



Universal Human Values and Professional Ethics



AKTU Syllabus

Unit-2 : Understanding Harmony in the Human Being

Understanding human being as a co-existence of the sentient 'I' and the material 'Body', Understanding the needs of Self ('I') and 'Body' - Sukh and Suvidha, Understanding the Body as an instrument of 'I' (I being the doer, seer, and enjoyer), Understanding the characteristics and activities of 'I' and harmony in 'I', Understanding the harmony of I with the Body: Sanyam and Swasthya; correct appraisal of Physical needs, the meaning of Prosperity in detail, Programs to ensure Sanyam and Swasthya.



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Q.1. What do you mean by sukh and suvidha ? What are the consequences of confusing between sukh and suvidha? Why do human beings require both sukh and suvidha (happiness and facility)?

AKTU 2018-19

Ans.

Sukh (सुख): Sukh refers to ***happiness, pleasure, or contentment***. It is a state of emotional and mental well-being where an individual experiences joy, satisfaction, and a sense of fulfillment. Sukh can be derived from various sources, including personal relationships, achievements, experiences, and material possessions. It is a subjective and emotional state of well-being that can vary from person to person.

Suvidha (सुविधा): Suvidha refers to convenience, comfort, or facilitation. It is the ease or convenience with which a task or activity can be carried out. Suvidha often implies the availability of resources, services, or facilities that make life more comfortable and efficient. It can be related to things like infrastructure, technology, transportation, or any other means that simplify and enhance daily living. Suvidha is about making life easier and more convenient.



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Ans.

Consequences of confusing between sukh and suvidha

Confusing between "sukh" (happiness or contentment) and "suvidha" (convenience or comfort) can have various consequences, both in terms of personal well-being and decision-making.

Here are some potential consequences of such confusion

- 1. Misplaced Priorities:** If one confuses suvidha with sukh, they might prioritize convenience and comfort over their actual happiness. This can lead to a life focused on material possessions and superficial comforts, while neglecting the pursuit of meaningful and fulfilling experiences that bring genuine happiness.
- 2. Superficial Fulfillment:** Pursuing suvidha at the expense of sukh can lead to a shallow or superficial sense of fulfillment. Material wealth and convenience can provide temporary satisfaction, but true happiness often comes from deeper sources such as relationships, personal growth, and pursuing one's passions.



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3. Unnecessary Stress: Overemphasis on sukh can sometimes lead to unnecessary stress when individuals constantly seek happiness and pleasure, sometimes at the cost of their well-being or the well-being of others. This can result in impulsiveness and recklessness.

4. Poor Decision-Making: Confusing sukh and suvidha can lead to poor decision-making. People may make choices based on immediate convenience or pleasure without considering long-term consequences. This can be detrimental in various aspects of life, including relationships, finance, and health.

5. Materialism: Confusing sukh and suvidha can contribute to a materialistic mindset, where the pursuit of material possessions and external comforts becomes the primary focus. This can detract from deeper and more meaningful aspects of life, such as personal values, relationships, and personal growth.



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Human beings require both sukh and suvidha (happiness and facility)

Human beings require both "sukh" (happiness or well-being) and "suvidha" (convenience or facility) because these two aspects are interconnected and play complementary roles in human life.

1. Emotional and Psychological Well-Being (Sukh)

- ❖ Sukh, or happiness, is essential for our emotional and psychological well-being.
- ❖ Pursuing sukh is a fundamental aspect of human nature, and it contributes to a fulfilling and meaningful life.
- ❖ It involves positive emotions, contentment, and a sense of fulfillment. Without happiness, life can feel empty, and individuals may struggle with mental health issues like depression and anxiety.

2. Physical Comfort and Efficiency (Suvidha)

- ❖ Suvidha, or facility, refers to the practical and physical aspects of well-being. It involves the availability of resources, conveniences, and infrastructure that make life more comfortable and efficient.
- ❖ Suvidha includes basic necessities like shelter, food, clean water, transportation, healthcare, and technology.
- ❖ These conveniences improve the quality of life and make daily tasks easier to accomplish.



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Q.2. Explain the needs of the self ('I') are qualitative and the needs of the body are quantitative.

OR

Analyze how the needs of the self ('I') are continuous in time and limited in quantity, while those of body are not.

AKTU 2014-15

Ans.

Needs of the self ('I') are qualitative

- 1. Emotional and Psychological Well-Being** - Many of our fundamental needs as human beings, such as love, belonging, self-esteem, and self-fulfillment, are qualitative in nature. These needs are related to emotions, feelings, and inner experiences. For example, the need for love and belonging is not just about the quantity of relationships but also about the quality of those relationships and the emotional connection they provide.
- 2. Personal Values and Meaning** - Qualitative needs are often tied to an individual's personal values, beliefs, and sense of purpose. These needs may involve the pursuit of meaningful experiences, personal growth, and a sense



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3. Subjective/Personalized Well-Being - The concept of qualitative needs recognizes that people have their unique desires and experiences that contribute to their subjective well-being. What brings happiness, contentment, and fulfillment to one person may not necessarily do the same for another. Qualitative needs are shaped by individual perceptions and feelings.

4. Complex Interactions - Qualitative needs are often coiled/mixed with complex and multifaceted interactions. For instance, the need for a meaningful career is not just about the salary (a quantitative aspect) but also about job satisfaction, personal growth, and alignment with one's values (qualitative aspects).

5. Fulfillment of Inner Desires: Qualitative needs reflect the fulfillment of inner desires, such as pursuing one's passions, forming deep and meaningful relationships, and living in accordance with one's values. These desires are subjective and personal, contributing to an individual's sense of well-being and purpose.



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Needs of the body are quantitative

The concept that the needs of the body are quantitative suggests that the basic physical requirements of the human body can be measured and quantified. These needs are essential for maintaining the body's physiological functions and overall health. These quantitative needs are typically associated with tangible and measurable factors.

Here are some examples of why the needs of the body are considered quantitative:

- 1. Oxygen** - Breathing provides the body with the necessary oxygen for cellular respiration and energy production. Oxygen intake is a quantitative need that can be measured in terms of the volume of air inhaled and the oxygen saturation in the blood.
- 2. Temperature Regulation** - The body needs to maintain a specific temperature range (around 98.6°F or 37°C) for optimal functioning. This temperature is a quantitative measure and can be influenced by factors like clothing, heating, and cooling.



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- 3. Physical Activity:** Exercise and physical activity are essential for maintaining overall health. The quantity and type of physical activity required may vary, but it can be quantified in terms of duration, intensity, and frequency.
- 4. Medication Dosages:** In the case of medical conditions, the body's needs for specific medications can be precisely quantified in terms of dosage and timing.
- 5. Rest:** The body also requires rest, which can be quantified in terms of breaks, relaxation, and downtime.
- 6. Caloric Intake:** The body needs a certain number of calories for energy, and this is a quantitative need. Excess or insufficient calorie consumption can affect health and body weight.
- 7. Sleep:** The body requires a certain quantity of sleep to rest and rejuvenate. While the exact number of hours needed can vary from person to person, it is still a quantifiable need. Most adults require around 7-9 hours of sleep per night.



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Q.3. Human being is the co-existence of the self and body. Elaborate. **AKTU 2016-17**

OR

Explain the relation between the self and body. What is the responsibility of self towards the body?

OR

AKTU 2014-15

Do you think that human beings are sum-total of sentiments and physical aspects the 'self and the 'body' ?

Explain your answer using examples.

AKTU 2015-16

Ans. The human being is the co-existence of 'I' and the body, and there is exchange of information between the two, i.e., I and body exist together and are related.

- ❖ There is a *flow* of information from 'I' to the body and from body to the 'I'. We can make *this* distinction between the self and the body in three ways in terms of the needs, activities and the types of these two entities.



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- ❖ All the needs of 'I', say respect, trust, etc., can be called as Happiness (sukh), while the needs of body are physical facilities (suvidha) like food.
- ❖ The activities of 'I' are activities like, desire, thinking, selection, while the activities of body are activities like eating, breathing etc.
- ❖ The mode of interaction of 'I' includes knowing, assuming, recognizing and fulfillment. The fulfillment depends on recognition, recognition depends on assumptions and assumptions depends on knowing or not knowing (beliefs).
- ❖ The mode of interaction of body is only recognizing and fulfilling.
- ❖ Self is a conscious entity and the body is a material entity, or physio-chemical in nature.



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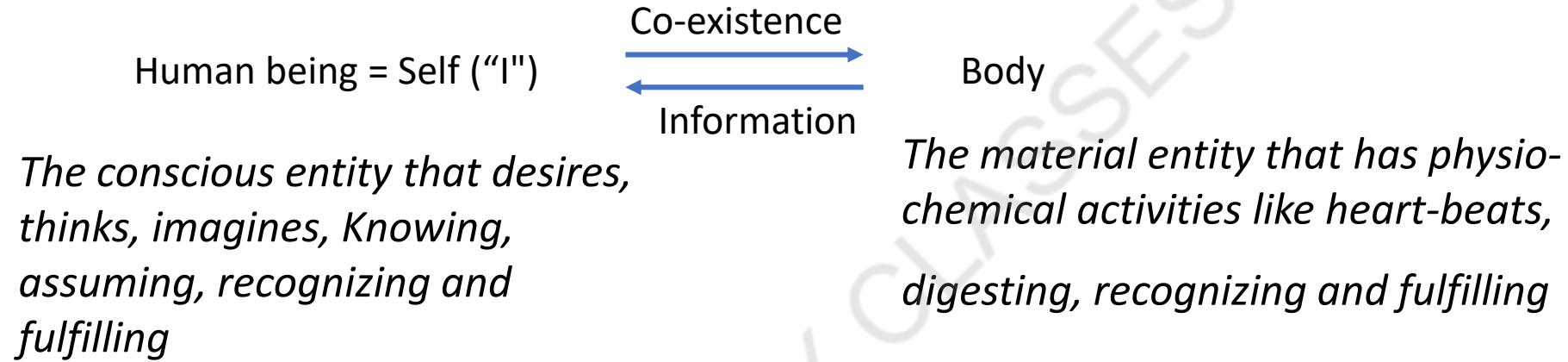


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Thus, we can say -



To conclude, we can say that the human being can be understood in terms of a co-existence of two entirely distinct entities, namely sentient 'I' and material body. Their needs and activities are quite different and have to be understood accordingly. But these two constituents of human being are to act in close synergy with each other.



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Q.4. Distinguish between the needs of the self (I) and the needs of the body.

AKTU 2018-19

OR

Differentiate between the needs of self & body.

AKTU 2015-16, 2016-2017

OR

Explain the difference between needs of Self (I) & Body. Can it be fulfilled interchangeably? Verify on yourself, what is right priority.

AKTU 2017-18

Ans.

Difference between Needs of Self (I) & Body:

The human being is the co-existence of 'I' and the body, and there is exchange of information between the two.

We can make this distinction between the self and the body in terms of the needs as given below-

Needs of the Body (Physical requirements)

- 1. Nutrition:** The body requires proper nourishment through a balanced diet to function optimally.
- 2. Exercise:** Regular physical activity is essential for maintaining good health, strength, and flexibility.



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- 3. Rest and Sleep:** The body needs adequate rest and sleep to recover and regenerate.
- 4. Hydration:** Staying hydrated is crucial for various bodily functions, including digestion and circulation.
- 5. Medical Care:** Regular check-ups and addressing health issues promptly are vital for the body's well-being.

Needs of the Self (Mind, Emotions, Identity)

- 1. Social Connection:** Humans are social beings, and maintaining relationships is essential for emotional well-being.
- 2. Emotional Expression:** Understanding and expressing emotions contribute to mental health.
- 3. Self-Reflection:** Taking time for self-reflection helps in personal growth and understanding one's identity.
- 4. Intellectual Stimulation:** Engaging in activities that stimulate the mind, such as learning or pursuing hobbies, is important.
- 5. Purpose and Meaning:** Having a sense of purpose and meaning in life contributes to overall fulfillment.



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Can it be fulfilled interchangeably?

However, they aren't entirely interchangeable. Imagine having a healthy body but feeling emotionally unfulfilled, or vice versa. It's like having a well-oiled machine (your body) but not enjoying the journey (your self).

Verify on yourself, what is right priority

As for priorities, it's a proper balance. Both aspects are crucial, and finding the right priority depends on the context and individual values. Generally, it should be like - nurturing both the self and the body to achieve a well-rounded sense of well-being.



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Q.5. Describe various activities of 'I' and 'Body'. Explain body as an instrument of 'I'.

AKTU 2015-16, 2017-18

OR

Distinguish between the activities going on in the self, going on in the body, and involving both the self and the body. Give two examples of each.

AKTU 2018-19

Ans.

Activities for the Mind (I)

1. **Reading:** Stimulating the mind through literature, whether it's fiction, non-fiction, or poetry.
2. **Meditation:** Focusing on the present moment to promote mental clarity and relaxation.
3. **Problem-Solving:** Engaging in activities that challenge the mind, like puzzles or strategic games.
4. **Learning:** Acquiring new skills or knowledge in areas of interest.
5. **Creative Expression:** Writing, drawing, painting, or engaging in any form of artistic expression.



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Activities for the Body

Exercise: Regular physical activity, such as jogging, weightlifting, or yoga, to maintain physical health.

Healthy Eating: Planning and preparing nutritious meals to fuel the body.

Rest and Sleep: Ensuring adequate rest for recovery and overall well-being.

Outdoor Activities: Hiking, cycling, or any outdoor activity that combines physical movement with fresh air.

Hydration: Drinking sufficient water throughout the day to support bodily functions.

Integrated Activities (Both Mind & Body)

Dancing: A combination of physical movement and creative expression, promoting both physical health and emotional well-being.

Mindful Walking: Walking with awareness, combining physical activity with a meditative state of mind.

Yoga: A practice that incorporates physical postures, breath control, and meditation for overall well-being.

Team Sports: Engaging in sports not only promotes physical fitness but also fosters social connections and strategic thinking.



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Body as an instrument of 'I'

The body as an instrument of 'I' (self) means our physical existence is integral to our identity and the way we experience and express ourselves in the world. The physical body serves as a tool or vehicle for the expression and execution of thoughts, intentions, and actions. Here, 'I' represents the mind, thoughts, consciousness, or the self.

Mind-Body Connection: The mind and body are considered interconnected, and changes in one can affect the other. For example, emotional states can manifest physically, and physical well-being can influence mental well-being.

Expressing the Self: The body is a means through which individuals express themselves. This can include non-verbal communication, gestures, facial expressions, and body language.

Movement and Expression: Some philosophical and therapeutic approaches, such as dance therapy or certain mindfulness practices, focus on using the body as a vehicle for self-expression, healing, and self-discovery.



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Challenges and Limitations: Disabilities, illnesses, and physical limitations can also shape one's sense of self. Adapting to these challenges involves a renegotiation of the relationship between the self and the body.

Understanding the body as an instrument of 'I' emphasizes the intricate connection between the mind and the physical self. It underscores the idea that our thoughts and consciousness find expression and realization through the medium of our physical bodies.



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Q.6. How do sensations and preconditioning influence our imagination? Give two examples of each.

OR

AKTU 2018-19

How do we go into conflicts when our activities are not guided by our natural acceptance ?

AKTU 2015-16

Ans. **Sensation** is a type of feeling, picked up by one of the five senses. **Imagination** involves the activities of desire, thoughts and expectation at the level of self. **Preconditioning** means already assumed/belief about our desires or acceptance.

Sensations and preconditioning play significant roles in influencing our imagination by shaping the way we perceive and interpret the world around us. Here are two examples of each:

Sensations

1. Visual Sensations - Example: Imagine walking into an art gallery filled with exciting paintings. The intense colors, intricate details, and diverse shapes stimulate your visual sensations. Later, when you close your eyes, your imagination may be influenced by the visual stimuli you experienced, leading to the creation of realistic and fantastical mental images.



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2. Tactile (Touch) Sensations - Example: Consider the sensation of running your fingers through cool, wet sand at the beach. The gritty texture, combined with the sensation of moisture, can leave a lasting impression. In your imagination, this tactile experience might influence the creation of mental scenarios involving beaches, sand, and the feeling of cool water against your skin.

Preconditioning

1. Cultural Preconditioning - Example: If you were raised hearing stories about mythical creatures or legendary heroes, your imagination might be inclined to incorporate similar elements. For instance, you might envision fantastical beings or epic adventures in your daydreams or creative endeavors.



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2. Emotional Preconditioning - *Example:* If someone consistently associates a particular place with positive experiences, the mere thought or imagination of that place might induce positive emotions.

In summary, sensations provide direct input to our imagination through our senses, while preconditioning, whether cultural or emotional, acts as a filter or lens through which we interpret and construct imaginative experiences. Together, they play a crucial role in shaping the richness and diversity of our imaginative worlds.



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Conflicts when our activities are not guided by our natural acceptance

When our activities are not aligned with our natural acceptance or core values, it can lead to internal conflicts.

Here's how this conflict may arise:

- 1. Misalignment with Values** - If our actions go against our deeply held values, beliefs, or principles, it creates a conflict between what we are doing and what we fundamentally believe is right or important. This internal inconsistency can cause emotional confusion and discomfort.
- 2. Inauthenticity** - Engaging in activities that don't resonate with our true selves can lead to a sense of inauthenticity (Not Genuine). We may feel like we are wearing a mask or pretending to be someone we are not, which can be emotionally draining and create inner tension.
- 3. External Pressures vs. Personal Values** - Conflicts may arise when external pressures, such as societal expectations, Peer influence, or workplace demands, push us to act in ways that contradict our natural acceptance. Balancing external expectations with our internal values can create a dilemma.



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4. Lack of Fulfillment: When our activities do not align with our natural acceptance, we may experience a lack of fulfillment or a sense of emptiness. Even if external circumstances seem successful, the absence of alignment with our true selves can lead to dissatisfaction.

To mitigate these conflicts, it's essential to –

- 1. Reflect on Values:** Take time to identify and understand your core values and priorities.
- 2. Align Actions with Values:** Strive to align your activities with your values, even if it requires making difficult choices or changes.
- 3. Set Boundaries:** Establish clear boundaries to protect your well-being and prevent activities that go against your natural acceptance.
- 4. Practice Self-awareness:** Regular self-reflection helps you stay attuned to your thoughts, feelings, and motivations.



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Q.7. "The pleasure that we derive from sensations are short lived and the efforts to extend them lead to misery"- examine and illustrate this statement with an example.

OR

AKTU 2017-18

Elaborate how sensation from the body cannot be a source for continuous happiness.

Ans.

The statement "The pleasure that we derive from sensations is short-lived, and the efforts to extend them lead to misery" reflects the idea that sensory pleasures, such as those derived from physical experiences, are often temporary, and attempting to prolong or intensify these experiences can have negative consequences. This concept is rooted in philosophical and psychological perspectives, including the understanding that the pursuit of pleasure-seeking alone may not lead to lasting happiness.

1. Short-Lived Pleasure - The immediate pleasure experienced while eating the dessert is short-lived. The taste sensations and the enjoyment of the moment are fleeting.



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2. Diminishing Returns:

The more one indulges in the same dessert or similar sensory experiences, the likelihood of experiencing diminishing returns increases. The pleasure derived from each subsequent indulgence may decrease.

3. Negative Health Consequences:

Continuously seeking the same sensory pleasure without moderation can lead to negative health consequences, such as weight gain, digestive issues, or other health problems.

4. Dependency and Discontent:

An individual who becomes overly reliant on sensory pleasures for happiness may find themselves in a cycle of seeking more intense or frequent experiences. This can lead to discontent when the expected pleasure is not achieved or when the experience fails to bring the same level of satisfaction.



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5. Neglect of Other Sources of Well-being: The pursuit of prolonged sensory pleasure may lead to neglecting other aspects of life that contribute to overall well-being, such as meaningful relationships, personal growth, or contributions to society.

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Q.8. "I am seer, doer and enjoyer. The body is my instrument", Explain.

AKTU 2016-17

OR

How self enjoys the activities of the body?

Ans.

The statement "I am seer, doer, and enjoyer. The body is my instrument" indicates a perspective that reflects the interconnected relationship between the self, actions, and the physical body.

"I am seer"

- ❖ This suggests the role of observation or perception.
- ❖ The 'I' refers to the self or consciousness, emphasizing the capacity to perceive and witness experiences.
- ❖ This implies an awareness of the world, oneself, and the unfolding of events.



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"I am doer"

- ❖ This signifies the role of agency and action.
- ❖ The 'I' is not just a passive observer but an active participant in the world.
- ❖ It implies the ability to initiate, perform, and engage in various activities, decisions, and behaviors.

"I am enjoyer"

- ❖ The Enjoyer is the one who enjoys and is also known as the 'Bhokta' (experiencing pleasure or joy).
- ❖ The 'I' is not only engaged in activities but also capable of deriving enjoyment or satisfaction from those experiences.
- ❖ It highlights the emotional and experiential aspect of being.

"The body is my instrument"

- ❖ This part of the statement highlights the idea that the body serves as a tool or instrument for the self (the 'I') to carry out actions, perceive the world, and experience enjoyment.
- ❖ The body is not the ultimate identity but a means through which the self interacts with the external environment.



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Q.9. How harmony in individual is possible?

AKTU 2014-15, 2016-2017

Also, Harmony in 'I' means understanding characteristics and activities of 'I'. Explain.

AKTU 2017-18

Ans.

Harmony in an individual can be achieved through a holistic approach that encompasses various aspects of well-being—physical, mental, emotional, and spiritual.

Here are some key principles and practices that contribute to individual harmony:

1. Self-Awareness -

Understanding oneself, including values, strengths, weaknesses, and emotions, is fundamental to achieving harmony. This self-awareness provides a foundation for making informed decisions aligned with personal values.

2. Balance and Moderation -

Strive for balance in all aspects of life, including work, relationships, leisure, and personal development. Avoiding extremes and practicing moderation helps maintain equilibrium and prevents burnout.



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3. Mindfulness and Presence -

Engage in mindfulness practices to cultivate present-moment awareness. This involves paying attention to thoughts, feelings, and sensations without judgment. Mindfulness can help reduce stress, enhance focus, and promote emotional well-being.

4. Physical Well-being -

Take care of your body through regular exercise, a balanced diet, and sufficient rest. Physical well-being is closely linked to mental and emotional health, contributing to an overall sense of harmony.

5. Emotional Regulation -

Develop skills for managing and expressing emotions in a healthy way. This includes cultivating emotional intelligence, practicing self-compassion, and building resilience in the face of challenges.



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6. Purpose and Meaning -

Identify and pursue a sense of purpose and meaning in life. This can be achieved through aligning activities with personal values, setting meaningful goals, and contributing to something larger than oneself.

7. Positive Relationships -

Cultivate positive and supportive relationships. Healthy connections with others contribute to emotional well-being and provide a sense of belonging and support.

8. Continuous Learning and Growth -

Embrace a mindset of continuous learning and personal growth. Setting and achieving goals, acquiring new skills, and challenging oneself contribute to a sense of fulfillment and harmony.

9. Connection with Nature -

Spend time in nature to promote a sense of calm and connectedness. Nature has been shown to have positive effects on mental well-being and can provide a respite from the demands of daily life.



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Characteristics of 'I' or Self

1. Self-Actualized/realized people accept themselves, together with all their flaws.
2. They do not seek to shock or disturb.
3. They are motivated by growth, not by the satisfaction of needs. Self-actualized people have purpose.
4. They share deep relationships with a few, but also feel identification and affection towards the entire human race.
5. Despite all this, self-actualized people are not perfect.

Activities of 'I'

The activities that go on within the Self are Imaging, Analyzing and Selecting/Tasting.

Activities of the Self/I:

Desire
Thought
Expectation

Imaging
Analyzing
Selecting/Tasting



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Q.10. Explain the activities of realization and understanding. How do they lead to harmony in the activities of I? Illustrate with an example.

AKTU 2017-18

Ans.

Realization - Realization means to be able to see the reality as it is. In realization, we get the answer to "**what is the reality?**" This, for each one of us, translates into the answers to "what to do?" and "why to do?" when we operate on the basis of realization and gains understanding according to the realization then it give definiteness and certainty and makes us self organized.

Understanding - Understanding means **to be able to understand the self** in all entities of nature/ existence and their inter-connected "as it is". We are able to see the harmonious interconnectedness at all the levels of our living. Understanding plays an important role in desire making. When we do not have the right understanding, our desire keep shifting, and this indefiniteness is reflected in our thoughts, and selections we make, and finally in our behavior and work.



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On the other hand, when our understanding is based on realization and we use this understanding in desire making then our desire will be correct and thoughts and selection will be according to the understanding.

Realization and Understanding lead to harmony in activities of 'I'

Realization and understanding play crucial roles in achieving harmony in one's activities.

- ❖ **Clarity of Purpose:** Realization and understanding help define goals and motives clearly. When you know why you're doing something and understand its significance, you can align your actions more effectively.
- ❖ **Alignment of Values:** Realizing and understanding your core values allows you to make choices and engage in activities that resonate with those values. This alignment reduces internal conflicts and promotes a sense of integrity.
- ❖ **Effective Decision-Making:** With a deep understanding of the factors at play, you can make informed and rational decisions. This reduces the likelihood of regrets or discord arising from impulsive choices.



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- ❖ **Improved Communication:** Understanding your own thoughts and feelings facilitates better communication with others. When you can express yourself clearly, it fosters understanding in interpersonal relationships, reducing misunderstandings and conflicts.
- ❖ **Adaptability:** Realization and understanding enable flexibility. You can adapt to changing circumstances because you comprehend the underlying principles and can adjust your actions accordingly.

Example: Consider a person who has spent years working in a high-stress corporate job. Through self-reflection (realization), he comes to understand that their primary motivation is not financial success but rather a desire for meaningful work and a balanced life.

By having a true realization and good understanding, an individual is likely to experience increased job satisfaction, improved well-being, and a sense of balance as a result of this alignment between their internal values and external activities.



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Q.11. Why do sensation and preconditioning lead to our bondage? Point out the best method to regain our freedom.

AKTU 2015-16

Ans.

Sensation and preconditioning can contribute to a sense of bondage when they dominate our decision-making and behavior without conscious awareness or understanding.

Sensation - Sensations refer to the immediate experiences and feelings we have through our senses. While sensations themselves are natural and necessary, attachment or aversion to certain sensations can lead to bondage. If we are driven solely by the pursuit of pleasurable sensations or the avoidance of unpleasant ones, we may become slaves to our desires and impulses.

Preconditioning - Preconditioning involves the influence of past experiences, beliefs, and cultural conditioning on our present behavior. These preconceived notions can limit our perspective and constrain our actions.



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If we act solely based on preconditioned responses without questioning or reevaluating them, we may find ourselves stuck in patterns that restrict our freedom.

Regaining Freedom

Mindful Awareness - The key to regaining freedom is cultivating mindful awareness. This involves being fully present in the moment, observing sensations without attachment or aversion, and questioning preconditioned beliefs.

Mindfulness Meditation - Practices like mindfulness meditation can help develop awareness. By observing thoughts, sensations, and emotions without judgment, individuals can break free from automatic reactions and gain a deeper understanding of their inner processes.

Questioning Assumptions - To regain freedom, it's essential to question and challenge preconditioned beliefs. Ask yourself why you hold certain views or why you react to situations in specific ways. By examining these assumptions, you open the door to more conscious and intentional choices.



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Self-Reflection - Regular self-reflection allows you to examine your values, goals, and motivations. Are your actions aligned with your true aspirations, or are they driven by societal expectations or past conditioning? Understanding these aspects can guide you toward greater freedom.

Continuous Learning - Embrace a mindset of continuous learning and growth. This involves remaining open to new perspectives and being willing to adapt your beliefs and behaviors based on new insights. This openness fosters flexibility and freedom.

In summary, regaining freedom involves developing awareness, questioning preconditioned responses, and cultivating a mindset of mindfulness and continuous learning. By doing so, individuals can break free from the bondage of automatic reactions and make choices that align with their true selves and aspirations.



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Q.12. How recognizing and fulfilling in the self depends upon knowing or assuming?

AKTU 2015-16

Ans. Recognizing and fulfilling in case of human beings will depend upon knowing and/or assuming.

(i) **We assume:** We all make assumptions and our response (recognition and fulfillment) is dependent on the assumption. For **example:** If I see a snake and assumed it to be a rope, I shall respond differently to it, than if I take it to be a snake itself. We call this activity 'assuming or mannana'.

(ii) **We recognize:** We all recognize things today, we recognize a variety of things. Like, we recognize water, our parents, friends, etc. We call this activity 'recognizing or pahachaanana'. The recognizing in 'I' depends on assuming.

(iii) **We fulfill:** The response that follows recognition is called the activity of 'fulfilling or nirvaha karna'. The fulfillment depends on the recognition. **For example:** Once we recognize water, we take it. Taken together we can write it as (in I):

Assuming → Recognizing → Fulfilling

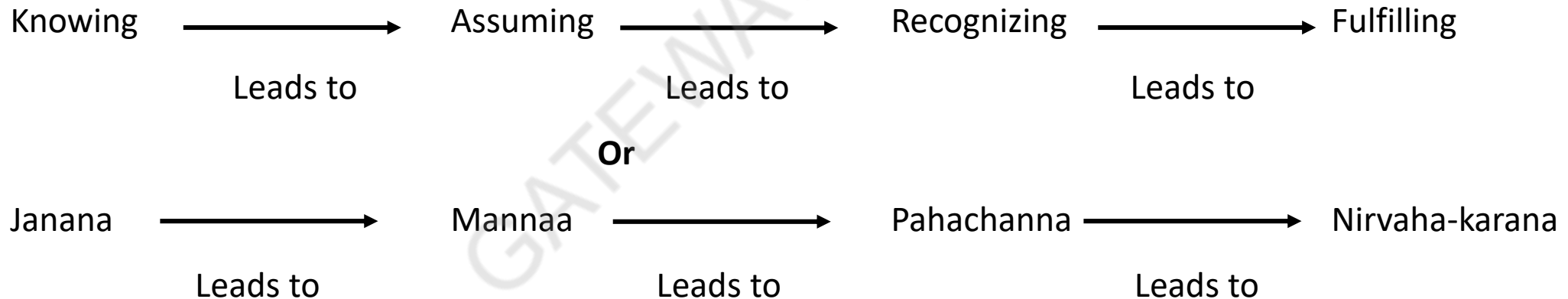


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- There is another activity that exists in us (in I). This activity is called "knowing". Knowing means we have the right understanding - the understanding of harmony at all levels of our living.
- When we have the right understanding, when we have the knowledge of reality, it is definite, and then assuming becomes according to the knowing, and hence recognizing and fulfilling becomes definite, or according to knowing. Until then, it is subject to beliefs and assumptions, and this keeps changing.





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Q.13. What do you mean by self introspections?

AKTU 2015-16

Ans. Self-introspection or self-inspection, which generally refers to the process of examining one's own thoughts, feelings, and behaviors.

Purpose of Self-Introspection

- 1. Understanding Oneself** - The primary goal of self-introspection is to gain insight into one's own mind, emotions, motivations, and behaviors.
- 2. Personal Growth** - It serves as a tool for personal development and growth, helping individuals identify areas for improvement or areas where they can capitalize on their strengths.

Methods of Self-Introspection

- 1. Reflection** - Taking time to think about and analyze personal experiences, actions, and reactions.
- 2. Journaling:** Maintaining a journal to record thoughts, feelings, and observations can provide a tangible record for self-reflection.



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3. Meditation and Mindfulness - Practices that promote being present in the moment and observing one's thoughts without judgment.

Benefits of Self-Introspection

- 1. Emotional Regulation** - Understanding and processing emotions can contribute to better emotional regulation.
- 2. Increased Self-Awareness** - It fosters a deeper awareness of one's values, beliefs, and identity.
- 3. Decision-Making** - Improved self-understanding can lead to more informed and intentional decision-making.

The goal of self-introspection is not necessarily self-judgment but self-understanding. It's about creating a space for honest reflection, acknowledging both strengths and areas for growth, and using that awareness to navigate life more consciously.



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Q.14. Define sanyam and swasthya. How are the two related?

AKTU 2014-15

OR

Define sanyam (self-control) and swasthya (health). Explain various responsibility of “I” for the Body in brief.

AKTU 2015-16

Ans.

Sanyam (Self-Control)

Sanyam refers to the practice of self-discipline and self-control. It involves regulating one's thoughts, emotions, and actions in order to achieve a sense of balance and harmony. Sanyam is often seen as a crucial element in achieving personal and professional goals. It contributes to emotional resilience and mental well-being.

Swasthya (Health)

Swasthya is a Sanskrit term that translates to health or well-being. It encompasses not only the absence of illness but also the balance of physical, mental, and social components of one's life. Good health is fundamental to leading a fulfilling and productive life. Physical and mental well-being contribute to increased productivity and effectiveness.



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Relation between Sanyam and Swasthya

Swasthya (health) and Sanyam (self-control) are interconnected aspects of overall well-being, and they complement each other in fostering a healthy and balanced lifestyle.

1. Physical Health and Self-Control

- **Nutrition** - Self-control plays a crucial role in making healthy dietary choices. Resisting the temptation of unhealthy foods and practicing portion control contribute to maintaining proper nutrition, which is essential for physical health.
- **Exercise** - Committing to a regular exercise routine requires self-discipline. Self-control enables individuals to overcome the inertia of sedentary habits, leading to better physical fitness and overall health.

2. Mental Health and Self-Control

- **Emotional Regulation** - Sanyam involves managing emotions and avoiding impulsive reactions. This emotional regulation is vital for mental health, as it contributes to stress reduction, improved mood, and greater psychological well-being.



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- **Mindfulness Practices** - Techniques such as meditation and mindfulness require self-control to focus the mind and cultivate a present and centered state. These practices have been linked to improved mental health outcomes.

3. Balancing Work and Rest

- **Rest and Sleep** - Self-control is needed to establish healthy sleep patterns and resist the urge to sacrifice sleep for other activities. Sufficient rest is crucial for physical and mental rejuvenation, impacting overall health.
- **Work-Life Balance** - Practicing self-control helps individuals set boundaries, allowing for a balance between work and personal life. This balance is essential for preventing burnout and maintaining well-being.

4. Avoiding Harmful Substances

- **Substance Abuse** - Sanyam is evident in the ability to resist or overcome addictive behaviors. Avoiding



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harmful substances such as tobacco and excessive alcohol is a form of self-control that directly contributes to better health outcomes.

Self-control is a foundational aspect of adopting and maintaining healthy lifestyle habits. It involves making conscious choices that prioritize long-term well-being over short-term impulses. Swasthya, on the other hand, encompasses the broader state of health and well-being, influenced by various factors including physical, mental, and social dimensions. Together, they form a symbiotic relationship where self-control contributes to healthier choices and behaviors, ultimately promoting overall well-being.



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Responsibilities of "I" for the Body

Nutrition: Ensuring the body receives a balanced and nutritious diet to support overall health and well-being.

Exercise: Engaging in regular physical activity to promote cardiovascular health, muscular strength, and flexibility.

Rest and Sleep: Allowing the body sufficient time to rest and recover through proper sleep and relaxation.

Hydration: Maintaining adequate hydration for bodily functions and overall health.

Mind-Body Connection: Cultivating practices that enhance the connection between the mind and body, such as mindfulness and stress management.

Preventive Care: Seeking regular check-ups and preventive measures to identify and address health issues early.

Avoiding Harmful Substances: Limiting or avoiding the consumption of substances that can negatively impact health, such as tobacco and excessive alcohol.



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Q.15. Suggest programs to ensure proper functioning of your body. Can we sustain them without right understanding?

OR

AKTU 2018-19

Suggest any two programs that you can undertake to improve the health of your body.

AKTU 2016-17

Ans. Ensuring the proper functioning of your body involves adopting the lifestyle habits that support physical health, mental well-being, and overall vitality. While adherence to certain programs can contribute to a healthier lifestyle, sustaining them over the long term may be challenging without a fundamental understanding of their importance.

1. Fitness Program (Physical health - Exercises)

Regular physical activity supports cardiovascular health, strengthens muscles and bones, improves flexibility, and enhances overall fitness.



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2. Nutrition Program (Balanced Diet)

Proper nutrition provides essential nutrients for bodily functions, supports energy levels, and contributes to overall health.

3. Sleep Hygiene (Fixed sleep time/cycle)

Quality sleep is crucial for physical and mental recovery, immune function, and overall well-being.

4. Stress Management (Time management, Meditation, Deep breathing)

Effective stress management contributes to mental well-being, reduces the risk of chronic diseases, and supports overall health.

5. Social Connection (Positive relations)

Social connection contributes to emotional well-being, reduces feelings of loneliness, and enhances overall life satisfaction.