

Q5 list down values in human relationship and discuss their importance

ANS There are certain basic and important values in maintaining relationship. These values, we all know are the backbone of healthy and happy family relations. The feelings, emotions, sentiments and respect all are of real importance. These values lead to elimination of friction and establishment of total harmony in relationship on long term basis. Values that are important are: -

- 1) TRUST: Trust is the foundational value in relationship. "To be assured that each and every human being inherently wants oneself and the other to be happy and prosperous". If we have trust in the other, we are able to see the other as a relative and not as an adversary.
- 2) RESPECT: Respect means individually. The sense of individually is prime object. This is the first basic step towards respect. In other words, respect means right evaluation, to be evaluated as I am.
- 3) AFFECTION: Affection is the feeling of being related to the other. Affection comes when I recognize that we both want to make each other happy and both of us are similar.
- 4) CARE: The feeling of care is the feeling of nurture and protect the body of our relative. Or in other words, a state of mind one is troubled; worry, anxiety or concern is called care.

- 5 GUIDANCE: The feeling of ensuring right understanding and feeling in the other is called guidance. we understand the need of self for right understanding and feelings
- 6 REVERENCE: The feeling of acceptance of excellence in the other is called reverence.
- 7 GLORY: Each one of us wants to live with continuous happiness and prosperity. Glory is the feeling of someone who has made efforts for excellence.
- 8 GRATITUDE: Gratitude is the feeling of acceptance for those who have made efforts for my excellence. Gratitude is an emotion that occurs after people receive help, depending on how they interpret the situation
- 9 LOVE: Love is the emotion of strong of strong affection and personal attachment. This feeling or value is also called the complete value since this is the feeling of relatedness to all human beings

Q7

ANS

Trust or vishwas is the foundational value in relationship "To be assured that each human being inherently wants oneself and the other to be happy and prosperous" is known as trust. Having faith in others and believing them. Trust is the expectations of people that they can rely on our word. It is built through integrity and consistency in relationships. To keep the trust on ourselves and others, we have to pay attention on the intentions and to understand if we or the other person is not able to do benefit, it is because we are lacking competence.

Trust is the result of right understanding of the intention of all the human beings around us. This trust helps to improve our competence in others and in ourselves

Q4

ANS

The human body is the co-existence of 'I' and the body, and there is exchange of information between the two.

	I	body
NEEDS	Trust, Respect Happiness	Food, clothing Physical facilities
In time needs are	Continuous	Temporarily
In quantity, needs are	Qualitative	Quantitative
Needs are fulfilled by ...	Right understanding and right feelings	Food, clothing, etc

- 1) NEEDS ARE ... The needs of the body like food for nourishment, clothes for protection and instruments to ensure right utilization are called physical facilities whereas the needs of the self are not physical in nature - like trust, respect, etc.
- 2) IN TIME, NEEDS ARE ... The needs of 'I' are continuous in time, unlike the need of body
- 3) IN QUANTITY NEEDS ARE ... Physical facilities are needed for the body in limited quantity whereas the needs of 'I' are qualitative but we also want them continuously.
- 4) NEEDS ARE FULFILLED BY ... The need of the self, for happiness is ensured by right understanding and right feelings while the need of the body is ensured by ~~physical~~ physico-chemical things