

# **UNIVERSAL HUMAN VALUES – FULL DETAILED ANSWER BOOK**

## **UNIT 1 – VALUE EDUCATION**

### ***Explain Self-Exploration in detail.***

Self-exploration is the process of investigating oneself at the level of thoughts, behaviour, and expectations. It is a conscious effort to understand ‘What I am’ and ‘What I want to be’. It involves two levels: (a) Verification at the level of Natural Acceptance – whether something feels naturally right. (b) Verification at the level of Lived Experience – whether living according to it leads to happiness. Self-exploration helps overcome confusion, remove contradictions, and understand life goals clearly.

### ***Define Happiness and its types.***

Happiness is a continuous, long-lasting state of satisfaction in the Self ('I'). It is not momentary pleasure but sustained inner contentment. Two types: (1) Sensation-based pleasure (temporary). (2) Happiness through right understanding and right relationships (continuous).

### ***Define Right Understanding.***

Right understanding refers to correct knowledge of the Self, the Body, relationships, and nature/existence. It enables harmony, correct decision-making, and ethical living.

### ***Define Natural Acceptance.***

Natural acceptance is the inner, unconditional ability to differentiate right from wrong. It is universal, intrinsic, and self-verifiable.

### ***Purpose of UHV.***

Value Education deals with understanding harmony at all levels of living. It focuses on developing right understanding (mental clarity), right feelings (emotional maturity), and right behaviours (ethical conduct). It helps students understand themselves, build trustful relationships, and contribute to a peaceful society. It ensures humane conduct, clarity in goals, and a meaningful way of living.

## **UNIT 2 – HUMAN BEING: ‘I’ AND BODY**

### ***Distinguish between needs of ‘I’ and Body.***

Needs of ‘I’: continuous, qualitative (respect, trust, happiness). Needs of Body: temporary, physical (food, clothing, shelter). I needs are unlimited but definite; body needs are limited but recurring.

### ***Explain Sanyam and Health.***

Sanyam means self-control and correct utilization of body. Health means the state of the body being fit, disease-free, and efficient. Sanyam ensures good health because the body follows the guidance of the self without misuse.

### ***Explain Harmony in Self and Body.***

Harmony exists when the Self gives right direction and the Body follows discipline. Contradictions create conflict; alignment creates happiness.

## **UNIT 3 – FAMILY & SOCIETY**

### ***Explain Trust.***

Trust is the foundational expectation that the other person intends happiness for me. When trust exists, relationships become strong and stable.

### ***Feelings in relationships.***

The core feelings include Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, and Love. These feelings ensure mutual happiness and harmony.

### ***Respect vs Differentiation.***

Respect means accepting the other as equal in terms of human potential. Differentiation is judging based on body, wealth, caste, gender, education etc. Differentiation destroys relationships; respect builds harmony.

## **UNIT 4 – HARMONY IN NATURE**

### ***Explain the Four Orders.***

Material Order (soil, metals, plastics), Plant Order (all vegetation), Animal Order (animals with feelings), Human Order (knowledge, understanding, relationships).

### ***Mutual Fulfilment in Nature.***

All entities in nature support each other—plants provide oxygen, humans return CO<sub>2</sub>, rivers give water, soil provides minerals. This interconnectedness ensures continuity and balance.

### ***Holistic View of Harmony.***

Harmony begins at self and expands to family, society, nation, world, nature, and entire existence. Understanding this interconnectedness ensures sustainable and peaceful living.

## **UNIT 5 – PROFESSIONAL ETHICS**

### ***Define Ethical Human Conduct.***

Ethical conduct is behaviour based on right understanding, truthfulness, responsibility, and service. It promotes trust, justice, and harmony in society.

### ***Professional Competence.***

Professional competence includes both technical skills and value-based behaviour. Skills without values lead to misuse; values without skills lead to inefficiency. Both must coexist for ethical professionalism.

### ***Contradictions in Current World View.***

Materialism, competition, consumerism, and exploitation create stress, corruption, injustice, violence, and ecological destruction. Holistic human values resolve these contradictions.