

UNIT 1

Q 1. Which one explains about society

- a. People living together, in a relationship of mutual fulfillment
- b. People living together, but not in relationship of mutual fulfillment
- c. People living separately, in opposition / struggle
- d. None of the above

ANS: A

Q 2. How the transition in society can be made possible

- a. recognise where change is required so that effort can be made in these areas
- b. Collective effort is essential for the change and effective functioning of a human society
- c. proper coordination amongst people who are thinking, making effort for societal changes
- d. all the above

ANS: D

Q 3. Society means

- a. Family
- b. All human beings
- c. Few individuals
- d. None

ANS: B

Q 4. The processes/ methods adopted for the fulfilment of the collective social goal-

- a. Social system
- b. Social order
- c. Both
- d. None

ANS: C

Q 5. The word "society" is primarily used in the context of human-_____relationship.

- a. Human
- b. Nature
- c. Both
- d. None

ANS: A

Q 6. Human-human interaction is called

- a. Work
- b. Behaviour
- c. System
- d. None

ANS: B

Q 7. Human-nature interaction is called

- a. Behaviour
- b. Work
- c. Production
- d. All

ANS: B

Q 8. There are _____comprehensive human goals

- a. 8
- b. 6
- c. 4
- d. 9

ANS: C

Q 9. While evaluating Present State of the Society and System, we found climate change, environmental pollution, and resource depletion. This is related with

- a. Individual
- b. Family

- c. Society
- d. Relationship with rest of nature

ANS: D

Q 10. Terms -Aimlessness, Confusion, Tension, Frustration, Depression, Alcoholism, Substance abuse, Obesity, Suicide deal with

- a. Individual
- b. Family
- c. Society
- d. Relationship with rest of nature

ANS: A

Q 11. Terms -Opposition, Reaction, Anger, Strife, Court cases, Divorce are related with

- a. Individual
- b. Family
- c. Society
- d. Relationship with rest of nature

ANS: B

Q 12. Increasing gap between rich and poor, Fear, Genocide, Domination, Exploitation, Terrorism, War etc deal with

- a. Individual
- b. Family
- c. Society
- d. Relationship with rest of nature

ANS: C

Q 13. Find the correct statement/statements

- a. Collective effort is essential for the change and effective functioning of a human society, order.
- b. Individual effort can merely initiate societal changes.
- c. There is a need for proper coordination amongst people who are thinking, making effort for societal changes
- d. All

ANS: D

Q 14. What should be the human aspiration as per your syllabus?

- a. We want to live
- b. We want to live with fulfilment
- c. We want to live with continuous fulfilment
- d. All

ANS: D

Q 15. TRUTH deals with

- a. Right understanding in the self
- b. Fulfilment in relationship
- c. Ensuring more than required physical facility
- d. None

ANS: A

Q 16. LOVE and COMPASSION deal with

- a. Right understanding in the self
- b. Fulfilment in relationship
- c. Ensuring more than required physical facility
- d. None

ANS: B

Q 17. PROSPERITY deals with

- a. Right understanding in the self
- b. Fulfilment in relationship
- c. Ensuring more than required physical facility
- d. None

ANS: C

Q 18. The human goal at the level of individual is

- a. Prosperity

- b. Fearlessness
- c. Co-existence
- d. Right understanding

ANS: D

Q 19. The human goal at the level of family is

- a. Prosperity
- b. Fearlessness
- c. Co-existence
- d. Right understanding

ANS: A

Q 20. The human goal at the level of society is

- a. Prosperity
- b. Fearlessness
- c. Co-existence
- d. Right understanding

ANS: B

Q 21. The human goal at the level of nature is

- a. Prosperity
- b. Fearlessness
- c. Co-existence
- d. Right understanding

ANS: C

Q 22. Which is correctly matched?

- a. Prosperity-society
- b. Fearlessness-trust
- c. Co-existence-family
- d. Right feeling-nature

ANS: B

Q 23. Right feeling & right thought deals with

- a. Self
- b. Body
- c. Self and body both
- d. Physical Facility

ANS: A

Q 24. Recognising need for physical facility, its production, and Right utilisation ensures-

- a. Fearlessness
- b. Prosperity
- c. Justice
- d. None

ANS: B

Q 25. Which statement/statements deal with human goal at family level?

- a. Recognising relationships and Fulfilling the expected feelings
- b. Mindset and competence for service (seva), as and when required
- c. Ability to look after the next generation (in body and mind)
- d. All

ANS: D

Q 26. The statement-“Fulfilment in relationship with relatives, friends and all those who come in contact (strangers) – at least feeling of trust – environment of fearlessness” deals with

- a. Human goal at individual level
- b. Human goal at family level
- c. Human goal at society level
- d. Human goal at nature level

ANS: C

Q 27: The statement-“Fulfilment of collective responsibilities – those responsibilities that are required for the societal systems to work smoothly and effectively: deals with-

- a. Human goal at individual level
- b. Human goal at family level
- c. Human goal at society level
- d. Human goal at nature level

ANS: C

Q 28: The statement-“Development of a conducive social environment” deals with human goal at the level of-

- a. Human goal at individual level
- b. Human goal at family level
- c. Human goal at society level
- d. Human goal at nature level

ANS: C

Q 29: The statement-“Cyclic and mutually enriching production processes” deals with human goal at the level of-

- a. Human goal at individual level
- b. Human goal at family level
- c. Human goal at society level
- d. Human goal at nature level

ANS: D

Q 30: Ensuring mutual enrichment with every unit in nature is

- a. Human goal at individual level
- b. Human goal at family level
- c. Human goal at society level
- d. Human goal at nature level

ANS: D

Q 31: _____ is and it exists between one self (I_1) and other self (I_2)

- a. Relationship
- b. Body
- c. Health
- d. All

ANS: A

Q 32: There are _____ in relationship – in one self (I_1) for other self (I_2)

- a. Sensations
- b. Feelings
- c. Physical facilities
- d. All

ANS: B

Q 33: These _____ can be recognized – they are definite and _____ in number.

- a. Sensations , NINE
- b. Feelings, NINE
- c. Assumptions, 10
- d. None

ANS: B

Q 34: The fulfilment and evaluation of feelings lead to mutual _____ in relationship.

- a. Prosperity
- b. Enrichment
- c. Happiness
- d. None

Ans: C

Q 35: Recognition, Fulfilment & Evaluation of Human-Human Relationship, leading to Mutual Happiness is called

- a. Prosperity
- b. Love
- c. Justice
- d. Glory

Ans: C

Q 36: To ensure _____ from family to world family is called _____?

- a. love, prosperity

- b. glory , reverence
- c. trust, affection
- d. justice, undivided society

ANS: D

Q 37: Mutual fulfilment is the hall mark of

- a. Guidance
- b. Reverence
- c. Justice
- d. Glory

Ans: C

Q 38. Right feeling within myself (I) is

- a. Definite
- b. Continuous
- c. Unconditional
- d. All

ANS: D

Q 39. Terms- definite, continuous, unconditional refers to

- a. Right understanding
- b. Right feeling
- c. Swatantrata
- d. All

ANS: D

Q 40. _____means harmony within myself.

- a. Happiness
- b. Pleasure
- c. Excitement
- d. All

ANS: A

Q 41. When we expect feelings from others for our happiness, it is a state of

- a. Swatantrata
- b. Partantrata
- c. Prosperity
- d. None

ANS: B

Q 42. PARTANTRATA deals with

- a. Within you don't have any definite feeling (it keeps fluctuating)
- b. If the other expresses right feeling, you feel "happy"
- c. If the other expresses wrong feeling, you feel "unhappy"
- d. All

ANS: D

Q 43. Behaviour depends upon

- a. Feelings
- b. Desire, Thought, Expectation
- c. Right Understanding
- d. All

ANS: D

Q 44. Work depends upon

- a. Feelings
- b. Desire, Thought, Expectation
- c. Right Understanding
- d. Both b and c

ANS: D

Q 45. Thoughts may be governed by

- a. Right understanding
- b. Preconditioning

- c. Sensation
- d. All

ANS: D

Q 46. For behaviour in relationship to be right, it is necessary for the _____ and _____ to be right.

- a. Feeling and thought
- b. Physical facility and health
- c. Wealth and prosperity
- d. None

ANS: A

Q 47. Which is not correctly matched?

- 1. Right feeling---Harmony in the activities of the Self
- 2. Behaviour--- human-rest of nature interaction
- 3. Work-----Human-Human interaction
- 4. Swatantrata—definite, continuous & unconditional

- a. 1 & 4
- b. 2 & 4
- c. 2 & 3
- d. 1 & 2

ANS: C

Q48. _____ on intention is the starting point for mutual development.

- a. Trust
- b. Belief
- c. Doubt
- d. None

ANS: A

Q49. _____ on intention is a major reason for problems in relationships.

- a. Trust
- b. Belief
- c. Doubt
- d. None

ANS: C

Q 50. Right evaluation of each other's intention and _____ is called Respect

- a. Behaviour
- b. Belief
- c. Expression
- d. Competence

ANS: D

Q 51. We are similar on the basis of Purpose, Program and _____

- a. Intention
- b. competence
- c. Potential
- d. Imagination

ANS: C

Q 52. "Other is similar to me" - it is the minimum content of _____

- a. Care
- b. Guidance
- c. Respect
- d. Reverence

ANS: C

Q 53. The statement - "I and other want to live with continuous happiness & prosperity" indicates our

- a. Program
- b. Potential
- c. Purpose

d. Competence

ANS: C

Q 54. The statement - "I and other want to understand and live in harmony at all four levels indicates our -

- a. Program
- b. Potential
- c. Purpose
- d. Competence

ANS: A

Q55. There are _____ levels of living.

- a. 6
- b. 4
- c. 9
- d. 5

ANS: B

Q56. There are _____ dimensions of living.

- a. 6
- b. 4
- c. 9
- d. 5

ANS: B

Q57. The statement- "Desire, Thought & Expectation are continuous in me as well as other" indicates our

- a. Program
- b. Potential
- c. Purpose
- d. Competence

ANS: B

Q58. The statement – "the other is similar to me and we are complementary to each other" indicates the complete content of-

- a. Care
- b. Guidance
- c. Respect
- d. Reverence

ANS: C

Q59. We differ from the point of view of

- 1. Competence
- 2. Imagination
- 3. Level of understanding
- 4. Intention

- a. 1 & 2
- b. 1 & 4
- c. 4 only
- d. 1, 2 & 3

ANS: D

Q60. The feeling of being related to other is called

- a. Care
- b. Guidance
- c. Respect
- d. Affection

ANS: D

Q61. We can feel being related to other when we have feelings of _____ & _____ for other.

- a. Trust and respect
- b. Care and guidance
- c. Reverence and glory
- d. Affection and gratitude

ANS: A

Q62. _____ is the feeling of responsibility toward the body of my relative.

- a. Care
- b. Guidance
- c. Respect
- d. Affection

ANS: A

Q63. _____ is the feeling of responsibility & commitment for nurturing and protection of the Body of my relative.

- a. Care
- b. Guidance
- c. Respect
- d. Affection

ANS: A

Q64. _____ is the feeling of responsibility toward the self of my relative.

- a. Care
- b. Guidance
- c. Respect
- d. Affection

ANS: B

Q65. _____ is the feeling of responsibility & commitment for ensuring Right Understanding and Right Feeling in the self of my relative.

- a. Care
- b. Guidance
- c. Respect
- d. Affection

ANS: B

Q66. Care and Guidance are the two outcomes of _____

- a. Glory
- b. Reverence
- c. Respect
- d. Affection

Ans: D

Q67. The feeling of acceptance for excellence is called _____

- a. Glory
- b. Reverence
- c. Respect
- d. Affection

ANS: B

Q68. Understanding and living in harmony at all 4 levels of beings is called

- a. Competition
- b. Excellence
- c. Reverence
- d. Gratitude

ANS: B

Q69. In _____, one helps to bring the other to his level

- a. Excellence
- b. Reverence
- c. Glory
- d. None

ANS: A

Q70. In _____, one hinders the other from reaching to his level

- a. Competition
- b. Excellence
- c. Reverence
- d. Gratitude

ANS: A

Q71. The outcome of reverence is

- a. Glory
- b. Worship
- c. Gratitude
- d. None

ANS: B

Q72. Effort made to achieve excellence

- a. Love
- b. Worship
- c. Trust
- d. None

ANS: B

Q73. Feeling for those who have made effort for excellence

- a. Excellence
- b. Reverence
- c. Glory
- d. None

ANS: C

Q74. Feeling for those who have made effort for my excellence

- a. Glory
- b. Worship
- c. Gratitude
- d. None

ANS: C

Q75. Which is foundation value?

- a. Love
- b. Respect
- c. Trust
- d. Care

ANS: C

Q76. Which is complete value?

- a. Love
- b. Respect
- c. Trust
- d. Care

ANS: A

Q77. _____ is the feeling of being related to all.

- a. Love
- b. Respect
- c. Affection
- d. Care

ANS: A

Q78. This feeling that I am in co-existence, I am connected, related to every human being; and every unit in existence is the feeling of _____

- a. Love
- b. Respect
- c. Affection
- d. Care

ANS: A

Q79. _____ is the feeling of being able to see the interconnectedness with all.

- a. Love
- b. Respect
- c. Affection
- d. Care

ANS: A

Q80. Generally, as a child, _____ is the prominent feeling.

- a. Glory
- b. Trust
- c. Gratitude
- d. Care

ANS: C

Q81: It helps the child in connecting to parents, siblings, grandparents, teachers and others.

- a. Glory
- b. Respect
- c. Gratitude
- d. Care

ANS: C

Q82. If we see the interconnection between one generation to the next, it the feeling of _____ that is the CONNECTING FEELING – that is the core of tradition.

- a. Glory
- b. Worship
- c. Gratitude
- d. Care

ANS: C

Q83. The continuity of tradition, assurance between one generation and the next generation depends on this feeling of _____ in the present generation for its previous generation.

- a. Glory
- b. Worship
- c. Gratitude
- d. Care

ANS: C

Q84. Values that appear in the Self while expressing the established values are called _____

- a. Behaviour
- b. Work
- c. Expressed values
- d. Experiential validation

Ans: C

Q85. The feeling of care is expressed in the form of _____

- a. Spontaneity
- b. Commitment
- c. Generosity
- d. Obedience

Ans: C

Q86. There are _____ expressed values

- a. 8
- b. 5
- c. 4
- d. 9

ANS: D

Q87. There are _____ established values

- a. 8
- b. 5
- c. 4
- d. 9

ANS: D

Q88. All expressed values are expressions of _____ only

- a. Thoughts
- b. Established values
- c. Desires

d. Feelings

Ans: B

Q89. Expressed value for trust is

- a. Complementariness
- b. Transparency
- c. Commitment
- d. Generosity

ANS: A

Q90. Expressed value for respect is

- a. Complementariness
- b. Transparency
- c. Commitment
- d. Generosity

ANS: B

Q91. Expressed value for affection is

- a. Complementariness
- b. Transparency
- c. Commitment
- d. Generosity

ANS: C

Q92. Expressed value for care is

- a. Complementariness
- b. Transparency
- c. Commitment
- d. Generosity

ANS: D

Q93. Expressed value for guidance is

- a. Spontaneity
- b. Obedience, Worship
- c. Ease
- d. Softness

ANS: A

Q94. Expressed value for reverence is

- a. Spontaneity
- b. Obedience, Worship
- c. Ease
- d. Softness

ANS: B

Q95. Expressed value for glory is

- a. Spontaneity
- b. Obedience, Worship
- c. Ease
- d. Softness

ANS: C

Q96. Expressed value for gratitude is

- a. Spontaneity
- b. Obedience, Worship
- c. Ease
- d. Softness

ANS: D

Q97. Expressed value for love is

- a. Obedience, Worship
- b. Ease
- c. Softness
- d. Oneness

ANS: D

Q98. There are total _____ types of human-human relationship

- a. 9
- b. 7
- c. 4
- d. 5

ANS: B

Q99. Find out wrongly matched human –human relationship type

- a. Parent –Pupil
- b. Husband-Colleague
- c. Friend-Teacher
- d. All

ANS: D

Q100: Complementariness means

- a. Able to be helpful to each other (सहयोग)
- b. Able to be willing co-workers, to collaborate in work (सहकार)
- c. Able to be together, participate together (सहभागी)
- d. All

Ans: D

Q101: Transparency is the situation when:

- a. My evaluation about myself is the same as my evaluation by the other
- b. My evaluation about the other is the same as the evaluation of the other by the other
- c. I know that I have rightly evaluated the other
- d. The other knows that s(he) has rightly evaluated me
- e. ALL

ANS: E

Q102: Commitment means----

- a. We want to fulfil our due, duties and expectations in the relationship on our own right, rather than under influence, pressure
- b. We feel happy to fulfil our due, duties and expectations
- c. Both a and b
- d. None

Ans: C

Q 103: When we feel responsible for taking care of the relative. Thus, we are committed and make effort to ensure the physical facility (physio-chemical things) or service required for nurturing and protection of the body of the relative. This is called

- a. Trust
- b. Generosity
- c. Affection
- d. None

Ans: B

Q104: In the process of sharing and ensuring right understanding in the other Self, we can see that the other primarily sees our conduct, our behaviour, our living first. She/he listens and evaluates our words much later. So, if we want to communicate something to the other, it is essential to have the right understanding and live with the right feeling, right thought. Living with the right understanding, right feeling and thought is called

- a. Trust
- b. Generosity
- c. Affection
- d. Spontaneity

ANS: D

Q105: When we are able to see excellence in the other (i.e. the other has right understanding and lives with right feeling, thought); and we are able to see that the other is fulfilled within; then we are inspired for excellence, to live with fulfilment ourselves – we want to learn-understand from the other . To be proactive for learning-understanding, to make effort for excellence is called

- a. Worship
- b. Generosity
- c. Affection
- d. Spontaneity

ANS: A

Q106: When we see excellence, to whatever extent, in the other, there is a reduction in our pride, our ego – we feel more comfortable within. This state is called

- a. Worship
- b. Generosity
- c. Ease
- d. Spontaneity

ANS: C

Q107: Softness in conduct is able to begin as an expression of

- a. Worship
- b. Generosity
- c. Ease
- d. Gratitude

ANS: D

Q108: “All are our own, all are interconnected, interdependent” means

- a. Oneness
- b. Worship
- c. Ease
- d. None

ANS: A

Q109: _____ & _____ are the basis of undivided society.

- a. Love and Oneness
- b. Care and guidance
- c. Affection and respect
- d. None

ANS: A

Q110: which human –human relationship is correctly matched

- a. Teacher-friend
- b. Parents and Husband-Wife
- c. Pupil-Sister
- d. Guide-Colleague

ANS: D

Q111: The responsibility that parents feel for the child is primarily for:

- a. Ensuring right understanding and right feeling-thought in the Self of the child
- b. Ensuring the nurturing and protection of the Body of the child
- c. Both a and b
- d. None

ANS: C

Q112: On the basis of receiving care and guidance from parents, the children develop the feeling of

- a. Glory
- b. Gratitude
- c. Love
- d. None

ANS: B

Q113: Gradually as the child is able to see excellence in the parents (to whatever extent), it develops the feeling of

- a. Glory and reverence
- b. Affection and glory
- c. Care and trust
- d. None

ANS: A

Q114: IN TEACHER-STUDENT relationship the teacher should have the feeling of _____ for student

- a. Care
- b. Guidance
- c. Love
- d. Gratitude

ANS: B

Q115: IN TEACHER-STUDENT relationship the student should have the feeling of _____ for teacher

- a. Care
- b. Guidance
- c. Love
- d. Gratitude

ANS: D

Q116: For relationship among siblings there is a need for the feelings of

- a. Trust
- b. Respect
- c. Affection
- d. All

Ans: D

Q117: The main responsibilities in HUSBAND-WIFE relationship are

- a. To make effort for mutual development
- b. To participate meaningfully in the societal order
- c. Nurturing and protection along with ensuring right understanding in the next generation
- d. All

Ans: D

Q118: For Guide-Colleague Relationship what feelings are essential in guide

- a. reverence, glory and gratitude
- b. trust, respect and affection
- c. care and guidance and affection
- d. trust, reverence, glory

ANS: B

Q119: When we are walking on the road, travelling in a bus or train, we come across many people with whom we are not in any of 7 relationships stated in the subject. In these situations we need to have feelings of-

- a. Trust and being helpful
- b. Glory and gratitude
- c. Affection and love
- d. None

ANS: A

Q 120. In Our relationship with those who are elder to us what feelings are prominent

- a. reverence, glory and gratitude
- b. trust, respect and affection
- c. care and guidance and affection
- d. trust, reverence, glory

ANS: A

Q 121. In Our relationship with those who are around the same age as us what feelings are prominent

- a. reverence, glory and gratitude
- b. trust, respect and affection
- c. care and guidance and affection
- d. trust, reverence, glory

ANS: B

Q 122. In Our relationship with those who are younger than us what feelings are prominent

- a. reverence, glory and gratitude
- b. trust, respect and affection
- c. care and guidance and affection
- d. trust, reverence, glory

ANS: C

Q 123. What are the feelings that remains in base of every relationship

- a. reverence, glory and gratitude
- b. trust, respect and affection
- c. care and guidance and affection
- d. trust, reverence, glory

ANS: B

Q 124. In relationships with people who have more understanding than us prominent feelings are

- a. reverence, glory and gratitude
- b. trust, respect and affection
- c. care and guidance and affection
- d. trust, reverence, glory

ANS: A

Q 125. Relationships in which we are providing help, the core feelings are

- a. trust, respect
- b. care guidance
- c. affection, reverence
- d. love respect

ANS: B

Q 126. The goal of teacher is to develop _____ in student

- a. Education
- b. Knowledge
- c. Right understanding
- d. Skills only

ANS: C

Q 127. Along with the feeling of gratitude that the student have for teacher, what other feelings are there

- a. trust, respect
- b. glory, reverence
- c. affection, love
- d. care, guidance

ANS: B

Q 128. If I have more understanding then other

- a. I feel proud of myself
- b. I am committed and able to help
- c. I try to prove it in front of others
- d. I have the feeling of achievement

ANS: B

Q 129. If the other has more understanding

- a. I feel jealous from that person
- b. I feel inferiority complex
- c. I am willing and able to take help
- d. I think of getting ahead of that person

ANS: C

Q 130. In husband – wife relationship the feeling of _____ is primary;

- a. Love
- b. Respect
- c. Trust
- d. Gratitude

ANS: B

Q 131. What understanding is required for husband – wife relationship

- a. transparency between the husband and wife,
- b. clarity of the family goal
- c. making effort for it jointly
- d. all the above

ANS: D

Q132: For Guide-Colleague Relationship what feelings are essential in colleague

- a. reverence, glory

- b. trust, respect
- c. care and guidance
- d. trust, reverence

ANS: A

Q 133. In societal relationships, for the society to run smoothly the service provider should have the mindset of

- a. justice and equanimity
- b. profit earning
- c. discrimination of other with the mindset of mine – not mine
- d. all the above

ANS: A

Q 134. In the relationships mentioned in Sigalovada Sutta which one is not given

- a. parent - children
- b. teacher - students
- c. wife – husband
- d. service provider and service receiver

ANS: D

Q 135. What is not the characteristics of a friend

- a. helpmate
- b. sympathizes
- c. flatters
- d. same in happiness and sorrow

ANS: C

Q 136. Mentioned below are the characteristics of a foe (enemy) in the guise of friend. Which one does not match

- a. he gives little and asks much
- b. he praises him in his presence
- c. he does his duty out of fear
- d. he encourages one to do good

ANS: D

UNIT 2

Q 1. For continuity of happiness, what is essential?

- a. Right understanding in the Self
- b. Right feeling and right thought in the Self
- c. Recognition of needs, ensure more than required, make right utilisation of it
- d. All the above

ANS: D

Q 2. Which one doesn't come in noble eight fold path

- a. Right View (सदयकचिदृष्ट)
- b. Right Action (सदयककमात्)
- c. Right Concentration (सदयकसमाधि)
- d. Right Result (सदयकपौरणाम)

ANS: D

Q 3. What does right vision means

- a. We should be able to recognise that which leads to happiness as a source of happiness
- b. We should be able to recognise that which leads to unhappiness as a source of unhappiness
- c. Both a and b
- d. None of the above

ANS: C

Q 4. Complete alignment of our view/vision (with reality) is

- a. Knowledge (ज्ञान)
- b. Education (शिक्षा)
- c. Unhappiness (दुःख)
- d. Happiness (सुख)

ANS: A

Q 5. All the decisions which we intend to express or execute in mutual relationship are known as

- a. Right resolve (सदयकसंकल्प)
- b. Right speech (सदयकवचन)
- c. Right action (सदयककमात्)
- d. Right vision (सदयकचिदृष्ट)

ANS: A

Q 6. In Ashtang Marg, final part of action is known as

- a. Result (पौरणाम)
- b. Karmant (कमात्)
- c. Expression (अभिप्रयित)
- d. Choice (विकल्प)

ANS: B

Q 7. What sequence of our Karm is proposed in Ashtang Marg

- a. Decision in understanding -> Choice by thought -> Behaviour (Speech, Body action, Karmant)
- b. Choice by thought -> decision in understanding -> behaviour (Speech, Body action, Karmant)
- c. Choice by thought -> behaviour (Speech, Body action, Karmant) -> decision in understanding
- d. None of the above

ANS: A

Q 8. What does right effort (सदयकप्रयत्न / परिश्रम) means

- a. To make effort for understanding harmony, learning skills for living in harmony and living (doing) in harmony
- b. To cleanse/purify ones sanskars which are not in harmony

- c. Both a and b
- d. None of the above

ANS: C

Q 9. Right mindfulness (सदयकहेमि त) means

- a. Mind is full of multiple thought
- b. I am remembering something
- c. Continuous awareness
- d. I have a great memory power

ANS: C

Q 10. Continuous awareness about oneself and about the activities of the self are known as

- a. Understanding (समझ)
- b. right effort (सदयकपौर [म]
- c. Right meditation (सदयकसमाधि)
- d. Right mindfulness (सदयकहेमि त)

ANS: D

Q 11. What is Samadhi (right concentration/ meditation)?

- a. To leave everything and live even without basic necessity
- b. the ultimate state of awareness in which we can see the reality as it is
- c. to focus on a particular object at a certain point of time
- d. none of the above

ANS: B

Q 12. Match the following

- | | |
|---------------------|---|
| A. Right action | 1. Human-friendly and eco-friendly production |
| B. Right resolve | 2. Right decisions |
| C. Right livelihood | 3. Effort for right understanding & purification of sanskar |
| D. Right effort | 4. Right behaviour (mutual happiness) |

- | | A | B | C | D |
|----|---|---|---|---|
| a. | 1 | 3 | 4 | 2 |
| b. | 3 | 1 | 2 | 4 |
| c. | 4 | 3 | 2 | 1 |
| d. | 4 | 2 | 1 | 3 |

ANS: D

Q 13. Moral values is the combination of

- a. Right speech, right action
- b. Right vision, right resolve
- c. Right livelihood, right effort
- d. Right awareness, right concentration

ANS: A

Q 14. Wisdom / knowledge means

- a. Right speech, right action
- b. Right vision, right resolve
- c. Right livelihood, right effort
- d. Right awareness, right concentration

ANS: B

Q 15. Meditation includes

- a. Right speech, right action
- b. Right vision, right resolve
- c. Right livelihood, right effort
- d. Right awareness, right concentration

ANS: D

Q 16. Belief centric wisdom is

- a. Knowledge based on listening

- b. Knowledge based on Self-realisation of existential realities
- c. Reasoning based Knowledge
- d. None of the above

ANS: A

Q 17. Logic centric wisdom is

- a. Knowledge based on listening
- b. Knowledge based on Self-realisation of existential realities
- c. Reasoning based Knowledge
- d. None of the above

ANS: C

Q 18. Realisation centric wisdom is

- a. Knowledge based on listening
- b. Knowledge based on Self-realisation of existential realities
- c. Reasoning based Knowledge
- d. None of the above

ANS: B

Q 19. Yam niyam was given by

- a. Budh
- b. Patanjali
- c. Mahaveer
- d. Vyas

ANS: B

Q 20. Ashtang yog was given by

- a. Budh
- b. Patanjali
- c. Mahaveer
- d. Vyas

ANS: B

Q 21. Out of these which is not yam (restraints) given by patanjali

- a. Non-violence (अहिंसा)
- b. Non-stealing (अहेत्येय)
- c. Truthfulness (सत्यम्)
- d. Fearlessness (अभय)

ANS: D

Q 22. How many yamas and niyamas are proposed by patanjali

- a. 5 yamas and 5 niyamas
- b. 4 yamas and 6 niyamas
- c. 7 yamas and 3 niyamas
- d. 6 yamas and 4 niyamas

ANS: A

Q 23. Non-violence (अहिंसा) means not hurting anyone by

- a. Body
- b. Mind
- c. Speech, words
- d. All of them

ANS: D

Q 24. Truthfulness (सत्यम्) means

- a. To say something that is good for others at a particular time
- b. To say what has occurred
- c. To be able to express the reality or events as is, uncoloured
- d. To say something that seems to be beneficial

ANS: C

Q 25. Non-stealing (अहेतेय) means

- a. Using only those things that one has produced or obtained; to feel ones right only on such things
- b. Understanding the basic laws, principles associated with sensation
- c. not accumulating things that are unessential
- d. none of the above

ANS: A

Q 26. When we follow vows in certain places, certain times and with some people, it is called

- a. Mahavrat (महाव्रत)
- b. Anuvrat (अणुव्रत)
- c. Sanyam (संयम)
- d. Dhariya (धरिय)

ANS: B

Q 27. When we follow vows in all places, at all times and with all people, it is called

- a. Mahavrat (महाव्रत)
- b. Anuvrat (अणुव्रत)
- c. Prem (प्रेम)
- d. Non-Possessiveness (अपौरुषेह)

ANS: A

Q 28. Ensuring no bitterness, ill-feeling towards the other is

- a. Love (प्रेम)
- b. Forgiveness (क्षमा)
- c. Fortitude (धृति)
- d. Compassion (दया)

ANS: B

Q 29. Right, appropriate behaviour even in adverse states/situations is

- a. Contentment (संतोष)
- b. Forgiveness (क्षमा)
- c. Fortitude (धृति)
- d. Compassion (दया)

ANS: C

Q 30. Purity (शुद्धि) is at the level of

- a. at the level of body – cleanliness
- b. at the level of mind – being free from mental disorders
- c. Both a and b
- d. None of the above

ANS: C

Q 31. Contentment (संतोष) means

- a. being able to correctly recognise one's need for physical facility and living in harmony with that much
- b. Right, appropriate behaviour even in adverse states/situations
- c. Living with sincerity, simplicity
- d. All the above

ANS: A

Q 32. Self-discipline (तप) means

- a. Able to practice and live in harmony on one's own right
- b. being able to correctly recognise one's need for physical facility and living in harmony with that much
- c. Right, appropriate behaviour even in adverse states/situations
- d. Living with sincerity, simplicity

ANS: A

Q 33. Being able to correctly recognise one's need for physical facility and living in harmony with that much is

- a. self-reflection (देवायुयाय)
- b. Self-discipline (तप)
- c. Contentment (संतोष)
- d. Non-Possessiveness (अपौरुह)

ANS: C

Q 34. Able to practice and live in harmony on one's own right is

- a. self-reflection (देवायुयाय)
- b. Self-discipline (तप)
- c. Contentment (संतोष)
- d. Non-Possessiveness (अपौरुह)

ANS: B

Q 35. Wealth means

- a. Physical facility that is rightfully earned, in accordance with right understanding of natural laws
- b. Money only
- c. Happiness
- d. All the above

ANS: A

Q 36. 'The laws of living in relationship and order' means

- a. Right understanding of natural laws (धर्म)
- b. Liberation (मोक्ष)
- c. Wealth (अर्थ)
- d. Fulfilment of Wishes (काम)

ANS: A

Q 37. Liberation means

- a. To see the existence clearly
- b. To see reality as it is
- c. To be rid of all types of misunderstandings, confusions
- d. All the above

ANS: D

Q 38. Which of the following is not the effect of non-possessiveness (असंहर)

- a. We are able to fulfil our needs by way of right utilisation
- b. Things are available for use by others in the society
- c. Preservation and enrichment of natural resources
- d. We feel deprived.

ANS: D

Q 39. It is natural for _____ to slowly deteriorate.

- a. Physical things/ physical facilities
- b. Happiness
- c. Feelings
- d. Relationship

ANS: A

Q 40. To be able to accept the other as being related, interrelated, interconnected, interdependent and to live with the feeling of relationship is

- a. Trust
- b. Love
- c. Affection
- d. Care

ANS: C

Q 41. Right understanding, feeling and thought are collectively known as

- a. Knowledge
- b. Prosperity
- c. Happiness
- d. Unhappiness

ANS: A

Q 42. Simplicity is

- a. Being simple in looks
- b. Being a fool
- c. Being rid of all types of pride and ego
- d. All the above

ANS: C

Q 43. Free from hatred, unperturbed by evil in others is known as

- a. Friendliness (मैत्री)
- b. Compassion (कृपा)
- c. Joy (सुखिता)
- d. Equanimity (उपेक्षा)

ANS: D

Q 44. _____ means to feel happy being with righteous people and to take inspiration from them

- a. Friendliness (मैत्री)
- b. Compassion (कृपा)
- c. Joy (सुखिता)
- d. Equanimity (उपेक्षा)

ANS: C

Q 45. Feeling of empathy and being helpful to others is named as

- a. Friendliness (मैत्री)
- b. Compassion (कृपा)
- c. Joy (सुखिता)
- d. Equanimity (उपेक्षा)

ANS: B

Q 46. Feeling of living together in relationship and harmony

- a. Friendliness (मैत्री)
- b. Compassion (कृपा)
- c. Joy (सुखिता)
- d. Equanimity (उपेक्षा)

ANS: A

Q 47. Sanskaar is

- a. Acceptances derived out of \sum [Desire + Preconditioning + Expectation] from all time
- b. Acceptances derived out of \sum [Desire + Thought + Sensation] from all time
- c. Acceptances derived out of \sum [Desire + Thought + Expectation] from all time
- d. Acceptances derived out of \sum [Inspiration + Thought + Expectation] from all time

ANS: C

Q 48. Sanskaar is a collection of

- a. "What I Am"
- b. Our perspective
- c. Our tendencies, habits, likes-dislikes
- d. All the above

ANS: D

Q 49. What is not defined as sanskaar (ceremony)

- a. Birth ceremony (जन्मसंस्कार)
- b. Education ceremony (शिक्षासंस्कार)
- c. Play ceremony (डिंडासंस्कार)
- d. Marriage ceremony (विवाहसंस्कार)

ANS: C

Q 50. For Gestation ceremony (गर्भसंस्कार) what is basic requirement

- a. The health of the Body of the parents
- b. The conduct of the parents
- c. Feeling and thought of harmony
- d. All the above

ANS: D

Q 51. This ceremony is to draw attention to human purpose and the role of one's sanskar

- a. Birth ceremony (जन्मसंस्कार)
- b. Birthday ceremony (जन्मदिनसंस्कार)
- c. Education ceremony (शिक्षासंस्कार)
- d. Marriage ceremony (विवाहसंस्कार)

ANS: B

Q 52. The _____ ceremony draws attention toward the various activities required to develop right understanding

- a. Initiation ceremony (दक्षिणसंस्कार)
- b. Profession ceremony (कर्मसंस्कार)
- c. Education ceremony (शिक्षासंस्कार)
- d. Marriage ceremony (विवाहसंस्कार)

ANS: C

Q 53. The _____ ceremony draws attention toward living on the basis of right understanding

- a. Initiation ceremony (दक्षिणसंस्कार)
- b. Profession ceremony (कर्मसंस्कार)
- c. Education ceremony (शिक्षासंस्कार)
- d. Marriage ceremony (विवाहसंस्कार)

ANS: A

Q 54. The _____ ceremony draws attention toward the various aspects to be kept in mind while choosing a profession for ensuring the prosperity of the family

- a. Initiation ceremony (दक्षिणसंस्कार)
- b. Profession ceremony (कर्मसंस्कार)
- c. Education ceremony (शिक्षासंस्कार)
- d. Marriage ceremony (विवाहसंस्कार)

ANS: B

Q 55. The purpose of Death ceremony is

- a. To be free of the pain at the time of death
- b. To become free of the sanskars related to our likes-dislikes
- c. Both a and b
- d. None of the above

ANS: C

Q 56. Understanding or Assumptions ->The collective thought -> Expression in the form of behaviour are known as

- a. Sanskar -> Culture -> Civilisation
- b. Culture -> Sanskar -> Civilisation
- c. Civilisation -> Culture -> Sanskar

d. Civilisation -> Sanskar -> Culture

ANS: A

Q 57. What are the various form of expression of culture?

- a. Language
- b. Festivals
- c. Food and cloths
- d. All the above

ANS:D

Q 58. Which one is not a type of verbal communication

- a. Music
- b. Literature
- c. Documentaries
- d. Movies

ANS: B

Q 59. Which of the following is a type of publication

- a. Dramas
- b. Movies
- c. Documentaries
- d. Internet

ANS: D

Q 60. When we use the ears to hear the words. It is which type of communication?

- a. multi-media communication
- b. publication
- c. both a and b
- d. neither a nor b

ANS: A

Q 61. When we use the eyes to see the words and forms. It is which type of communication?

- a. multi-media communication
- b. publication
- c. both a and b
- d. neither a nor b

ANS: B

Q 62. _____ is related to way of thinking of individual human beings

- a. Sanskar
- b. Culture
- c. Civilisation
- d. All the above

ANS: B

Q 63. _____ is related to behaviour of individual human beings

- a. Sanskar
- b. Culture
- c. Civilisation
- d. All the above

ANS: C

Q 64. What are the scope of transmission of sanskaar from generation to generation

- a. Every day living in Family
- b. Family functions (gathering for a meal, birthday celebration, family customs)
- c. Social functions (marriage, durga puja, deepawali, id, Christmas...etc)
- d. All the above

ANS: D

Q 65. The desired state of culture is

- a. Resolution in thought (thought of justice, harmony and co-existence)
- b. Justice in behaviour (Participation for harmony in larger order)
- c. Both a and b
- d. None of the above

ANS: A

Q 66. The desired state of Civilisation is

- a. Resolution in thought (thought of justice, harmony and co-existence)
- b. Justice in behaviour (Participation for harmony in larger order)
- c. Both a and b
- d. None of the above

ANS: B

UNIT 3

Q 1. _____ enables one to behave properly with others human being and work with mutual fulfillment with rest of nature and thereby contribute to the human order or system.

- a. Health
- b. Education
- c. Justice
- d. Service

ANS: B

Q 2. _____ builds the ability, the competence for Right Understanding, Right Thought and Right Behaviour in every person.

- a. Health
- b. Justice
- c. Education
- d. Service

ANS: C

The satisfaction of self is ensured by dimension of

- a. Justice
- b. Health
- c. Education
- d. Service

ANS: C

Q 3. _____ is ensuring recognition of relationship among human beings, its fulfillment through values leading to mutual happiness.

- a. Justice
- b. Health
- c. Education
- d. Service

ANS: A

Q 4. Justice is

- a. Punishing the culprit and saving the innocent
- b. To protect other human being as they are our relative (to do for them and make them dependent)
- c. ensuring recognition of relationship among human beings, its fulfillment through values leading to mutual happiness
- d. none of the above

ANS: C

Q 5. The outcome of justice is

- a. right understanding
- b. prosperity
- c. trust and fearlessness
- d. coexistence with nature

ANS: C

Q 6. What we obtain as outcome of labour on rest of nature is known as _____

- a. Production
- b. Service
- c. Preservation
- d. Right utilization

ANS: A

Q 7. The activities which do not produce anything but are concerned with protection/maintenance come in category of

- a. Production
- b. Service
- c. Preservation
- d. Right utilization

ANS: B

Q 8. The service which is being ensured by the system-

- a. Administrative Service
- b. Social Service
- c. Justice
- d. Education

ANS: A

Q 9. The service which is being provided by the society through relationship is known as -

- a. Administrative Service
- b. Social Service
- c. Justice
- d. Education

ANS: B

Q 10. Constitution is the compilation of

- a. rules and regulations for living together
- b. ethical guidelines on how to live an harmonious life in the society
- c. containing basic principles and guidelines relating to human living and his participation in this existence
- d. all the above

ANS: D

Q 11. _____ are important in the sense of living in a society

- a. Law and order
- b. Production and work
- c. Culture and civilization
- d. Sanskaar and Culture

ANS: C

Q 12. _____ have importance in terms of the exact implementation of the whole system

- a. Law and order
- b. Production and work
- c. Culture and civilization
- d. Sanskaar and Culture

ANS: A

Q 13. The goal of education is

- a. To facilitate the process of developing those abilities in the individual which are essential for ensuring human society and order.
- b. Only preparing human being to earn money
- c. To earn respect from others through degree
- d. None of the above

ANS: A

Q 14. Clarity of our goals, programs etc., and knowledge of keeping activities of the self in harmony is what type of education?

- a. Mental education
- b. Behavioral education
- c. Health education
- d. Education for Participation in the system

ANS: A

Q 15. Education of right behavior in relationship with human being is termed as

- a. Mental education
- b. Behavioral education
- c. Health education
- d. Education for Participation in the system

ANS: B

Q 16. Education about self-regulation, intake-daily routine etc. in the context of keeping the body healthy is known as

- a. Mental education
- b. Behavioral education
- c. Health education

d. Education for Participation in the system

ANS: C

Q 17. Understanding of role of physical facility in nurturing and protection of the body and for social purpose is termed as

- a. Education for Production
- b. Health education
- c. Education for Right Utilisation
- d. Education for Participation in the system

ANS: C

Q 18. Understanding of the human order, Learning and practicing the processes and skills required for participation in the human system is termed as

- a. Education for Production
- b. Health education
- c. Education for Right Utilisation
- d. Education for Participation in the system

ANS: D

Q 19. Education for production of necessary physical facility through work on natural resources is

- a. Education for Production
- b. Education for Right Utilisation
- c. Education for Participation in the system
- d. None of the above

ANS: A

Q 20. The main role of history subject is

- a. To help take inspiration from the right things of the past and wherever there was a deficiency, improve upon it after studying it and reviewing it.
- b. Learn how some of the human beings exploited others
- c. Getting inspiration that having power and physical facilities is more important than relationship
- d. All the above

ANS: A

Q 21. A child starts to learn and understand by the method of

- a. Imitate and follow
- b. Imitate and obedience
- c. Follow and obedience
- d. Obedience and self-verification

ANS: A

Q 22. While in the process of understanding, if self-verification is right child develops

- a. Opposition and self confidence
- b. Struggle and opposition
- c. Self-discipline and self confidence
- d. Self-discipline and opposition

ANS: C

Q 23. While in the process of understanding if self-verification goes wrong child develops

- a. Opposition and self confidence
- b. Struggle and opposition
- c. Self-discipline and self confidence
- d. Self-discipline and opposition

ANS: B

Q 24. What are the aspects of personal transformation?

- a. Self-verification
- b. Self-awareness
- c. Self-evaluation
- d. All the above

ANS: D

Q 25. What are the method of developing mass awareness?

- a. Conferences and workshops
- b. Discussion with family members
- c. Discussion with teachers, colleagues, education administrators and people connected with governance
- d. All the above

ANS: D

Q 26. To ensure health of the body what is required to focus on

- a. Ensure enough physical facility to fulfill the requirement of Nurturing, Protection and Right Utilization of the Body
- b. Ensure a life style which takes care of this Nurturing, Protection and Right Utilization of the Body
- c. Both a and b
- d. None of the above

ANS: C

Q 27. What is not the indicator of good health in self and body

- a. Feeling of happiness and prosperity
- b. Proper functioning of organ systems
- c. Feeling of self-regulation towards the body
- d. Feeling of jealousy, competition, anger for others

ANS: D

Q 28. For staying healthy what area we need to work on

- a. Intake and Daily routine (Lifestyle)
- b. Labour and exercise
- c. Posture of body and regulated breathing
- d. All the above

ANS: D

Q 29. For bringing the harmony of the body back from temporary disharmony, on which major area we need to work on

- a. Intake
- b. Daily routine (Lifestyle)
- c. Medicine
- d. Posture of body and regulated breathing

ANS: C

Q 30. 'To create an environment of mutual trust in the society' it is the objective of

- a. Respect
- b. Justice
- c. Happiness
- d. Love

ANS: B

Q 31. Harmonious human-human relationship resulting in mutual happiness, is the achievement of

- a. Respect
- b. Justice
- c. Trust
- d. Love

ANS: B

Q 32. When justice is not ensured

- a. Environment of trust and fearlessness is developed in relationship and system
- b. Development of harmonious human-human relationship resulting in mutual happiness
- c. People understand each other, and a feeling of cooperation is developed
- d. Environment of mistrust and fear is developed in relationship and system

ANS: D

Q 33. Understanding the issues completely, taking full responsibility and execute them is

- a. Obligation
- b. Duty
- c. Ethics
- d. Justice

ANS: A

Q 34. Taking the responsibility partly, supporting the person who has taken full responsibility in its execution is

- a. Obligation
- b. Duty
- c. Ethics
- d. Justice

ANS: B

Q 35. Doing the things while understanding is

- a. Obligation
- b. Duty
- c. Ethics
- d. Justice

ANS: B

Q 36. Whatever we have been given as duty or whatever we are doing as obligation, if we execute it properly, is termed as

- | | |
|---------------|------------|
| a. Obligation | c. Ethics |
| b. Duty | d. Justice |

ANS: C

Q 37. Which among the following is not considered as production

- a. Making food
- b. Washing cloths
- c. Making car
- d. Growing grains

ANS : B

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Unit 4

Q 1. Mention the goal of production and service dimension

- a. To produce or manufacture the physical facilities and materials needed for proper utilization
- b. To make necessary services available for every one
- c. Both a & b
- d. None of the above

ANS: C

Q 2. While deciding about what to produce we have to focus on

- a. Produce the physical facility or material that is needed to ensure nutrition, protection, and health of the body.
- b. Produce the physical facility needed for smooth running and maintenance of the system in the society.
- c. Both a & b
- d. None of the above

ANS: C

Q 3. What are the criteria of deciding the method of production

- a. Production process needs to be cyclic and eco friendly.
- b. It also needs to be people friendly.
- c. It keeps relationship and mutual behaviour in focus
- d. All the above

ANS: D

Q 4. Three important questions related to production are –

- a. What, how and how much to produce
- b. What, why and when to produce
- c. How, when and what to produce
- d. What, when and where to produce

ANS: A

Q 5. The feeling of having / producing more than required Physical Facility

- a. Happiness
- b. Prosperity
- c. Satisfaction
- d. Success

ANS: B

Q 6. What are the type of production service

- a. Primary production and service
- b. Secondary production and service
- c. Tertiary production and service
- d. All the above

ANS: D

Q 7. Production that is concerned with the nurturing and protection of the body is

- a. Primary production and service
- b. Secondary production and service
- c. Tertiary production and service
- d. None of the above

ANS: A

Q 8. Production and service of equipment, instruments required to produce physical facility for primary needs

- a. Primary production and service
- b. Secondary production and service
- c. Tertiary production and service
- d. None of the above

ANS: B

Q 9. Instruments, designing, coding, software etc. required for equipment, instruments required to produce physical facility

- a. Primary production and service

- b. Secondary production and service
- c. Tertiary production and service
- d. None of the above

ANS: C

Q 10. What will be the priority of different types of production service

- a. Secondary > Tertiary > Primary
- b. Primary > Tertiary > Secondary
- c. Primary > Secondary > Tertiary
- d. Tertiary > Secondary > Primary

ANS: C

Q 11. What are the criteria of deciding how to produce

- a. Mutually enriching, Cyclic process of Nature and its resources
- b. Rate of production and consumption of produced facility
- c. Mutually enriching, Cyclic process of By-products
- d. All the above

ANS: D

Q 12. Which one is considered as a mis-understanding

- a. Human being = body
- b. Physical facilities = unlimited
- c. There is inherent struggle in nature, and fittest survive
- d. All the above

ANS: D

Q 13. While deciding about where and when to produce, we should not consider

- a. To produce according to natural season of growth
- b. To produce according to demand to earn profit
- c. To produce according to the geographical region where they grow naturally or can be produced naturally
- d. All the above

ANS: B

Q 14. Resource depletion means

- a. Resources are not visible
- b. Resources are used at a rate which is faster than the rate at which it is produced
- c. Resources are available in huge amount and never ending
- d. None of the above

ANS: B

Q 15. Pollution means

- a. The product is such that It does not return to the cycle in Nature
- b. The product is produced at a rate that is faster than the rate at which it can return to the cycle in Nature
- c. None of the above
- d. Both a and b

ANS: D

Q 16. All the by-products coming out of our production system should be

- a. absorbed in the nature in accordance with Mutually Enriching, Cyclic Process
- b. should not cause any hindrance to the Mutually Enriching, Cyclic Process of nature
- c. Rate of absorption of should be greater than the rate of by-product generation
- d. All the above

ANS: D

Q 17. 'No harm' to nature is an indicator of

- a. Protection
- b. Production
- c. Enrichment
- d. Right utilization

ANS: A

Q 18. 'helping the nature to prosper' is an indicator of

- a. Protection
- b. Production

- c. Enrichment
- d. Right utilization

ANS: C

Q 19. Mutual fulfillment in human- Nature relationship means

- a. To facilitate a conducive environment for the activity (at least not violate it) of all orders
- b. To facilitate the innateness (or at least not violate it) of all orders
- c. To facilitate the inheritance (or at least not violate it) of all orders
- d. All the above

ANS: D

Q 20. Production work requires

- a. Healthy Mindset + Healthy Body
- b. Skill + Effort
- c. Rest of Nature
- d. All the above

ANS: D

Q 21. Healthy mind set means

- a. A mindset of production through labour
- b. A mindset of right utilization
- c. A mindset of protection
- d. All the above

ANS: D

Q 22. Primary production should be ensured at the level of

- A. family B. Village C. Village Clusters D. Larger level**
- a. A & B
 - b. B & C
 - c. C & D
 - d. B & D

ANS: A

Q 23. What type of production should be ensured at family level

- a. Tertiary
- b. Primary
- c. Secondary
- d. None

ANS: B

Q 24. Secondary production should be ensured at the level of

- A. family B. Village C. Village Clusters D. Larger level**
- a. A & B
 - b. B & C
 - c. C & D
 - d. B & D

ANS: B

Q 25. Tertiary production should be ensured at the level of

- A. family B. Village C. Village Clusters D. Nation level**
- a. A & B
 - b. B & C
 - c. C & D
 - d. B & D

ANS: C

Q 26. What type of production should be ensured at the level of village and village cluster

- a. Tertiary
- b. Primary
- c. Secondary
- d. None

ANS: C

Q 27. What type of production should be ensured at the level of village cluster or at larger level

- a. Tertiary
- b. Primary
- c. Secondary
- d. None

ANS: A

Q 28. What points needs to be considered while deciding production system

- a. Need / utility
- b. people friendly
- c. eco friendly
- d. all

ANS: D

Q 29. What are the non eco friendly production processes

- a. Use of chemical fertilizers, insecticides and pesticides in agriculture
- b. By-products of Industries which are discharged in rivers or is released into air
- c. Production and misuse of plastics
- d. All the above

ANS: D

Q 30. Human being is

- a. Self
- b. Body
- c. co-existence of Self and Body
- d. none

ANS: C

Q 31. Needs of the body are fulfilled by

- a. Right Understanding and right feelings
- b. Relationship
- c. physical facilities
- d. all the above

ANS: C

Q 32. Needs of self is fulfilled through

- a. Right Understanding and right feelings
- b. Relationship
- c. physical facilities
- d. all the above

ANS: A

Q 33. Fulfilment of the needs of body should be ensured _____ where as fulfilment of the need of self is possible only after _____

- a. globally, localisation
- b. locally, global/universal expansion
- c. globally, formal education
- d. none of the above

ANS: B

Q 34. Today we are talking about globalisation in terms of

- a. physical facilities
- b. development of self
- c. both a and b
- d. none of the above

ANS: A

Q 35. Today we are talking about localisation in terms of

- a. physical facilities
- b. development of self
- c. both a and b
- d. none of the above

ANS: B

Q 36. Goal of Exchange is

- a. To ensure the availability of necessary physical facilities in different regions and time
- b. Profit earning
- c. both a and b
- d. none of the above

ANS: A

Q 37. Goal of Distribution is

- a. Publicity
- b. Profit earning
- c. Fulfilling the needs of Everyone in the family- extending upto world family
- d. None of the above

ANS: C

Q 38. Exchange means

- a. To ensure the availability of necessary physical facilities in different regions and time
- b. No production happens in this process
- c. It is for mutual fulfillment, not for exploitation
- d. All the above

ANS: D

Q 39. Types of Exchange are

- a. Direct and indirect
- b. Active and passive
- c. small and large
- d. physical and non physical

ANS: A

Q 40. Exchange of rice with wheat is

- a. Indirect Exchange
- b. Direct Exchange
- c. Physical exchange
- d. Profit exchange

ANS: B

Q 41. Sale and Purchase of Rice through money is

- a. Indirect Exchange
- b. Direct Exchange
- c. Physical exchange
- d. Profit exchange

ANS: A

Q 42. Valuation of production is decided on the basis of

- a. time invested
- b. the natural resources
- c. Labour invested
- d. All the above

ANS: D

Q 43. Value of labour invested in production is decided by

- a. time invested in production
- b. Difficulty of the work
- c. Resources needed
- d. All the above

ANS: D

Q 44. Prerequisite for valuation & exchange

- a. Acceptance of relationship (trust... affection...)
- b. Understanding & working for prosperity through our own labour using cyclic-mutually enriching (avartansheel) process
- c. Understanding of mutual fulfillment
- d. All the above

ANS: D

Q 45. To ensure proper exchange, we need to work on

- a. should have the mentality to take the thing of the same labour-value in exchange of another thing
- b. need to have a feeling of relationship for the person with whom we are doing the exchange
- c. proper system and proper policy I.e. Every person should get the return in ratio of his labour
- d. all the above

ANS: D

Q 46. To ensure proper exchange, what is not needed

- a. should have the mentality to take the thing of the same labour-value in exchange of another thing
- b. have the mentality of profit, exploitation and accumulation
- c. need to have a feeling of relationship for the person with whom we are doing the exchange
- d. proper system and proper policy I.e. Every person should get the return in ratio of his labour

ANS: B

Q 47. Exchange is carried out in _____ level and distribution in _____ level

- a. family, society
- b. society, nature
- c. society, family
- d. nature, family

ANS: C

Q 48. When the exchange centre at the district level exchanges with the exchange centre of other districts, it is

- a. exchange with the equal level
- b. exchange with the larger level
- c. exchange with the smaller level
- d. exchange with the nature level

ANS: A

Q 49. When the exchange centre at the block level exchanges with the exchange centre of other block in same district, it is

- a. exchange with the equal level
- b. exchange with the larger level
- c. exchange with the smaller level
- d. exchange with the nature level

ANS: C

Q 50. What is needed to be done for water preservation (conservation)

- a. Rain water harvesting
- b. ground water recharge- ponds and wells
- c. Proper disposal of Factory wastage, Human excreta and non-degradable items like plastics
- d. All the above

ANS: D

Q 51. Avoiding use of urea, pesticide etc helps in

- a. Water conservation
- b. Soil conservation
- c. Forest conservation
- d. Air conservation

ANS: B

Q 52. What we need to keep in mind for preparation of guidelines for giving approval to industry

- a. Cost optimization
- b. Profit maximization
- c. Preservation of nature
- d. Both a and b

ANS: C

Q 53. What is the purpose of dimension of preservation

- a. Enrichment and Protection of Natural Resources
- b. Prosperity in Human Being
- c. To ensure the availability of necessary physical facilities
- d. Fulfilling the needs of everyone

ANS: A

Q 54. What is the purpose of dimension of right utilization

- a. Enrichment and Protection of Natural Resources
- b. Prosperity in Human Being
- c. To ensure the availability of necessary physical facilities
- d. Fulfilling the needs of everyone

ANS: B

Q 55. What is the purpose of dimension of exchange

- a. Enrichment and Protection of Natural Resources
- b. Prosperity in Human Being
- c. To ensure the availability of necessary physical facilities
- d. Fulfilling the needs of everyone

ANS: C

Q 56. What is the purpose of dimension of distribution

- a. Enrichment and Protection of Natural Resources
- b. Prosperity in Human Being
- c. To ensure the availability of necessary physical facilities
- d. Fulfilling the needs of everyone

ANS: D

Q 57. Right utilisation is to be ensured of

- a. Physical facility
- b. Body
- c. Self
- d. All the above

ANS: D

Q 58. Right utilisation of physical facilities is required for

- a. Nurturing of the body
- b. participation in the society
- c. Protection of the body
- d. All the above

ANS: D

Q 59. Right utilisation of body is required for

- a. self-study and self-development
- b. fulfillment of obligations and duty towards family and society
- c. investing time and labour for the activities of Production
- d. All the above

ANS: D

Q 60. Right utilisation of self is required

- a. To ensure right feelings and right thoughts for living with mutual fulfilment
- b. To invest time and labour for the activities of Production
- c. To ensure the availability of necessary physical facilities
- d. To Enrich and Protect Natural Resources

ANS: A

Q 61. The priority sequence of ensuring right utilization of physical facilities, body and self will be

- a. Self -> Body -> Physical facilities
- b. Physical facilities -> Body -> Self
- c. Self -> Physical facilities -> Body
- d. Body -> Self -> Physical facilities

ANS: A

Q 62. What is needed to be done at individual and family level to ensure right utilisation

- a. To develop the wisdom to discriminate among right utilisation, mis-utilisation and indulgence
- b. to have the mindset and the commitment to have a life-style which ensures right utilisation
- c. both a and b
- d. none of the above

ANS: C

Q 63. What is needed to be done at individual and family level to ensure right utilisation

- a. to develop a culture and civilisation which promotes right utilisation and restrains mis-utilisation or indulgence
- b. promote this mentality of right utilisation in every festival, every rites and rituals, in every cultural function
- c. Every designing has to be such that it ensures right utilisation
- d. All the above

ANS: D

Q 64. To ensure right utilisation of physical facilities what can be done?

- a. Repair of facility that gets damaged in the process of use, be promoted
- b. Designing utilities like machines in parts (modular form) so that if any part is damaged, it can be replaced rather than throwing the whole thing
- c. Designing utilities with Multiple-use, so as to increase the effective use
- d. All the above

ANS: D

Q 65. What is the reason of mis-utilisation

- a. Trying to get Continuity of Happiness through favourable sensation or physical facility
- b. Trying to get Continuity of Happiness through favourable feelings from others such as respect
- c. Both a and b
- d. None of the above

ANS: C

Q 66. Types of mis-utilisation

- a. indulgence
- b. accumulation
- c. over consumption
- d. all the above

ANS: D

Q 67. Ill effects of mis-utilisation on human beings

- a. harmful for health
- b. other people are deprived of the facilities that they could get
- c. inequality, jealousy and feeling of opposition
- d. all the above

ANS: D

Q 68. Ill effects of mis-utilisation on nature

- a. inequality, jealousy and feeling of opposition
- b. harmful for health
- c. resource depletion or pollution
- d. other people are deprived of the facilities that they could get

ANS: C

Q 69. Which of the following is not a level of service

- a. Service in relation to Production
- b. Service in relation to Society
- c. Service in relation to Participation in the System
- d. Service in relation to individual

ANS: D

Q 70. For smooth working of system whom we need to focus on

- a. administrative
- b. Public Representatives
- c. NGO, Trust etc.
- d. All the above

ANS: D

Q 71. Which of the following is not a type of service at the level of society and the system

- a. structure like "Langar"
- b. Trusts and NGOs
- c. government
- d. industries

ANS: D

Unit 5

Q1 . Which among the following is comprehensive human goal at the level of individual (self)?

- a. Fearlessness
- b. Trust
- c. Mutual fulfilment
- d. Right understanding

ANS: D

Q2 . Which among the following is comprehensive human goal at the level of family?

- a. Fearlessness
- b. Prosperity
- c. Mutual fulfillment
- d. Right understanding

ANS: B

Q3 . Which among the following is comprehensive human goal at the level of society?

- a. Fearlessness
- b. Prosperity
- c. Mutual fulfilment
- d. Accumulation of physical facility

ANS: A

Q4. Which among the following is comprehensive human goal at the level of nature/existence?

- a. Fearlessness
- b. Prosperity
- c. Mutual fulfilment
- d. Right understanding

ANS: C

Q5. We can live with continuous fulfillment when we have

- a. Right understanding in the Self (TRUTH)
- b. Fulfilment in relationship (LOVE and COMPASSION)
- c. Ensuring more than required physical facility (PROSPERITY)
- d. All

ANS: D

Q6. Different names such as bliss, peace, satisfaction, happiness, fulfilment, salvation, contentment, enlightenment, liberation, independence, self-actualisation, ecstasy, divinity, wellbeing of all etc have been used for

- a. Physical facilities
- b. Sensations
- c. Fearlessness
- d. Mutual fulfilment

ANS: D

Q7 . There are _____comprehensive human goals.

- a. One
- b. Two
- c. Four
- d. Five

ANS: C

Q8: Human being is the coexistence of _____& _____.

- a. Body and wealth
- b. Self and wealth
- c. Self and body
- d. Material & body

ANS: C

Q9: What does human goal at the level of individual ensures?

- 1. Right understanding & right feeling in the self (I)

2. Health (swasthya) in the body
3. Competence for right utilization and preservation of self, body and physical facilities
4. Ability to live with right behaviour ensuring mutual happiness
5. Ability to live in nature with right work ensuring mutual prosperity
6. Mindset of participation in larger order at least at the level of family.

- a. 1, 2 & 4
- b. 3, 5, & 6
- c. 1, 4, & 6
- d. 1, 2, 3, 4, 5, & 6

Ans: D

Q10: What does human goal at the level of family ensures?

1. Ability to recognise relationship in the family
2. Recognising need for physical facility, its production, Right utilisation of physical facilities and Ensuring feeling of prosperity in the family
3. Ability to look after the next generation (at the level of body & self)
4. Acceptance of responsibilities that the family is expected to fulfil in the society; its fulfilment in collaboration with other families
5. Preservation of family traditions from generation to generation (related to meaningful family, societal achievements)

- a. 1, 3 & 4
- b. 1, 4 & 5
- c. 2, 3 & 5
- d. 1, 2, 3, 4 & 5

Ans: D

Q11: What does human goal at the level of SOCIETY ensures?

1. Fulfilment in relationship with relatives, friends and all those who come in contact (strangers) – at least feeling of trust – environment of fearlessness.
2. Fulfilment of collective responsibilities – those responsibilities that are required for the societal systems to work smoothly and effectively.
3. Development of a conducive social environment; so that the family can feel assured and be able to participate joyously; so that the family can live in a self-organised manner while preserving the family and societal culture and tradition.
4. Ensuring this relationship of mutual fulfilment among all (starting from village and going up to the world family).
5. Development of a humanistic constitution, policies and implementation processes for ensuring the above

- a. 1, 3 & 4
- b. 1, 4 & 5
- c. 2, 3 & 5
- d. 1, 2, 3, 4 & 5

Ans: D

Q12: What does human goal at the level of NATURE ensures?

- a. Ensuring mutual enrichment with every unit in nature (at all the levels- individual, family, village... national... international)
- b. Ensuring Cyclic and mutually enriching production processes
- c. Coexistence and Mutual prosperity
- d. All

Ans: D

Q13: The problems at the all 4 levels of living is due to

- a. Living in Animal consciousness (i.e. Lack of right understanding and right feeling)
- b. Preconditioning and sensation based living
- c. Absence of fulfilment of some part of comprehensive human goals
- d. All

Ans: D

Q14: How can comprehensive human goals be achieved?

- I. Through education -sanskar
- II. Through swasthya-sanyam
- III. Through production-work
- IV. Through justice-preservation
- V. Through exchange and storage

- a. 1 and 4
- b. 2 and 5
- c. 1, 3, and 5
- d. 1, 2, 3, 4 and 5

Ans: D

Q15: What are the indicators for fulfilment of goals of the Education dimension?

- a. Having Right understanding, right feeling & right thought,
- b. Having Clarity of human goal,
- c. Having Competence to fulfil the requirement of Right understanding, Relationship and Physical Facility
- d. All

Ans: D

Q16: Which among the following are the indicators for evaluation of dimensions of health?

- a. Having hospitals in every locality,
- b. having medical store in every lane
- c. good life style, and fast recovery from illness
- d. all the above

Ans: C

Q17: Which among the following are the indicators for evaluation of dimensions of JUSTICE?

- a. Having more number of courts and the judges
- b. How many people are able to ensure mutual fulfilment in their relationships
- c. More number of cases being disposed and at faster speed
- d. Availability of police force to enforce justice etc.

Ans: B

Q18: Which among the following are the indicators for evaluation of dimensions of PRODUCTION?

- a. Higher and higher level of consumption without having identified the need of physical facilities required
- b. Having more and more production even if the production processes are not cyclic and mutually enriching
- c. Producing more with a view of profit maximisation even if produce is not very meaningful or even harmful such as liquor, addiction drugs etc.
- d. We are able to ensure mutual enrichment with rest of nature. For example the mother earth getting more prosperous every day and the production is recyclable.

ANS: D

Q19: For smooth functioning of the family and ensuring its goal, the family must have at least _____generations living together.

- a. Two
- b. Three
- c. Five
- d. Six

Ans: B

Q20: _____seems to be the smallest unit of the societal order where majority of the functions are being performed.

- a. Family
- b. Village
- c. System
- d. None

ANS: B

Q21: For developing Model of a family and for smooth functioning of the family and ensuring its goal, the average number of people could be.

- a. 6
- b. 14
- c. 10
- d. 20

Ans: C

Q:22 For developing Model of a village we may have an average _____ families living together.

- a. 50
- b. 100
- c. 150
- d. 200

Ans: B

Q23: To develop a model village on an average, we may have family of _____ members and village of _____ families.

- a. 100, 1000
- b. 10, 1000
- c. 10, 100
- d. 6, 100

Ans: C

Q24: The important parameter/parameters for designing of a family is/are-

1. Three Generations should be living together.
 2. Every member of the family has trust on each other.
 3. All of them will help other to reach their individual goal i.e., right understanding, right feeling leading to a state of happiness.
 4. Everyone should contribute to achieve the goal of the family of ensuring prosperity.
 5. Family should participate in the larger order i.e., family clusters, village, etc.
- a. 2, 3 & 4
 - b. 1, 3 & 5
 - c. 3, 4, & 5
 - d. 1, 2, 3, 4 & 5

Ans: D

Q25: Name the model village of Bhutan

- a. Menchri Village
- b. Khejari village
- c. Tsangpo village
- d. None

Ans: A

Q26: What is the possible approaches when we are working on doing a Critical Analysis of Present State or on Finding Solutions to Existing Problems?

- a. Problem escaping approach
- b. Complaint centric approach
- c. Solution centric approach
- d. Solution thinking approach

Ans: C

Q27: When we are generally trying to look at problems that we are facing today and trying to find out solution to each of them, this is called

- a. Problem escaping approach
- b. Problem centric approach
- c. Solution centric approach
- d. Solution thinking approach

Ans: B

Q28: When, we are generally trying to understand how we can ensure living a fulfilling life for oneself and for all, and then work for such a living in our day today life, this is called

- a. Problem escaping approach
- b. Problem centric approach

- c. Solution centric approach
- d. Solution escaping approach

ANS: C

Q29: Which approach helps us to see our role as human being in this nature and gives a holistic perspective of human living?

- a. Problem escaping approach
- b. Problem centric approach
- c. Solution centric approach
- d. Solution escaping approach

ANS: C

Q30: Which approach helps us to identify our goals at all 4 levels of living?

- a. Problem escaping approach
- b. Problem centric approach
- c. Solution centric approach
- d. Solution escaping approach

ANS: C

Q31: Which approach helps us to fulfil comprehensive human goals?

- a. Problem escaping approach
- b. Problem centric approach
- c. Solution centric approach
- d. Solution thinking approach

ANS: C

Q32: What is the state today of human goal at Individual level?

1. Lack of clarity, confusion, futility, tension frustration, feeling of opposition, domination, violence etc.
 2. The body health is steadily declining in spite of improved levels of material and medical facilities. Increasing problem of Alcoholism, Substance abuse, Obesity. Increasing rate of non-communicable diseases due to imbalanced life-style
 3. Increasing cases of over-indulgence leading to misutilisation and wastage of self, body and physical facility. Such a life style is being promoted
 4. In community or family, there are complaints, inter- personal tensions, injustice, fights and even hatred ultimately leading to disintegration. Cases of Reaction, Anger, Strife, Divorce etc. are on increase.
 5. Tendency to exploit and mastery over the rest of nature. This is leading to production processes which result in Pollution (Water, Air, etc.), Resource Depletion, Climate change, Global warming etc.
 6. Mindset of individualism and self-gratification is promoted in the education and society. This results into tendency of exploitation of the society and the rest of nature (not of participation and cooperation)
- a. 1, 2, 3
 - b. 4, 5, 6
 - c. 1, 2, 4, 5
 - d. 1, 2, 3, 4, 5, 6

ANS: D

Q33: Education and health take care of our

- a. physical & mental well being
- b. relationship in human interaction
- c. all
- d. none

ANS: A

Q34: JUSTICE takes care of our

- a. physical & mental well being
- b. relationship in human interaction
- c. all
- d. none

ANS: B

Q35: What are the methods of ensuring availability of physical facilities, along with complementing with the rest of Nature?

- a. Production and work
- b. Exchange and storage
- c. Right utilization and preservation
- d. All

Ans: D

Q 36: On what criteria we can evaluate the fulfilment of goal at individual level

- a. Whether goal has been fulfilled or not and to what extent
- b. What is the lack in the system for its unfulfillment
- c. How it can be resolved or at least improve
- d. All the above

Ans: D

Q37: Which among the following are not the indicators for evaluation of dimensions of health?

- a. Having hospitals and medical store in every locality,
- b. good life style, and fast recovery from illness
- c. life survival period
- d. period over which people remain healthy

Ans: A

Q38: Which among the following is not the indicators for evaluation of dimensions of PRODUCTION?

- a. every family engaged in some meaningful production
- b. every family able to feel the prosperity
- c. ensure mutual enrichment with rest of nature
- d. Producing more with a view of profit maximisation

ANS: D

Q39: Which among the following is the indicators for evaluation of system implementation?

- a. different dimensions of the system are running smoothly
- b. the system has to put in lot of efforts to do so
- c. Bigger and bigger structure of central administration to make the different dimension work
- d. More and more enforcement through strict laws and police force

ANS: A

Q40: which among the following is not a parameter for designing of a family -

1. Three Generations should be living together.
2. Every member of the family has trust on each other.
3. All of them will help other to reach their individual goal i.e., right understanding, right feeling leading to a state of happiness.
4. Everyone should contribute to achieve the goal of the family of ensuring prosperity.
5. Family should participate in the larger order i.e., family clusters, village, etc.

- a. 1
- b. 4
- c. 5
- d. None

Ans: D

Q 41. At the dimension of education what areas we focus on for evaluation of our state today

- a. mental & behavioural education
- b. education for right utilisation
- c. health education
- d. all the above

Ans: D

Q 42. While doing analysis of our state regarding fulfilment of goals which area we have to focus on

- a. Analysis of state today at each of four levels (Individual...)
- b. Analysis of state today at each of the dimensions (Education...)
- c. Both a and b
- d. None

Ans: C