|  | **Unit 1** |  |
| --- | --- | --- |
| 1 | What is gross misunderstanding? | 3M |
| 2 | When do you achieve mutual happiness with mutual prosperity ?  Right understanding with relationship leads to mutual happiness  Right understanding with physical facility leads to mutual prosperity | 3M |
| 3 | Write any three activities of self | 3M |
| 4 | Draw a block diagram representing the transformation progress from animal consciousness to human consciousness | 4M |
| 5 | What is the basic difference between acceptance and natural acceptance? Give an example | 4M |
| 6 | Distinguish between happiness and unhappiness? | 4M |
| 7 | Write the five types of sensation experienced by human body | 5M |
| 8 | What do you mean by your natural acceptance and experiential validation? | 5M |
| 9 | What is prosperity? What are the differences between prosperity and wealth? | 5M |
| 10 | Human beings are the co-existence of Self and Body. Explain. | 5M |
| 11 | What do you mean by your natural acceptance and experiential validation? | 5M |
| 12 | How to achieve harmony with the body? | 6M |
| 13 | Distinguish between right evaluation, over evaluation and under evaluation | 6M |
| 14 | What are the basic guidelines for value education? | 6M |
| 15 | Define self-exploration. What is the content of self – exploration? | 6M |
| 16 | What is the meaning of prosperity? How can you say that you are prosperous? | 6M |
| 17 | What is your present vision of a happy and prosperous life? | 6M |
| 18 | What is prosperity? Is it different from happiness? | 6M |
| 19 | Explain the co-existence between Self (I) and body | 6M |
| 20 | How can we acquire assurance, satisfaction and universality through self- exploration? | 6M |
| 21 | What would be the consequences if technology is used without taking human values into consideration? | 6M |
| 22 | Explain Pre-conditioning, Sensation and Natural Acceptance. | 6M |
| 23 | Explain the activities of realization and understanding. How do they lead to harmony in the activities of ‘I’? Illustrate with an example | 8M |
| 24 | What is value education? Why is there a need for value education?  How does value education help in fulfilling one's aspirations? | 8M |
| 25 | “For success in any human endeavor both values and skills are required.” Explain.  **Or**  What do you mean by values? How do they differ from skills? How are values and skills complementary? | 8M |
| 26 | Self-exploration is a process of dialogue between ‘what you are’ and ‘what you really want to be’. Explain and illustrate. | 8M |
| 27 | What do you mean by your natural acceptance? Is it innate, invariant and universal? Explain | 8M |
| 28 | What is the difference between prosperity and wealth? What is more acceptable to us and why? | 8M |
| 29 | Explain the basic requirements to fulfil human aspirations. Give the correct priority among them. | 8M |
| 30 | There are many problems manifest today at the level of individual, family, society and nature. Identify some of these problems humans suffer from. | 8M |
| 31 | Distinguish between happiness and facility in detail taking needs of yourself as an example. | 8M |
| 32 | Explain how production skills and human values are complementary. Give two examples. | 8M |
| 33 | What should be the content of value education to make it complete? How do values relate to our day to day living? | 8M |
| 34 | Write a short note on the need for value education in today’s scenario | 10M |
| 35 | What is the need for value education in technical and other professional institutions?  **Or**  ‘Is our present education system in India having the deficiency of value education?’ If yes, why and if not then why not? Elaborate the answer. | 10M |
| 36 | Explain the process of self-exploration with a diagram. | 10M |
| 37 | Illustrate the purpose of self-exploration. | 10M |
| 38 | Physical facilities are necessary but not complete for human beings. Do you agree with this statement? Support your answer with reasons and examples.  **Or**  “Physical facilities are necessary and complete for animals, while they are necessary but not complete for humans.” Comment | 10M |
| 39 | Distinguish between ‘human consciousness’ and ‘animal consciousness’. How “shiksha and sanskar” are helpful in raising man to “human consciousness” level. Explain with the help of a diagram. | 10M |
| 40 | Critically examine the prevailing notions of happiness in the society and their consequences or What is happiness and prosperity? Are they related to each other? Can happiness be obtained without prosperity? Explain. | 10M |
| 41 | “Right understanding + Relationship = Mutual fulfilment; Right understanding + Physical facilities = Mutual prosperity.” Illustrate the above with two examples for each. **Or** How do right understanding, relationships and physical facilities help in fulfilling the aspirations of human beings. | 10M |
| 42 | We have a common misconception today that our “needs are unlimited” , comment on this statement in terms of physical facilities. | 5M |
| 43 | Differentiate between the “ needs of the self” and “the needs of the Body” with a case study., | 5M |
| 44 | List out the factors needed to ensure the health of the Body. Explain each one of them .Vihãra, Shrama- Vyãyãma , Asana-Pranãyãma and Ausadhi-Chikitsã. | 10 M |
| 45 | Briefly discuss the interplay of understanding, relationships and physical facilities in fulfilling human aspirations. | 10M |
| 46 | Examine the prevalent concepts of happiness and prosperity, evaluating their underlying assumptions and the effects they have on individuals and society. | 10M |
| 47 | “Happiness and sadness are the two sides of the same coin”. Justify | 10M |
| 48 | Distinguish between wealth and prosperity, and how do these differences impact individual well-being and societal progress? | 8M |
| 49 | Explain the fundamental requirement to foster both happiness and prosperity. | 5M |
| 50 | “Physical facilities are necessary and complete for animals, while they are necessary but not complete for humans.” Justify your answers with examples | 10M |
| 51 | How does education contribute to cultivating a comprehensive understanding, encompassing various perspectives, and why is this holistic perspective essential for individual growth and societal development? | 10M |
| 52 | Critically examine our state today in terms of fulfilment of relationships and physical facilities. What has gone wrong according to you? What is the solution? | 8M |
| 53 | Differentiate 'animal consciousness' and 'human consciousness'? | 5M |
| 54 | "Human beings are more than just the Body"- explain. | 10M |
| 55 | What is the qualitative difference between the activities of the Self and those of the Body? Illustrate with one example. | 8M |
| 56 | "I am the seer, doer and enjoyer. The body is my instrument"- explain | 10M |
| 57 | 'I' is a conscious unit while the Body is a material unit. Examine this statement. | 10M |
| 58 | Distinguish between the needs of the Self and the needs of the Body. | 5M |
| 59 | What are the consequences of confusing between Sukh and Suvidha? | 5M |
| 60 | Human Being is co-existence of the Body and ‘Jïvana.Examine the statement | 8M |
| 61 | Distinguish between the needs of the Self and the needs of the Body. | 5M |
| 62 | Discuss the various levels of living that human beings live. | 8M |
| 63 | Right understanding + Relationship = Mutual fulfilment; Right understanding + Physical facilities = Mutual prosperity.” Illustrate the above with examples for each of them. | 10M |

**QUIZ 1**

|  | **Unit 1** |  |
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| 1 | Define the following terms:   1. Values (ii) Human Values (iii) Value Education (iv) Self Exploration   (v) Natural Acceptance (vi) Experiential Validation (vii) Swatva  (viii) Swatantrata (ix) Swarajya (x) Happiness (Sukh) (xi) Prosperity (xii) Right Understanding (xiii) Physical Facilities (Suvidha) (xiv) Animal Consciousness  (xv) Human Consciousness (xvi) Value Domain (xvii) Domain of Skills | 2 marks each |
| 2 | Explain the process of value education | 2 |
| 3 | What should be the content of value education to make it complete? How do values relate to our day to day living? | 2 |
| 4 | What is the content of self – exploration? | 2 |
| 5 | What do you understand by the terms svatva, swatantrata and swarajya? | 2 |
| 5 | What is happiness? | 2 |
| 6 | What is the meaning of prosperity? How can you say that you are prosperous? | 2 |
| 7 | Write the four levels of harmony | 2 |
| 8 | Write the two step process to understand & to live in Harmony at all levels of my Being. Answer  1. Verify the proposals on the basis of your NATURAL ACCEPTANCE  2. Experiential validation by LIVING ACCORDINGLY | 2 |
| 9 | List the two categories of human beings | 2 |
| 10 | Goal of UHV is  A. To understand the coexistence  B. To have the feeling and thought of coexistence  C. To live in co-existence in mutual relation with human being and rest of nature  **D. All of the above** | 1 |
| 11 | The word “society” is primarily used in the context of human- \_\_\_\_\_\_\_\_\_\_ relationship  **A. Human**  B. Nature  C. Both  D. None | 1 |
| 12 | Largely, physical facility is ……………for animals  (a) Inadequate  **(b)Necessary as well as adequate**  (c)Necessary but not adequate  (d) Unnecessary | 1 |
| 13 | There are \_\_\_\_\_\_\_\_\_\_\_\_\_ comprehensive human goals.  A. 8  B. 6  **C. 4**  D. 9 | 1 |
| 14 | Prosperity deals with  (a) Right understanding in the self  (b) Fulfilment in relationship  **(c) Ensuring more than required physical facility**  (d) None | 1 |
| 15 | Human goal at the level of individual is \_\_\_\_\_\_\_\_\_  (a) prosperity  (b) fearlessness  **(c) right understanding**  (d) coexistence | 1 |
| 16 | Right feeling and right thought deals with  **(a) self**  (b) body  (c) Both  (d) none | 1 |
| 17 | \_\_\_\_\_\_\_\_\_ is the feeling of responsibility towards body of my relative.   1. **Care** 2. Guidance 3. Respect 4. Affection | 1 |
| 18 | \_\_\_\_\_\_\_\_\_\_\_\_\_ means harmony within myself.  (a) pleasure  **(b) happiness**  (c) excitement  (d) all | 1 |
| 19 | Recognising the need for physical facility, it’s production and right utilisation ensures  (a) Fearlessness  **(b) prosperity**  (c) Justice  (d) none | 1 |
| 20 | Human-Human Interaction is called as  A. Work  **B. Behavior**  C. System  D. None | 1 |
| 21 | Human-Rest of nature interaction is called  A. Behavior  **B. Work**  C. Production.  D. All | 1 |
| 22 | Prosperity deals with  (a) Right understanding in the self  (b) Fulfilment in relationship  **(c) Ensuring more than required physical facility**  (d) None | 1 |
| 23 | Human goal at the level of individual is  (a) prosperity  (b) fearlessness  **(c)right understanding**  (d) coexistence | 1 |
| 24 | Human goal at the level of family is  **(a) prosperity**  (b) fearlessness  (c) right understanding  (d) coexistence | 1 |
| 25 | \_\_\_\_\_\_\_\_\_ is the feeling of responsibility towards self of my relative.   1. Care 2. **Guidance** 3. Respect 4. Affection | 1 |
| 26 | Right feeling and right thought deals with  **(a) self**  (b) body  (c) Both  (d) none | 1 |
| 27 | Fulfilment and evaluation of feelings lead to mutual in relationship.  (a) understanding  **(b) happiness**  (c) prosperity  (d) none | 1 |
| 28 | Recognising the need for physical facility, it’s production and right utilisation ensures  (a) Fearlessness  **(b) prosperity**  (c) Justice  (d) none | 1 |
| 29 | When we expect feelings from others for our happiness, it is a state of  (a) Swatantrata  **(b) Partantrata**  (c) prosperity  (d) none | 1 |
| 30 | For behaviour in relationship to be right, it is necessary for the and to be right.  **(a) Feelings and thought**  (b) physical facility and health  (c) wealth and prosperity  (d) none | 1 |
| 31 | The Self is the domain of -------------,while the body is the domain of ----------  (a) Material, Consciousness  (b) Consciousness, Material  (c) Material, Material  (d) Consciousness, Consciousness | 1 |
| 32 | TRUST implies  (a) To have the clarity that the other wants to make me happy & prosperous  (b) To be assured on intention is founded on understanding (not based on events)  (c) To see that all human beings have the same natural acceptance (intention) as me  **(d) All of these** | 1 |
| 33 | Production and work for physical facilities leads to in family and with nature  (a) Prosperity, existence  (b) Happiness, existence  (c) Happiness, co-existence  **(d) Prosperity, co-existence** | 1 |
| 34 | HUMAN GOAL ===>  A. Right Understanding & Right Feeling 1. Individual  B. Prosperity 2. Family  C. Fearlessness (Trust) 3. Society  D. Co-Existence (mutual fulfilment) 4. Nature/Existence  (a) 1-D, 2-A, 3-B, 4-C  (b) 1-B, 2-C, 3-D, 4-A  **(c) 1-A, 2-B, 3-C, D-4**  (d) 1-C, 2-D, 3-A, 4-B | 1 |
| 35 | Education has two domains: value domain and skill domain.  Which of the following is true?  a) Value domain is the part of skill domain.  (b) Value domain  (c) The value domain deals with the learning part, while the skill domain deals with the understanding part  **(d) The value domain deals with the understanding part, while the skill domain deals with the learning par** | 1 |
| 36 | The purpose of value education is   1. Foster universal core values 2. Make syllabus easy 3. Develop values in individuals 4. **Both a and c** | 1 |
| 37 | Self exploration uses two mechanisms, natural acceptance and   1. Experiential validation 2. Reason 3. Logical thinking 4. Theoretical concepts | 1 |
| 38 | Harmony should be maintained in:   1. Between body and life 2. Between self and society 3. Between life and environment 4. **All of these** | 1 |
| 39 | Sah-astiva means   1. **Co-existence** 2. Co operation 3. Co option 4. Co operate identity | 1 |
| 40 | A harmony at world is created by values at 4 levels. These are   1. Home, Family, Society and Country 2. **Individual, Family, Society and Universe** 3. School, home, office, temple 4. None of these | 1 |
| 41 | Many human values seem good due to:   1. Positive feelings 2. Internal happiness 3. Natural acceptance 4. **All of these** | 1 |
| 42 | Competence in professional ethics refers to   1. Ability to utilise power effectively 2. Ability to augment the universal human order 3. Ability to make profit 4. **Both b and c** | 1 |
| 43 | A country which has transited to universal human order is likely to have:   1. **More global trade** 2. Mutually enriching institutions and organizations 3. More say in UNO 4. None of these | 1 |
| 44 | An individual people aspiring for the universal human order will be:   1. More rich 2. **More responsible socially and ecologically** 3. More powerful 4. More well travelled | 1 |
| 45 | Values important for relationship are many. They may include   1. Aggression 2. Competition 3. **Integrity and character** 4. Arrogance | 1 |
| 46 | Human values are essential for   1. **Living in harmony with self, others and nature** 2. Making life easier and happy 3. Living with family and friends 4. Making money to fulfil desires | 1 |
| 47 | Which of the following is not correctly matched?  A) Right feeling --> Harmony in the activities of the self  B) Behavior Human-rest of nature interaction  **C) Work - Human-Human interaction**  D) Swatantrata - Definite, continuous, unconditional | 1 |
| 48 | **\_\_\_\_\_\_\_\_\_\_\_\_** deals with personal transformation and societal transformation.  a) Skill education  **b) Human education**  c) Professional education  d) Inhuman education | 1 |
| 49 | Human-human interaction is called \_\_\_\_\_\_\_   1. Work 2. **Behaviour** 3. System 4. None | 1 |
| 50 | Human to rest of the nature is called \_\_\_\_\_\_\_   1. **Work** 2. Behaviour 3. System 4. None | 1 |
| 51 | TRUTH deals with   1. **Realisation of self** 2. Fulfilment in relationship 3. Ensuring more than required physical facility 4. None | 1 |
| 52 | PROSPERITY deals with   1. Right understanding of self 2. Fulfilment in relationship 3. **Ensuring more than required physical facility** 4. None | 1 |
| 53 | Right feeling within myself(I) is   1. Definite 2. Continuous 3. Unconditional 4. **All** | 1 |
| 54 | When we expect feelings from others for our happiness, it is the state of   1. Swatantra 2. **Paratantra** 3. Prosperity 4. None | 1 |
| 55 | Behaviour depends on   1. Feelings 2. Desire, Thought, Expectation 3. Right understanding 4. **All** | 1 |
| 56 | For behaviour in relationship to be right, it is necessary for the \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_ to be right.   1. **Feeling and thought** 2. Physical facility and health 3. Wealth and prosperity 4. None | 1 |
| 57 | What is naturally acceptable?   1. Problem 2. Solution 3. Analysis of problem 4. **Resolution** | 1 |
| 58 | Goal of education is   1. **To facilitate the process of developing those abilities in the individual which are essential for ensuring human society and order** 2. Only preparing human being to earn money 3. To earn respect from others through degree 4. None of these | 1 |
| 59 | What makes you continuously happy?   1. Goal and value education 2. Innateness and self organization 3. Co-existence and submergence 4. Co-existence and harmony | 1 |
| 60 | Which feelings are naturally acceptable?   1. Struggle for existence 2. Survival of the fittest 3. Be the best 4. Relationship, Harmony and Co-existence | 1 |
| 61 | Understanding and living in harmony at all 4 levels of beings is called   1. Competition 2. Excellence 3. Reverence 4. Gratitude | 1 |
| 62 | \_\_\_\_\_\_\_\_\_\_\_ is our participation at different levels in larger order.  Ans: value | 1 |
| 63 | When we participate in larger order, this participation at different levels is our\_\_\_\_\_  Ans: value | 1 |
| 64 | The participation of the human being is seen in two forms are \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_  Ans: Behaviour and work | 1 |
| 65 | \_\_\_\_\_\_\_\_\_\_ are the outcomes of \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_ which are always definite.  Ans: values, realisation and understanding  Giving | 1 |
| 66 | weightage to the physical facilities to the maximization of sensory pleasure, to accumulation of wealth is called\_\_\_\_\_\_  Ans: Animal conscious | 1 |
| 67 | \_\_\_\_\_\_\_\_\_ helps the human being to transfer from \_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_  Ans: right understanding, animal consciousness, human consciousness | 1 |
| 68 | There can only be a \_\_\_\_\_\_\_\_\_\_change in conscious units.  Ans: Qualitative | 1 |
| 69 | Self exploration uses two mechanisms: \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_  Ans: natural acceptance, experiential validation | 1 |
| 70 | Samridhi means\_\_\_\_\_\_\_  Ans: prosperity | 1 |
| 71 | Process of value education has to be that of \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_  Ans: Self investigation, self exploration | 1 |
| 72 | Prosperity means \_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_  Ans: Health, wealth, wisdom | 1 |
| 73 | Happiness, pleasure or joy are \_\_\_\_\_\_\_\_ state of being happy.  Ans: emotional | 1 |
| 74 | Without truth, caring, concern or love and justice, \_\_\_\_\_\_\_\_\_\_ arise and peace is endangered.  Ans: conflicts | 1 |
| 75 | Self introspection plays important role to create \_\_\_\_\_\_\_\_\_\_\_ within oneself.  Ans: harmony | 1 |
| 76 | Self study helps us to know our \_\_\_\_\_\_  Ans: weakness | 1 |
| 77 | \_\_\_\_\_\_\_\_\_\_\_ is the state of flourishing, thriving, success or good fortune.  Ans: prosperity | 1 |
| 78 | Natural acceptance of \_\_\_\_\_\_\_\_\_ will develop \_\_\_\_\_  Ans: values, self respect | 1 |
| 79 | Universal, rational and verifiable are \_\_\_\_\_\_\_\_ of value education.  Ans: guidelines | 1 |
| 80 | To be in a state of liking is \_\_\_\_\_\_\_  Ans: happiness | 1 |
| 81 | To be in a state of disliking is \_\_\_\_\_\_\_  Ans: unhappiness | 1 |
| 82 | \_\_\_\_\_\_ and \_\_\_\_\_\_are the contents of self exploration  Ans: program, desire | 1 |
| 83 | \_\_\_\_\_\_\_\_\_\_ helps to identify correctly our aspirations.  Ans: value education | 1 |
| 84 | \_\_\_\_\_\_\_\_\_ is only a means to achieve what is considered valuable for a human being in an effective and efficient manner.  Ans: Technology | 1 |
| 85 | Value education leads human being to \_\_\_\_\_\_  Ans: harmony | 1 |
| 86 | The content of value education is expected to include all \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_of a human being.  Ans: dimensions, levels | 1 |
| 87 | Dimensions of living are -   * Thought * Behaviour * Work * Understanding/Realization   Levels of living are -   * Individual * Family * Society   Nature/Existence |  |

Link for solution

<https://www.studocu.com/in/u/39616573?sid=01687838153>

<https://www.studocu.com/in/document/dr-apj-abdul-kalam-technical-university/uhv-universal-human-value/uhv-question-bank/51368279>