living of human being on the basis of physical facilities is called human consciousness. False
- 21 To be in harmony is happiness. True
- 22 Under evaluation is naturally acceptable in relationship. False
- 23 Body is a material unit while the self is a conscious unit. True
- 24 Working for unlimited wealth lead to a happy life. False
- 25 A human being is nothing but a material body. False
- 26 Existence is co-existence. True
- 27 Existence in the family is a barrier to harmony in the society. False
- 28 Every human being wants to live with definite conduct. True
- 29 Value education can be ensured through self-exploration in the human being. True

- 30 Imagination includes Desire, Thought and Expectation. True
- 31 Respect is the need of the body. False
- 32 Fearlessness is one of the comprehensive human goals. True
- 33 The plant order is a co-existence of the self and body too. False
- 34 Corruption is an unethical practice. True
- 35 Prosperity and wealth are equivalent. False
- 36 Right understanding forms the basis of definitiveness of human conduct. True
- 37 The process of self evolution is self exploration. True
- 38 Imaging is the activity of body False
- 39 'Knowing' in 'Self' means having the 'Right understanding' True
- 40 Affection is the foundational value in relationship False
- 41 Ensuring right understanding and feelings in the other is called Guidance. True
- 42 The feeling of relatedness to all human beings is called Love False
- 43 Where there is harmony among the parts of the body, it is known as sanyam. False
- 44 Activities of body are continuous False
- 45 Sukh is ensured by appropriate physico-chemical things False
- 46 The feeling of acceptance of excellence in the other is called reverence True
- 47 Akhand samaj is the feeling of being related to every human being. True
- 48 Justice in family means recognizing and working on nine values of relationship. True
- 49 Education – right living leads to fearlessness False
- 50 Society is the second level of living. False
- 51 Selecting and desiring are the activities of self True
- 52 Clothing, nourishment are the needs of body True
- 53 'Bhokta' means 'doer' False
- 54 Conformance of plant/ bio order is called 'seed conformance' True

