

13/03/2021

TUTORIAL - 2

Q1 Take your list of desires. Revise it if you need to. For each desire, identify the primary source of motivation. [sensation, preconditioning or natural acceptance]

AN'S	DESIRE	MOTIVATED BY PRECONDITIONING	MOTIVATED BY SENSATION	MOTIVATED BY NATURAL ACCEPTANCE
	Saving money			Creating a budget can save money and yet have an emergency fund.
	Curiosity		Knowledge and truth.	
	Good Health	To live long.		
	Idealism	To improve the society.		
	Power	Desire to influence others		
	Good Health		so I can eat all I like	
	Good Health			so I don't feel sleepy while reading.

a

ANS: (i) Percentage of my desires influenced by natural acceptance $= \frac{2}{7} \times 100 = 28.57\%$

On the basis of percentage I am autonomous i.e. having the freedom to govern myself or control my own affairs.

(ii) Percentage of my desires motivated by preconditioning $= \frac{3}{7} \times 100 = 42.86\%$

\therefore % of my desire motivated by sensation $= \frac{2}{7} \times 100 = 28.57\%$

Since the percentage of my desire motivated by sensation is 28.57% and combined with the desire motivated by precondition i.e. 42.86% concludes that I am somewhat dependent.

(iii) In simplest sense, autonomy is about a person's ability to act on his own values and interests.

Taken from ancient Greek, the word self-legislation or self-governance, modern political bioethics often stress that individual autonomy should be promoted and respected.

Efforts or steps necessary to be completely self organized or autonomous :-

- write down things
- Make schedules and deadlines
- Don't Procrastinate
- Give Everything a home
- Declutter Regularly.
- Get things done better and faster
- Keep only what you need.
- Know where to discard items
- Stay away from Bargains.
- Delegate responsibilities
- work hard

Q2

DESIRE :

To be a good person

SUB-DESIRE :

Mutual
RespectMutual
trustHelp
othersBe loved
by others

THOUGHTS :

necessary for
harmonious
relationshipunderstanding
another point
of view.care
for
othersInspires,
encourage others
to do their best

EXPECTATIONS :

Reduces
conflictReduces
stressImproves
communicationIncreases
teamwork

Q3

	DATE	ILLNESS OR DISHARMONY	TYPE	STEPS TAKEN	ROOT CAUSE
1)	June 2016	Disharmony	Fungal Infection	Approach a dermatologist and did many home remedies.	It is common during teenage years.
2)	October 2019	Illness	Bacterial Infection	Increase in intake of fruits to increase my immunity.	Maybe negligence towards health.
3)	June 2020	Disharmony	lacking skills	Started learning skills which I didn't know and gave adequate time to learn them	At some point I didn't know what to do I need to learn as everything was new to me.

3

If I were to take full responsibility of my body the daily schedule I would have is :-

- Wake up at 5 AM
- Do some exercise / workout
- Take a bath
- Have breakfast
- Attend college lectures
- Be active as much as I can, during lectures
- Take a break of 30 minutes
- Be a part of extra curricular activities.
- Finish assignments
- Play games
- Have dinner with family
- Spend time with family
- Study some extra stuff for skill improvement
- Go to sleep around midnight

UHV TUTORIAL 2B

Q1

ANS

Body was healthy : - when I eat healthy foods
- when I get proper amount of sleep

Body was sick : - When I eat a lot of junk food
- when I get insufficient sleep.

Body was resting : - After a long day of college
- when I fall ill

Body was refreshed : - when I wake up early in the morning
- when I workout at the gym with
adrenaline pumping through my body.

Body was fatigued : - After a heavy day of workout
after skipping a few days.
- Lack of sleep.

a Yes, this activity of imagination is continuous in time and not dependent on the state of my body.

b Yes, the state of my body has an impact on my behaviour and my work.

Thus, I do not always decide my behaviour and work.

From this exercise I understood that my behaviour

is not solely dependent on my mindset but also largely dependent on my body.

Q2

The human body is a mechanism which is self-organised and highly sophisticated. With self-organised body, health can be ensured and without, a good health can also be lost. Hence, self-organized body plays a vital role for the health and needs to be given due priority.

Today we observe that our lifestyle have become very demanding and peculiar. So we usually do not give priority to take proper care of the body. As a result we have increasingly started eating at odd hours, eating junk food and are largely ignorant about the state of our body. We tend to look with contempt on any kind of exertion. Our environment has been polluted by our various activities today which are directly or indirectly harming us. There is nothing natural and clean, e.g. there is contamination in the air, water, soil, plants and no doubt we people are responsible for it. You may find out that our present life style and conditioning are not very conducive to keep the body fit and therefore it is important to understand self-organized unit and health correctly and maintain proper harmony with the body. The other is the protection of the body. The clothes and shelter we choose for protection need to be such that they ensure proper interaction of the body with the

environment. The right amount of exposure of the body to the air, water and sun is required to ensure its proper functioning. The need for physical facilities for nurture, protection and right utilization of the body is limited. We need to understand and live with self-organized body to ensure health. clarity of the needs of the body, paves way towards ensuring prosperity. This is the necessity of the present time and we need to pay consideration towards this rising issue.

Q3

	PHYSICAL FACILITY	QUANTITY	QUANTITY AVAILABLE	PROSPEROUS OR DEPRIVED
			LESS, EQUAL OR MORE THAN REQUIRED	
i)	clothes	75 pairs	more	Prosperous
ii)	TV	1	equal	Prosperous
iii)	A.C	3	more	Prosperous
iv)	Footwear	15	more	Prosperous
v)	car	1	equal	prosperous
vi)	Mobile	3	equal	Prosperous

Almost all the physical facility is being rightly utilized i.e. during hot summers, AC is being utilized, for communication and entertainment purpose, mobile is being used, etc.

- a Meaning of Prosperity : Prosperity is feeling of having equal or more than required physical facilities.
- b The role of understanding : The feeling of having or making available more than required physical facility is prosperity. Almost all of us feel that wealth alone means prosperity we are trying to achieve happiness and prosperity by maximizing accumulation and consumption of physical facilities. It is becoming anti-ecological and anti-people and threatening the human survival itself.
- c Ability of my family to identify its needs with the required quantity : For prosperity two things are required -
 - i) Identification of the required quantity of physical facilities.
 - ii) Ensuring availability / production of more than required physical facilities.

We can be prosperous only if there is a limit to the need for physical facilities. If there are no limit what so ever be the availability the feeling of prosperity cannot be assured.

Secondly, just assessing the need is not enough. We need to be able to produce or make available more than the perceived need.