**UNIVERSAL HUMAN VALUES II**

**SHORT ANSWER QUESTIONS**

**UNIT 1&2**

**Define the following terms**

1. **Values:**Value means importance or the participation. The value of any unit in this existence is its participation in the larger order of which it is a part. E.g. value of a pen is that it can write.
2. **Human Values:**The value of a human being is the participation of human being in this order. Hence to understand the human values, we need to understand the human reality along with all that is there in that existence constituting the larger order, and the role of human being in the relationship with each and every unit in the existence.
3. **Value Education:** Character oriented education that instils basic values and ethnic values in one’s psyche are called ‘Value Based Education’. The subject that enables us to understand ‘what is valuable’ for human happiness is called value education.
4. **Self Exploration:**Self exploration is the process to find out what is valuable to me by investigating within myself, what is right for me, true for me, has to be judged within myself. Through self exploration we get the value of our self. We live with different entirety (family, friends, air, soil, water, trees, etc.) and we want to understand our relationship with all these. For this we need to start observing inside.
5. **Natural Acceptance:**Natural acceptance is a mechanism of self exploration. Natural acceptance is process to understand our self first. Natural acceptance implies unconditional and total acceptance of the self, people and environment. It also refers to the absence of any exception from others. In other words, Natural acceptance is way to accept the good things naturally.
6. **Experiential Validation:**Experiential validation is a process that infuses direct experience with the learning environment and content. When what we already believe to be true of us is validated by some situations, phenomena or outcomes. We may term it as experiential validation. It may be regarded as a philosophy and methodology in which the direct experience and focused reflection of the individual helps to increase knowledge, develop skill and clarify values. Most of what we know about our self is not only through our own opinion of our self but also because of how others view us.
7. **Swatva:** Swatva means innateness of self – the natural acceptance of harmony. When I identify my innateness, what I really what to be.
8. **Swatantrata:**Swatantrata means being self- organized – being in harmony with oneself. When I identify my innateness, what I really what to be and establish a dialogue with it, it enables me to become self organised, i.e. I attain harmony in myself. This is swatantrata.
9. **Swarajya**: Swarajya means self-expression, self- extension – living in harmony with others. When I identify my innateness, what I really what to be and establish a dialogue with it, it enables me to become self organised, i.e. I attain harmony in myself. When I start living with this harmony, it starts expressing itself through my harmonious behaviour and work, and it naturally extends to my participation with the surroundings. This is working towards swarajya.
10. **What is meant by right understanding?**

Right understanding is essentially seeing the essence of the reality as it is, i.e. seeing the part that is definite, universal, and continuous.

1. **What do you mean by prosperity? Give one example to illustrate?**

Prosperity – The feeling of having/producing more than required Physical Facility.

1. **Distinguish between Animal consciousness and Human consciousness?**

Giving all priorities to physical facilities only, or to live solely on the basis of physical facilities, may be termed as ‘Animal Consciousness’. Living with all three: Right understanding, Relationship, and Physical facilities is called ‘Human Consciousness’.

1. **What do you mean by co-existence?**

Co-existence is a state in which two or more groups are living together while respecting their differences and resolving their conflicts non violently. Coexistence has been defined in numerous ways:

1. To exist together (in time or space) and to exist in mutual tolerance.
2. To learn to recognize and live with difference.
3. To have a relationship between persons or groups in which none of the parties is trying to destroy the other.
4. To exist together (in time or place) and to exist in mutual tolerance
5. **Self and body cannot be separated. Discuss?**

There is a relation between the self and body that the body acts as an instrument of self. Whatever the self thinks, the body performs it physically, the Body does not decide itself.

1. **How can you maintain harmony in a relationship?**

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

1. **What are the five aspects of Right understanding?**

Form (shape, size, density…)

Property (effect on another unit)

Natural Characteristic (participation in larger order) Relationship

Innateness (self-organization) - Harmony

Co-existence (submergence) - co-existence

1. **What is meant by continuity of happiness?**

Continuity of Happiness = Harmony at all 4 levels of my Being. (Individual, Family, Society, Nature/Existence)

Program for Continuity of Happiness = Understanding the Harmony & Living in Harmony at all 4 levels of my Being.

1. **Mention the activities of self.**

Desire, thought, and expectation.

1. **What is the purpose and program of a human being?**
2. **The Desire/Goal:** What is my (human) Desire/ Goal? What do I really want in life, or what is the goal of human life
3. **Program:** What is my (human) program for fulfilling the desire? How to fulfil it? What is the program to actualize the above?
4. **What are the three higher-order activities (essence) of right understanding?**

Realization, understanding, and contemplation.

1. **What are the activities to be awakened in the process of understanding (knowing)?**

Realization, understanding, and contemplation

**UNIT3&4**

1. **Mention any five feelings of the Human-Human relationship.**

Trust, Respect, affection, care, Gratitude, and love

1. **Explain the feeling of trust**.

Trust = to be assured

Trust = to have the clarity that the other wants to make me happy & prosperous

1. **How can we develop an understanding of human beings?**

(i)By the process of self-exploration

(ii) By practicing exercise 1 and exercise 2.

1. **What are the three things to be developed to ensure continuous happiness?** 
   1. Right understanding – in the Self
   2. Right feeling, thought – in the Self
   3. Competence for right living with the world outside
2. **What is the target of human beings?**

The target of human beings is Living with Continuous Fulfilment.

1. **What is to be developed to ensure continuous happiness?**

Right understanding, Right feeling, thought – in the Self

1. **What all are important aspects- while paying attention?** 
   1. The object of Attention-
   2. Process of Paying Attention
2. **What is the process of paying attention?** 
   1. Being Aware
   2. To Evaluate without Reaction.
3. **Define imagination.**

Desire, Thought, and Expectation are together called imagination.

1. **What is preconditioning?**

Preconditioning means we have assumed something about our desires on the basis of prevailing notions about it. We have not verified the desires in our own right. As a result, we are not clear about what we will get out of the fulfilment of that desire.

1. **What is the process of knowing?**

Awakening to the activity of Contemplation, Understanding & Realization

1. **What is the possible sequence by which the knowledge can be worked out?**

Realization Understanding Contemplation

1. **What is sensation?**

The sensation is the information we get from the Body through the five sense organs – of sound (through ears), touch (through the skin), sight (through the eyes), taste (through the tongue), and smell (through the nose).

1. **Define self-organization in space.**

Being in co-existence with space, every unit is self-organized.

1. **Units= co-existence in space. Where there is a unit, Space is also there. Explain this two statement or How are units coexisting in space?**
2. Units are energized in space
3. Units are self-organized in space
4. Units recognize their relationship and fulfil it with every other unit in space or There are innumerable units in existence. There is air, water, soil, Earth, sun, moon, plants, trees, animals, birds, human beings, etc. Now we can see that these units are in space. The co-existence of the two is in the form of units submerged in space.
5. **What are the three aspects of coexistence in space?**

Innateness, Natural Characteristics, and Inheritance

1. **What are the 5 aspects of the unit?**

Form, Property, Innateness, Natural Characteristics, and Inheritance

1. **What is contemplation?**

Contemplation is the activity of seeing my participation in the larger order, seeing my relationship with other human beings, and my relationship with the rest of nature.

1. **Define understanding.**

Understanding is the activity of seeing the harmony in nature, seeing the inherent harmony in every unit in nature.

1. **What is realization?**

Realization is the activity of seeing the co-existence in existence. If I am awakened to this activity, i.e., if I have the right understanding and right feeling, it is my internal guide for all my imagination.

1. **In which two orders there is no development?**

Physical order and Bio-order

1. **In which order there is development?**

Only in the human order, there is a potential for development or transformation in the Self which is not cyclic. Development or permanent change is possible only in the domain of consciousness

1. **Which two orders are cyclic?**

Physical order and Bio-order

1. **Which two orders are not cyclic?**

Animal order and Human order

1. **What is human tradition?**

The continuity of universal human order generation after generation is called human tradition.

1. **What is definite human conduct?**

With knowing, the response becomes definite and leads to definite human conduct. This is a state of solution. This transformation from a state of problem to a state of solution is facilitated by human education-sanskar.

**UNIT 5**

1. **What are the two possibilities in Model 1 in the knowledge of human conduct?**
2. Conduct when we are moving towards higher activities of Self and
3. Conduct when we are moving downwards from the highest activity of Self (this represents the complete human conduct)
4. **How does human conduct articulate in model 2?**

Human Values

Policy

Character

1. **What is Policy? What are the three policies?**

The policy is a detailed thought of "how to do" that Includes plan, program, implementation, results, evaluation.

Policy for enrichment

Policy for protection

Policy for the right utilization

1. **What is a Character?**

Character is a Compassionate behaviour, work & participation in larger order on the basis of human values

Behaviour – ensuring justice, mutual happiness (while also filling the gaps created in ignorance)

Work – ensuring the preservation, mutual prosperity (while also filling the gaps created in ignorance)

Rightfully acquired wealth

Chastity in a conjugal relationship

1. **What is Perseverance?**

The commitment for living in harmony at all 4 levels with patience.

1. **What is Brevity?**

The commitment for helping the other to understand harmony & to live in harmony at all 4 levels.

1. **What is Generosity?**

The commitment to invest one's Self, Body & physical facility for understanding & living in harmony at all 4 levels.

1. **What is Beneficence?**

Helping the other to develop the competence to utilize the means they already have.

1. **What is Compassion?**

Helping the other unconditionally, to develop the competence as well as the means, to fulfil his needs when he neither has the ability nor the means.

1. **What are the Five Dimensions of Human Order?**
2. Education – Sanskar
3. Health – Sanyam
4. Production – Work
5. Justice – Preservation
6. Exchange – Storage