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PP

Tutorial 2

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B Comps B

PS3

1)

a) Yes, I want to live in relationship (harmony) with others. Being good to others is better than having opposition with the others.

b) When living in a relationship, having the feeling of respect is the most, we can have respect for the others, and make it better.

c) Yes, I want to nurture others and in fact why exploit others weaknesses,

Yes my living in accordance is similar to the natural acceptance and generally I personally feel it is necessary for this to match because, this accordance makes it better and relaxing. Also when there exists a match, we can genuinely see that our mindset is positive and there is no negative aspect that is present that can lead to any contradiction.

2) Each and every family that exists have lots of problems. Multiple people, each with different opinions genuinely lead to family problems. Someone wants something, whereas some don't. Many times the generation gap also lead to mindset problems. We also see that brothers fight, sisters fight, parents fight. It is obviously not okay to have fights but after a point according to me family fight also increase the bond between the members. Atleast all the members can openly express

themselves. Other than all that, my family too has multiple issues

① Digitalisation - Due to this we are all more on those gadgets than talking with each other. This is caused due to excessive presence of physical facilities

② Difference of Opinions - Everyone has their own ideas which are generally different. These can be taken care of with right understandings.

③ Financial Issues - Most of the times worthless spend of money needs to be controlled and this needs to be made sure by right understanding too.

For each of the members of the family, I have personally taken out time to talk with each member personally and also tried to know how their day was, what was going on in their lives and many other things.

PS4

Desires	Need of self	Need of Body	Both
→ Mental & Physical health	✓	X	X
→ Love & affection	X	X	✓
→ wealth	X	✓	X
→ success	X	✓	X
→ Happiness	✓	✓	✓
→ Fitness	X	✓	X
→ Empathy & companions	X	X	✓

a) Need of Self

Need of Body

→ Need of Self is continuous and

Whereas need of body is not continuous but temporary.

→ Need of Self is not physical but qualitative.

Need of body is a physical facility

b) According to my condition I would say

45% - Need of Self.

55% - Need of body.

2	Activity	In self	In body	Involves both.
	→ Going to temple			Thinking of going and going
	→ Cycling		Body is ready	
	→ Eating			Eating for self and for body
	→ College		For betterment	
	→ Thinking			For improvement
	→ Learning	Learning manners for self.		
	→ Externment			For fulfillment & enjoyment
	→ Gyming.		For body growth	
	→ Sleeping	For self	For rest	For both.

2)

a) Yes, I can see that these activities are continuous as they include the quality and happiness.

b) Yes, I can see, it includes the need of the body, the heart, the blood vessels, the muscles, etc. These activities are generally cyclic as these go up and down according to the condition.

c) The ones that include both, we can identify the role of sense organs like, will, eyes, etc. These are generally playing a very important role.

more members can openly express