

- 001.** Self-exploration uses two mechanisms____ **A**
 A Natural acceptance and experiential validation B Right Understanding and self-exploration
 C Self-investigation and self-exploration D Natural acceptance and self-investigation
- 002.** _____is essential for the fulfilment of relationship and for right identification of physical facilities **D**
 A Skills B Happiness
 C Prosperity D Right understanding
- 003.** The need for right understanding and relationship is what distinguishes a human being from **C**
 A Society B Individual
 C An animal D Nature
- 004.** It is the fourth level of living. **D**
 A Family B Society
 C Individual D Nature
- 005.** The second dimension of human being is_ **D**
 A Behaviour B Thought
 C Work D Realization
- 006.** What is the second level of living? **C**
 A Nature B Society
 C Family D Individual
- 007.** _____form the basis for all our thoughts, behaviours and actions. **A**
 A Values B Aspirations
 C Needs D Society
- 008.** Identify the solution which helps human being to transform from animal consciousness to human consciousness. **A**
 A Right understanding B Realization
 C Value education D Physical facilities
- 009.** To maintain harmony, we have to work at four levels of living. Identify second level of living. **B**
 A Self B Family
 C Nature D Society
- 010.** Value education is becoming important for students now a days because value education helps students to correctly identify our **C**
 A Values B Key to success
 C Aspirations D Needs
- 011.** _____is a feeling of having or producing more than required physical facilities. **C**
 A Understanding B Happiness
 C Prosperity D Inventory
- 012.** What are the basic desires of every human being for which they are working. **D**
 A Physical facilities B Realization and understanding
 C Happiness and prosperity D Continuous happiness and prosperity
- 013.** What is called living with assumption for oneself as body and living of human being only on the basis of physical facilities, and not with right understanding and relationship? **D**
 A Human Consciousness B Happiness
 C Right Understanding D Animal Consciousness
- 014.** What is necessary but not complete for human beings? **B**
 A Happiness B Physical facility
 C Prosperity D Relationship
- 015.** Sah-astitva means **A**
 A Co-existence B Co-operation
 C Cooption D Corporate identity

- 016.** Values important for relationship are many they may include **D**
 A Arrogance B Aggression
 C Competency D Integrity and Character
- 017.** ____ are the basic desires of every human being for which they are working. **C**
 A Prosperity B Happiness
 C Realization and understanding D Self exploration
- 018.** Human values are essential for **A**
 A Living in harmony B Living with family and friends
 C Making life easier and happy D Making money to get facilities
- 019.** The content of Value Education is expected to include ____ dimensions and levelsof a human being **A**
 A All B One
 C Two D Three
- 020.** At the _____ level living in harmony requires a shared commitment to peace, justice and sustainable development. **A**
 A Individual B Interpersonal
 C Community D Global
- 021.** Contents of self-exploration are _____. **D**
 A Desire and needs B Program and needs
 C Program and practical D Desire and Program
- 022.** Our participation at different levels in the larger order is known as _____. **B**
 A Behaviour B Values
 C Efforts D Outcome
- 023.** An individual people aspiring for the universal human order will be **C**
 A More rich B More powerful
 C More responsible socially D More well-travelled
- 024.** Happiness is the state of _____. **D**
 A Satisfaction B Excitement
 C Pleasure D Harmony
- 025.** Program and desire are the contents of **C**
 A Self-evolution B Self-investigation
 C Self-exploration D Happiness
- 026.** What are the outcomes of realization and understanding? **B**
 A Work B Values
 C Happiness D Health
- 027.** The participation of human beings is seen in two forms **D**
 A Prosperity and Work B Values and Understanding
 C Behaviour and Wealth D Behaviour and Work
- 028.** When we participate in the larger order, this participation at different levels is known as **C**
 our value. Values are outcome of ____
 A Prosperity B Happiness
 C Realization and understanding D Self-exploration
- 029.** SSSS means _____. **C**
 A Samparpan Sampann Sukhi B Sahitya Sampann Sukhi Samriddha
 Samriddha
 C Suvidha Sampann Sukhi Samriddha D SadhanaSampann Sukhi Samriddha
- 030.** Five basic guidelines for value education are Universal, Natural and verifiable, all encompassing, leading to harmony and **D**
 A Self-exploration B Education
 C Right utilization D Rational
- 031.** We become _____ by exploring our swatva and living accordingly **A**
 A Swatantra B Paratantra
 C Wealthy D Happy
- 032.** We can know our weaknesses and remove them by doing **B**

- A Class room study
C Group study
033. The role of education Sanskar is_____. **D**
A To transform human being from animal consciousness to human consciousness
B To ensure right understanding in every individual
C To ensure right feeling in every individual
D To ensure availability of required physical facilities
034. Self-exploration establishes a dialogue between_____. **B**
A "What I am" and "How others look at me"
B "What I am" and "What I really want to be"
C "What others are" and "What I am"
D "What I really want to be" and "What others think of me"
035. Developed nations are the live example of **A**
A Prosperity
B Wealth
C Happiness
D Health
036. Which changes occur in conscious units? **A**
A Qualitative
B Quantitative
C Cumulative
D Quasitative
037. If we will maintain relationship with other human beings on the basis of right understanding then there will be **B**
A Mutual prosperity
B Mutual happiness
C Happiness
D prosperity
038. Self-exploration is a process of identifying our innateness and moving towards self-organization and self-expression. What is self-expression? **C**
A Swatva
B Swatantrata
C Swarajya
D Swabhava
039. Working only for physical facilities is_____ **A**
A Living with Animal Consciousness
B Living with Human Consciousness
C Transformation from Animal Consciousness to Human Consciousness.
D Transformation from Animal Consciousness to Human Consciousness
040. Developed nations are the live example of health, wealth and wisdom. These three terms can be combined to form a single term as_____. **B**
A Developed
B Prosperous
C Harmony
D Happy
041. Which of the following dichotomous scales not related to Myers-Briggs Type Indicator (MBTI). **C**
A Introvert/Extrovert (IE)
B Thinking/Feeling (TF)
C Demanding/Helping (HF)
D Judging/Perception (JP)
042. Happiness, pleasure or joy is the_____ state of being happy **D**
A Conditional
B Sequential
C Partial
D Emotional
043. Self study helps us to know our_____. **B**
A Strengths
B Weaknesses
C Values
D Emotions
044. One of the most significant factors that contributes to the natural acceptance of human values is_____. **D**
A Time
B Place
C Family
D Culture
045. When we participate in the larger order, this participation at different levels is our _____ **C**
A Interest
B Weaknesses
C Values
D Prosperity

- 046.** _____ is a process that infuses direct experience with the learning environment and content **B**
- A Natural Acceptance B Experiential validation
C Mutual Happiness D Mutual Prosperity
- 047.** Which of the following is not true about self-exploration? **D**
- A It is a process of self-evolution through self-investigation. B It is a process of knowing oneself and through that knowing entire existence.
C It is a process of knowing human conduct, human character and living accordingly. D It is a process of building up new belief systems
- 048.** Three results are obtained from realization and understanding. Two of them are assurance and satisfaction find third one **A**
- A Universality B Acceptance
C All-encompassing D Self-verification
- 049.** _____ is a process of knowing human conduct, human character and living accordingly. **C**
- A Self-evolution B Self-investigation
C Self-exploration D Right understanding
- 050.** The kind of people, have physical facilities/wealth and feel unhappy and deprived, can be said to be **B**
- A Sadhan ViheenDukhi Daridra B Sadhan SampannDukhi Daridra
C Sadhan Sampann Sukhi Samridh D Sadhan SampannDukhi Samridh
- 051.** Many human values seem good or right due to **A**
- A Natural acceptance B Politeness
C Looniness D Happiness
- 052.** We need to ensure that we pass every proposal through our own _____. **A**
- A Natural acceptance B Courier service
C Family members D Relations
- 053.** The feeling of having/producing more than required physical facility is **B**
- A Happiness B Prosperity
C Success D Satisfaction
- 054.** Which among the following feelings is not naturally acceptable to me? **C**
- A The feeling of relationship B The feeling of harmony
C The feeling of struggle D The feeling of coexistence
- 055.** Which is NOT the part of basic guideline(s) prepared for Value Education: It must be **D**
- A Universal B Rational
C Verifiable D Leading to disharmony
- 056.** Imagination includes **D**
- A Desire and Thought B Thought and Expectation
C Desire and Expectation D Desire, Thought and Expectation
- 057.** The intention of every human being is to make the other **C**
- A rich and resourceful B happy and divine
C happy and prosperous D rich and divine
- 058.** Right understanding and relationship leads to **A**
- A mutual fulfilment B mutual prosperity
C wealth D friendship
- 059.** Continuous happiness and prosperity are **B**
- A Impractical thoughts B Basic human aspirations
C Impossible desires D Not relevant to each other
- 060.** Prosperity can be achieved by **C**
- A relationship B physical facilities
C right understanding with physical facilities D money
- 061.** Identify the correct order: **D**

- A Physical facility, Relationship, Right understanding B Physical facility, Right understanding, Relationship
- C Relationship, Right understanding, Physical facility D Right understanding, Relationship, Physical facility
- 062.** What is the state of liking and a holistic and all-encompassing state of the mind that creates inner harmony? **B**
- A Prosperity B Happiness
- C Innateness D Self-organized
- 063.** Who is responsible for happiness and unhappiness? **A**
- A Self B Body
- C Outside situation D Society
- 064.** What is happiness? **D**
- A Smile B A state getting through sensations
- C It is a preconditioning state D A harmony state in which you want to be
- 065.** What is invariant and universal among all human beings? **C**
- A Understanding B Expectation
- C Natural acceptance D Belief
- 066.** Out of the following: 1. Right Understanding 2. Relationship 3. Physical Facility 4. Fame What is for animal consciousness? Select one: **C**
- A 2 B 1
- C 3 D 4
- 067.** When we set our goal in right direction with the help of right understanding, it is called **A**
- A Value domain B Skill domain
- C Prosperity D Development
- 068.** Value education leads a human being to **D**
- A Conflicts B Confusion
- C Mistrust D Harmony
- 069.** Which among the following is NOT a program for fulfilment of basic human aspiration? **B**
- A Right understanding in Self B Having more physical facilities/being rich to ensure happiness and prosperity
- C Right feeling in relationship D Recognition of required physical facility and its fulfilment with rest of nature
- 070.** If something is _____ to us, without any force or compulsion, then it is often correct and does not change with time and people. **D**
- A not acceptable B less acceptable
- C completely acceptable D naturally acceptable
- 071.** Natural acceptance and _____ are two main processes of knowing. **B**
- A Self-actualization B Self-exploration
- C Self-evaluation D Self-control
- 072.** Happiness is achieved by **C**
- A money B marriage
- C relationship D gifts
- 073.** Which of the following is true? **D**
- A physical facilities any more If a human being has abundant (plentiful)physical facilities, then his happiness is ensured gifts A human being needs both, relationship aswell as physical B prosperity is ensured If a human being has abundant (plentiful)physical facilities, then his facilities. One cannot replace the other
- 074.** The process of education and right living leads to _____ in the individual **B**
- A right understanding B co-existence

- C labour D existence
- 075.** To be in a state of liking is **B**
 A stress B happiness
 C prosperity D selfishness
- 076.** Physical facilities are required in _____ quantity **D**
 A unlimited B huge
 C insignificant D limited
- 077.** One of the basic desires of every human being is always **C**
 A earn money B laugh
 C happy D sad
- 078.** Animal consciousness is **D**
 A giving weightage to relationships B having prosperity
 C striving for the growth of the country D giving importance to physical facilities and accumulation of wealth
- 079.** Which of the following is not a dimension of a human being? **C**
 A Realization B Behaviour
 C Society D Thought
- 080.** Process of value education has to be based on _____. **B**
 A Believing B Self exploration
 C Assuming D Training
- 081.** Self introspection plays important role to create _____ within oneself. **D**
 A Conflicts B Depression
 C Confusions D Harmony
- 082.** What are the two mechanisms/methods for self-exploration? **D**
 A Individual and Family B Work and Behaviour
 C Thoughts and Feelings D Natural Acceptance and Experiential Validation
- 083.** To be in the state of _____ is unhappiness. **B**
 A liking B disliking
 C prosperity D harmony
- 084.** Physical facilities are _____ for humans. **C**
 A incomplete B necessary as well as complete
 C necessary but not complete D unnecessary
- 085.** Values are the outcome of realization and understanding, which are always _____. **B**
 A Indefinite B Definite
 C Constant D Equilibrium
- 086.** Which is not a guideline of value education? **D**
 A Universal B Natural
 C Rational D Belief based
- 087.** Which statement is not correct about value education? **A**
 A It is in the form of Do's & Don'ts. B It is naturally acceptable.
 C It can be verified. D It is universal
- 088.** The pleasure obtained from sensations is _____. **C**
 A Temporary and Source of long-lasting happiness B Continuous and Source of long-lasting happiness
 C Short-lived and Temporary D Short-lived and Continuous
- 089.** The value of entity is decided on the basis of _____. **A**
 A Participation in larger order B Maximum Retail Price
 C Cost D Physical properties
- 090.** Universal, rational and verifiable are guidelines of _____. **C**
 A Technical education B Trainings
 C Value education D Suggestion
- 091.** The value education ultimately is targeted to promote _____ within the individual, **D**

among human beings and with nature.

A Society

B Nature

C Family

D Harmony

092. Harmony among the body parts is known as

B

A Sanyam

B Swasthya

C Synchronization

D Soul

093. Need of Self (I) is _____.

D

A Happiness

B Excitement

C Both Happiness and Excitement

D Continuous Happiness

094. The needs of _____ are qualitative in nature and we want them continuously.

A

A Self (I)

B Body

C Both Self (I) and Body

D Happiness

095. Cloth for protection and food for nourishment are the needs of _____.

B

A Self (I)

B Body

C Both Self (I) and Body

D Happiness

096. The need for physical facilities of the Body is _____ in time.

A

A Temporary

B Permanent

C Always

D Continuous

097. The needs of the Body are _____ in nature.

B

A Qualitative

B Quantitative

C Qualitative and Quantitative

D Essential

098. Each Human being is co-existence of

C

A Spirit and Sanyam

B Health and Prosperity

C Body and Self

D Mind and Soul

099. Which of the following does not assume things

D

A Spirit

B Mind

C Self

D Body

100. The feeling of responsibility for nurturing, protecting and correct utilization of body is

A

A Sanyam

B Swasthya

C Consciousness

D Understanding

101. To be in a state where there is contradiction, conflict, and acrimony is _____.

D

A Prosperity

B Wealth

C Excitement

D Unhappiness

102. Physical facilities are _____ for animals.

B

A incomplete

B necessary as well as complete

C necessary but not complete

D unnecessary

103. _____ helps the human being to transform from animal consciousness to human consciousness.

A

A Right understanding

B Preconditioning

C Sensation

D Physical facilities

104. Giving weightage to physical facilities, to the maximization of sensory pleasures and accumulation of wealth is called _____.

B

A Human consciousness

B Animal consciousness

C Prosperity

D Happiness

105. In which way body system works?

A

A Self organized

B Unorganized

C Poorly organized

D Self Centered

106. The basic capacity of self(I) is known as _____.

D

A Awareness

B Work

C Thoughts

D Power

107. Doer is also called

A

A Karta

B Karma

C Drashta

D Bhokta

108. Need of the Self(I) is fulfilled by_

A

- A Right understanding
C Cloths
109. We are conflict because desires set on the basis of _____. **A**
- A Pre-conditioning
C Pre-conditioning and sensations.
- B Food
D Shelter
- B Sensation
D Contradictions
110. Activity Self-organisation leads to _____ in the Self(I). **C**
- A Prosperity
C Harmony
- B Happiness
D Sensation
111. _____ helps in balancing/regulating the breathing of the body. **B**
- A Food
C Medicine
- B Pranayam
D Asan
112. Food must be nutritious, digestive, excretory and _____. **C**
- A Attractive
C Tasty
- B Colourful
D Nice Smell
113. Labor is done for _____ of physical facility. **B**
- A Protection
C Nourishment
- B Production
D Exploitation
114. Doer means the one that _____. **B**
- A Understands
C Experience
- B Does something
D Struggles
115. Seer means the one that _____. **A**
- A Understands
C Experience
- B Does something
D Struggles
116. What is not the indicator of good health in Self and Body? **B**
- A Proper functioning of organ systems
C Feeling of happiness and prosperity
- B Feeling of jealousy, competition, anger for others
D Feeling of self-regulation towards the body
117. Who was designed Tibetan personality test? **C**
- A Tibetan Parliament
C Dalai Lama
- B Sangh Buddha
D Rajnish Osho
118. Enjoyer is also called _____. **D**
- A Karta
C Drashta
- B Karma
D Bhokta
119. With the help of the Body, _____ explores and interact with rest of the nature **B**
- A Physical Facilities
C Money
- B Self (I)
D Relationship
120. The _____ is conscious in nature, while _____ is Physico-chemical **C**
- A Body, Self (I)
C Self (I), Body
- B Money, Food
D Money, Thoughts
121. Prosperity is a need of _____. **C**
- A Self (I)
C Both Self (I) and Body
- B Body
D Money
122. Trust, respect, and happiness etc. are the needs of _____. **A**
- A Self (I)
C Both Self (I) and Body
- B Body
D Physical facilities
123. With the help of the Body, _____ explores and interact with rest of the nature. **B**
- A Physical Facilities
C Relationship
- B Self (I)
D Money
124. A state of complete physical, mental and social well-being is known as _____. **A**
- A Health
C Prosperity
- B Wealth
D Desire
125. _____ involves keeping all parts of the external body clean and healthy. **C**
- A Epidemiology
B Preventive medicine

- C Personal hygiene D Sanyama

126. We are conflict because expectations set on the basis of_____. B
A Pre-conditioning B Sensation
C Pre-conditioning and sensations. D Contradictions

127. Seer is also called____ C
A Karta B Karma
C Drashta D Bhokta

128. When the Power is Desire then the Activity is_____ A
A Imaging B Analyzing
C Enjoying D Tasting

129. _____literally means being anchored to the Self(I), being in close harmony B
with the Self(I).
A Sanyama B Svasthya
C Sangeetha D Swatantra

130. The study and analysis of the distribution, patterns and determinants of health and B
disease conditions in a defined population is called_____
A Entomology B Epidemiology
C Endoscopy D Epidermology

131. When the Activity of Self(I) is Selecting/Tasting then the capacity for this activity is C
called_____.
A Desire B Thought
C Expectation D Analyzation

132. Living in a state of _____ results in continuous happiness and prosperity C
A Pre-conditioning B Sensation
C Self-organised D Rich

133. Harmony should be maintained in _____ D
A Between Body and Life B Between Self and Society
C Between Life and Environment D At all levels

134. _____is considered closer to a fortune cookie or horoscopes that tend to make B
broad and general predictions.
A Personal hygiene test B Tibetan personality test
C Preventive health checkup D Stress handling

135. Which of the following is not an Activities of Self(I): C
A Imaging B Analyzing
C Enjoying D Tasting

136. _____ is just an Instrument of Self (I). C
A Money B Relationship
C Body D Physical Facilities

137. Needs of the Body is fulfilled by____ D
A Happiness B Trust
C Respect D Food and Clothing

138. Happiness and unhappiness are states in the_____ A
A Self (I) B Body
C Both Self (I) and Body D Mind and Body

139. Which of the following is not a Powers of Self(I)? D
A Desire B Thought
C Expectation D Analyzation

140. _____ ensures Swasthya. C
A Patience B Popularity
C Sanyam D Money

141. _____ is done with the help of proper food, water and air. D
A Right Utilization of the body B Exploitation of the body
C Protection of the body D Nourishment of the body

142. Imagination is the activity of _____ A

- A Desires
C Expectations
- B Thoughts
D Everyone
143. _____ express the actions sometimes through the Body. **B**
- A Seer
C Enjoyer
- B Doer
D Singer
144. Desires, thoughts and expectations based on pre-conditionings or sensations are in conflict because not on our _____. **A**
- A Natural Acceptance
C Interests
- B Mutual understanding
D Money
145. Living on the basis of pre-conditioning or sensation means being in a state of _____. **B**
- A Svatantrata
C Wealthy
- B Paratantrata
D Happy
146. Tibetan personality test is analyzed by arranging names of five _____ according to your preference and priorities in your life. **C**
- A Mountains
C Animals
- B Vegetables
D Birds
147. The system of the body works in a _____ way. **C**
- A disturbed
C self-organized
- B uncertain
D harmonious
148. _____ is done with the help of proper food, water and air. **C**
- A Protection of the body
C Nourishment of the body
- B Right utilization of the body
D Exploitation of the body
149. Selecting and desiring are the activities of _____. **A**
- A Self (I)
C Both Self (I) and Body
- B Body
D Both Jivana and Body
150. Which of the following capacity leads to desires? **D**
- A Power
C Realization
- B Expectation
D Thoughts
151. Activities in the Body are : **B**
- A Knowing and Assuming
C Dancing and Singing
- B Recognizing and Fulfilling
D Doing and Enjoying
152. Right utilization of the body needs _____. **D**
- A Right understanding
C Physical exercise
- B Continuous happiness
D Instruments or equipments
153. Which of the following pair is not correctly matched? **D**
- A Medicine - Treatment
C Intake - Proper Upkeep
- B Asan - Pranayam
D Labour - Vihar
154. Where there is harmony among the parts of the body, it is known as _____. **B**
- A Sanyam
C Both A and B
- B Swasthya
D Suvidha
155. The statement, "All the body parts are performing its expected functions." is related with _____. **D**
- A Self-Regulation
C Sanyam
- B Proper Upkeep
D Swasthya
156. Sanyam is the basis of _____. **B**
- A Popularity
C Happiness
- B Swasthya
D Money
157. To establish Universal Human Order, the starting point has to be _____. **A**
- A Individual
C Society
- B Family
D Nature
158. Which among the following is not a need of self? **B**
- A Trust
C Respect
- B Physico-chemical things
D Happiness

159. Need of body with reference to time is _____. **A**
 A Temporary B Continuous
 C Qualitative D Quantitative
160. _____ is just an instrument of self (I). **B**
 A Physical facilities B Body
 C Money D Relationship
161. Trust, respect, and happiness etc. are the needs of _____. **A**
 A Self (I) B Body
 C Both Self (I) and Body D Society
162. The self or I is also called _____. **B**
 A Material B Jivana
 C Imagination D Body
163. Sanyama is the basis of _____. **D**
 A Money B Happiness
 C Popularity D Svasthya
164. When there is harmony among the parts of the body, it is known as _____. **B**
 A Sanyama B Svasthya
 C self-regulation D Self-discipline
165. Society is an extension of _____. **B**
 A Human Being B Family
 C Nature D Existence
166. _____ is the first level of living **B**
 A Family B Individual
 C Society D Nature
167. _____ ensures svasthya. **C**
 A Money B Popularity
 C Sanyama D Patience
168. Human life is lived at four levels: Individual, Family, _____ and Nature. **B**
 A Community B Society
 C Imaging D Analyzing
169. We can have _____ through the process of realization. **A**
 A Right understanding B Preconditioning
 C Sensation D Harmony
170. _____ is the fourth level of living **D**
 A Family B Individual
 C Society D Nature / Existence
171. Activities of body are _____. **A**
 A continuous in time B temporary in time
 C discrete in nature D fixed with time
172. To know our natural acceptance is _____. **A**
 A Svatva B Swatantrata
 C Swarajya D Sanyama
173. To live in harmony with other human beings is _____. **C**
 A Svatva B Swatantrata
 C Swarajya D Sanyama
174. To live according to our natural acceptance is _____. **B**
 A Svatva B Swatantrata
 C Swarajya D Sanyama
175. The needs of _____ are quantitative in nature. **B**
 A Self (I) B Body
 C I D Jivana
176. Happiness is achieved by _____. **B**
 A Money B Relationship
 C Marriage D Fame

177. The statement, All the body parts are performing its expected functions is related with _____ **C**
 A sanyama B proper upkeep
 C svasthya D self-regulation
178. Need of self is _____ **C**
 A Quantitative B Temporary
 C Qualitative D Permanent
179. Needs of the body are fulfilled by _____ **C**
 A Right understanding and right feelings B Relationship
 C Physical facilities D Money
180. To which category a prosperous person belongs to? **C**
 A SVDD B SSDD
 C SSSS D SDSD
181. To which category a deprived person belongs to? **D**
 A SSDD and SSSS B SSSS and SVDD
 C SSSS and SDSD D SVDD and SSDD
182. Need of body includes _____. **D**
 A Feelings B Happiness
 C Guidance D Physico-Chemical things
183. The activity of selecting/tasting is _____. **C**
 A Variable B Uncertain
 C Continuous D Fixed
184. The power/force for the activity of analyzing is _____. **D**
 A Desire B Expectation
 C Realisation D Thought
185. The activities of self (Desire, Thought, and Expectation) together called as _____. **C**
 A Pre-conditioning B Competence
 C Imagination D Natural Acceptance
186. Imaging is _____ with time. **C**
 A Variable B Uncertain
 C Continuous D Fixed
187. The feeling of Responsibility to ensure health of body is related with _____. **B**
 A Proper Upkeep B Self Regulation
 C Guidance D Affection
188. What is not the indicator of good health in Self and Body? **C**
 A Proper functioning of organ systems B Feeling of self-regulation towards the body
 C Feeling of jealousy, competition, anger for others D Feeling of happiness and prosperity
189. The activities of body (in response) are _____. **C**
 A Assuming and Knowing B Assuming and Fulfilling
 C Recognizing and Fulfilling D Knowing and Fulfilling
190. To verify the proposal or assumption through self exploration leads to _____. **B**
 A Assuming B Knowing
 C Preconditioning D Recognizing
191. In value education, Sanyama means _____ **C**
 A Self-exploration B Self-evolution
 C Self-regulation D Self-exploitation
192. _____ is the basic unit of human interaction. **C**
 A Society B Individual
 C Family D Nature
193. Body is a _____ unit while the self is a _____ unit. **A**
 A material, consciousness B consciousness, material
 C material, material D consciousness, consciousness

194. _____ are fundamental to the relationship and can be recognized. **B**
 A Habits B Feelings
 C Friends D Relatives
195. The feelings in the Self (I) are _____. **A**
 A Definite B Can't be identified
 C Variable D Indefinite
196. The feeling of Responsibility to ensure health of body of others is related with _____. **A**
 A Care B Gratitude
 C Guidance D Affection
197. _____ is something to do with the person, the Self (I) **A**
 A Trust B Care
 C Respect D Affection
198. Which of the following is not an element of Justice. **D**
 A Recognition of values B Fulfilment
 C Evaluation D Respect
199. Disrespect is not due to **A**
 A Right evaluation B Over evaluation
 C Under evaluation D Otherwise evaluation
200. With the help of the _____, Self (I) explores and interact with rest of the nature. **A**
 A Body B Money
 C Physical Facilities D Relationship
201. Clothing, nourishment etc. are the needs of _____. **B**
 A Self (I) B Body
 C Both Self (I) and Body D Jivana
202. By _____ we become responsible to ourselves. **A**
 A Right Understanding B Preconditioning
 C Sensation D Physical Facilities
203. Unanimity means _____. **B**
 A Able to work together B To live with feeling of co-existence, relationship with every unit in existence
 C Absence of ego D Self-motivated for fulfilling responsibility in relationship
204. Our natural acceptance is to be in which category of people _____. **D**
 A Sadhan Viheen Dukhi Daridra (SVD) B Sadhan Sampann Dukhi Daridra (SSD)
 C Suvidha Sampann Sukhi Samridh (SSSS) D Sadhan Sampann Sukhi Samridh (SSSS)
205. The _____ does not assume things. **B**
 A Self (I) B Body
 C Physical Facilities D Relationship
206. The foundational value in relationship is _____. **D**
 A Respect B Guidance
 C Affection D Trust
207. There are _____ in relationship in one Self (I) for other Self (I). **C**
 A Expectations B Desires
 C Feelings D Thoughts
208. Which is right evaluation of intention and competence on the basis of Self(I) **A**
 A Respect B Disrespect
 C Under evaluation D Over evaluation
209. The complete content of respect is to see that the other is similar to you in terms of **C**
 A Production, Planning, Protection B Person, Purpose, Potential
 C Purpose, Programme, Potential D Potential, Programme, Planning
210. Pick the odd one in the context of Education-Sanskar **A**

- A Right development
C Right feelings
- B Right understanding
D Right skills
211. To be assured that each human being inherently wants oneself and the other to be happy and prosperous is said to be **A**
- A Viswas
C Mamata
- B Sneha
D Vatsalya
212. To ensure _____ from family to world family is called undivided society. **D**
- A Gratitude
C Reverence
- B Glory
D Love
213. The feeling that other is related to me is called _____. **C**
- A Care
C Affection
- B Love
D Glory
214. Acceptance of excellence in others is called _____. **D**
- A Care
C Affection
- B Love
D Glory
215. Which ensures the mutual fulfilment (co-existence) with rest of the nature. **C**
- A Justice
C Preservation
- B Exchange
D Production
216. Which is the feeling of acceptance of all, it is the complete Value. **B**
- A Care
C Affection
- B Love
D Glory
217. _____ is right evaluation of others on the basis of self (I). **A**
- A Respect
C Affection
- B Reverence
D Trust
218. About your Natural acceptance, pick the odd statement. **D**
- A I want to make myself happy
C The other want to make himself/herself happy
- B I want to make the other happy
D The other want to make me happy
219. Pick the odd one in relation to basic systems of a human society. **D**
- A Education-Sanskar
C Production-Work
- B Health-Self regulation
D Justice- Evaluation
220. Ensuring justice in relationship, on the basis of values leads to _____ in society, **C**
- A Respect
C Fearlessness
- B Prosperity
D Trust
221. Pick the wrong statement about the relationship. **D**
- A Relationship is between one Self (I1) and another Self (I2)
C The feelings can be recognised they are definite
- B There are feelings in relationship in one Self (I1) for the other Self (I2)
D The feelings can be recognised but they are in-definite
222. Production and work for physical facilities leads to _____ in family _____ with nature **B**
- A Trust and Prosperity
C Respect and Co- existence
- B Prosperity and Co- existence
D Respect and Care
223. Feeling for those who have made effort for my excellence is _____. **D**
- A E. glory
C G. affection
- B F. reverence
D H. gratitude
224. Doubt on _____ is a major reason for problems in relationship. **B**
- A Person
C Competence
- B Intention
D Purpose
225. The intention of every human being is to make the other _____. **C**
- A Rich and Resourceful
C Happy and Prosperous
- B Happy and Divine
D Happy and Rich
226. If you have unconditional, continuous trust on intention, on the natural acceptance of the other and if the other is lacking competence, what will you do? **A**

- A Try to improve upon his competence B Get irritated
C Get angry D Have a feeling of opposition
- 227.** When we doubt the intention of the other, we get into___ **C**
A Competence B Justice
C Opposition D Relationship
- 228.** Most of the time we look at our intention and others lack of _____in relationship. **A**
A Competence B Interest
C Intention D Understanding
- 229.** We can feel being related to other, when we have feelings of _____for other. **C**
A Affection and Gratitude B Care and Guidance
C Trust and Respect D Reverence and Glory
- 230.** There are _____ values in human relationship. **D**
A Two (2) B Four (4)
C Five (5) D Nine (9)
- 231.** _____is the human value which is all-encompassing. **D**
A Trust B Affection
C Respect D Love
- 232.** _____ is right evaluation of others on the basis of self (I). **C**
A Reverence B Affection
C Respect D Trust
- 233.** The intention of every human being is to make the other _____. **C**
A Rich and resourceful B Happy and divine
C Happy and prosperous D Happy and rich
- 234.** There are _____ elements of justice. **B**
A Two (2) B Four (4)
C Five (5) D Nine (9)
- 235.** _____ on intention is a major reason for problems in relationships. **C**
A Trust B Belief
C Doubt D Mistrust
- 236.** _____ is a complete value in human relationships **B**
A Trust B Love
C Gratitude D Affection
- 237.** The outcome of justice is _____ **D**
A Trust and fearlessness B prosperity
C coexistence with nature D right understanding
- 238.** _____ is the feeling of responsibility and commitment for ensuring right understanding and right feeling in the self of my relative. **A**
A guidance B affection
C care D respect
- 239.** Respect is _____ **A**
A right evaluation B wrong evaluation
C influence D related to age
- 240.** _____ is the feeling of being related to all. **B**
A Care B Love
C Respect D Affection
- 241.** _____ is the feeling of responsibility towards the body of my relative. **C**
A guidance B affection
C care D respect
- 242.** _____ is a foundational value in human relationship. **B**
A Affection B Trust
C Gratitude D Love
- 243.** The feeling of acceptance of excellence in the other is called _____. **B**
A glory B reverence
C affection D gratitude

244. We can feel being related to other, when we have feelings of _____ for other. **A**
A Trust and respect B Care and guidance
C Reverence and glory D Affection and attitude
245. Most of the time we look at our intention and others lack of _____ in relationship. **B**
A intention B competence
C interest D understanding
246. Ensuring right understanding and feelings in the other is called _____. **B**
A gratitude B guidance
C care D reverence
247. To ensure _____ from family to world family is called undivided society. **C**
A reverence B glory
C love D gratitude
248. _____ is central in relationship. **D**
A Body B Physical facility
C Behaviour D Feeling
249. _____ starts from ONE and goes to EVERYONE. **A**
A Love B Reverence
C Glory D Gratitude
250. _____ is the feeling of being related to one. **D**
A Love B Respect
C Care D Affection
251. If I say, I am good for nothing, it is a kind of _____. **D**
A Right evaluation B Otherwise evaluation
C Over evaluation D Under evaluation
252. If I compare a human being with an animal, it is a kind of _____. **B**
A Right evaluation B Otherwise evaluation
C Over evaluation D Under evaluation
253. If I say, I am the greatest person in this country, it is a kind of _____. **C**
A Right evaluation B Otherwise evaluation
C Over evaluation D Under evaluation