

UNIVERSAL HUMAN VALUES

Question Bank

Module-1

1. Which of the following is an essential component of holistic development?

- a) Intellectual growth
- b) Material possessions
- c) Competition
- d) Physical fitness

Answer: a) Intellectual growth

2. What is the role of education in holistic development?

- a) Providing job opportunities
- b) Developing ethical values
- c) Enhancing social status
- d) Promoting material wealth

Answer: b) Developing ethical values

3. What is the process for value education?

- a) Memorization of moral codes
- b) Self-exploration
- c) Rote learning
- d) Teacher-cantered instruction

Answer: b) Self-exploration

4. Which of the following is a basic human aspiration?

- a) Material possessions
- b) Fame and recognition
- c) Continuous happiness and prosperity
- d) Power and control

Answer: c) Continuous happiness and prosperity

5. In the current scenario, what is the method to fulfill basic human aspirations?

- a) Accumulating wealth
- b) Pursuing personal interests
- c) Seeking social approval
- d) Ethical living and value-based actions

Answer: d) Ethical living and value-based actions

6. Which of the following aspects contribute to holistic development?

- a) Emotional intelligence
- b) Materialistic mindset
- c) External appearances
- d) Power-driven behavior

Answer: a) Emotional intelligence

7. What is the importance of continuous happiness and prosperity in human life?

- a) It leads to material success.
- b) It brings fame and recognition.
- c) It satisfies basic human aspirations.
- d) It promotes social competition.

Answer: c) It satisfies basic human aspirations.

8. What is the current scenario regarding happiness and prosperity?

- a) They are easily attainable through wealth.
- b) They are independent of ethical values.
- c) They require spiritual enlightenment.
- d) They are affected by societal conditions.

Answer: d) They are affected by societal conditions.

9. What is the primary goal of value education?

- a) Gaining knowledge and skills
- b) Developing moral character
- c) Achieving financial success
- d) Attaining physical fitness

Answer: b) Developing moral character

10. Which of the following is an outcome of value education?

- a) Competitive mindset
- b) Emotional intelligence
- c) Materialistic desires
- d) Individualism

Answer: b) Emotional intelligence

11. True or False: Value education promotes a holistic approach to personal development.

Answer: True

12. What is the relationship between self-exploration and value education?

- a) Self-exploration is irrelevant to value education.
- b) Value education promotes self-exploration.
- c) Self-exploration is a separate field of study.
- d) Value education discourages self-exploration.

Answer: b) Value education promotes self-exploration.

13. What is the purpose of understanding value education?

- a) Enhancing social status
- b) Developing self-esteem
- c) Exploring personal interests
- d) Fostering ethical behavior

Answer: d) Fostering ethical behavior

14. True or False: Continuous happiness and prosperity are temporary states of being.

Answer: False

15. What is the key to fulfilling basic human aspirations?

- a) Material possessions
- b) External validation
- c) Ethical living
- d) Power and control

Answer: c) Ethical living

16. Which of the following is an obstacle to value education?

- a) Personal growth
- b) Materialistic desires
- c) Emotional intelligence
- d) Intellectual curiosity

Answer: b) Materialistic desires

17. True or False: Value education is a lifelong process.

Answer: True

18. What is the impact of value education on relationships?

- a) Strained relationships
- b) Competitive mindset
- c) Enhanced understanding and empathy
- d) Materialistic desires

Answer: c) Enhanced understanding and empathy

19. Which aspect of holistic development involves physical well-being?

- a) Emotional intelligence
- b) Intellectual growth
- c) Relationship-building
- d) Physical facility

Answer: d) Physical facility

20. True or False: Material possessions lead to continuous happiness and prosperity.

Answer: False

21. What is the significance of value education in promoting happiness and prosperity?

- a) It provides financial stability.
- b) It enhances social status.
- c) It fosters ethical behavior and contentment.
- d) It encourages competition and achievement.

Answer: c) It fosters ethical behavior and contentment.

22. Which of the following is a method for fulfilling basic human aspirations?

- a) Pursuing material wealth at any cost
- b) Prioritizing personal interests over ethics
- c) Cultivating virtues and values in daily life
- d) Seeking power and control over others

Answer: c) Cultivating virtues and values in daily life

23. True or False: Value education focuses primarily on external achievements.

Answer: False

24. What is the primary aim of value education?

- a) Enhancing social status
- b) Developing ethical values and character
- c) Acquiring material possessions
- d) Achieving academic excellence

Answer: b) Developing ethical values and character

25. Which of the following is an outcome of value education?

- a) Materialistic mindset
- b) Emotional intelligence
- c) Power-driven behavior
- d) Individualistic approach

Answer: b) Emotional intelligence

26. True or False: Continuous happiness and prosperity are solely dependent on external

circumstances.

Answer: False

27. What is the role of self-exploration in value education?

- a) It fosters self-centeredness.
- b) It promotes ethical decision-making.
- c) It hinders personal growth.
- d) It encourages materialistic desires.

Answer: b) It promotes ethical decision-making.

28. What is the key aspiration of all human beings?

- a) Material possessions
- b) Continuous happiness and prosperity
- c) Power and control
- d) Fame and recognition

Answer: b) Continuous happiness and prosperity

29. True or False: Value education is limited to educational institutions.

Answer: False

30. What is the role of physical facility in holistic development?

- a) It ensures academic success.
- b) It enhances material possessions.
- c) It provides a conducive environment for growth.
- d) It promotes competition among individuals.

Answer: c) It provides a conducive environment for growth.

31. Which of the following is a consequence of value education?

- a) Emotional intelligence
- b) Materialistic desires
- c) Competitive mindset
- d) Individualistic behavior

Answer: a) Emotional intelligence

32. True or False: Value education focuses solely on intellectual growth.

Answer: False

33. What is the importance of continuous happiness and prosperity?

- a) It leads to material success.
- b) It brings fame and recognition.
- c) It satisfies basic human aspirations.

d) It promotes social competition.

Answer: c) It satisfies basic human aspirations.

34. In the current scenario, how can basic human aspirations be fulfilled?

a) Accumulating wealth

b) Pursuing personal interests

c) Seeking social approval

d) Ethical living and value-based actions

Answer: d) Ethical living and value-based actions

35. True or False: Relationship-building is a crucial aspect of value education.

Answer: True

36. What contributes to holistic development?

a) Emotional intelligence

b) Materialistic mindset

c) External appearances

d) Power-driven behavior

Answer: a) Emotional intelligence

37. What is the significance of continuous happiness and prosperity in human life?

a) It leads to material success.

b) It brings fame and recognition.

c) It satisfies basic human aspirations.

d) It promotes social competition.

Answer: c) It satisfies basic human aspirations.

38. True or False: Value education promotes a holistic approach to personal development.

Answer: True

39. True or False: Value education focuses solely on intellectual growth.

Answer: False

40. True or False: Relationship-building is a crucial aspect of value education.

Answer: True

Module-2

41. The concept of harmony in the human being emphasizes the co-existence of which two elements?

- a) Mind and soul
- b) Self and body
- c) Heart and conscience
- d) Emotions and intellect

Answer: b) Self and body

42. What is the key to understanding harmony in the self?

- a) Emotional intelligence
- b) Self-awareness
- c) Physical fitness
- d) Spiritual enlightenment

Answer: b) Self-awareness

43. According to the syllabus, the body is considered as an instrument of the:

- a) Soul
- b) Self
- c) Mind
- d) Intellect

Answer: b) Self

44. The needs of the self and the body can be distinguished by:

- a) Analyzing the physical sensations
- b) Observing the thoughts and desires
- c) Consulting a medical professional
- d) Practicing meditation

Answer: b) Observing the thoughts and desires

45. Which of the following programs aims to ensure self-regulation and health?

- a) Emotional intelligence training
- b) Yoga and meditation sessions
- c) Physical fitness routines
- d) Nutritional counseling

Answer: b) Yoga and meditation sessions

46. What does harmony of the self with the body entail?

- a) Balancing work and personal life

- b) Maintaining physical and mental well-being
- c) Expressing oneself creatively
- d) Building strong relationships

Answer: b) Maintaining physical and mental well-being

47. Which of the following statements best describes the concept of harmony in the human being?

- a) Achieving complete perfection
- b) Balancing the needs of the body and soul
- c) Suppressing desires and emotions
- d) Attaining material wealth

Answer: b) Balancing the needs of the body and soul

48. How can self-regulation be promoted?

- a) Setting strict rules and guidelines
- b) Practicing self-discipline and self-control
- c) Avoiding all forms of pleasure
- d) Seeking external validation

Answer: b) Practicing self-discipline and self-control

49. In the context of human values, what does "harmony in the human being" refer to?

- a) Establishing peace in society
- b) Maintaining a healthy body
- c) Balancing work and personal life
- d) Achieving inner coherence and integration

Answer: d) Achieving inner coherence and integration

50. Which of the following is NOT a component of the harmony in the self?

- a) Emotional well-being
- b) Intellectual development
- c) Financial stability
- d) Physical fitness

Answer: c) Financial stability

51. What is the purpose of considering the body as an instrument of the self?

- a) To prioritize physical needs over emotional needs
- b) To maintain a healthy and functional body
- c) To transcend the limitations of the body
- d) To achieve perfection in physical appearance

Answer: b) To maintain a healthy and functional body

52. How can the harmony of the self with the body be improved?

- a) By neglecting physical fitness
- b) By indulging in excessive materialistic desires
- c) By practicing mindfulness and self-care
- d) By suppressing emotions and desires

Answer: c) By practicing mindfulness and self-care

53. Which of the following programs aims to promote self-regulation and health in individuals?

- a) Conflict resolution workshops
- b) Time management seminars
- c) Stress management programs
- d) Communication skills training

Answer: c) Stress management programs

54. What role does self-awareness play in achieving harmony in the self?

- a) It helps in recognizing and understanding one's needs and desires.
- b) It enhances physical strength and endurance.
- c) It promotes conformity to societal norms and values.
- d) It suppresses emotional expression for better control.

Answer: a) It helps in recognizing and understanding one's needs and desires.

55. Which of the following statements best describes harmony in the human being?

- a) It is the absence of conflicts and challenges in life.
- b) It is the state of perfect balance and equilibrium.
- c) It is the ability to meet all physical and materialistic desires.
- d) It is the integration of various aspects of the self.

Answer: d) It is the integration of various aspects of the self.

56. What is the significance of distinguishing between the needs of the self and the body?

- a) It helps in prioritizing physical needs over emotional needs.
- b) It ensures the fulfillment of all desires and cravings.
- c) It facilitates self-control and self-regulation.
- d) It encourages indulgence in material possessions.

Answer: c) It facilitates self-control and self-regulation.

57. How can the harmony of the self with the body be maintained?

- a) By ignoring physical health and well-being
- b) By suppressing emotions and desires

- c) By practicing self-care and healthy lifestyle habits
- d) By relying solely on external sources of happiness

Answer: c) By practicing self-care and healthy lifestyle habits

58. Which of the following practices can contribute to the harmony of the self with the body?

- a) Overworking and neglecting rest
- b) Engaging in excessive indulgence and materialism
- c) Developing a regular exercise routine
- d) Seeking validation and approval from others

Answer: c) Developing a regular exercise routine

59. How does self-regulation contribute to the overall well-being of an individual?

- a) It helps in achieving financial success.
- b) It fosters healthy relationships with others.
- c) It eliminates the need for personal growth and development.
- d) It ensures the attainment of all materialistic desires.

Answer: b) It fosters healthy relationships with others.

60. What is the primary purpose of the program designed to ensure self-regulation and health?

- a) To achieve physical perfection
- b) To foster personal growth and development
- c) To suppress emotions and desires
- d) To promote overall well-being and balance

Answer: d) To promote overall well-being and balance

61. How does understanding harmony in the self contribute to professional ethics?

- a) It promotes selfishness and personal gain.
- b) It enhances decision-making skills.
- c) It encourages unethical behavior for personal benefit.
- d) It fosters empathy and ethical conduct towards others.

Answer: d) It fosters empathy and ethical conduct towards others.

62. Which of the following best describes the relationship between the self and the body?

- a) The self and the body are completely separate entities.
- b) The self and the body are interdependent and interconnected.
- c) The self dominates and controls the body.
- d) The body is superior to the self.

Answer: b) The self and the body are interdependent and interconnected.

63. What is the role of self-regulation in maintaining harmony in the self?

- a) It eliminates the need for self-control and discipline.
- b) It promotes impulsiveness and immediate gratification.
- c) It ensures the fulfillment of all desires and wants.
- d) It facilitates self-discipline and balance.

Answer: d) It facilitates self-discipline and balance.

64. How can one differentiate between the needs of the self and the body?

- a) By neglecting the needs of the self for the body's well-being
- b) By suppressing all desires and cravings
- c) By understanding the nature of desires and their origins
- d) By prioritizing physical needs over emotional needs

Answer: c) By understanding the nature of desires and their origins

65. Which of the following is a key aspect of harmony in the self?

- a) Ignoring personal growth and development
- b) Avoiding any conflicts or challenges
- c) Achieving complete perfection
- d) Balancing various aspects of the self

Answer: d) Balancing various aspects of the self

66. What is the significance of harmony in the self for professional ethics?

- a) It promotes unethical behavior and self-interest.
- b) It encourages empathy and ethical conduct towards others.
- c) It hinders decision-making skills and judgment.
- d) It disregards the importance of personal well-being.

Answer: b) It encourages empathy and ethical conduct towards others.

67. How can self-regulation contribute to the harmony of the self with the body?

- a) By neglecting physical needs for emotional well-being
- b) By suppressing emotions and desires
- c) By practicing self-control and moderation
- d) By indulging in excessive materialistic desires

Answer: c) By practicing self-control and moderation

68. Which of the following best describes the concept of harmony in the human being?

- a) Achieving perfection in all aspects of life
- b) Balancing personal and professional life
- c) Fostering a sense of well-being and inner coherence
- d) Dominating and controlling the body for self-interest

Answer: c) Fostering a sense of well-being and inner coherence

69. What is the relationship between self-regulation and health?

- a) Self-regulation has no impact on health.
- b) Self-regulation is detrimental to health.
- c) Self-regulation promotes physical and mental well-being.
- d) Self-regulation focuses only on physical fitness.

Answer: c) Self-regulation promotes physical and mental well-being.

70. How can harmony in the self be achieved?

- a) By prioritizing materialistic desires over emotional well-being
- b) By suppressing personal needs and desires
- c) By recognizing and balancing various aspects of the self
- d) By indulging in excessive pleasures and gratifications

Answer: c) By recognizing and balancing various aspects of the self

71. Which of the following is NOT a characteristic of harmony in the self?

- a) Self-awareness
- b) Emotional well-being
- c) Inner conflict and turmoil
- d) Physical health

Answer: c) Inner conflict and turmoil

72. What is the significance of considering the body as an instrument of the self?

- a) It emphasizes the dominance of the body over the self.
- b) It promotes materialistic pursuits and desires.
- c) It highlights the interdependence of the self and the body.
- d) It disregards the importance of physical well-being.

Answer: c) It highlights the interdependence of the self and the body.

73. How does harmony in the self contribute to professional success?

- a) It undermines the importance of ethical conduct.
- b) It enhances decision-making skills and judgment.
- c) It promotes self-centeredness and personal gain.
- d) It disregards the needs and well-being of others.

Answer: b) It enhances decision-making skills and judgment.

74. What role does self-awareness play in maintaining harmony in the self?

- a) It promotes self-centeredness and selfish behavior.
- b) It fosters empathy and understanding towards others.

- c) It suppresses emotional expression for better control.
- d) It hinders personal growth and development.

Answer: b) It fosters empathy and understanding towards others.

75. Which of the following practices promotes the harmony of the self with the body?

- a) Neglecting physical health and well-being
- b) Suppressing emotions and desires
- c) Practicing mindfulness and self-care
- d) Seeking external validation and approval

Answer: c) Practicing mindfulness and self-care

76. What is the purpose of the program designed to ensure self-regulation and health?

- a) To achieve perfection in physical appearance
- b) To foster personal growth and well-being
- c) To suppress emotions and desires
- d) To satisfy all materialistic desires

Answer: b) To foster personal growth and well-being

77. How can self-regulation contribute to professional ethics?

- a) By promoting unethical behavior for personal gain
- b) By suppressing emotions and desires
- c) By fostering ethical conduct and moral values
- d) By disregarding the needs and well-being of others

Answer: c) By fostering ethical conduct and moral values

78. Which of the following is an essential aspect of harmony in the human being?

- a) Achieving complete perfection in all areas of life
- b) Maintaining a strong and dominant physical presence
- c) Integrating various aspects of the self in a balanced manner
- d) Suppressing personal needs and desires for the greater good

Answer: c) Integrating various aspects of the self in a balanced manner

79. How can one ensure self-regulation and health in their life?

- a) By neglecting personal growth and well-being
- b) By indulging in excessive materialistic desires
- c) By practicing self-discipline and self-control
- d) By prioritizing physical needs over emotional needs

Answer: c) By practicing self-discipline and self-control

80. What is the primary objective of understanding harmony in the human being?

- a) To achieve financial success and materialistic goals
- b) To maintain physical fitness and well-being
- c) To promote self-awareness and self-regulation
- d) To suppress emotions and desires for inner peace

Answer: c) To promote self-awareness and self-regulation

Module-3

1. What is the basic unit of human interaction?

- a) Community
- b) Society
- c) Family
- d) Tribe

Answer: c) Family

2. Which value is considered foundational in relationships?

- a) Love
- b) Respect
- c) Wealth
- d) Power

Answer: b) Respect

3. What is the right evaluation in human relationships?

- a) Gratitude
- b) Compassion
- c) Trust
- d) Respect

Answer: d) Respect

4. Which feeling is not considered essential for maintaining harmony in the family?

- a) Love
- b) Empathy
- c) Jealousy
- d) Understanding

Answer: c) Jealousy

5. What is the key factor in human-to-human relationships?

- a) Equality
- b) Justice
- c) Friendship
- d) Competition

Answer: b) Justice

6. Harmony in society is achieved through:

- a) Power struggles
- b) Unity and cooperation

c) Favoritism

d) Isolation

Answer: b) Unity and cooperation

7. What is the vision for the universal human order?

a) Cultural division

b) Diversity without acceptance

c) World peace and understanding

d) Economic inequality

Answer: c) World peace and understanding

8. Which factor helps build trust in the family?

a) Secrecy

b) Honesty

c) Manipulation

d) Gossiping

Answer: b) Honesty

9. What is the fundamental value in maintaining harmony in society?

a) Fear

b) Equality

c) Greed

d) Hatred

Answer: b) Equality

10. Which emotion fosters understanding and empathy in relationships?

a) Anger

b) Forgiveness

c) Apathy

d) Stubbornness

Answer: b) Forgiveness

11. Harmony in the family is essential for:

a) Gossiping

b) Power struggles

c) Personal growth and well-being

d) Dominance

Answer: c) Personal growth and well-being

12. What is the role of communication in family harmony?

- a) Fueling conflicts
- b) Encouraging understanding and cooperation
- c) Manipulating others
- d) Building walls of separation

Answer: b) Encouraging understanding and cooperation

13. What is the result of a lack of respect in relationships?

- a) Distrust
- b) Love
- c) Harmony
- d) Empathy

Answer: a) Distrust

14. Harmony in society requires:

- a) Favoritism
- b) Division and isolation
- c) Tolerance and acceptance
- d) Discrimination

Answer: c) Tolerance and acceptance

15. What is the foundation of a strong family bond?

- a) Power dynamics
- b) Open communication
- c) Ignoring conflicts
- d) Manipulation

Answer: b) Open communication

16. What can help resolve conflicts in the family?

- a) Avoiding discussions
- b) Blaming others
- c) Active listening and compromise
- d) Holding grudges

Answer: c) Active listening and compromise

17. Harmony in the family is closely related to:

- a) Competition
- b) Individualism
- c) Cooperation and support
- d) Isolation

Answer: c) Cooperation and support

18. What is an essential element in human-to-human relationships?

- a) Deception
- b) Patience
- c) Selfishness
- d) Dominance

Answer: b) Patience

19. Which feeling fosters a sense of belonging in society?

- a) Empathy
- b) Jealousy
- c) Hatred
- d) Indifference

Answer: a) Empathy

20. Harmony in the family and society requires:

- a) Mutual understanding and respect
- b) Competition and power struggles
- c) Ignoring others' feelings and needs
- d) Division and segregation

Answer: a) Mutual understanding and respect

21. Which value helps in building a strong family foundation?

- a) Dishonesty
- b) Selfishness
- c) Trust
- d) Manipulation

Answer: c) Trust

22. What promotes a positive family atmosphere?

- a) Gossiping and backbiting
- b) Open communication and appreciation
- c) Secrecy and mistrust
- d) Favoritism and discrimination

Answer: b) Open communication and appreciation

23. What should be the primary focus in human-to-human relationships?

- a) Self-interest
- b) Empathy and understanding

c) Greed

d) Power dynamics

Answer: b) Empathy and understanding

24. What helps in resolving conflicts in society?

a) Division and segregation

b) Collaboration and dialogue

c) Favoritism and discrimination

d) Gossiping and rumors

Answer: b) Collaboration and dialogue

25. What is an essential quality for building a harmonious family?

a) Egoism

b) Humility

c) Self-centeredness

d) Stubbornness

Answer: b) Humility

26. What is the result of promoting justice in human relationships?

a) Conflict and disputes

b) Trust and fairness

c) Power struggles

d) Isolation

Answer: b) Trust and fairness

27. Harmony in society is best achieved through:

a) Inequality and discrimination

b) Cooperation and inclusivity

c) Secrecy and mistrust

d) Competition and rivalry

Answer: b) Cooperation and inclusivity

28. What can disrupt harmony in the family?

a) Respect and understanding

b) Dishonesty and betrayal

c) Empathy and compassion

d) Cooperation and support

Answer: b) Dishonesty and betrayal

29. What helps in building a harmonious society?

- a) Tolerance and acceptance of differences
- b) Exclusion and segregation
- c) Fostering fear and suspicion
- d) Favoritism and discrimination

Answer: a) Tolerance and acceptance of differences

30. What is the role of forgiveness in maintaining family harmony?

- a) Fueling grudges and resentment
- b) Healing and reconciliation
- c) Encouraging power struggles
- d) Promoting judgment and blame

Answer: b) Healing and reconciliation

31. Harmony in society is hindered by:

- a) Diversity and inclusivity
- b) Inequality and prejudice
- c) Cooperation and collaboration
- d) Understanding and empathy

Answer: b) Inequality and prejudice

32. What is the impact of empathy in family relationships?

- a) Strengthening the bond and understanding
- b) Ignoring others' feelings and needs
- c) Encouraging manipulation and deception
- d) Promoting power struggles and competition

Answer: a) Strengthening the bond and understanding

33. What is the significance of respecting each other's boundaries in society?

- a) Promoting unity and cooperation
- b) Encouraging discrimination and exclusion
- c) Fueling conflicts and disputes
- d) Fostering understanding and harmony

Answer: a) Promoting unity and cooperation

34. What is the role of compromise in maintaining harmony in the family?

- a) Encouraging stubbornness and rigidity
- b) Resolving conflicts and promoting understanding
- c) Fueling power struggles and dominance
- d) Ignoring others' needs and feelings

Answer: b) Resolving conflicts and promoting understanding

35. What is the result of nurturing trust in society?

- a) Conflict and hostility
- b) Understanding and cooperation
- c) Isolation and division
- d) Hatred and prejudice

Answer: b) Understanding and cooperation

36. Harmony in the family is best achieved through:

- a) Manipulation and deceit
- b) Open communication and empathy
- c) Favoritism and discrimination
- d) Power struggles and dominance

Answer: b) Open communication and empathy

37. What is the consequence of ignoring the needs and feelings of others in society?

- a) Unity and cooperation
- b) Understanding and harmony
- c) Discrimination and division
- d) Empathy and compassion

Answer: c) Discrimination and division

38. What is the impact of fostering justice in family relationships?

- a) Building trust and fairness
- b) Encouraging power struggles and competition
- c) Promoting inequality and prejudice
- d) Ignoring others' feelings and needs

Answer: a) Building trust and fairness

39. What is the significance of understanding each other's perspectives in society?

- a) Encouraging rivalry and hostility
- b) Fostering empathy and inclusivity
- c) Ignoring others' opinions and needs
- d) Fueling conflicts and disputes

Answer: b) Fostering empathy and inclusivity

40. What is the role of mutual support in maintaining harmony in the family?

- a) Encouraging isolation and separation
- b) Fueling power struggles and competition

c) Building trust and cooperation

d) Ignoring others' feelings and needs

Answer: c) Building trust and cooperation