

UNDERSTANDING HARMONY AND ETHICAL HUMAN CONDUCT

Module-1: Introduction to Value Education

1. What is the state of liking and a holistic and all-encompassing state of the mind that creates inner harmony?

- (a) Prosperity
- (b) Happiness**
- (c) Innateness
- (d) Self-organized

2. What is called living with assumption for oneself as body and living of human being only on the basis of physical facilities, and not with right understanding and relationship?

- (a) Human Consciousness
- (b) Happiness
- (c) Right Understanding
- (d) Animal Consciousness**

3. Five basic guidelines for value education are Universal, Natural and verifiable, all encompassing, leading to harmony and

- (a) Self exploration
- (b) Education
- (c) Right utilization
- (d) Rational**

4. What are the basic desires of every human being for which they are working

- (a) Physical facilities
- (b) Realization and understanding
- (c) Happiness and prosperity
- (d) Continuous happiness and prosperity**

5. When we participate in the larger order, this participation at different levels is known as our value. Values are outcome of

- (a) Prosperity
- (b) Happiness
- (c) Realization and understanding**
- (d) Self exploration

6. Identify the solution which helps human being to transform from animal consciousness to human consciousness.

- (a) Right understanding**
- (b) Realization
- (c) Value education
- (d) Physical facilities.

7. To maintain harmony we have to work at four levels of living. Identify second level of living.

- (a) Self
- (b) Family**
- (c) Nature
- (d) Society

8. Self-exploration is a process which helps us to find out “What I am and What I really want to be “. Two mechanisms involved in self -exploration are

- (a) Realization and understanding
- (b) Natural and verifiable

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(c) Natural acceptance and experimental validation

(d) Correctable and identifiable

9. Self-exploration uses two mechanisms

(a) **Natural acceptance and experiential validation**

(b) Right Understanding and self-exploration

(c) Self investigation and self-exploration

(d) Natural acceptance and self-investigation

10. Samridhi means

A. Happiness

B. Wealth

C. Prosperity

D. Health

11. What is the third level of living?

(a) **Society**

(b) Individual

(c) Family

(d) Nature

12. Developed nations are the live example of

A. Prosperity

B. Wealth

C. Happiness

D. Health

13. The participation of human beings is seen in two forms

A. Prosperity and Work

B. Values and Understanding

C. Behaviour and Wealth

D. Behaviour and Work

14. What are the outcomes of realization and understanding?

A. Work

B. Values

C. Happiness

D. Health

15. We become _____ by exploring our svatva and living accordingly

A. Svatantra

B. Partantra

C. Wealthy

D. Happy

16. Developed nations are the live example of health, wealth and wisdom. These three terms can be combined to form a single term as

a) Developed

b) Prosperous

c) Harmony

d) Happy

17. Contents of self-exploration are

a) Desire and needs

b) Program and needs

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c) Program and practical

d) Desire and Program

18. Value education is becoming important for students now a days because value education helps students to correctly identify our

a) Values

b) Key to success

c) Aspirations

d) Needs

19. Three results are obtained from realization and understanding. Two of them are assurance and satisfaction find third one

a) Universality

b) Acceptance

c) All-encompassing

d) Self-verification

20. Right understanding can be recognized as

a) It is assuring

b) It is satisfying

c) It is universal

d) All the above

21. What is necessary but not complete for human beings.

a) Happiness

b) Physical facility

c) Prosperity

d) Relationship

22. What is the main component of our program to understand and live in harmony at all levels of living.

a) Right Understanding

b) Relationship

c) Self exploration

d) Physical facilities

23. What is our participation at different levels in the larger order?

a) **Value**

b) Work

c) Behaviour

d) Realization

24. When we participate in the larger order, this participation at different levels is our _____.

a) Work

b) Value

c) Behaviour

(d) Realization

25. What is the first level of living?

A. Society

B. Individual

C. Family

D. Nature

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26. What is the second level of living?

- A. Society
- B. Individual
- C. Family**
- D. Nature

27. What is the fourth level of living?

- A. Society
- B. Individual
- C. Family
- D. Nature**

28. Giving weightage to physical facilities, to the maximization of sensory pleasures, to accumulation of wealth is called

- (a) **Animal Consciousness**
- (b) Animal Unconsciousness
- (c) Semi-consciousness
- (d) Human Consciousness

29. What helps human beings to transform from animal consciousness to human consciousness?

- A. Right attitude
- B. Prosperity
- C. Wealth
- D. Right understanding**

30. Health, Wealth and Wisdom means

- A. Consciousness
- B. Intelligence
- C. Prosperity**
- D. Happiness

31. What is the emotional state of being happy?

- A. Happiness
- B. Joy
- C. Pleasure
- D. All of these**

32. We can know our weaknesses and remove them by doing

- A. Class room study
- B. Self -Study**
- C. Group study
- D. None of these

33. Which changes occur in conscious units?

- A. Qualitative**
- B. Quantitative
- C. Both
- D. None

34. Program and desire are the contents of

- A. Self-evolution
- B. Self-investigation
- C. Self-exploration**

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D. Happiness

35. The content of Value Education is expected to include ____ dimensions and levels of a human being

- A. Two
- B. All**
- C. Three
- D. None

36. If we will maintain relationship with other human beings on the basis of right understanding then there will be

- (a) Mutual prosperity
- (b) Mutual happiness**
- (c) Happiness
- (d) prosperity

37. Self-exploration is a process of identifying our innateness and moving towards self-organization and self-expression. What is self-expression?

- (a) Svatva
- (b) Swatantrata
- (c) Swarajya**
- (d) Swabhava

38. The value education is the education by which we can

- a) Learn new technology
- b) Do new research
- c) Transform from animal conscious to human conscious**
- d) None of the above

39. We need to undergo self-exploration because

- a) we want to find out what is valuable to us
- b) we want to understand our relationship
- c) we want to our participation with the things around us
- d) All the above**

40. Self-exploration is:

- a) A process of dialogue between” what you are” of and “what you really want to be”
- b) A process of self-evaluation through self-investigation.
- c) A process of knowing oneself and through that, knowing the entire existence.
- d) All the above**

41. Natural acceptance is way to accept

- a) The good things naturally.**
- b) The bad things naturally.
- c) Anything naturally.
- d) All the above

42. The proposal should be verified by

- a) Harmony
- b) Environment
- c) Nature acceptance and experimental validation**
- d) None of the above

43. Process of self-exploration leads to

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a) **Realization and understanding**

- b) Prosperity
- c) Wealthy
- d) Peace

44. Natural acceptance change with

- a) Time
- b) Situation
- c) Place
- d) **None of the above**

45. Happiness may be defined as

- a) Being in harmony
- b) If there is synergy in it then I like to be in that state
- c) If there is harmony in it then I like to be in that state / situation
- d) **All the above**

46. Working only for physical facilities is

- a) **Living with Animal Consciousness**
- b) Living with Human Consciousness
- c) Transformation from Animal Consciousness to Human Consciousness
- d) Transformation from Animal Consciousness to Human Consciousness

47. Right living or sanskar refers to the ability to live in harmony at

- a) Individual
- b) Family and Society
- c) Nature
- d) **All the four levels**

48. When we participate in the larger order, this participation at different levels is our _____.

- A Work
- B **Value**
- C Behaviour
- D. Realization

49. What is the first level of living?

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52. Self-exploration uses two mechanisms

- A. **Natural acceptance and experiential validation**
- B. Right Understanding and self-exploration
- C. Self-investigation and self-exploration
- D. Natural acceptance and self-investigation

53. Samridhi means

- A. Happiness
- B. Wealth
- C. **Prosperity**
- D. Health

54. What is the third level of living?

- A. **Society**
- B. Individual
- C. Family
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55. Developed nations are the live example of

- A. **Prosperity**
- B. Wealth
- C. Happiness
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56. The participation of human beings is seen in two forms

- A. Prosperity and Work
- B. Values and Understanding
- C. Behaviour and Wealth
- D. **Behaviour and Work**

57. What are the outcomes of realization and understanding?

- A. Work
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- D. Health

58. We become ____ by exploring our svatva and living accordingly

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- B. Prosperity
- C. Wealth
- D. **Right understanding**

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61. Health, Wealth and Wisdom means

E. Consciousness

F. Intelligence

G. Prosperity

H. Happiness

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F. Self-Study

G. Group study

H. None of these

64. Which changes occur in conscious units?

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F. Quantitative

G. Both

H. None

65. Program and desire are the contents of

E. Self-evolution

F. Self-investigation

G. Self-exploration

H. Happiness

66. The 'Self' is central to the human existence and _____ is central to the existence.

A. Coexistence

B. Nature

C. Struggle

D. Society

67. Which option is correct about the goals of UHV2-

a. To understand the co-existence

b. To have the feeling and the thought of co-existence

c. To live in co-existence in mutual relation with human being and the rest of nature

A. a & b

B. b & c

C. a & c

D. a, b & c

68. _____ deals with personal transformation and societal transformation-

A. Skill Education

B. Value Education

C. Professional education

D. Inhuman Education

69. While evaluating present state of the society and system, we found climate change, environmental pollution, and resource depletion. This is related with-

A. Individual

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- B. Family
- C. Society
- D. Relationship with rest of nature**

70. The human goal at the level of individual is

- A. Prosperity
- B. Fearlessness
- C. Co-existence
- D. Right understanding**

71. The human goal at the level of family is

- A. Prosperity**
- B. Fearlessness
- C. Co-existence
- D. Right understanding

72. The human goal at the level of society is

- A. Prosperity
- B. Fearlessness**
- C. Co-existence
- D. Right understanding

73. The human goal at the level of nature is

- A. Prosperity
- B. Fearlessness
- C. Co-existence**
- D. Right understanding

74. Recognizing need for physical facility, its production, and Right utilization ensures-

- A. Fearlessness
- B. Prosperity**
- C. Justice
- D. None

75. Behaviour depends upon

- A. Feelings
- B. Desire, Thought, Expectation
- C. Right Understanding
- D. All of the above**

76. Right Understanding, Relationship and Physical Facility –

- a. All Three Are Required for fulfilment of Human Being**
- b. Right Understanding, relationship is required for Fulfilment of Human Being
- c. Only Physical Facility is required for Fulfilment of Human Being
- d. Relationship and Physical Facility is required for Fulfilment of Human Being

77. Right Understanding, Relationship and Physical Facility. Top Priority is given to ____.

- a. Right understanding in the Self is a priority**
- b. Relationship is the priority
- c. Physical Facility is the priority
- d. Relationship and Physical Facility is a priority

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78. What method is suggested for fulfilling basic human aspirations?

- a) Pursuing personal desires without regard for others
- b) Accumulating material possessions
- c) Cultivating universal values and holistic development**
- d) Ignoring personal aspirations for the greater good

79. How does Value Education contribute to holistic development?

- a) By focusing solely on academic excellence
- b) By neglecting physical well-being
- c) By nurturing emotional intelligence and ethical values**
- d) By promoting competition and individualism

80. How does self-exploration contribute to personal growth?

- a) It encourages conformity to societal norms
- b) It promotes self-centeredness and selfishness
- c) It fosters self-awareness and self-improvement**
- d) It leads to isolation and loneliness

81. What is the relationship between happiness and prosperity in the context of basic human aspirations?

- a) Happiness and prosperity are independent of each other
- b) Happiness is the result of material prosperity
- c) Prosperity is the result of continuous happiness
- d) Happiness and prosperity are interdependent**

82. The human goal at the level of nature is

- a) Prosperity
- b) Fearlessness
- c) Co-existence**
- d) Right understanding

83. The three components of education-sanskara is

- A. Right understanding in every child.
- B. The capacity to live in relationship with other human beings.
- C. The capacity to identify the need for physical facility, the skills and practice for sustainable production of more than what is required, leading to the feeling of prosperity.

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(a) **True**

(b) False

84. Happiness is to be in state of _____

(a) Understanding

(b) **Harmony**

(c) Prosperity

(d) Relationship

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(a) **Right understanding in the Self is a priority**

(b) Relationship is the priority

(c) Physical Facility is the priority

(d) Relationship and Physical Facility is a priority

86. Transformation of animal to human consciousness is called _____

(a) Human development

(b) **Holistic development**

(c) Physical development

(d) Conscious development

87. Right understanding can be recognized as

(a) Assuring

(b) Satisfying

(c) Universal

(d) **All the above**

88. For fulfilment of human being, _____ is necessary

(a) **Right understanding**

(b) Relationship

(c) Physical facilities.

(d) All the above

89. For human being, physical facility is necessary, but _____ is also necessary

(a) Happiness

(b) Understanding

(c) Prosperity

(d) **Relationship**

90. The participation of human beings is seen in two forms

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(d) **Behaviour and Work**

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- (b) Program and needs
- (c) Program and practical
- (d) Desire and Program**

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97. Value education is becoming important for students now a days because value education helps students to correctly identify our _____.

- (a) Values
- (b) Key to success
- (c) Aspirations**
- (d) Needs

98. Identify the solution which helps human being to transform from animal consciousness to human consciousness.

- (a) Right understanding**
- (b) Realization
- (c) Value education
- (d) Physical facilities.

99. What are the basic desires of every human being for which they are working

- (a) Physical facilities
- (b) Realization and understanding
- (c) Happiness and prosperity
- (d) Continuous happiness and prosperity**

100. The proposal need to be verified on the basis of _____.

- (a) Your natural acceptance and experimental validation**
- (b) Your needs

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- (c) Your understanding
- (d) your self-exploration