



Uhv complete notes

B.tech (Dr. A.P.J. Abdul Kalam Technical University)



Scan to open on Studocu

UNIT 1

Q1. What do you mean by values or human values? or What is value education? Why there is a need of value education? or How does value education helps in fulfilling one's aspirations?

Value Based Education is all about teaching and instilling important values and ethics in individuals. It helps us understand what is truly valuable for human happiness. This type of education focuses on character development and helps us improve our value system.

When we have clarity about our values, we can make better choices in life. It enables us to understand our needs and set meaningful goals. Value education also helps us resolve conflicts and bring harmony in our lives. Additionally, it empowers us to use technological advancements responsibly.

Values are the foundation of our thoughts, behaviors, and actions. Once we know what is truly valuable to us, these values guide our actions and decisions. It's essential to recognize the universal nature of human values, so we can have a common program for value education. This will contribute to a happier and more harmonious society for all.

Q2. What are the basic guidelines for value education?

Value education helps us understand what brings true happiness to human beings. To create a valuable course on this subject, we should follow these important guidelines:

1. Universal: The course should apply to everyone, regardless of their background or beliefs, and be relevant across all times and places.
2. Rational: The teachings should make sense and appeal to human reasoning, not be based on blind beliefs or dogmas.
3. Natural and verifiable: The values taught should align with our natural instincts and lead to experiential happiness. They should be

verifiable through our experiences, not just based on assumptions.

4. All encompassing: The course should transform our way of thinking, behaving, working, and realizing our goals. It should cover all aspects of human life, from the individual to the family, society, nature, and existence.

5. Leading to harmony: Ultimately, the purpose of value education is to create harmony within ourselves, among people, and with nature.

By following these guidelines, value education can truly enrich our lives and contribute to a more harmonious world.

Q3. What is the need for value education? or Write a short note on the need for value education in today's scenario.

Value education helps us understand what brings true happiness to humans. Its importance lies in:

1. Identifying our aspirations correctly: Value education helps us understand what is truly valuable for our happiness and guides us in the right direction to achieve our goals. It brings clarity and harmony to our lives.

2. Understanding universal human values: Values form the basis of our thoughts, behaviors, and actions. Knowing what is valuable to us becomes the anchor for our actions and contributes to a happy and harmonious society.

3. Complementarity of values and skills: Both values and skills are essential for success in any endeavor. Values provide wisdom and direction, while skills help us implement and achieve our goals effectively.

4. Evaluating our beliefs: Value education helps us question and evaluate our beliefs, which often shape our values. It allows us to understand whether these beliefs align with reality or are based on false assumptions.

5. Importance alongside technology: While our education system focuses heavily on science and technology, value education is the missing link that helps us decide what truly matters. Without it, our efforts may lead to counterproductive outcomes and crises in individual, societal, and environmental aspects.

By embracing value education, we can lead more fulfilling lives and contribute positively to the world around us.

Q4. Values and skill complement each other. Elaborate. or “For success in any Human Endeavour both values and skills are required.” Explain. or What do you mean by values? How do they differ from skills? How are values and skills complementary? or Explain how production skills and human values are complementary. Give two examples.

Values and skills are both essential for achieving our aspirations and goals in life. They work hand in hand to bring us true happiness.

1. Values: These are the important principles and beliefs that guide our actions and choices. They help us understand what truly matters for human happiness. Values are like the domain of wisdom, showing us the right direction to achieve lasting happiness.

2. Skills: Skills are the practical abilities and knowledge we acquire to implement our goals effectively. They are like the domain of action, where we put our understanding into practice and make things happen in various aspects of life.

The complementarity of values and skills is crucial for success in any endeavor. For instance, let's consider the goal of leading a healthy life. Merely wishing for good health is not enough. We must understand the meaning of health and make informed choices about food and physical workouts to stay fit and healthy. Knowing the goal (values) and using

the right techniques (skills) go hand in hand to achieve the desired outcome.

So, to achieve our aspirations, we need both values and skills - the understanding of what is truly valuable and the practical knowledge to bring those values to life. This understanding and application together lead us to genuine and lasting happiness for all.

Q5. Define self exploration. What is the content of self – exploration?

Self exploration is like an inner journey to discover what truly matters to me. It's about exploring my own thoughts, feelings, and desires to find out what is right and valuable for myself. Instead of looking outside for answers, I search within myself to understand what I really want in life and how to achieve it.

During self exploration, I focus on myself as a human being and try to find answers to two fundamental questions:

1. The Desire/Goal: What is my ultimate desire or goal in life? What do I truly want to achieve as a human being?
2. Program: How can I fulfill this desire or goal? What steps or actions do I need to take to make it happen?

These two questions cover the entire scope of human aspirations and endeavors, making them the core of self exploration.

In summary, self exploration is a process of introspection to understand my inner desires and find the right path to achieve my goals. It helps me discover what truly matters to me as an individual.

The process of self exploration is like a journey of discovery. Here's how it works:

1. Don't blindly accept or reject ideas: When you come across new ideas or proposals, don't immediately believe or dismiss them. Instead,

examine them with an open mind.

2. Verify on your own terms: Check if the ideas feel naturally acceptable to you. Don't rely solely on scriptures, data from instruments, or what others say.

3. Live it out: Put the ideas to the test in your life. See if they lead to mutual happiness in human interactions and mutual prosperity with nature.

4. Follow the process (see Fig. 1.11.1): Use this step-by-step approach to explore and validate the ideas.

5. Realization and understanding: The process is complete when you have a deep realization and understanding of the ideas. This brings assurance, satisfaction, and universality.

Remember, the key is to verify and test ideas in your own life to gain true understanding and knowledge.

Q7. How can we verify proposals on the basis of our natural acceptance? Explain with example. or What do you mean by your natural acceptance? Is it innate, invariant and universal? Explain or “Natural acceptance is innate, invariant and universal.” Explain this statement with an example

Natural acceptance is about fully and unconditionally accepting ourselves, others, and the environment. It brings inner harmony, tranquility, and fulfillment. Here are some key points to understand and remember about natural acceptance:

1. Timeless: Natural acceptance doesn't change with time. For example, our trust and respect for others remain constant, regardless of age.

2. Independent of place: It doesn't depend on where we are. Our acceptance stays the same, even if we move to a new location.

3. Unaffected by beliefs: It is not influenced by our beliefs or past conditioning. When we sincerely ask ourselves, the answer will always be consistent.

4. Ever-present: Natural acceptance is always within us, guiding us towards what is right.

5. Universal: It is common to all human beings. While we may have different preferences and ways of living, our basic acceptance is based on common goals like happiness, respect, and prosperity.

In essence, natural acceptance helps us stay true to ourselves and find a sense of contentment and unity with others and the world around us.

Q9. What is the difference between prosperity and wealth? What is more acceptable to us and why? or What do you understand by prosperity? What is the difference between prosperity and wealth? How are the two related? or What is the meaning of prosperity? How does it differ from possession of wealth? Explain with examples. or Differentiate between prosperity and wealth with examples.

Prosperity is not just about having wealth or physical facilities. It's a feeling of having more than enough, a sense of contentment and abundance. Many of us mistakenly believe that wealth alone leads to prosperity, but that's not entirely true. Wealth is about having money and physical possessions, but prosperity goes beyond that.

The key points to remember are:

1. Prosperity is a feeling of having more than required physical facilities.
2. It's not just about wealth; it's about feeling fulfilled and content.
3. We often confuse wealth with prosperity, but they are not the same.
4. We tend to focus on accumulating and consuming physical things to achieve happiness and prosperity.
5. However, this approach is becoming harmful to the environment and society, putting human survival at risk.

6. True prosperity involves sharing and feeling abundant, not just hoarding wealth.

7. If we feel prosperous, we naturally share what we have, as we know there is more than enough to go around.

In summary, prosperity is not just about money and possessions but about feeling abundant and content, which leads to a more sustainable and fulfilling way of living.

Q11. What do the abbreviations given as SVDD, SSDD and SSSS signify?

To achieve our basic aspirations, we need to follow a specific order: right understanding, then relationships, and finally physical facilities. Sadly, many people today are not following this order, leading to two common scenarios:

1. People who lack physical facilities and feel unhappy and deprived (SVDD: Sadhan Viheen Dukhi Daridra - Materially Deficient, Unhappy, and Deprived).
2. People who have physical facilities and wealth, yet still feel unhappy and deprived (SSDD: Sadhan Sampann Dukhi Daridra - Materially Affluent, Unhappy, and Deprived).

However, we want to belong to the third category, which is:

3. Having physical facilities and feeling happy and prosperous (SSSS: Sadhan Sampann Sukhi Samriddha - Materially Adequate, Happy, and Prosperous).

Most people currently fall into the first two categories, but our natural acceptance as human beings is to be in the third category, where we have enough physical facilities and still feel happy and prosperous. To reach this state, we must prioritize right understanding, meaningful relationships, and then material well-being. This will help us achieve true happiness and prosperity.

Q 13. What are the requirements to fulfil basic human aspirations? or What is the program to fulfil the basic human aspirations? Explain or Explain the basic requirements to fulfil human aspirations. Give the correct priority among them. or Three things are needed in order to fulfill basic human aspirations—right understanding, right relationships and physical facilities. Explain meaning of each one of these.

Our main desires are happiness and prosperity. Happiness comes from good relationships with others, while prosperity is achieved by having the right physical facilities.

1. Right Understanding: This means using our intelligence effectively by learning and understanding things deeply.
2. Good Relationships: It involves building positive connections with people at home, work, and in society.
3. Physical Facilities: This includes fulfilling our physiological needs and having more than enough comforts in life.

To improve our relationships, we must first understand them better, which comes from having the "right understanding of relationship." Likewise, to be prosperous and preserve nature, we need the "right understanding" of how to fulfill our physical needs while maintaining harmony with nature.

In summary, to achieve happiness and prosperity, we should focus on developing our intelligence (right understanding), building meaningful relationships, and having the necessary physical facilities without harming nature's harmony.

Que 1.26. What are the four levels of our living ? Explain them. OR What are the different levels of human being ? Explain how they are interrelated ?

Levels of Living :

1. Living in Myself: The first level is about understanding ourselves, our thoughts, desires, and choices. We must break assumptions about ourselves and truly know who we are. Testing our beliefs with natural acceptance helps in self-discovery.

2. Living in Family: The second level involves our interactions with family members, such as parents, siblings, and friends. Understanding ourselves better also helps us understand our family members and live harmoniously with them.

3. Living in Society: This level expands from family to the larger society. It includes everyone we interact with, directly or indirectly, and those we depend on for various needs like food, clothing, and education. Understanding ourselves and our family aids in understanding society better.

4. Living in Nature / Existence: The final level is about our relationship with nature and existence. Nature is vital for our survival as individuals, families, and societies. Understanding nature and harmoniously engaging with it leads to mutual fulfillment.

In summary, the levels of living are: understanding ourselves, living harmoniously with family, society, and nature to achieve a harmonious existence.

Q16. Critically examine the prevailing notions of happiness in the society and their consequences. or What is prosperity? Is it different from happiness? or What are the basic human aspirations? Explain. or What is the outcome when we try to identify relationship based on the exchange of physical facilities?

Happiness is being in harmony with the state or situation we live in. When we like the state or situation we are in, we feel happy. On the other hand, prosperity is the feeling of having or making available more physical facilities than required.

Currently, many of us are trying to achieve happiness and prosperity by accumulating and consuming more physical facilities. We believe that having more things will lead to continuous happiness. However, this pursuit is flawed because it is impossible to fulfill unlimited wants with limited resources. It is like trying to quench an endless thirst with a limited supply of water.

This approach is causing various problems at different levels:

1. At the individual level: Rising cases of depression, psychological disorders, stress, and health issues due to excess materialistic pursuits.
2. At the family level: Breaking of joint families, conflicts between generations, and strained relationships due to materialistic desires.
3. At the societal level: Increasing incidents of terrorism, communalism, casteism, racial conflicts, and wars between nations.
4. At the environmental level: Global warming, pollution, resource depletion, and deforestation.

We urgently need to change our approach and understand that true happiness and prosperity come from inner harmony and sustainable living. We should focus on genuine needs rather than excessive material accumulation. By doing so, we can create a more balanced and fulfilling life for ourselves and the world around us.

Que 1.16. What are the requirements to fulfill basic human aspirations ?

1. Fulfilling basic human aspirations requires three essential things: right understanding, right relationships, and physical facilities.
2. Human aspirations are our deep desires for happiness and prosperity. To fulfill these aspirations, we need to satisfy our basic needs, such as food, clothing, and shelter. The key to fulfilling our aspirations lies in following the right order.
3. Right understanding helps us make decisions about how to work for physical facilities and maintain healthy relationships with others. It

allows us to elevate our consciousness from animal-like to human-like. Understanding the concept of coexistence is crucial for living harmoniously with others.

4. Relationships based on love, understanding, care, and respect are essential for creating harmony in nature. These affectionate relationships lead to happiness and prosperity without any doubts.

5. Physical facilities like food, clothing, shelter, and protection are fundamental needs for all human beings. Proper understanding helps us fulfill these needs as required.

6. The concept of SSSS stands for "Having physical facilities and feeling happy and prosperous." People in this state are materially affluent, happy, and prosperous.

7. To achieve SSSS, we must work in the following order:

- i. Develop right understanding.
- ii. Cultivate healthy relationships.
- iii. Attain physical facilities.

8. By following this order, we ensure mutual fulfillment with other human beings and mutual prosperity with the rest of nature. It leads to a harmonious and sustainable way of living.

Q1. What do you mean by Sukh and Suvidha? or Distinguish between Sukh and Suvidha in detail taking needs of yourself as an example

: Sukh, or happiness, is a state of inner harmony that encompasses our entire being. It brings contentment and joy to our mind. Suvidha, on the other hand, refers to seeking physical comforts and conveniences in life. For instance, having a fan, cooler, or air conditioner to feel comfortable.

Different people have different perceptions of suvidha, and they seek comfort accordingly. As humans, we naturally desire comfort and

happiness. We keep pursuing desires and ambitions to make our lives more enjoyable. We accumulate facilities to lead a comfortable life.

However, it's important to note that true happiness (sukh) doesn't solely depend on material possessions (suvidha). It largely depends on our thinking and mental satisfaction. Sometimes, even with many materialistic possessions, we may feel unsatisfied if our mind is not content.

So, it's essential to cultivate a positive and content mindset to experience real happiness, regardless of the level of facilities we have in life.

Q3. Distinguish between the needs of the Self and the needs of the Body. or 'The need for physical facilities is temporary' – explain the meaning of this statement with any two examples. or Differentiate between the needs of self and the needs of body.

The human being consists of two parts: the 'I' and the body, and they communicate with each other through needs.

1. Types of Needs: The needs of the body are physical, such as food, clothing, and tools for proper use, known as 'physical facilities' or 'suvidha.' On the other hand, the needs of the 'I' are not physical but related to emotions, like trust, respect, and happiness.
2. Time Duration of Needs: The needs of the 'I' are continuous over time. We always want to be happy, respected, and accepted in relationships. In contrast, the needs of the body are temporary. We need things like food and shelter only for a certain period and not continuously.
3. Quantity of Needs: Physical facilities are needed in limited quantities. When we exceed these limits, it becomes troublesome. For example, eating sweets like rasgulla is enjoyable at first, but too much of it can become intolerable. The needs of the 'I,' however, are qualitative, not

measurable in quantity. We want feelings like happiness to be continuous.

4. Fulfillment of Needs: The need for happiness (sukh) of the 'I' is met through right understanding and positive feelings. On the other hand, the need for physical facilities (suvidha) of the body is fulfilled by appropriate physical things, like food and shelter, which are necessary for our well-being.

Q4. Do you think that human beings are sum-total of sentiments and physical aspects the 'self' and the 'body'? Explain your answer using examples. or "Human being is more than just the body" – Explain.

The human being is more than just a body; there is also the aliveness inside that makes it function. This aliveness is called Jivana or 'I' (self). The 'I' refers to itself as "I am," showing its conscious nature.

The human being is a combination of the self and the body, and they are interconnected. The self has emotional needs like respect and trust, which we can call "Happiness." The body has physical needs like food, which we can call "Physical facilities" or "suvidha."

The activities of the self include desires, thoughts, and choices, while the body's activities include eating and breathing.

The self interacts by knowing, assuming, recognizing, and fulfilling. Fulfillment depends on correct recognition, which depends on accurate assumptions based on knowledge. If assumptions are incorrect, things can go wrong.

On the other hand, the body only recognizes its needs and fulfills them.

In summary, the human being is made up of two distinct parts: the sentient 'I' and the material body. They have different needs and

activities but work together in harmony.

Q6. Explain with examples where activities involves both body and 'I' or

Differentiate between the activities of knowing, assuming, recognizing and fulfilling with the help of an example. or

Explain the activities of knowing, assuming, recognizing and fulfillment with one examples. or

Differentiate between the activities of the self and the body on any two grounds. or Can the activities of the self be distinctly understood from the activities of the body? Name any three activities and elaborate.

Let's categorize our activities into three groups:

1. Activities happening in the self ('I').
2. Activities happening in the body.
3. Activities involving both the self and the body.

1. Activities in the body: These include basic functions like breathing, heartbeat, digestion, etc. The body recognizes and fulfills its needs, like when we drink water to quench our thirst.

2. Activities in the self ('I'): Here, besides recognizing and fulfilling, we also have assuming and knowing. Assuming means making assumptions, and our response depends on these assumptions.

Recognizing involves identifying things around us, and it depends on what we assume. Fulfilling is the action that follows recognition. All these activities are linked together like this:

Assuming -> Recognizing -> Fulfilling

3. Knowing in the self ('I'): Knowing means having the right understanding and knowledge of reality. When we have the right understanding, assuming, recognizing, and fulfilling become definite

and accurate. Until then, they may change based on beliefs and assumptions.

In summary, our activities involve recognizing and fulfilling in both the self and the body. Additionally, in the self, we have the activities of assuming and knowing. Knowing brings clarity, making our responses more definite and reliable.

Que 2.11. Define sensations, Imagination, pre-conditioning

Certainly! Here's the complete answer, rewritten for clarity:

Sensations:

1. Sensations are types of feelings we experience through our five senses.
2. It could be something we see, hear, taste, touch, or smell.
3. For example, if you feel the warmth of the sun on your skin, it's a sensation from your sense of touch.
4. Sensations can also be wonderful or astonishing experiences.

Imagination:

1. Imagination refers to the activities of desire, thoughts, and expectations within ourselves.
2. It's like a combination of desires, thoughts, and expectations.
3. We use imagination a lot in our daily life, as it helps us visualize and plan things.
4. Imagination is continuous, meaning we keep using it even if the specific object of our thoughts or desires changes.

Preconditioning:

1. Preconditioning means accepting certain desires or beliefs without critically examining them ourselves.
2. These ideas and beliefs are influenced by external factors like what we see, hear, or are told by others (parents, friends, media, etc.).
3. Due to preconditioning, we might adopt desires without fully understanding their consequences or whether they are genuinely

essential for our well-being.

4. It's crucial to self-verify our desires and beliefs, ensuring we make informed choices based on our own understanding rather than blindly following external influences.

In summary, sensations are the feelings we get from our senses, imagination is the combination of desires, thoughts, and expectations within us, and preconditioning refers to accepting desires and beliefs without critically evaluating them. To make better choices, we should verify our thoughts and desires independently to understand their true impact on our lives.

Q8 How do we go into conflicts when our activities are not guided by our natural acceptance? or Explain how pre conditioning can lead to unhappiness. Discuss the problems that are created by having desire, thoughts and expectation on the basis of preconditioning. or How do sensations and pre-conditionings influence our imagination? Give two examples of each.

When we don't follow our natural inclinations, we end up being guided by two things: preconditioning and sensations.

Preconditioning means accepting desires without truly understanding them. It's like following what others say without verifying if it aligns with our real needs. This can lead to conflicts and contradictions within ourselves.

Sensations are the feelings we experience through our senses, like seeing, hearing, or tasting something. While they may give temporary pleasure, they can't provide lasting happiness.

The problems caused by these are:

A. Conflicts due to preconditioning:

1. Our desires keep changing because they are influenced by external factors, making us uncertain about what we truly want.
2. Lack of self-confidence because we are not sure about our desires and keep comparing ourselves with others.
3. Unhappiness and stress as conflicting desires create inner tension.
4. We focus too much on fulfilling physical needs, leading to a sense of lack of fulfillment and stagnation.

B. Short-lived pleasure from sensations:

1. Sensations provide temporary happiness since the external objects and their impact on us are all temporary.
2. Depending on sensations for lasting happiness is futile as they can't fulfill our continuous need for joy.

In summary, following preconditioning and relying on sensations lead to confusion, unhappiness, lack of clarity, and lack of confidence. We become unsettled, influenced by external factors rather than understanding our true selves and needs. To find lasting happiness, we need to self-verify our desires and seek inner harmony rather than chasing temporary pleasures.

Q9. “I am the seer, doer and enjoyer. The body is my instrument” – Explain.

OR How self enjoys the activities of the body ?

The Seer, the Doer, and the Enjoyer:

The Seer:

1. The Seer is the one who understands and is also known as the 'Drasta'.
2. When we see something through our eyes, it's actually the Self using the eyes as tools.
3. The eyes don't process or understand what they see; it's the Self that analyzes and understands the information.
4. So, when we say, "I saw it," it's the Self that saw and comprehended it.

5. The Seer can also perceive our internal emotions like happiness, sadness, anger, or upset, even without the help of eyes.

The Doer:

1. The Doer is the one who performs actions and is also known as the 'Karta'.
2. The Self instructs the Body to carry out various tasks.
3. For example, when we eat, the Self directs the Body to use its hands to put food into the mouth, chew, and swallow.
4. So, when we say, "I ate the food," it's the Self that made the choice, and the Body carried out the action.

The Enjoyer:

1. The Enjoyer is the one who experiences pleasure and is also known as the 'Bhokta'.
2. When we perform an action, like eating delicious food, it's the Self that enjoys the experience.
3. The Body is merely an instrument used by the Self to eat the food.
4. So, when we say, "I enjoyed the food," it's the Self that felt the enjoyment.

In summary, the Seer, the Doer, and the Enjoyer are all part of the Self. The Self uses the Body as a tool to perceive, act, and experience pleasure. The Body acts according to the wishes of the Self. There is a continuous connection between these aspects, and the Body simply follows the directions of the Self.

Que 2.19. Explain the activities of realization and understanding. How do they lead to harmony in the activities of 'I' ? Illustrate with an example

Realization:

1. Realization means seeing the reality as it truly is.
2. When we realize something, we understand "what is the reality?" This helps us know "what to do?" and "why to do it?" It brings clarity and certainty, making us organized and focused.

Understanding:

1. Understanding means comprehending the interconnectedness and harmony in all aspects of nature and existence.
2. With understanding, we can see the harmonious connections in every aspect of our life.
3. When our understanding is unclear, our desires keep changing, leading to uncertain thoughts, decisions, and behavior.
4. On the other hand, when our understanding is based on realization, our desires become clear and our thoughts and decisions align with that understanding.

The Process:

1. Realization leads to understanding.
2. Understanding shapes our desires and thoughts.
3. Our thoughts guide our choices and actions.
4. This self-organization brings happiness and continuity in life.
5. Realization and understanding help us know "what to do?" and "why to do it?" The "how to do it?" part comes from our imagination and activities.

Conclusion:

1. Focus on understanding "what to do?" and "why to do it?" through realization.
2. Then, use imagination and actions to figure out "how to do it?" instead of jumping directly to the "how" without clarity about "what" and "why."

10. Explain with examples the various activities in the self 'I'.

or

Briefly explain the activities of Desire, Thought and Expectation in the self with an example

ans->

The self and the body have different natures. The self is conscious, while the body is physico-chemical. They interact through exchanging information.

The focus is on two categories of attributes of the self: the powers of the self and the corresponding activities as the manifest outcomes of these

1. Powers: These are the basic capacities of the self ('I'). They include desires, thoughts, and expectations.
2. Activities: The activities are imaging, analyzing, and selecting/tasting.
 - Imaging: We create mental images based on our desires. For example, desiring respect, we imagine having a big house as a way to fulfill that need.
 - Analyzing: We break down the images into various parts or details. For instance, we plan the number of rooms and floors in the house as part of the fulfillment of our desire for respect.
 - Selecting/Tasting: This involves choosing or deciding on various aspects related to our desires. In the example, we select the size and color of the rooms in the house.

The activities of imaging, analyzing, and selecting/tasting are the ways the self interacts with the body and the world to fulfill its desires and expectations.

In summary, the self's powers drive its activities, such as imagining and analyzing, to fulfill desires and expectations. These activities represent the interactions between the self and the body, guiding our choices and actions in the world.

12-> What are the programs for ensuring the health of the body? Explain.

or

Suggest programs to ensure proper functioning of your body. Can we sustain them without right understanding.

ans->To maintain a healthy body and lifestyle, it's crucial to understand "sanyama" and "swasthya." Here are the key points:

1. Understanding and Living with Sanyama: Sanyama means taking responsibility for properly nurturing and using the body.

We need to be aware that the body has a limited lifespan and goes through stages of growth and decay. The way we interact with our body should align with these objectives, and this can be achieved through sanyama.

2. Ensuring Health of the Body:

3. a. Nurturing the Body: Choose nutritious food that provides the required energy. Eat only when hungry and in the right quantity. Food should be easily digestible, and we must maintain a proper posture while eating.
4. b. Protecting the Body: Wear clothes that allow proper interaction of the body with the environment. The body needs the right exposure to air, water, and sunlight for its well-being.
5. c. Proper Use of the Body: Understand that the body is not just for sensory enjoyment. It is an instrument for facilitating right understanding and action in life. Avoid using the body to exploit others or nature.

In summary, living in harmony with our body involves practicing sanyama, nurturing the body with proper food and protection, and using it for the right purpose. This understanding can lead to a healthier and more balanced lifestyle.

Q13. What is sanyam? How is it necessary in ensuring svasthya?
or

Define Sanyam and Swasthya. How are they helpful in keeping harmony between self and body.

ans->

Sanyama means taking responsibility for nurturing, protecting, and using the body wisely. It's like self-control, where we manage our mind, desires, and emotions. Swasthya refers to the body's condition when all parts work well. It's about being anchored to ourselves, in harmony with our true self.

With the right understanding, we take good care of our body, and it stays healthy. But when we lack understanding, our body can suffer. For

example, our emotions directly affect our body. When we're happy, our body feels fine, but stress or anger can cause health issues like asthma or hypertension.

So, sanyama plays a vital role in maintaining swasthya, as it helps keep our body and mind in harmony, leading to a healthier and happier life.

Q14. What is the responsibility of the self towards the body? How is it fulfilled?

or

Suggest any two programs that you can undertake to improve the health of your body. or

How does the feeling of sanyam ensure health of the body? List two programs of sanyam. or Explain the relation between the self and the body. What is the responsibility of the self towards the body?

or

What do you mean by Sanyam? How does it ensure harmony with the body? Explain.

ans->Answer: The self is responsible for taking care of the body through nurturing, protection, and using it correctly. To maintain a healthy body, we need to follow some guidelines.

1. Nurturing the Body:

- Choose nutritious food that provides the necessary nutrients and energy. Eat only when hungry and in the right quantity.
- Wear clothes that protect the body and allow it to interact well with the environment. Ensure the body gets enough exposure to air, water, and sunlight for its proper functioning.

2. Ensuring Health of the Body:

- Proper Upkeep (Vihar): Balance work and rest and maintain hygienic conditions for the body's well-being.
- Physical Labor: Engage in physical activities to keep all parts of the body functioning well.

- Physical Exercises: Do exercises to ensure all parts of the body are utilized correctly.
- Asana-Pranayam: Practice proper postures and regulated breathing for a healthy body.
- Treatment of the Body: When the body is hurt or in disorder, facilitate its natural healing process through proper care and, if needed, use of herbs or medicines.

3. Right Utilization of the Body:

- Understand that the body is not just for sensory enjoyment or exploitation of others or nature.
- Use the body to facilitate right understanding and positive actions in life.
- Ensure that actions and behaviors align with right utilization, as it positively affects the body's well-being.

In summary, the self's responsibility involves nurturing, protecting, and using the body correctly. Following these guidelines and caring for the body's self-organization will lead to a healthy and efficient body.

UNIT -3

Que 3.4. What is justice ? How does it lead to mutual happiness ? AKTU 2018-19(IV), Marks 07 OR What is the meaning of justice in human relationship ? How does it follow from family to world family ? AKTU 2016-17(III), Marks 05 OR What is 'justice' ? What are its four elements ? Is it a continuous or a temporary need ?

ANS->

Justice is about recognizing values in relationships, fulfilling them, and evaluating the results for mutual happiness. It ensures the right order within a society. There are four elements: Recognizing values, fulfilling them, evaluating the results, and ensuring mutual happiness. When all four are in place, justice is achieved.

Justice starts in families and extends to the world. If we understand justice in the family, we will practice it in society. Without understanding values, we may act unfairly based on biases like caste, wealth, or beliefs, leading to a fragmented society.

By exploring harmony in ourselves, our families, and society, we can live in harmony with all human beings and achieve universal order. Understanding justice in relationships is crucial for a harmonious world.

Que 3.5. Care and guidance contribute to excellence of whom you interact with. What are other feelings that can contribute to excellence generations after generations or indirectly to other ?

AKTU 2017-18(IV)

OR

Explain the feelings of 'care' and 'guidance', 'glory', 'reverence' and 'gratitude'. AKTU 2017-OR

Define the following : a. Under evaluation b. Otherwise evaluation c. Care d. Guidance e. Reverence f. Glory g. Gratitude h. Love
ans->

1. Under Evaluation: When we assess someone as less capable than they truly are, it makes them feel pitiable and disrespected, leading to dissatisfaction.
2. Otherwise Evaluation: When we evaluate someone based on qualities they don't possess, it can lead to either overestimating or underestimating their abilities.
3. Care: It's the innate feeling of nurturing and protecting our family and others around us, often seen in parents towards their children.
4. Guidance: The desire to help others by sharing our experience and knowledge, commonly shown by elders and teachers to their students.
5. Reverence: Showing honor and respect to someone who has achieved excellence in life.
6. Glory: Achieving excellence and becoming an example for others to follow leads to a sense of glory.

7. Gratitude: Feeling thankful and honoring people who have made significant contributions to our lives.

8. Love: It's the affection and sense of connection we feel towards the people around us.

Que 3.8. What do you understand by trust ? OR Differentiate between intention and competence. How do we come to confuse between the two ?

ans-→Trust (Vishwas) in Relationships:

1. Trust is the foundation of all relationships. It means being sure that each person inherently wants themselves and others to be happy and prosperous.
2. Mutual trust is when we believe we can rely on each other to achieve common goals. Trust is built through integrity and consistency in our interactions.
3. Trust has two aspects:
 - i. Intention: What we aspire for based on our natural acceptance.
 - ii. Competence: The ability to fulfill those aspirations.

Difference between Intention and Competence:

1. Intention is what we want to do (our natural acceptance), while competence is the ability to actually do it.
2. Everyone wants to do what is right (intention), but they may lack the competence, which can be developed through understanding and practice.
3. We often judge ourselves based on intention and others based on competence, which leads to mistrust.
4. We trust our own intention but doubt others'. We should differentiate between their intention and competence.
5. If we trust their intention, we can help them improve their competence if needed and build a stronger relationship.

Que 3.9. Prove that trust is the foundational value and love is the complete value

Trust:

1. Trust is the core value in relationships, and it's crucial. We build trust through our actions, values, and responses. It's essential to understand it within ourselves.
2. Trust means believing that others will honestly keep their promises.
3. People around us generally want the best for others' happiness and prosperity.
4. Trust develops when we understand others' intentions accurately.
5. We may feel threatened by those who might deny our happiness and peace of mind.

Love:

1. Love (prema) is the feeling of being connected to all.
2. It's also known as the complete value (Pūrṇa mūlyā) because it relates to all human beings.
3. Love starts with feeling affection for one person and gradually expands to encompass all human beings.
4. Love leads to an Undivided Society, beginning with families and extending to the global community. We all have a natural acceptance of being related to others through love.
5. Trust is the foundation, which leads to affection for one person, and ultimately culminates in love for everyone.

Q3. How do we differentiate in relationships on the basis of body, physical facilities, or beliefs? What problems do we face because of such differentiation? or How have we differentiated people on the basis of body and beliefs? or What is the meaning of respect? How do we disrespect others due to lack of right understanding of this feeling? or How do we come to differentiate between human beings on the basis of body? Explain. What are its consequences?

Respect is a fundamental value in all relationships, and its true essence lies in recognizing and accepting the individuality of each person. It involves evaluating others based on their intrinsic qualities, actions, and intentions rather than external attributes like wealth, social status, race, or gender.

However, in our society today, the concept of respect has been misunderstood and misinterpreted. Instead of being a foundation of unity and harmony, respect has become a source of differentiation and division. Many people seek respect by trying to become something special or by valuing others based on their material possessions, positions, or beliefs.

Examples of wrong evaluation in respect are abundant:

1. On the basis of body: People are often judged and treated differently based on their gender, race, age, or physical strength. This evaluation at the level of the body overlooks the inherent worth and uniqueness of each individual, leading to unfair discrimination and prejudice.
2. On the basis of physical facilities: Wealth and social status become the criteria for respect, regardless of whether the person is genuinely prosperous or merely possesses material possessions. This materialistic approach to respect undermines true appreciation for an individual's character and qualities.
3. On the basis of beliefs: People belonging to different 'isms' or belief systems may be considered outsiders or even disrespected, merely due to the differences in their ideologies. This narrow-mindedness hinders the development of a truly inclusive and accepting society.

To cultivate a culture of genuine respect, it is essential to understand and value each person's inherent worth and unique qualities. Respect should be grounded in mutual understanding, compassion, and appreciation for the diversity that enriches our society. By embracing this understanding, we can create an environment where all individuals are treated with dignity and respect, fostering unity and harmony among all members of the human family.

2. Disrespect Due to Lack of Right Understanding : Respect means “right evaluation”, to be evaluated as I am.  However, we make

mistakes in our evaluation in the following three ways : **i. Over evaluation (abhi-mulyana) :** To evaluate more than what it is, e.g., if you are wrongly flattered you feel uncomfortable. **ii. Under evaluation (ava-mulyana) :** To evaluate less than what it is, e.g., if you are condemned, you feel uncomfortable. **iii. Otherwise evaluation (a-mulyana) :** To evaluate otherwise than what it is, e.g., if you are evaluated as something else, you feel uncomfortable. We can see that any kind of over, under or otherwise evaluation makes us uncomfortable, we find it unacceptable.

Que 3.15. Critically examine the state of society today in terms of fulfillment of comprehensive human goal. OR

What are the programs needed to achieve the comprehensive human goal ? List and define each briefly. OR

How will you define and explain the development of a society ?

Discuss in light of comprehensive human goal. OR

Explain five dimensions of Human Endeavour in Society conducive to manaviya vyavastha.

To achieve comprehensive human goals, we need specific programs that foster understanding, prosperity, trust, co-existence, justice, and productivity. Let's break them down for easy understanding:

1. Right Understanding: It's crucial for harmony among people. We must strive to comprehend each other's perspectives and avoid contradictions.
2. Prosperity: In families and society, it means having more than what's essential. Identifying needs and producing/achieving beyond requirements lead to prosperity.
3. Fearlessness or Trust: Feeling related to everyone in society without fear allows individuals to pursue their desires naturally.
4. Co-Existence: Harmony among all entities in nature, including humans, free from divisive factors like creeds, castes, religions, or cultures.

To achieve these goals, the following programs are essential:

1. Education — Right Living (Shiksha-Sanskar): Education involves understanding harmony at individual, family, society, and nature levels. Sanskar means living in harmony at these levels.
2. Health — Self-Regulation (Svasthya-Sanyam): Health is achieved when the body functions harmoniously and aligns with our needs. Sanyam is the responsibility for nurturing, protecting, and utilizing the body rightly.
3. Justice — Preservation (Nyaya-Suraksha): Justice means treating all human beings fairly. Preservation refers to harmony in the relationship between humans and nature.
4. Production — Work (Utpadan-karya): Production is the physical output obtained through human efforts, and work refers to the labor performed.
5. Exchange — Storage (Vinimaya-kash): Exchange involves sharing physical facilities among society members, while storage refers to preserving these facilities.

By implementing these programs, we can work towards achieving comprehensive human goals and create a society based on understanding, prosperity, trust, and co-existence, where justice and productivity flourish.

Q.What do you mean by universal human order ? What are its implications ? OR

What is universal human order ? How it can be realized ?

Universal Human Order refers to living in harmony from an individual level to the entire existence. Achieving this order requires right understanding. The human society is currently fragmented, with various divisions like caste, race, religion, and nationalities causing conflicts and contradictions.

To move towards an undivided society, we need to progress from family to a world family. This can be achieved through right understanding, which provides the basis for a humanistic constitution. Such a

constitution will offer clear guidelines and policies conducive to developing a unified human society and a universal human order.

Presently, a significant amount of human energy and resources are wasted in handling conflicts and preparing for wars to ensure peace. This is a result of our lack of right understanding. To create an undivided society, we must perform our duties appropriately, guided by a comprehensive understanding of human values and ethics.

Que 3.18. For fearlessness in society, what are minimum requirements ? Where do you wish to live, fearful or fearless society ? What is your participation towards ensuring fearless society, examine within yourself ?

ANS->> Fearlessness or trust in society means that every member of the society feels connected to everyone else, leading to mutual trust and fearlessness. To create a fearless society, we need to fulfill certain minimum requirements:

1. Harmonious Living: It starts with individuals living in harmony in their relationships.
2. Ensuring Family Needs: Understanding the needs of families and ensuring that those needs are met.

To achieve a fearless society, we must participate and work towards it:

1. Individual Foundation: Fearlessness in society begins with each individual. We must promote right understanding in individuals as the foundation of societal harmony.
2. Prosperity in Families: With the right understanding, families can ascertain their needs and work to achieve prosperity by producing more than required.
3. Understanding Human Relationships: When individuals have the right understanding and families prosper, it leads to harmony and trust (fearlessness) in the society.

4. Harmonious Living and Ensured Needs: When individuals can live harmoniously in relationships, and all families have their needs met, fearlessness (mutual trust) in society will naturally follow.

To achieve a fearless society, we must focus on fostering right understanding at the individual level and promoting prosperity at the family level. This way, fearlessness can prevail in the society.

Q13. Explain how production activities can be enriching to all the orders of nature. Give any two examples.

Ans: In nature, there are four types of entities: materials, plants, animals, and humans. They all interact with each other in a cyclic and enriching way. Nature has a natural production process where each entity contributes to the well-being of others.

However, when we look at human beings, we find that we are not fulfilling the enriching role that we should play for each other and other entities. Science and technology aim to help us understand and support these enriching processes in nature. By designing our production systems wisely, we can ensure that we contribute positively to the well-being of others and maintain harmony in nature. Understanding nature's processes is the key to achieving this balance and making the world more fulfilling for everyone.

UNIT-4

Q1. Define harmony in nature. OR Explain the harmony in nature.

Nature consists of all the different things, living and non-living, big and small, that interact with each other. There is a dynamic balance and self-regulation among all these elements, which we call natural harmony.

Understanding the cause and effect system of nature is essential to be in harmony with it.

Natural harmony is important for several reasons:

1. It helps us address issues like global warming and the depletion of non-renewable resources.
2. Trees play a vital role in achieving harmony by reducing wind velocity, saving energy, and creating eco-friendly environments like forest gardens.
3. Educational institutions can also achieve harmony in their establishment and management.
4. By contemplating and reflecting on nature's order, we can understand its deep harmony and alignment, even amidst chaos.

Understanding and embracing natural harmony can lead to a better and sustainable world for everyone.

Que 4.7. Explain the four orders existing in nature ? How are they inter-linked to one another ?

All the four orders in nature - material, plant, animal, and human - have their own core values or characteristics.

1. **Material Order:** This includes non-living things and various forms of energy like sound, light, heat, etc. The core value of this order is composition and decomposition, where things can combine to form bigger units or break down into smaller ones, but nothing is created or destroyed (e.g., atomic energy in nuclear reactions).
2. **Plant /Bio Order:** This order includes everything from single-cell organisms like fungi and algae to plants, herbs, shrubs, and trees. Their core value is nurturing, as they can reproduce, take in nutrition, and provide nutrition to animals and humans. However, excessive consumption of plant products can be harmful to our bodies.
3. **Animal Order:** Animals are living beings with a higher degree of locomotion than plants. They also have intellectual faculties and are aware of their existence (Self or "I"). However, this awareness can sometimes lead to cruelty and violence towards other orders or even within their own order.
4. **Human Order:** Humans are the most evolved species. They share characteristics with plants and animals but are also independent and

self-conscious. They possess virtues like perseverance, bravery, and generosity. However, human nature can deviate from these characteristics, leading to conflicts and contradictions within their behavior.

Understanding these core values of each order helps us better appreciate the interconnectedness and balance of nature.

Q3 What do you mean by 'innateness'? What is the innateness in the four orders? or What do you understand by the term 'innateness' (dhaarna) in nature? Explain the innateness of material and animal order in nature.

ans->

Ans: Innateness (Dharana) refers to qualities that are intrinsic to each unit in existence. Let's understand the innateness of each order:

1. Material Order: In this order, the innate quality is "existence." When we burn coal, the basic material particles don't disappear; they just change form. Matter cannot be destroyed, only transformed.
2. Plant/Bio Order: This order inherits the innateness of existence from the material order. Additionally, the innate quality is "growth." Plants will naturally grow as long as they are alive.
3. Animal Order: Animals, being a development of the pranic (plant) order, also have the innate qualities of "existence" and "growth." Moreover, they possess the intrinsic "will to live" in their consciousness.
4. Human (Knowledge) Order: Humans have the same innate qualities of "existence" and "growth" in their body as animals. At the level of consciousness ('I'), humans possess the unique innateness of the "will to live with happiness."

Understanding these innate qualities in each order helps us appreciate the natural progression of existence and the different characteristics that define each unit.

Q8. How will you show interconnectedness and mutual fulfilment in four order of nature with examples? or There are four orders in

nature. How does each order participate in the harmony in the nature? Give few examples. or What are the four orders in nature? How can the human order be responsible to the other three orders? or Critically examine the attitude of humans today towards the other three orders of nature. Try to make a proper evaluation of human efforts.

ans->

In nature, all units are interconnected and support each other. Let's see how they fulfill each other:

1. Material Order and Plant/Bio Order: The material order provides nutrients like soil and minerals to plants, which enrich the soil when they decay. Plants also form substances like oil and coal, stored deep within the earth. They help move nutrients in the soil, prevent soil erosion, and produce oxygen for animals.

2. Material Order, Plant/Bio Order, and Animal Order: The material order supports the movement of animals, birds, and fish. Water and oxygen are essential for both plants and animals. Animals enrich the soil with their excreta, benefiting plants, and plants provide food for animals. Animals also help in pollination.

3. Material Order, Plant/Bio Order, Animal Order, and Human Order: Humans naturally have a connection to support these three orders, but we often fail to fulfill this connection. We rely on the material order for resources but end up polluting and depleting them. We depend on plants and animals for our needs but harm their ecosystems. There is interconnectedness and mutual fulfillment in nature, except in human behavior. We need to work on this aspect to ensure harmony and co-existence with all orders in nature.

Que 4.9. What do you mean by 'conformance' ? Explain the conformance in the four orders.

Sure! Here's a simplified and more memorable version of the answer:

In nature, every unit follows the principle of conformance, which means they preserve their fundamental nature.

1. Material Order: In this order, all elements like iron, gold, and oxygen always maintain their unique properties. For example, every atom of iron conforms to the characteristics of iron. We call this "constitution conformance."
2. Plant/Bio Order: Plants always grow according to their seeds. A neem seed will always sprout a neem plant with its specific characteristics. This "seed conformance" ensures the continuity of plant species.
3. Animal Order: Animals conform to their breeds. A cow is always like a cow, and a dog is always like a dog, following their lineage. This "breed conformance" maintains the continuity of animal species.
4. Human (Knowledge) Order: Unlike animals, humans are shaped by their imagination, desires, thoughts, and experiences called "sanskara." We are not limited to our lineage but influenced by various factors. Thus, we have "sanskara conformance."

Each order has its unique way of preserving its continuity, ensuring harmony and balance in nature.

Q3.4->Explain recyclability and self-regulation in nature.

Sure, here's the answer simplified and made more memorable for your exam:

1. Units: Units are countable things with defined sizes, ranging from tiny objects like human hair to large planets. These include human beings, animals, matter, atoms, and molecules.
2. Space: Space is unlimited and unbounded. It follows certain laws and reflects its relation with other objects. It's transparent with no obstructions.

3. Co-existence: Co-existence is about respecting diversity and embracing differences. It promotes peace, justice, equality, tolerance, and non-violence.

In nature, all four orders (material, plant/bio, animal, and human) exist in harmony. Units are self-organized and limited in size. Space is unlimited and full of energy. Humans and animals have self-consciousness and the ability to learn, know, assume, recognize, and fulfill.

Q4.16 ->What is meant by holistic way of life ?

Holistic Way of Life:

1. Understanding All Levels: To live a holistic life, we need to understand and connect with all levels of our existence – ourselves, family, society, and nature. We'll examine our thoughts, desires, and actions to recognize how we think and what we truly want. This leads to meaningful human relationships, based on understanding, values, fulfillment, and mutual happiness. We'll also explore human society's comprehensive goals and how we can achieve them. Understanding the interconnectedness in nature is a crucial part of this process.

2. Harmony in Each Level: As we attain harmony in ourselves, we experience mutual happiness and a sense of prosperity. In the family, there's fulfillment in relationships and prosperity. Society becomes fearless and undivided, fostering unity and trust among its members. In nature, we find harmony and co-existence among all elements.

3. Identifying Our Role: After comprehending harmony in all levels, we'll identify our role in nature and existence. Our value as human beings lies in our participation within nature's intricate system. These values are natural and universal, inherent to every human.

So, living a holistic way of life means understanding and connecting with all aspects of our existence, achieving harmony and fulfillment in

ourselves, our relationships, and nature, and recognizing our essential role in the grand scheme of things.

Que 4.18. Analyze the importance of holistic technology in the current scenario with different examples

1. Holistic Approach: Right understanding helps us develop a holistic approach, where our processes and technologies align with nature. This approach supports our comprehensive human goals. To achieve this, we need specific criteria for evaluating technologies:

- Caring for appropriate needs and lifestyle.
- Being people-friendly.
- Being eco-friendly.

2. Environmental Concerns: Modern technologies are causing environmental issues due to excessive use of natural resources, like burning fossil fuels. Natural resources are depleting rapidly, leading to a demand for alternative renewable technologies and production methods.

3. Right Understanding for Solutions: Addressing these challenges requires understanding human needs and researching eco-friendly and renewable energy technologies that promote human welfare.

4. People-Friendly Technology: When creating technology, we must prioritize people's needs and ensure our systems are people-friendly. Unfortunately, technology is sometimes used against human welfare due to a lack of right understanding of human needs.

5. Focus on Human Needs: To make technology truly beneficial, we must prioritize understanding our basic needs and align technology accordingly. This way, technology can serve humanity in a positive way.

UNIT 5

Q1. What are the values in interaction of human beings with the material things? Give one example of each. or What is utility value and artistic value? How are both important in human life? Explain

with example. or 'When there is no utility there is no scope for art too'. Explain.

Competence of Living in Harmony: Living in accordance with universal human values is about embracing the natural characteristics of each unit in the larger order. These values are a result of realization and right understanding, not imposed by fear or greed. Vastu Mulya is our participation with the rest of nature, and it has two categories:

1. Utility Value (Upyogita Mulya): It's about how humans participate in nurturing, protecting, and providing for the body's needs with physical facilities. For example, a pen's utility value is aiding in writing, while designing a cap to prevent ink spills preserves its utility.

2. Artistic Value (Kala Mulya): It involves enhancing the utility of physical facilities. For instance, a shirt's utility value is protecting the body, and designing it for easy wear is the artistic value.

Que 5.3. What is ethical human conduct ? Explain in terms of values, policies and character with appropriate examples

OR

Explain any five values which are necessary for ethical human conduct

Or

What do you mean by definitiveness of ethical human conduct?

How can it be ensured ?

Ethical Human Conduct: Ethical human conduct is about how we live our lives in harmony with universal values. It is a combination of values, policy, and character acquired through right understanding and self-exploration. When we conduct ourselves ethically:

1. We show respect for humanity and follow societal norms, refraining from stealing, killing, and being dishonest.
2. We find inner harmony within ourselves, resolving conflicts at an individual level.

3. We live in harmony with the rest of the universe, recognizing the equality of all, respecting human and natural rights, and obeying the law.

4. We work towards enriching and protecting nature.

To understand ethical human conduct, we can break it down into three parts:

- i. Values: These are the qualities that align us with the larger order of nature and our natural characteristics.
- ii. Policy: It involves making decisions about how to enrich and protect our resources, including our body, mind, and wealth.
- iii. Character: It is the result of our definite desires, thoughts, and actions, which shape our behavior and work.

Five important values for ethical human conduct are:

- i. Love: Showing care and kindness unconditionally and selflessly.
- ii. Peace: Achieving inner peace by controlling our minds.
- iii. Truth: Upholding honesty and ethical discipline.
- iv. Non-violence: Respecting life and the rights of others.
- v. Right conduct: Putting truth into action and behaving ethically.

Q4. What do you mean by professional ethics?

Professional ethics is about combining professional competence with ethical conduct. It means having a definite and ethical approach in our professional activities. This ethical conduct forms the foundation of professional ethics. To ensure professional ethics, we must assess and develop ethical competence systematically in ourselves as professionals.

A profession is an important area of human activity that involves participating in the larger order, which includes society and nature. It's a meaningful way for each individual to contribute to one or more of the five domains of human endeavors needed for a harmonious society.

When we practice ethical conduct in our profession, we use our professional skills in the right way to contribute to the comprehensive human goal and participate meaningfully in the larger order.

Professional ethics is a branch of applied ethics that deals with ethical principles and moral issues in a business environment. It focuses on the moral challenges that arise because professionals possess specialized knowledge, and it guides how this knowledge should be used when providing services to the public.

Q5. What do you mean by competence in professional ethics? Elaborate with examples. or What do you understand by competence in professional ethics? Give two examples of its implications in industry.

Competence in Professional Ethics:

1. Professional ethics means developing professional competence with ethical conduct.
2. To ensure professional ethics, the key is to develop ethical competence in individuals (professionals). This is achieved through proper value education, as our profession is just a part of our overall life activities, and ethical competence is an outcome of right understanding.
3. The important features of this competence are:
 - i. Understanding the comprehensive human goal and how it relates to universal human order, fearlessness, and mutual fulfillment.
 - ii. Having confidence in oneself, based on a correct understanding of oneself and the world.
 - iii. Engaging in behavior that mutually fulfills others, with clarity on how ethical human conduct leads to personal and collective happiness and prosperity.
 - iv. Interacting with nature in a mutually enriching way, being self-sufficient in fulfilling physical needs, and creating eco-friendly production systems and technologies.

Remember, professional ethics is about developing ethical competence to achieve our comprehensive human goal and live in harmony with

nature.

Q6. What do you mean by ‘universal human order’? or What is your vision of a universal human order? Write in your own words. or What do you mean by universal human order? What are its implications?

Universal Human Order (Sarvabhauma Vyavastha) Explained:

Universal Human Order is all about feeling connected to every living being, including humans and other entities in nature. When we understand the comprehensive human goal, we can achieve harmony not just with people, but also with nature itself. This understanding allows us to foster mutual fulfillment in all our relationships.

The key components of the Universal Human Order are:

1. Embracing five dimensions of human endeavor, such as education and health, to create a harmonious society.
2. Organizing our communities from the family level to the global level, with each unit guided by right understanding, integrated in the following way:

Family -> Family Cluster -> Village / Community -> Village Cluster -> World Family

In essence, Universal Human Order helps us establish a sense of interconnectedness and work towards a unified, harmonious society that values all living beings and nature itself.

Que 5.14. How does the career interest of a professional be reconciled with organizational values ?

Professional Ethics Simplified:

Professional ethics are essential for maintaining good conduct in our work life. It's important to follow the rules and regulations set by our organization. Here are some key points to be a good professional:

1. Build friendly relationships with clients, consultants, and others in the company.
2. Abide by the legal norms relevant to your business.
3. Avoid giving or accepting bribes in any form, like meals or gifts.
4. Keep all confidential information secure and private.
5. Stay loyal and avoid any conflicts of interest with your employer.
6. Use the company's assets responsibly and carefully.

Remember, professionals have moral responsibilities towards their employer. Seek help when needed, and make informed decisions. As a representative of the organization, work with trust and dedication, and be energetic and committed to your team and associates.

Q5.17 How will you proceed to promote ethics among your colleagues ?

Creating an Ethical Workplace:

1. Promoting ethics in the workplace leads to a positive culture and a successful business. It values employees' safety and well-being.
2. To create an ethical workplace, management can follow these practices:
 - i. Be a Role Model: Leaders set the example for ethical behavior, and employees follow their lead.
 - ii. Communicate Expectations: Have a clear code of ethics that defines values and rules for employees to follow.
 - iii. Offer Ethics Training: Conduct workshops and seminars to reinforce ethical standards and address dilemmas.
 - iv. Reward Ethical Acts: Evaluate managers based on how well they uphold the organization's ethical code.
 - v. Punish Unethical Behavior: Hold managers accountable for any violations of ethical standards.
 - vi. Provide Support: Offer mechanisms for employees to discuss dilemmas and report unethical behavior without fear.
 - vii. Lead by Example: Leaders should model ethical behavior in every aspect of their role for a better workplace.

Remember, demonstrating leadership with a strong ethical foundation is crucial for success in any role.

Q. What is a holistic technology? Take any two such examples from the Indian tradition and elaborate on them. or Describe briefly the criteria for evaluation of holistic technology. Support your answer with an example.

Criteria for Holistic Technologies and Systems:

Modern technologies and systems are human inventions based on prevailing worldviews and needs. To develop holistic technologies, we must envision alternative objectives and evaluation criteria aligned with the comprehensive human goal. Here are the broad criteria to guide their development:

1. Meeting Real Human Needs: Technologies should address genuine human needs and lifestyles.
2. Harmony with Nature: They must work in alignment with natural systems and cycles.
3. Effective Utilization: Technologies should facilitate the efficient use of human body, animals, plants, and materials.
4. Safety and User-Friendly: They should be safe, user-friendly, and promote good health.
5. Local Production: Whenever possible, produce with local resources and expertise.
6. Renewable Energy: Prioritize the use of renewable energy resources.
7. Cost and Energy Efficient: Aim for low-cost and energy-efficient solutions.
8. Promote Human Interaction: Technologies that enhance human interaction and cooperation are encouraged.

By following these criteria, we can create technologies and systems that are people-friendly, eco-friendly, and aligned with the comprehensive human goal.

Q13. Explain how Identification of svatva leads to svatantrata and svarajya. or You were introduced to the words Svatva, svatantrata and svarajya. How does the selfexploration help you to identify swatva and transition to swatantrata and svarajya? or How does exploring our svatva leads to svatantrata and svarajya. or Elaborate on the meaning of swatva (innateness), swatantrata (self-organization) and svarajya(self-expression). How are they related? In simple terms:

1. We explore our true nature (svatva) and live accordingly.
2. This self-exploration leads to independence (svatantrata) and self-rule (svarajya).
3. By understanding ourselves better, we overcome dilemmas and contradictions.
4. When we live in harmony with ourselves, we can also harmonize with others.
5. This natural process helps create orderliness in society.
6. Policies for nations and the world should be based on this understanding of inner harmony.

Que 5.18. What are strategies for transition from the present state to universal human order ?

1. Transition is a gradual change for the better, moving towards a beneficial situation. We need to realize the importance of self-exploration to achieve this.
2. We must shift from the materialistic and profit-oriented worldview to one that focuses on the comprehensive human goal. To make this transition, we can:
 - i. Raise awareness through education and promote human values and ethics.
 - ii. Develop holistic technologies and eco-friendly production systems.
 - iii. Implement strict policies and social systems based on the comprehensive human goal.

This is an urgent global issue, and we must act promptly to secure our survival. By fostering humanistic education and right understanding, we can create a better world to live in.

Que 5.22. Explain Maslow's Hierarchy of needs.

Maslow's Hierarchy of Needs:

1. Maslow's Hierarchy of Needs is a psychological theory that explains human motivation through a five-tier pyramid model.
2. The theory suggests that lower-level needs must be satisfied first before moving up the pyramid to fulfill higher-level needs.
3. The pyramid consists of the following levels, from the bottom:
 - a. **Physiological Needs:** These are our basic survival needs like food, water, shelter, and sleep. They are the most fundamental requirements for our well-being.
 - b. **Safety Needs:** Once our physiological needs are met, we seek safety and security. This includes protection from danger, stable living conditions, and a sense of order.
 - c. **Love and Belongingness Needs:** When safety needs are fulfilled, we look for social connections, love, and acceptance. We want to feel part of a community or have close relationships with others.
 - d. **Esteem Needs:** After belongingness needs are satisfied, we desire self-esteem and recognition from others. This includes feelings of achievement, respect, and status.
 - e. **Self-Actualization Needs:** At the top of the pyramid, self-actualization is the ultimate goal. It involves reaching one's full potential, pursuing personal growth, and fulfilling one's unique capabilities.

Maslow believed that as lower needs are met, higher needs become more important and influential in motivating our behavior. The ultimate aim is to reach self-actualization, where we strive to become the best version of ourselves.



Remove Ads from pdf and websites

Pricing



Now you can use Askify in any websites

See How