**UHV–2 QUESTION BANK**

**UNIT - 1**

1. Explore the need and the guidelines for value education?
2. Define self – exploration and the dialogue within. Give one example.
3. Give the process of self-exploration and the characteristics of natural acceptance.
4. Explain right understanding, relationship and physical facility.
5. What are prevailing notions of happiness and prosperity?
6. Explore the meaning of happiness and prosperity. Give one example.

**UNIT – 2**

1. Human being is the co-existence of the Self and the Body ---Explain this statement and taking yourself as an example
2. What are the needs, activities and responses of the self and the body?
3. “The self is the seer-doer-enjoyer”. Illustrate with examples.
4. Explain the activities of the Self with a diagram.
5. Explain self-regulation and health.
6. What is your participation regarding self and your body? Explain in detail.