

# **UNIT 1 – VALUE EDUCATION (2M, 5M, 10M with Diagrams)**

## **Q: Write a short note on self-exploration.**

Self-exploration is the process of examining one's own desires, thoughts and expectations. It helps identify what we truly want, reducing confusion and guiding us toward correct decisions.

## **Q: Define happiness in your terms.**

Happiness is a continuous inner satisfaction experienced by the self. It is not temporary pleasure, but a stable feeling of contentment when our thoughts and actions align with our natural acceptance.

## **Q: Define right understanding.**

Right understanding means correctly knowing the self, body, relationships and nature. It guides proper behavior and decisions, leading to harmony within and outside.

## **Q: Define natural acceptance.**

Natural acceptance is our intrinsic ability to identify what is right or wrong instantly. It is universal, unconditional and self-verifiable, providing inner clarity.

## **Q: What is the purpose of Universal Human Values?**

The purpose of UHV is to develop right understanding, ensure harmony in self, family, society and nature, and promote ethical, responsible and meaningful living.

## **Q: Explain the term right understanding with an example.**

Right understanding is the correct knowledge of reality at all levels—self, body, relationships and nature. It forms the foundation for right thinking, behavior and decision-making. When a person gains right understanding, contradictions reduce, clarity improves and relationships become harmonious.

Example: If we understand that respect is a feeling of acceptance of another human being, we stop judging people based on money, appearance or status. Instead, we relate with them based on their intentions and abilities. This removes differentiation and creates trust. Thus, right understanding becomes the basis for inner happiness and social harmony.

## **Diagram: Right Understanding Process**

Concept	Meaning
Self-Exploration	Understanding 'I' through inner observation
Natural Acceptance	Universal inner clarity of right–wrong

### Q: Explain the process of value education.

Value education is a systematic process that enables an individual to understand the harmony within oneself, with other human beings, and with nature. The central method used in value education is self-exploration. Self-exploration involves carefully observing one's own desires, thoughts and expectations and verifying them with the help of natural acceptance. Natural acceptance is the inner voice that tells us what is right or wrong, independent of external influences.

The process begins by placing proposals in front of oneself and checking whether they align with natural acceptance. If they feel right within, the next step is to apply them in real life and observe the results. If living accordingly leads to happiness and satisfaction, the proposal is verified to be correct. Through this iterative verification, one develops right understanding, which further leads to right feelings and right behavior.

Value education helps students differentiate between needs of the self and needs of the body, understand true goals like happiness and prosperity, and develop trustful and respectful relationships. It also promotes responsible behavior, ethical conduct and sustainable living. Thus, the aim of value education is holistic development—ensuring harmony within oneself, in families, in society and with nature.

### Diagram: Value Education Workflow

Concept	Meaning
Self-Exploration	Understanding 'I' through inner observation
Natural Acceptance	Universal inner clarity of right–wrong