

Activities of the Self

Unit: III



**Understanding the human being comprehensively-
Human Aspirations and its fulfillment
(KOE-069)**

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ME

B Tech (6th Sem)

- Course Outcomes
- CO-PO and PSO mapping
- Unit -3 Syllabus
- Unit -3 Objective, Prerequisite
- Daily Quiz
- MCQ
- Weekly Assignment
- Previous year Question papers
- Expected Questions for University exam
- Related Links for Unit -3
- Summary

COURSE OUTCOME

At the end of the course, the student shall be able to

CO 1	Student would be able to develop the clarity about human aspirations, goal, activities and purpose of life.
CO 2	The clarity about Right Understanding could be possible for students.
CO 3	Students would become competent to understand the harmony in nature/existence .
CO 4	To help students in participating in the nature/existence.
CO 5	To help the students to develop the understanding of human tradition and its various components.

CO-PO AND PSO MAPPING

CO – PO Mapping

Course Outcome	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12
CO 1	1	-	1	-	1	2	2	3	3	2	1	3
CO 2	-	-	1	-	1	2	1	3	3	3	2	3
CO 3	1	-	1	-	1	2	2	3	3	3	2	3
CO 4	1	-	1	-	1	2	2	3	3	3	2	3
CO 5	1	-	1	-	1	2	2	3	3	3	2	3

CO – PSO Mapping

CO	PSO 1	PSO 2	PSO 3	PSO 4
CO 1	1	1	1	1
CO 2	1	1	1	1
CO 3	1	2	1	1
CO 4	1	2	1	1
CO 5	1	1	1	1

TOPICS

1. Human Being
2. Interaction between the Self and the Body
3. Higher Activities of the Self
4. Basis for Analyzing - Comparing
5. Basis for Selecting - Tasting
6. Possible Sources of Happiness

Objective of the unit:

Activities of the Self.

Understanding the human being comprehensively is the first step and the core theme of this course; human being as co-existence of the self and the body; the activities and potentialities of the self; Reasons for harmony/contradiction in the self.

Pre-requisite:

Student should be familiar to concepts right understanding, harmony, need of the self and Human being as an Existence, co-existence of self and the body.

Prerequisite to Topic 1

Prerequisite

- The Aim of UHV2 & Recap from UHVPE 1
- Self is Central
- Four orders & Relationship of mutual fulfilment amongst these 4 orders

Introduction to Topic 1

Name of Topic	Objective of Topic	Mapping with CO
Human Being	Students will be able to understand about various needs of self and body and differentiation between knowing, assuming, recognizing and fulfilling	CO 3

Understanding the Needs of Self (I) & Body[CO3]

Human Being

Self (I)

Co-existence

Body



In Time

Continuous

Temporary

Understanding the Needs of Self (I) & Body [CO3]

Human Being		
<div> <div>Self (I)</div> <div> <div>←</div> <div>Co-existence</div> <div>→</div> </div> <div>Body</div> </div>		
Need	Happiness (e.g. Respect)	Physical Facility (e.g. Food)
In Time	Continuous	Temporary
In Quantity	Qualitative (is Feeling)	Quantitative (Required in Limited Quantity)
Fulfilled By	Right Understanding & Right Feeling	Physio-chemical Things
Activity	Desire, Thought, Expectation...	Eating, Walking...
In Time	Continuous	Temporary
Response	Knowing, Assuming, Recognising, Fulfilling	Recognising, Fulfilling
	↓ Consciousness	↓ Material

Knowing & Assuming [CO3]

Knowing, Assuming, Recognizing, Fulfilling

Problem

Education-Sanskar

Resolution

Preconditioning or
Assuming without Knowing



Assumptions keep changing



Conduct is indefinite
(Dependence, Partantrata)

Knowing through self-verification

– on the basis of Natural Acceptance & on the basis
of living accordingly



Assumptions are definite (on the basis of Knowing)



Conduct is definite (Swatantrata)

Knowing, Assuming, Recognising and Fulfilling [CO3]

KNOWING - The Perception of Reality matches with Reality (by direct observation)

Definiteness, Continuity & Universality

E.g. Perception of Human Being = Self?

Perception of Human Being = Body?

Perception of Human Being = Self – Body?

ASSUMING - Accepting my Perception of Reality as being so
(can be on the basis of knowing or even without knowing)

RECOGNISING - My Relationship with other (human being or rest of nature)

FULFILLING - Fulfilling my Relationships

1. Comprehensive human goal is right understanding, prosperity, fearlessness and _____.
(a) Mutual fulfilment (b) Natural Acceptance
(c) Mutual prosperity (d) Co-existence
2. The course inputs for human values need not to be verifiable. (True/False)
3. Sanyam leads to swasthya and swasthya leads to sukh. (True/False)
4. The 'I' is the doer, sear and enjoyer. (True/False)
5. There is an inherent inter connectedness, self regulation and harmony at all levels of existence and this needs to be discovered by each individual. The whole existence is coexistence. Humans are only a constituent part. (True/False)

Recap of Topic 1

- Human Being = Self + Body
- Human Being –
 - Knowing, Assuming, Recognizing and Fulfilling

Prerequisite to Topic 2

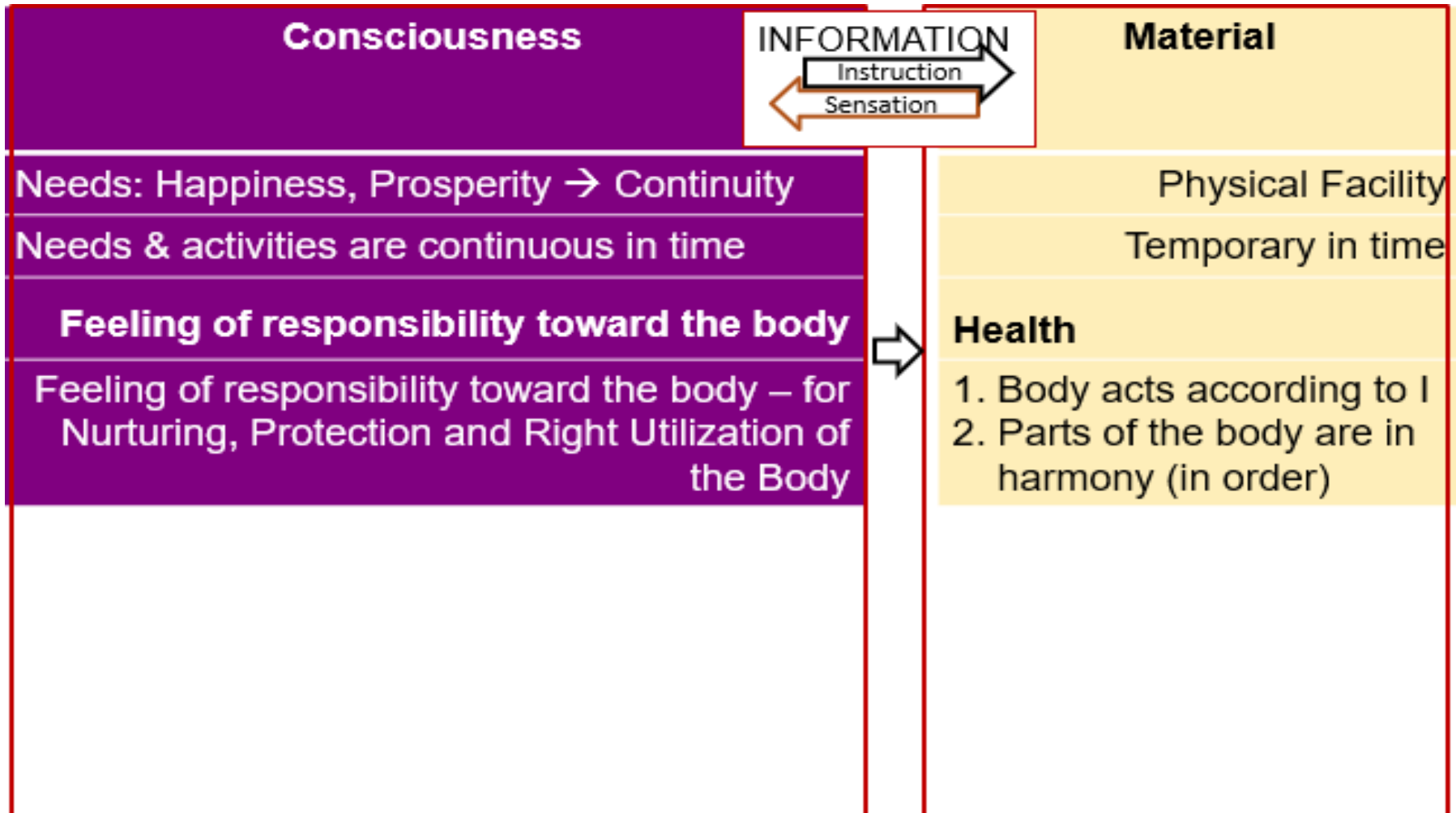
Prerequisite

- The Aim of UHV2 & Recap from UHVPE 1
- Self is Central
- Four orders & Relationship of mutual fulfilment amongst these 4 orders

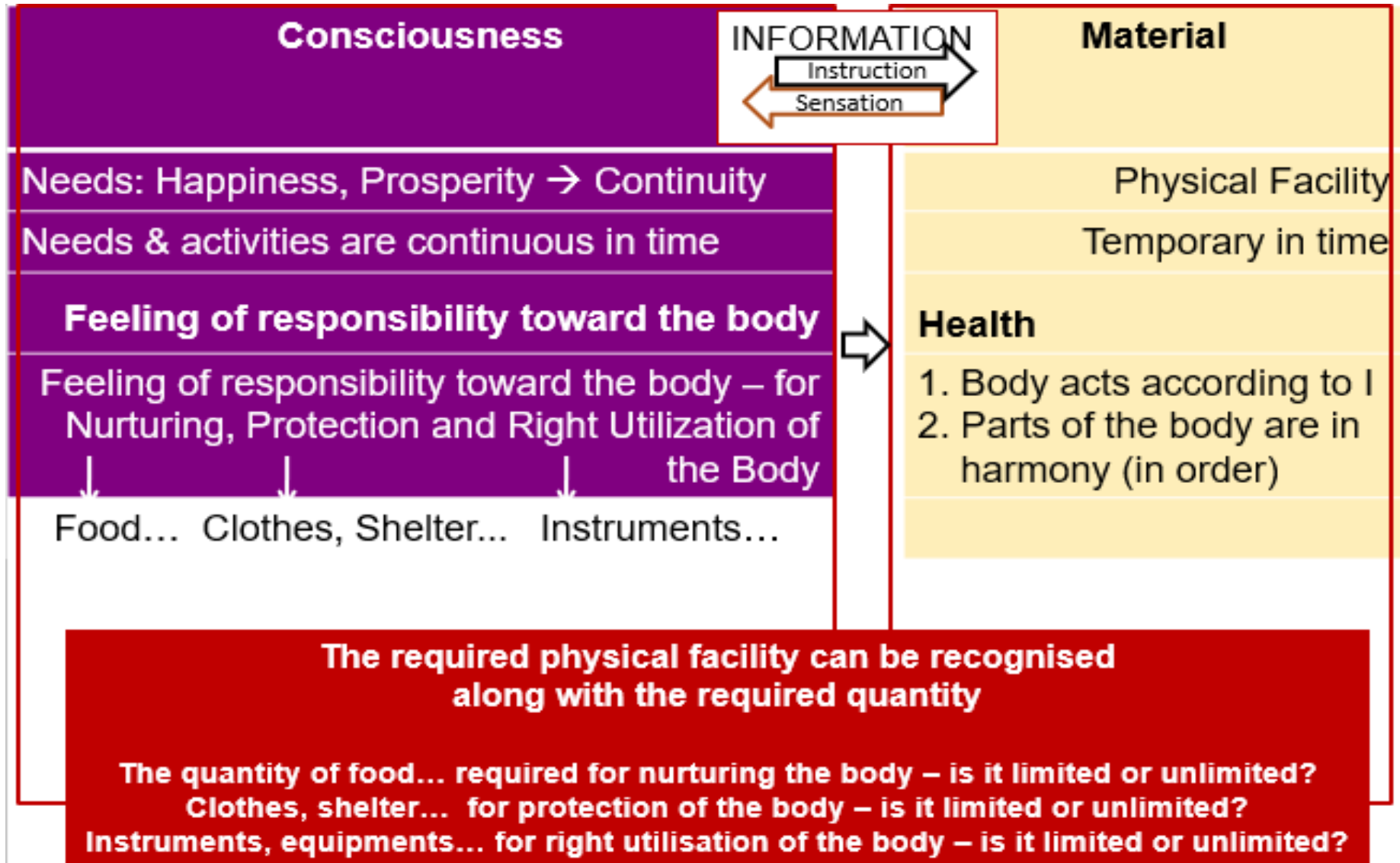
Introduction to Topic 2

Name of Topic	Objective of Topic	Mapping with CO
Interaction between the Self and the Body	Students will be able to know about conscious and material entity of human being	CO 3

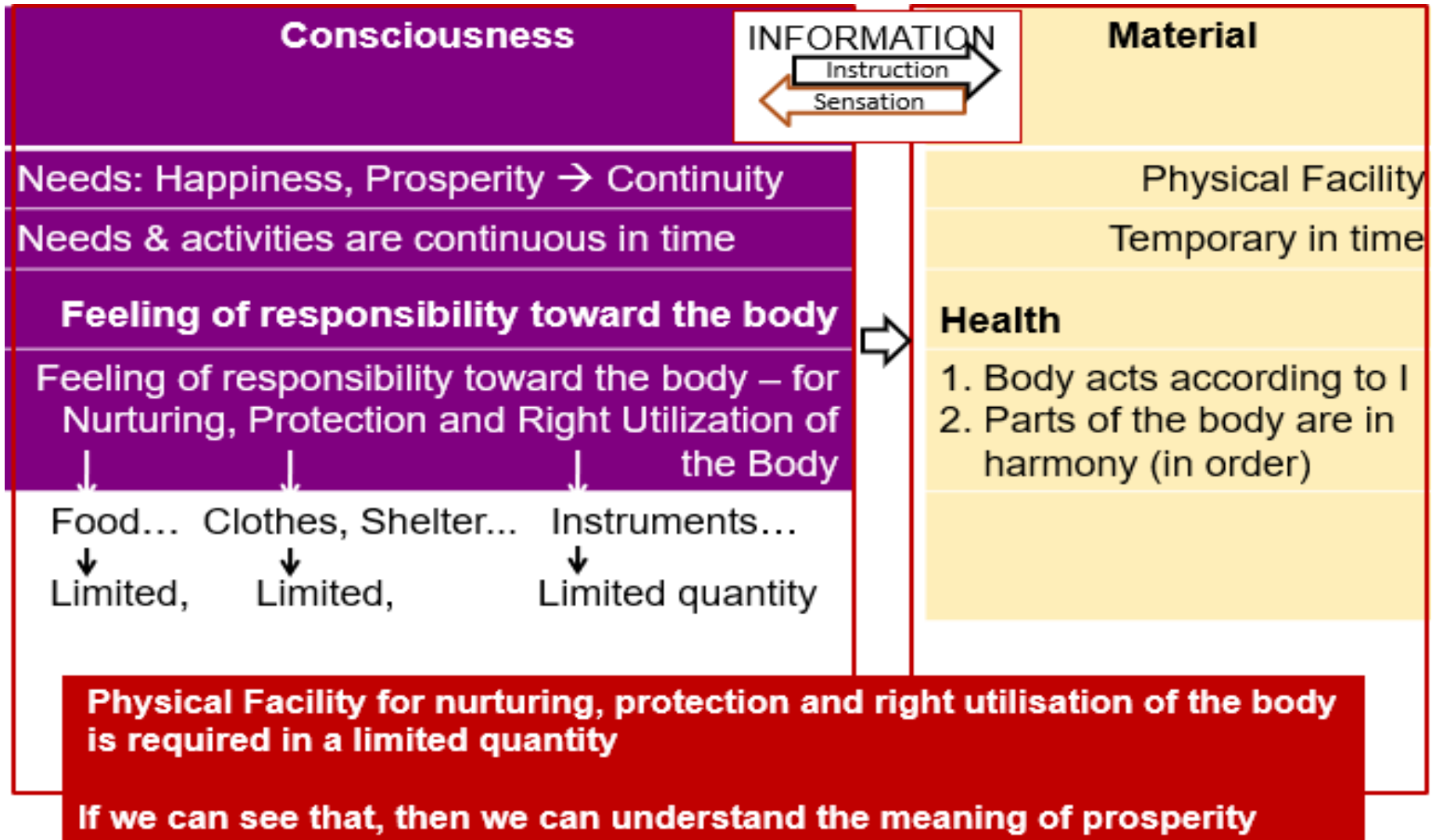
Self and Body [CO3]



Self and Body [CO3]



Self and Body [CO3]



Understanding Prosperity [CO3]

- Prosperity – The feeling of having more than required Physical Facility
2 1
 1. Identification of required physical facility (including the required quantity) - with right understanding
 2. Ensuring availability/ production of more than required physical facility - with right skills
- A prosperous person thinks of right utilisation, nurturing the other.
- A deprived person thinks of accumulation, exploiting the other.

Categories of Persons [CO3]

- We had seen that we can observe two categories of human beings
 1. Lacking physical facility, unhappy deprived - **SVDD – Sadhan Viheen Dukhi Daridra**
 2. Having physical facility, unhappy deprived – **SSDD -Sadhan Sampann Dukhi Daridra**

(now we can see that if the identification of required physical facility is missing, then one can only shift between category 1 & category 2)

- While we want to be –
 1. Having physical facility, happy prosperous - **SSSS – Sadhan Sampann Sukhi Samriddha**

This is possible only with

- 1- the right identification of required physical facility and
- 2- availability / production of more than required physical facility

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Activities of Self [CO3]

	Power	Dynamic Activity	State Activity	
Self (I)	1.	Authentication	Realization B1	Self verification on the basis of Natural Acceptance
	Preconditioning 1	Determination	Understanding	
	3. Desire	Imaging	Contemplation	
	4. Thought	Analysing	Comparing B2	Unguided Senses, Health, Profit
		Selecting	Tasting	Unguided Sensation
Body	Behaviour	Work		2 Sensation
Other	Human	Rest of Nature		

- Are you able to see that
 1. Imagination is going on
 2. There is a whole lot of accumulation of all these imaginations
 3. These imaginations are motivated by
 - Preconditioning or
 - Sensation or
 - Natural acceptance
- There is no solution at the level of sensation, body or physical facility →
There is a need to look into the self, into B2
- There is no solution even at the level of B2 →
There is a need to seek for solution at level of B1

There is a need to work on oneself

Daily Quiz

1. _____ deals with what is universally valuable to us, what is conducive to our individual and collective happiness and prosperity in a sustainable way.
2. Working only for physical facilities is living with _____.
3. The basic requirements for fulfilling the aspirations of every human being are _____, _____ & _____.
4. Working for right understanding as the first priority followed by relationship and physical facilities implies living with _____.
5. Physical facilities are necessary as well as complete for a human being-
True /False

Recap of Topic 2

- Interaction between the Self and the Body
 - The transaction between Self(I) and Body is only in the form of information
 - The need of the Self(I) is continuous happiness
- Higher Activities of the Self
 - Awakening activity of Contemplation, Understanding & Realization

Prerequisite to Topic 3

Prerequisite

- The Aim of UHV2 & Recap from UHVPE 1
- Self is Central
- Four orders & Relationship of mutual fulfilment amongst these 4 orders

Introduction to Topic 3

Name of Topic	Objective of Topic	Mapping with CO
Higher Activities of the Self	Students will be able to understand about higher activities of self-Contemplation, Understanding & Realization	CO 3

Knowledge of Human Being – Activities of Self (I)

[CO3]

Space शून्य

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) मैं	1.	Authentication प्रमाण	Realization अनुभव B1	
	2.	Determination संकल्प	Understanding बोध	
	3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
	4. Thought विचार	Analysing विश्लेषण	Comparing तुलन B2	
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	

Body शरीर

Behaviour व्यवहार

Work कार्य

Participation भागीदारी

Other दूसरा

Human मानव

Rest of Nature
मनुष्येतर प्रकृति

in larger Order व्यवस्था में

Innateness & Natural Characteristic of 4 Orders

[CO3]

ORDER 4 अवस्था	UNITS इकाई	ACTIVITY क्रिया	INNATENESS धारणा स्वयं में व्यवस्था (Self-organisation)	NATURAL CHARACTERISTIC स्वभाव व्यवस्था में भागीदारी (Participation)	INHERITANCE अनुवंशीयता
Physical पदार्थ	Soil, Metal मिट्टी, धातु	Formation- Deformation रचना-विरचना	Existence अस्तित्व	Composition- Decomposition संगठन-विघटन	Constitution based परिणाम अनुवंशी
Bio प्राण	Plants, Trees पेड़, पौधे	"-" + Respiration श्वसन-प्रश्वसन	" + Growth पुष्टि	" + Nurture-Worsen सारक-मारक	Seed based बीज अनुवंशी
Animal जीव	Animals, Birds पशु, पक्षी	"-", " in Body शरीर में Selecting/Tasting in I चयन/आस्वादन में में	", " in Body शरीर में Will to live in I में में जीने की आशा	", " in body शरीर में Cruelty, Non-cruelty in I में में क्रूरता, अक्रूरता	Breed based वंश अनुवंशी
Human ज्ञान	Human Beings मनुष्य	"-", " in Body शरीर में Imaging, Analysing, Selecting/Tasting in I चित्रण, विश्लेषण, चयन/आस्वादन में में Potential for Understanding in I समझने की क्षमता में में	", " in Body शरीर में Will to live with continuous happiness in I में में निरंतर सुखपूर्वक जीने की आशा Right Feeling & Thought समाधान Right Understanding ज्ञान	", " in body शरीर में Perseverance, Bravity, Generosity... in I में में धीरता, वीरता, उदास्ता...	Education- Sanskar based शिक्षा-संस्कार अनुवंशी

Natural Characteristic: Participation in larger order

Inheritance: Basis of definite conduct across generations

Knowledge of Human Being – Activities of Self (I)

[CO3]

Space शून्य			
	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया
Self (I) मैं	1.	Authentication प्रमाण	Realization अनुभव B1
	2.	Determination संकल्प	Understanding बोध
	3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन
	4. Thought विचार	Analysing विश्लेषण	Comparing तुलन B2
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन
Body शरीर Behaviour व्यवहार Work कार्य Participation भागीदारी			
Other दूसरा Human मानव Rest of Nature मनुष्येतर प्रकृति in larger Order व्यवस्था में			

Clarity of Relationship, Natural Characteristic, Participation in Larger Order

Knowledge of Human Being – Activities of Self (I)

[CO3]

Space शून्य			
	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया
Self (I) मैं	1.	Authentication प्रमाण	Realization अनुभव B1
	2.	Determination संकल्प	Understanding बोध
	3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन
	4. Thought विचार	Analysing विश्लेषण	Comparing तुलन B2
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन
Body शरीर Behaviour व्यवहार Work कार्य Participation भागीदारी Other दूसरा Human मानव Rest of Nature मनुष्येतर प्रकृति in larger Order व्यवस्था में			

Clarity of
Harmony in
Nature,
Self-organisation,
Innateness

Knowledge of Human Being – Activities of Self (I)

[CO3]

Space शून्य

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) मैं	1.	Authentication प्रमाण	Realization अनुभव B1	Clarity of Co-existence in Existence, Submergence
	2.	Determination संकल्प	Understanding बोध	
	3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
	4. Thought विचार	Analysing विश्लेषण	Comparing तुलन B2	
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	

Body शरीर

Behaviour व्यवहार

Work कार्य

Participation भागीदारी

Other दूसरा

Human मानव

Rest of Nature
मनुष्येतर प्रकृति

in larger Order व्यवस्था में

Knowledge of Human Being – Activities of Self (I)

[CO3]

Space शून्य

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) ऋ	1.	Authentication प्रमाण	Realization अनुभव B1	Co-existence सह-अस्तित्व
	2.	Determination संकल्प	Understanding बोध	Harmony in Nature व्यवस्था
	3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	Participation in Larger Order, Relationship व्यवस्था में भागीदारी
	4. Thought विचार	Analysing विश्लेषण	Comparing तुलन B2	Co-existence, Harmony, Justice Guided Senses, Health, Profit
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Goal, Value Guided Sensation

Body शरीर

Behaviour व्यवहार

Work कार्य

Participation भागीदारी

Other दूसरा

Human मानव

Rest of Nature
मनुष्येतर प्रकृति

in larger Order व्यवस्था में

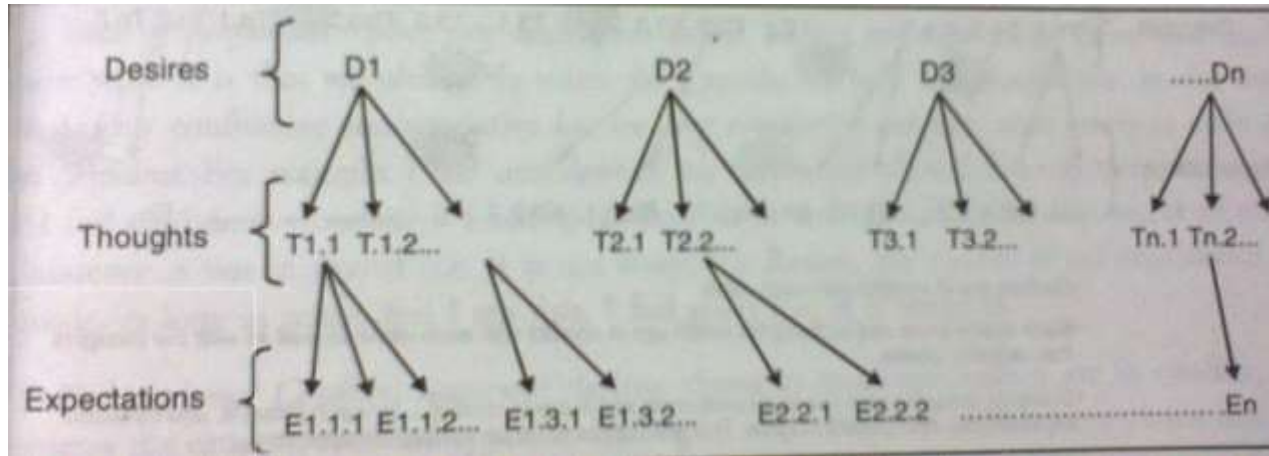
- **Awareness:**
 1. Find out the object of attention (D,T,E)
 2. For how much time you are aware of object of attention?
 3. Awareness / attention keeps shifting to what you consider important
 4. Can you decide on what to focus on? Or is it decided 'automatically'?

Ex. Focus on the Underlying Desire (Feeling)

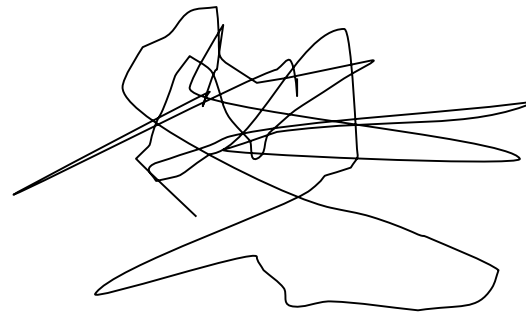
[CO3]

- Desire (Feeling), Thought and Expectation in the Self**

Observe the desire, thought, expectation (selection/taste) every moment.



Is it like this?



or like this?

Realization of Co-existence & it's expression – Universal Human Order [CO3]

Space शून्य

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) आत्म	1.	Authentication प्रमाण	Realization अनुभव B1	Clarity of Co-existence in Existence, Submergence
	2.	Determination संकल्प	Understanding बोध	Clarity of Harmony in Nature, Self-organisation, Innateness
	3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	Clarity of Relationship, Natural Characteristic, Participation in Larger Order
	4. Thought विचार	Analysing विश्लेषण	Comparing तुलन B2	
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	

Body शरीर

Behaviour व्यवहार

Work कार्य

Participation भागीदारी

Other दूसरा

Human मानव

Rest of Nature
मनुष्येतर प्रकृति

in larger Order व्यवस्था में

Mutual Happiness
उभय सुख

Mutual Prosperity
उभय समृद्धि

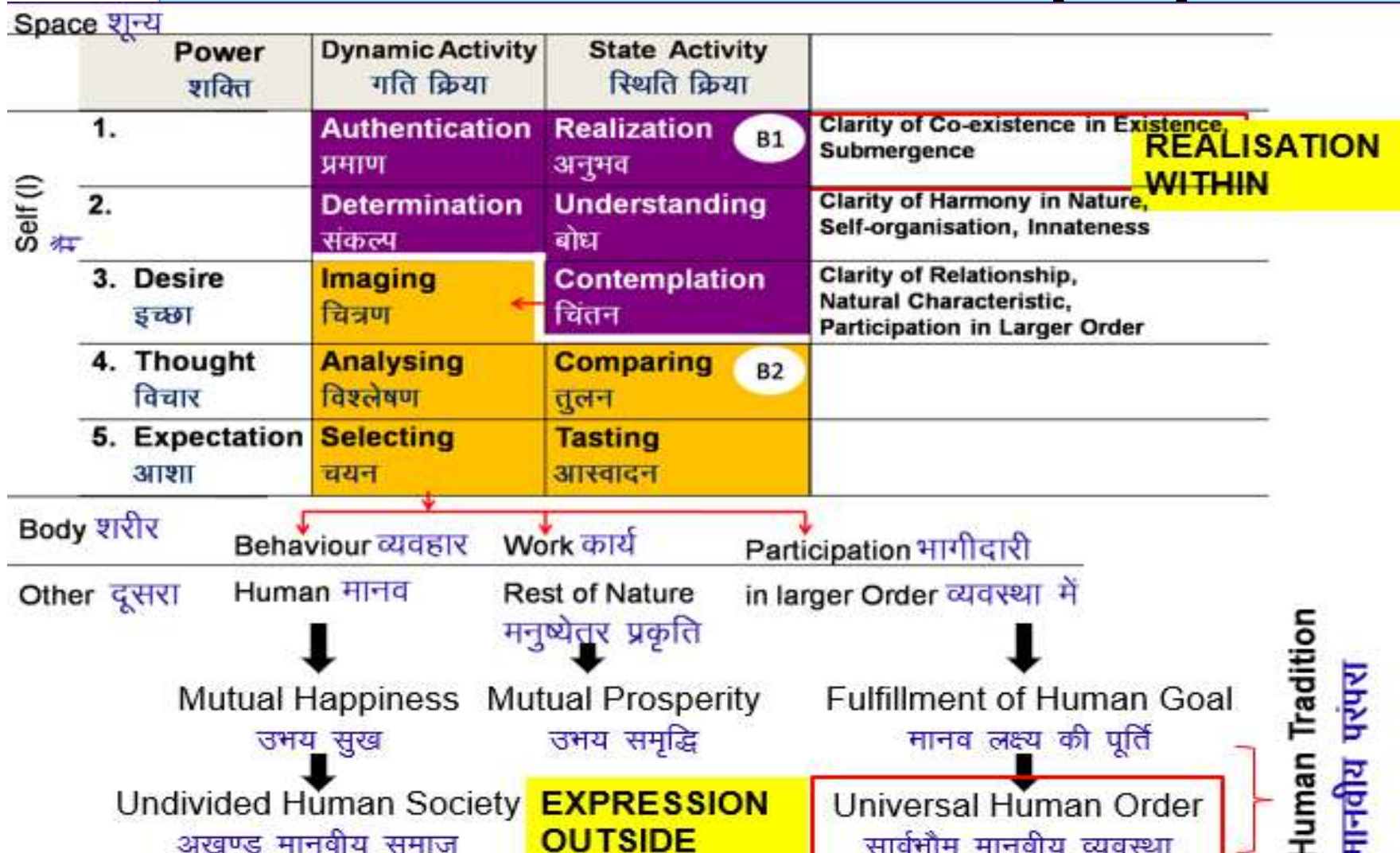
Fulfillment of Human Goal
मानव लक्ष्य की पूर्ति

Undivided Human Society
अखण्ड मानवीय समाज

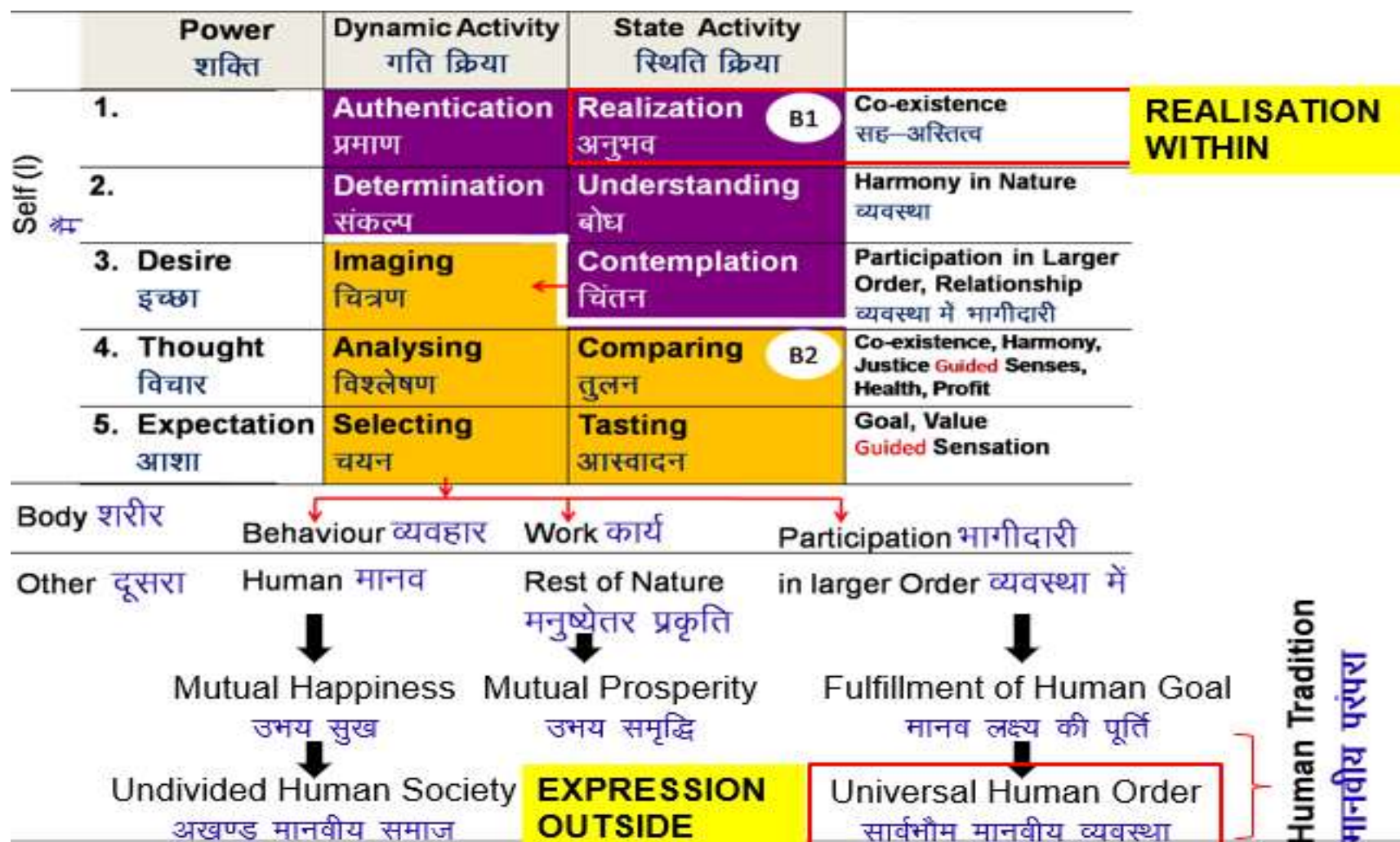
Universal Human Order
सार्वभौम मानवीय व्यवस्था

Human Tradition
मानवीय परंपरा

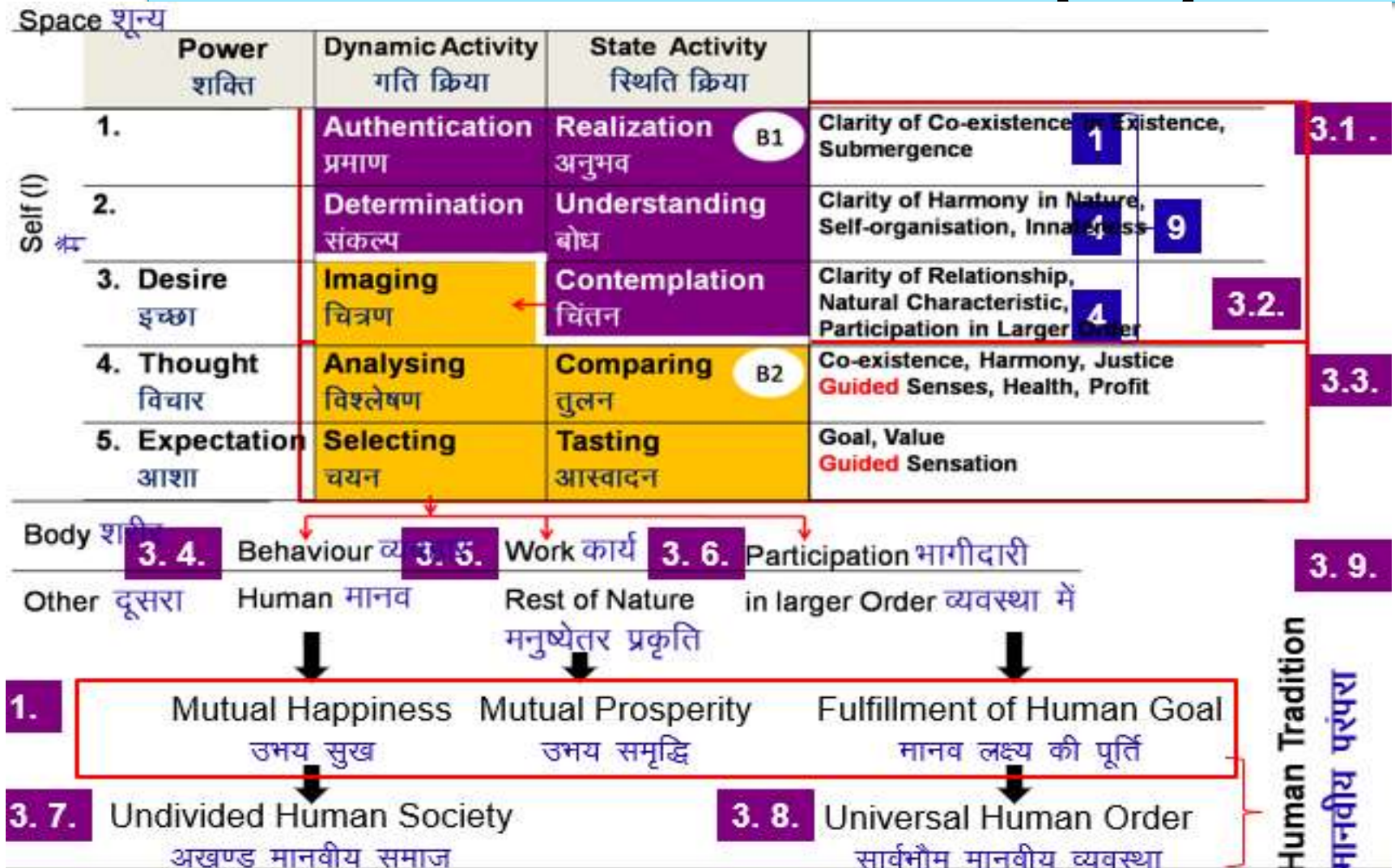
Realization of Co-existence & it's expression – Universal Human Order [CO3]



Realization of Co-existence & it's expression – Universal Human Order [CO3]



Realization of Co-existence & it's expression – Universal Human Order [CO3]



Awakening Activity of Contemplation, Understanding & Realization [CO3]

- **Realisation: of Co-existence** Existence is Co-existence
- Every unit in Nature is:
 1. Energised in space
 2. Self-organised in space, exists in a definite order
 3. Recognises its relationship with every other unit and fulfills the relationship in space
- I am a unit of consciousness in space
- I am energised in space. Activities of desire, thought, expectation... are continuous in me
- I am self-organised in space; I exist in a definite order
- I have to rightly recognise my relationship with other units and fulfill it. When I do, I feel happy, when I do not, I feel unhappy...

With this realisation, I live with authenticity, in continuity

Awakening Activity of Contemplation, Understanding & Realization [CO3]

- **Understanding: of Harmony (Self-organisation) in Nature**
- All units in Nature can be classified into 4 orders. These units are connected to each other; there is a relationship of Mutual Fulfilment amongst them (Self-organisation or Innateness of 4 orders)
- There is complementarity in Nature, no opposition
- When I understand this, I am determined to live in a mutually fulfilling manner with every unit in existence
- This definiteness leads to a feeling of Bliss (Anand)

Awakening Activity of Contemplation, Understanding & Realization [CO3]

Contemplation: of My Participation in Larger Order

- What is my role in existence
- What do I have to do as a Human Being, What is valuable for me as a human being
- What is my participation in larger order... self, family, society, nature/existence
- What is my value in existence (Human Value)
 1. Relationship of Mutual Fulfilment with Human Being → Mutual Happiness → Undivided Society
 2. Relationship of Mutual Enrichment with Rest of Nature → Mutual Prosperity
 3. Participation or Natural Characteristic of 4 orders → Participation in Larger Order → Fulfilment of Human Goal, Universal Human Order, Human Tradition

Awakening Activity of Contemplation, Understanding & Realisation [CO3]

- On the basis of understanding my participation in existence, I can see that I have a definite role to play as a human being. Then my desire is to fulfil that definite role – on this basis my desires become definite
- When I understand that Mutual fulfilment is inherent in Nature, I am assured that these definite desires will be fulfilled
- This leads to a feeling of Satisfaction/Contentment (Santosh)

1. Acceptance of excellence in others is called _____.
(a) Gratitude (b) Reverence
(c) Glory (d) None of above
2. Employing the body physically for production and maintenance of physical facilities is called _____.
(a) Labour (b) Work
(c) Skill (d) None of above
3. The problems in our relationship with various entities are due to our _____.
(a) Assumptions (b) Misunderstanding
(c) Differentiation (d) None of above
4. Human conduct is definite. **(True/False)**
5. The 'I' is the doer, sear and enjoyer. (True/False)

Recap of Topic 3

- Higher Activities of the Self
 - Awakening activity of Contemplation, Understanding & Realization
- Basis for Analyzing – Comparing
 - Authentication and mutual fulfilment
 - imaginations are motivated by Preconditioning or Sensation or Natural acceptance

Prerequisite to Topic 4

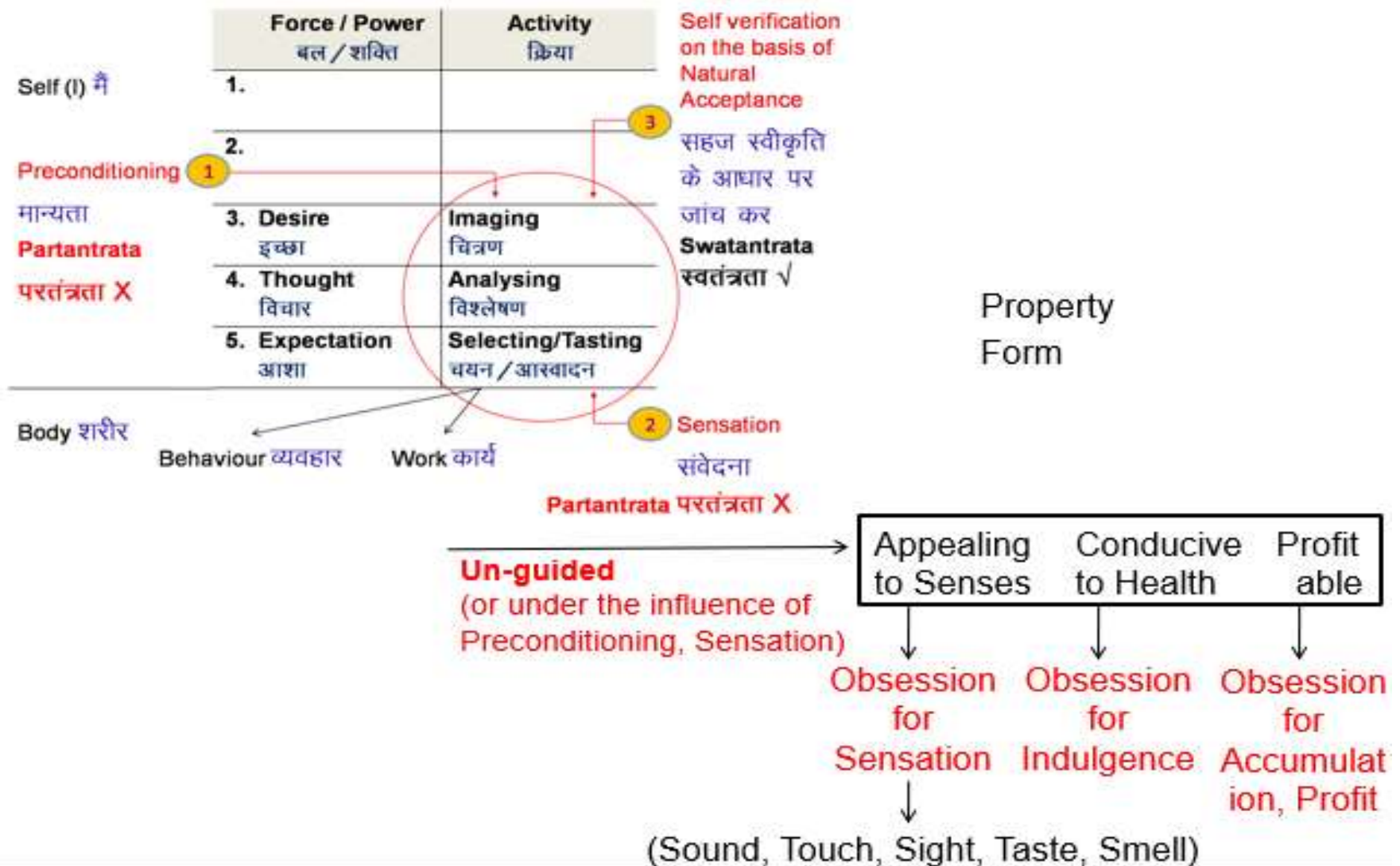
Prerequisite

- The Aim of UHV2 & Recap from UHVPE 1
- Self is Central
- Four orders & Relationship of mutual fulfilment amongst these 4 orders

Introduction to Topic 4

Name of Topic	Objective of Topic	Mapping with CO
Basis for Analyzing-Comparing	Students will be able to understand about various basis of comparing and about preconditioning and sensation	CO 3

Knowledge of HB– Comparing (Basis for Analysing) [CO3]



Categories: Preconditioning, Sensation and Natural Acceptance [CO3]

- **Preconditioning:** Assuming without knowing. Depends on something or someone outside, keeps changing. Not sure it leads to harmony or contradiction.
- **Sensation:** taste of sound, touch, sight, taste, smell

tasty-necessary → tasty-unnecessary → tasteless-unnecessary → intolerable

- **Natural Acceptance:** Given all the choice, what I accept naturally. Leads to harmony (happiness) within, continuity is desirable, possible
 1. Assurance (Ashwasti)
 2. Satisfaction (Tripti)
 3. Universal (Sarvbhaum)

Q: % Preconditioning, % Sensation and % Natural Acceptance

Sensation for Happiness? [CO3]

- Physical object → Contact with body → Sensation in body
(Sound, Touch, Form, Taste, Smell)
Tasted by self (I)



- If taste is favorable → Happiness (Temporary)
- If taste is unfavourable → Unhappiness (Temporary)

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

- Sensation can be a source of temporary happiness (excitement)
- It can not be a source of continuous happiness (harmony)

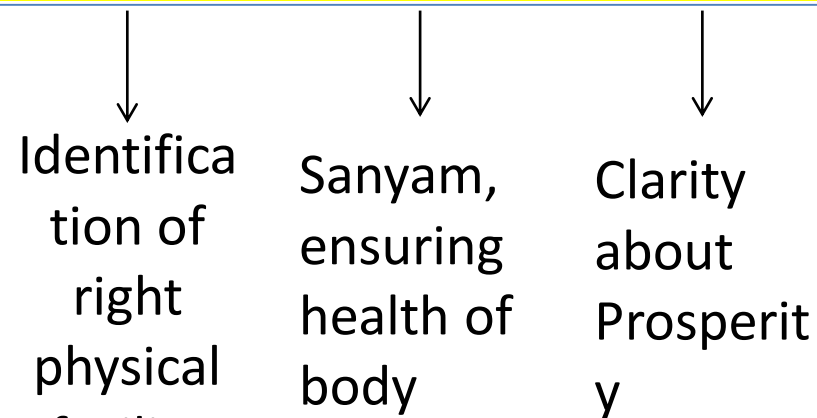
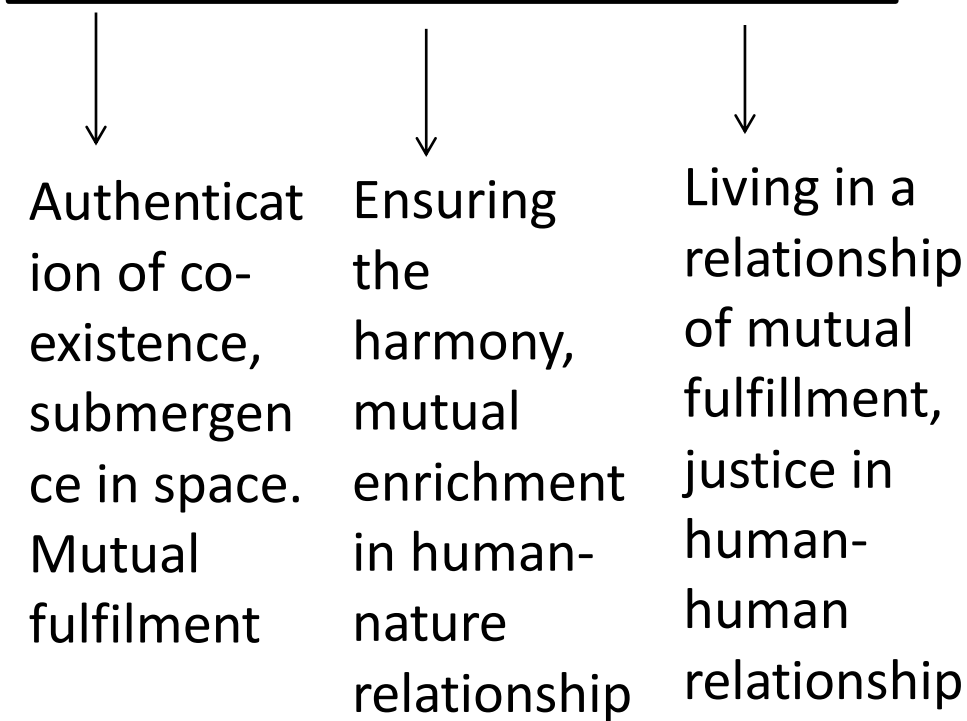
Sensation for Health of Body & Fulfillment of Purpose of Self (I) [CO3]

- Role of sensation or right utilisation of sensation
 1. To keep body in good health by nurturing, protection of body
 2. To exchange right understanding & right feeling (Education-sanskar)
- Sensation in animal naturally restrained (by nature) for health
- Sensation in human being can make right utilisation of sensation only with right understanding
- Right utilisation of body [body is an instrument of the Self (I)]
 1. As an instrument for communication
 2. As an instrument for labour, to obtain necessary physical facility for the body
 3. As an instrument for continuity of Human Tradition (new body)

Criteria for Comparing [CO3].

Co-existence Harmony Justice

Appealing
to Senses Conducive
to Health Profit
able



Criteria for Comparing. [CO3]

- Mutual Fulfilment with every unit, ensuring the comprehensive Human Goal and unconditional justice in human-human relationship are then the primary criteria for Comparing.
- These three guide the right use of sensation, body and physical facility. So these guided choices enable using sensation for selecting appropriate physical facility for nurturing and protection, ensuring health of the body; using the body for self-development and societal development (comprehensive Human Goal); and using physical facility for ensuring mutual prosperity.

Comparing (Basis for Analysing) [CO3]

- Authentication of co-existence, the submergence in space
- Authentication of harmony, i.e. human-nature relationship, mutual enrichment (mutual prosperity)
- Authentication of relationship, i.e. human-human relationship, mutual fulfilment (mutual happiness)



Guided

- For identification of physical facility that is nurturing for the body, for protection of body, for behaviour / work, sharing knowledge, feeling.
- Sanyam, clarity about program for sanyam ensuring health of body, so that body is capable of being used for ensuring right understanding and right feeling in the self as well as its authentication in living, including behavior, work and participation in larger order

Comparing (Basis for Analysing) [CO3]

- For clarity about prosperity (identification, production & right utilisation of physical facility), so that nurturing, protection and right utilisation of the body and right utilisation of physical facility is ensured for relationship and societal order.

1. _____ means physical facilities more than to satisfy my needs.

Answer: prosperity

2. Self and _____ are different in nature, materiality, needs and activities.

Answer: body

3. Any entity that has the activity of recognizing and fulfillment only can be called as _____.

Answer: material entity

4. Based on the taste, the _____ could be triggered.

Answer: thoughts

5. In I (self), recognizing and fulfillment depends on _____.

Answer: assuming

Recap of Topic 4

- Basis for Selecting – Tasting
 - Knowing in Self , Awakening in self and Harmony
- Possible Sources of Happiness-
 - Basic human aspirations-Continuous Happiness and Prosperity
 - Prevailing notions of happiness
 - Excitement and Depression

Prerequisite to Topic 5

Prerequisite

- The Aim of UHV2 & Recap from UHVPE 1
- Self is Central
- Four orders & Relationship of mutual fulfilment amongst these 4 orders

Introduction to Topic 5

Name of Topic	Objective of Topic	Mapping with CO
Basis for Selecting-Tasting	Students will be able to understand about different basis for selecting and high level activities of Self	CO 3

Knowledge of HB– Basis of Selection, Tasting [CO3]

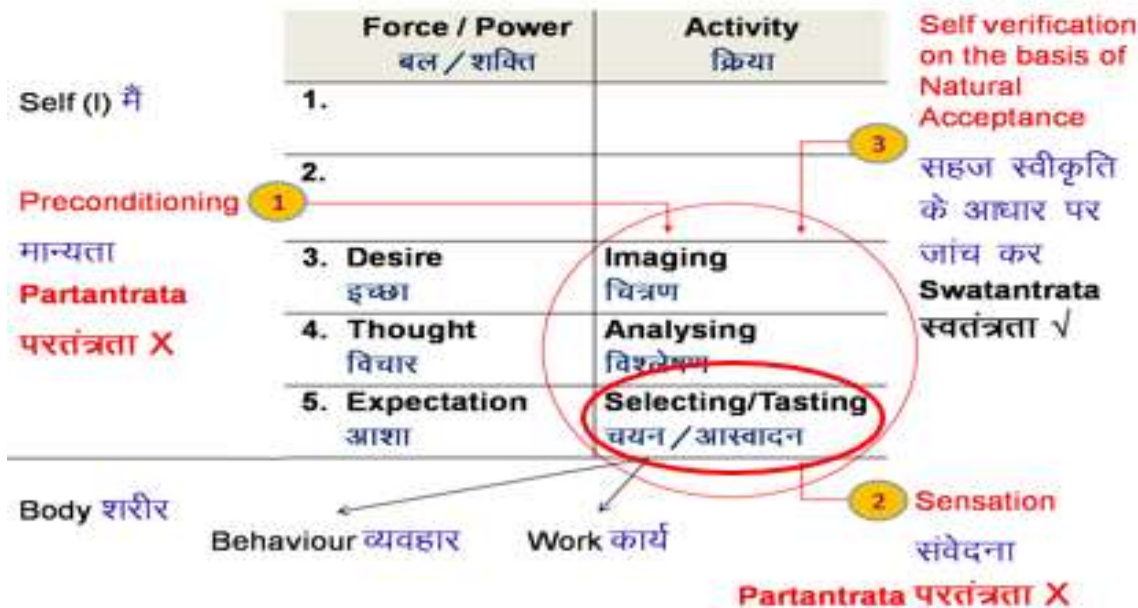
Un-guided

(or under the influence of
Preconditioning, Sensation)

Sensation Based

Sensation is assumed to be
source of happiness

(Sound, Touch, Sight, Taste, Smell)



Sources of Happiness [CO3]

1. Right Understanding

- in Self (I)
 - Harmony at all levels of being
 - Human Being, Family, Society, Nature/Existence
 - Definite completion point, Continuity is possible, Swatantrata

2. Right Feeling

- in Self (I)
 - Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love
 - Definite completion point, Continuity is possible, Swatantrata

- From Other
 - Temporary, Dependence on Other,
 - No completion point, Continuity not guaranteed

3. Sensation, PF

- Through Body
 - Sound, Touch, Form, Taste, Smell
 - Temporary, Dependence on Body & Other,
 - No completion point, Continuity not guaranteed

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Sources of Excitement (Temporary Happiness) [CO3]

2. Right Feeling

Trust, Respect, Affection, Care, Guidance,
Reverence, Glory, Gratitude, Love

– From Other

Temporary, Dependence on Other,
No completion point, Continuity not possible

3. Sensation, PF

Sound, Touch, Form, Taste, Smell

– Through Body

Temporary, Dependence on Body & Other,
No completion point, Continuity not possible

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

1. Right Understanding

Harmony at all levels of being

Human Being, Family, Society, Nature/Existence

– in Self (I)

Definite completion point, Continuity is possible,
Swatantrata

2. Right Feeling

Trust, Respect, Affection, Care, Guidance,
Reverence, Glory, Gratitude, Love

– in Self (I)

Definite completion point, Continuity is possible,
Swatantrata

Purpose of Right Understanding, Right Feeling, Sensation/PF [CO3]

1. Right Understanding

Harmony at all levels of being

Human Being, Family, Society, Nature/Existence

– in Self (I) for happiness in the Self(I), definite completion pt.

2. Right Feeling

Trust, Respect, Affection, Care, Guidance,

Reverence, Glory, Gratitude, Love

– in Self (I) for happiness in the Self(I), definite completion pt.

– From Other For evaluating state of other Self(I)

to identify complementarity in relationship

3. Sensation, PF

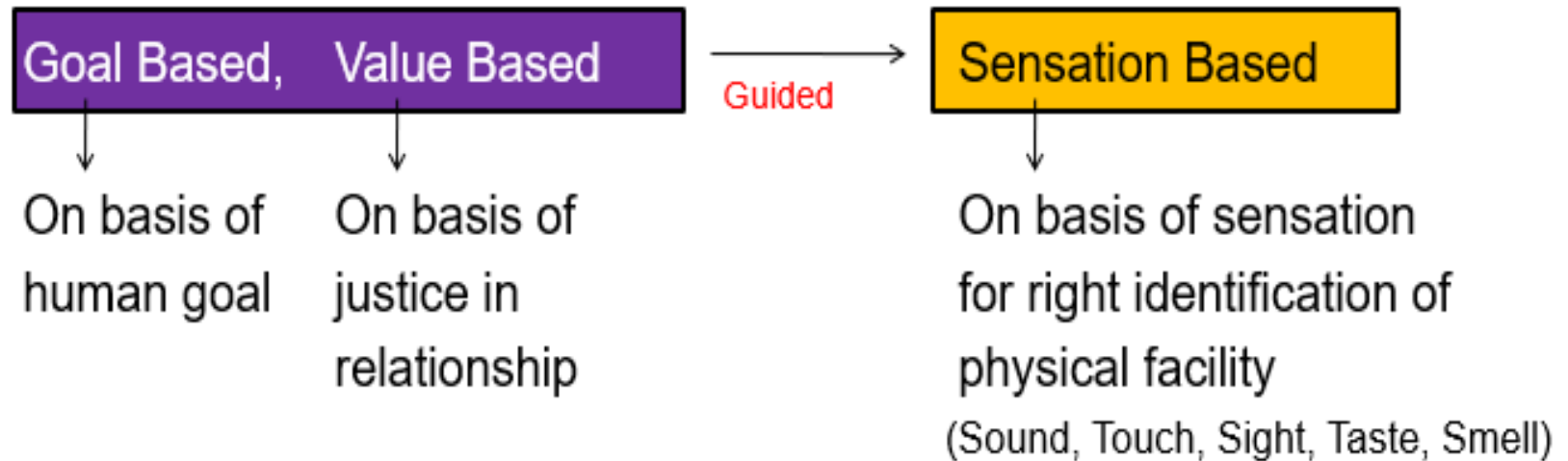
Sound, Touch, Form, Taste, Smell

– Through Body For evaluating state of physical facility

to identify if it is OK for nurturing, protection
of body (health of body)

For behaviour / work, sharing knowledge, feeling

Knowledge of HB– Basis of Selection, Tasting [CO3]



Knowledge of HB– Basis of Selection, Tasting [CO3]

Space शून्य

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) ॐ	1.	Authentication प्रमाण	Realization अनुभव B1	Co-existence सह—अस्तित्व
	2.	Determination संकल्प	Understanding बोध	Harmony in Nature व्यवस्था
	3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	Participation in Larger Order, Relationship व्यवस्था में भागीदारी
	4. Thought विचार	Analysing विश्लेषण	Comparing तुलन B2	Co-existence, Harmony, Justice Guided Senses, Health, Profit
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Goal, Value Guided Sensation

Body शरीर

Behaviour व्यवहार

Work कार्य

Participation भागीदारी

Other दूसरा

Human मानव

Rest of Nature
मनुष्येतर प्रकृति

in larger Order व्यवस्था में

Basis of Selection [CO3]

- Selecting on the basis of human goal based tasting
 - a) Awakening (in the self) – Harmony in the self leading to happiness, peace, satisfaction, bliss in the self (based on comparing on the basis of co-existence)
 - b) Harmony (with entire nature) – Participation in larger order leading to 1-right understanding, and resolution (right feeling & right thought) in the self, 2-prosperity in every family, 3-fearlessness (trust) in society and 4-co-existence in existence (based on comparing on the basis of harmony)
- Selecting on the basis of human value (feeling) based tasting
- Justice in behaviour with human being (based on comparing on the basis of justice)



Basis of Selection [CO3]

- Selecting on the basis of sensation based tasting
- For identification of physical facility that is nurturing for the body, for protection of body

Knowledge of Human Being – Activities of Self (I)

[CO3]

Space शून्य

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) मैं	1.	Authentication प्रमाण	Realization अनुभव B1	Co-existence सह-अस्तित्व
	2.	Determination संकल्प	Understanding बोध	Harmony in Nature व्यवस्था
	3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	Participation in Larger Order, Relationship व्यवस्था में भागीदारी
	4. Thought विचार	Analysing विश्लेषण	Comparing तुलन B2	Co-existence, Harmony, Justice Guided Senses, Health, Profit
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Goal, Value Guided Sensation
Body शरीर				
Other दूसरा				

Value (Relationship)
मूल्य (संबंध) का आस्वादन
मान शब्द, स्पर्श, रूप, रस, गंध का आस्वादन

मनुष्येतर प्रकृति

Awakening, Harmony
लक्ष्य (व्यवस्था) का आस्वादन
भाग्यदारी

Knowledge of Human Being – Activities of Self (I)

[CO3]

Space शून्य

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) मैं	1.	Authentication प्रमाण	Realization B1 अनुभव	Co-existence सह-अस्तित्व
	2.	Determination संकल्प	Understanding बोध	Harmony in Nature व्यवस्था
	3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	Participation in Larger Order, Relationship व्यवस्था में भागीदारी
	4. Thought विचार	Analysing विश्लेषण	Comparing B2 तुलन	Co-existence, Harmony, Justice Guided Senses, Health, Profit
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Goal, Value Guided Sensation

Body शरीर

Behaviour व्यवहार

Work कार्य

Participation भागीदारी

Other दूसरा

Human मानव

Rest of Nature
मनुष्येतर प्रकृति

in larger Order व्यवस्था में

Sources of Happiness [CO3]

- The higher level activities:
 1. Observe
 2. Evaluate
 3. Inspire

1. _____ means our ability to do or perform.

Answer- Competence

2. Happiness and Prosperity are the two basic human desires.

a) True

b) False

3. The needs of the self are variable with time or place or people.

a) True

b) False

4. _____ Assuming without knowing.

Answer- Preconditioning

5. _____ taste of sound, touch, sight, taste, smell

Answer- Sensation

Recap of Topic 5

- Possible Sources of Happiness-
 - Basic human aspirations-Continuous Happiness and Prosperity
 - Prevailing notions of happiness
 - Excitement and Depression

Human beings need to understand the meaning of happiness and higher activities of self for better understanding and realization to live with harmony at all levels.

Prerequisite to Topic 6

Prerequisite

- The Aim of UHV2 & Recap from UHVPE 1
- Self is Central
- Four orders & Relationship of mutual fulfilment amongst these 4 orders

Introduction to Topic 6

Name of Topic	Objective of Topic	Mapping with CO
Possible Sources of Happiness	Students will be able to understand about sources of excitement ,continuous and prevailing notion of happiness.	CO 1,CO 3

Sources of Happiness [CO3]

1. Right Understanding

- in Self (I)
 - Harmony at all levels of being
 - Human Being, Family, Society, Nature/Existence
 - Definite completion point, Continuity is possible, Swatantrata

2. Right Feeling

- in Self (I)
 - Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love
 - Definite completion point, Continuity is possible, Swatantrata

- From Other
 - Temporary, Dependence on Other,
 - No completion point, Continuity not guaranteed

3. Sensation, PF

- Through Body
 - Sound, Touch, Form, Taste, Smell
 - Temporary, Dependence on Body & Other,
 - No completion point, Continuity not guaranteed

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Sources of Excitement (Temporary Happiness) [CO3]

2. Right Feeling

Trust, Respect, Affection, Care, Guidance,
Reverence, Glory, Gratitude, Love

– From Other

Temporary, Dependence on Other,
No completion point, Continuity not possible

3. Sensation, PF

Sound, Touch, Form, Taste, Smell

– Through Body

Temporary, Dependence on Body & Other,
No completion point, Continuity not possible

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Sources of Continuous Happiness [CO3]

1. Right Understanding

Harmony at all levels of being

Human Being, Family, Society, Nature/Existence

– in Self (I)

Definite completion point, Continuity is possible,
Swatantrata

2. Right Feeling

Trust, Respect, Affection, Care, Guidance,

Reverence, Glory, Gratitude, Love

– in Self (I)

Definite completion point, Continuity is possible,
Swatantrata

Purpose of Right Understanding, Right Feeling, Sensation/PF [CO3]

- 1. Right Understanding** Harmony at all levels of being
Human Being, Family, Society, Nature/Existence
– in Self (I) for happiness in the Self(I), definite completion pt.
- 2. Right Feeling** Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love
– in Self (I) for happiness in the Self(I), definite completion pt.
– From Other For evaluating state of other Self(I)
to identify complementarity in relationship
- 3. Sensation, PF** Sound, Touch, Form, Taste, Smell
– Through Body For evaluating state of physical facility
to identify if it is OK for nurturing, protection
of body (health of body)
For behaviour / work, sharing knowledge, feeling

Some Prevailing Notions of Happiness [CO3]

- Owning / accumulating physical facility
 - For human being, physical facility is required, but it is not sufficient...
- Pleasure (from favourable sensation)
 - Sound, Touch, Form, Taste, Smell – Through the Body
Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable
- Attention, appreciation... (favourable feelings) from others
 - Dependence on the other, can't be continuous
- Sometimes “happiness”, excitement...
- Sometimes unhappiness, depression...

Some Prevailing Means of Escape from Unhappiness, Depression [CO3]

- Over eating
- Over sleeping
- Gutka
- Alcohol
- Drugs
- Violence
- Suicide

Excitement and Escape – Not Happiness [CO3]

Excitement (Temporary Happiness) From Outside

Consumption of physical facility, enjoyment of favourable sensations (sound, touch, form, taste, smell)

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Receiving favourable feeling from others

Attention, appreciation...

Escape (Running away from unhappiness)

Over eating

Over sleeping

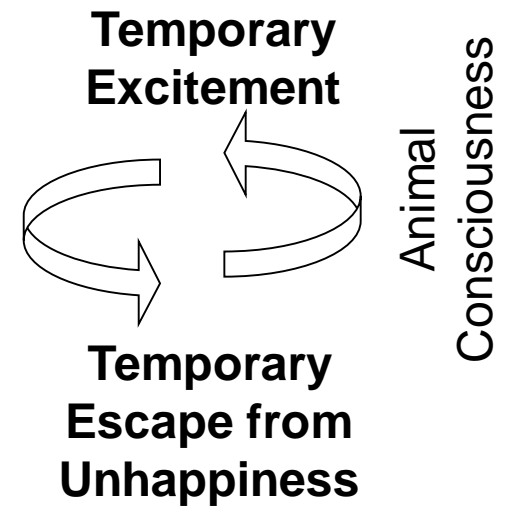
...

Gutka / Tobacco

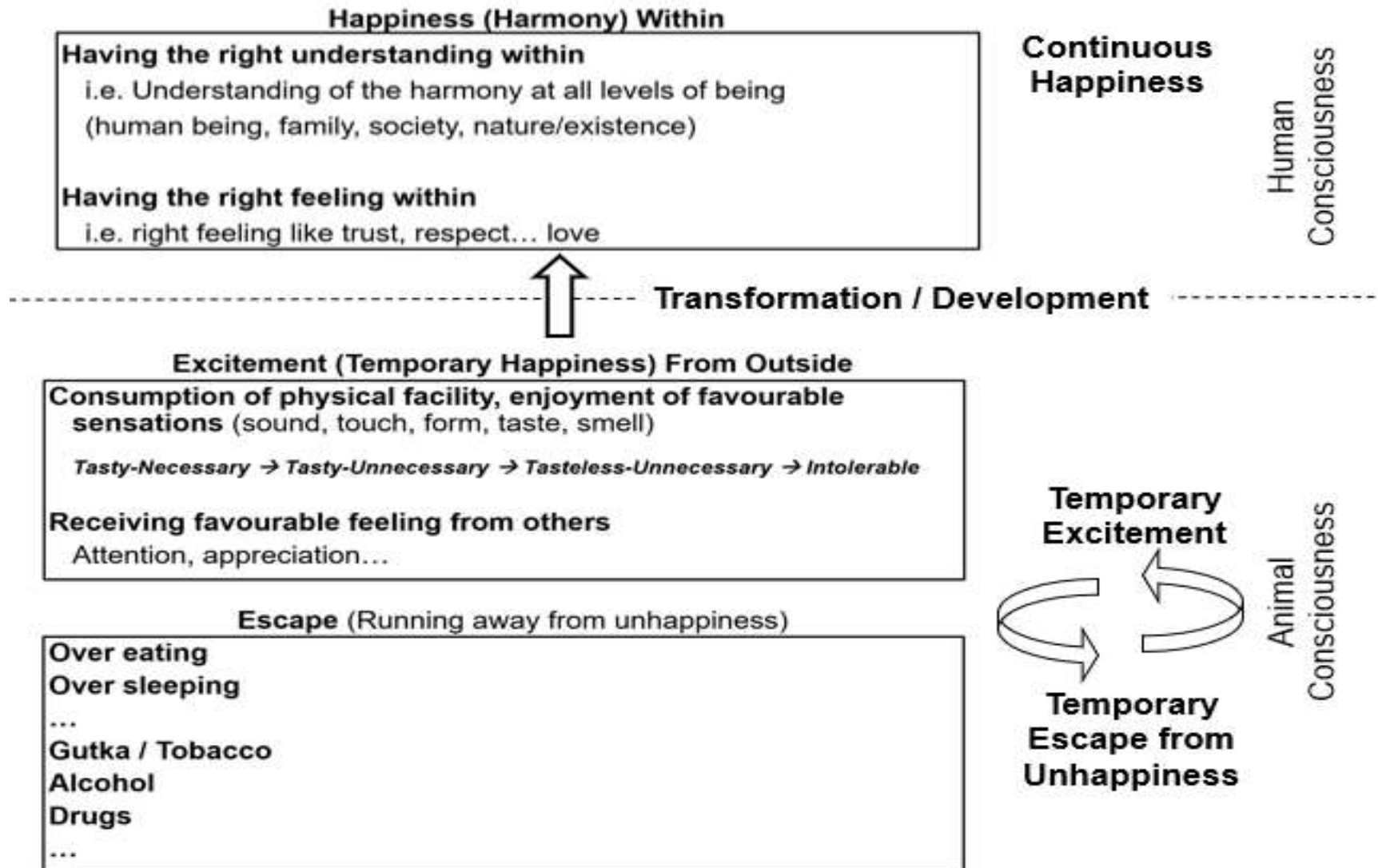
Alcohol

Drugs

...



Happiness [CO3]



- Human Being –
 - Knowing, Assuming, Recognizing and Fulfilling
- Interaction between the Self and the Body
 - The transaction between Self(I) and Body is only in the form of information
 - The need of the Self(I) is continuous happiness
- Higher Activities of the Self
 - Awakening activity of Contemplation, Understanding & Realization
- Basis for Analyzing – Comparing
 - Authentication and mutual fulfilment
 - imaginations are motivated by Preconditioning or Sensation or Natural acceptance

- Basis for Selecting – Tasting
 - Knowing in Self , Awakening in self and Harmony
- Possible Sources of Happiness-
 - Basic human aspirations-Continuous Happiness and Prosperity
 - Prevailing notions of happiness
 - Excitement and Depression

Human beings need to understand the meaning of happiness and higher activities of self for better understanding and realization to live with harmony at all levels.

MCQ s

1. It is a process of dialogue between “what you are” and “what you really want to be”
 - a) Self-exploration
 - b) Natural Acceptance
 - c) Value education
 - d) None

2. Basic human aspirations are-
 - a) Continuous happiness
 - b) Prosperity
 - c) Both
 - d) None

3. _____ implies unconditional and total acceptance of the self, people and environment.
 - a) Natural Acceptance
 - b) Happiness
 - c) Self- Exploration
 - d) None

Weekly Assignment 1

1. What is the meaning of 'contemplation' as described in the course? Explain with the help of an example.
2. What are basic human aspirations?
3. How do you distinguish between a 'prosperous' person and a 'deprived' person in living? Explain.
4. How does any sensation produce only temporary happiness? Explain taking a few examples.
5. How does the 'imaging' in the Self get transformed with 'Contemplation'? Explain with the help of two examples.

Weekly Assignment 2

1. Name the three kinds of tasting in the Self. How are they related?
2. How does the activity of 'tasting' in the Self get transformed with right understanding? Explain.
3. Describe the content of activities of dimension of Realization in the Self.
4. What are the sources of happiness for a human being? Classify them, and show their correlation.
5. Make a line sketch showing how imagination migrates from one issue to another. Then at each point, explain the activities of imaging, analysing and selecting. Take one example to illustrate.

Faculty Video Links, Youtube & NPTEL Video Links and Online Courses Details

- Youtube/other Video Links

1. <https://www.youtube.com/watch?v=DO1HQuoUfBQ>
2. <https://www.youtube.com/watch?v=nFAa4t1d0TA>
3. <https://www.youtube.com/watch?v=-1VzEaPZWls>
4. https://www.youtube.com/watch?v=WNxF_hwxkB8&list=PLWDeKF97v9SP_Kt6jqzA3pZ3yA7g_OAQz&index=17
5. https://www.youtube.com/watch?v=Cnw1nK3K5qk&list=PLWDeKF97v9SP_Kt6jqzA3pZ3yA7g_OAQz&index=15
6. https://www.youtube.com/watch?v=nFAa4t1d0TA&list=PLWDeKF97v9SP_Kt6jqzA3pZ3yA7g_OAQz&index=16
7. https://www.youtube.com/watch?v=tULgi8tNg9k&list=PLWDeKF97v9SP_Kt6jqzA3pZ3yA7g_OAQz&index=18

- A perception associated with stimulation of a sense organ or with a specific body condition is known as _____.
 - a) Sensation
 - b) Happiness
 - c) Recognizing
 - d) None

- Basic human aspirations are-
 - a) Continuous happiness
 - b) Prosperity
 - c) Both
 - d) None

- _____ means we have assumed something about our desires on the basis of prevailing notion about it.
 - a) Natural Acceptance
 - b) Preconditioning
 - c) Self- Exploration
 - d) None

MCQ s

- I am the _____ entity and body is _____ entity.
 - a) **Conscious & material**
 - b) material & Conscious
 - c) Recognizing & Conscious
 - d) None

- Imagination is combination of-
 - a) Desire & thought
 - b) **Desire, thought & expectation**
 - c) Expectation & thought
 - d) None

- Human being is a combination of sentiment ('I') and _____

Answer- Material body

Old Question Papers

Previous University Papers can be studied from following links-

- <https://abesit.in/library/download/B.Tech./Sem.7/2019-20/UNDERSTANDING-THE-HUMAN-BEING-COMPREHENSIVELY-ROE-074.pdf>
- <https://abesit.in/library/download/B.Tech./Sem.3/2018-19/UNIVERSAL-HUMAN-VALUES-AND-PROFESSIONAL-ETHICS-RVE-301.pdf>
- <https://abesit.in/library/download/B.Tech./Sem.3/2017-18/UNIVERSAL-HUMAN-VALUES-PROFESSIONAL-ETHICS-RVE-301.pdf>

Expected Questions for University Exam

1. Critically examine the prevailing notions of happiness and prosperity and their consequences.
2. How is 'expectation to live with continuous happiness' different from 'desire to live with continuous happiness'?
3. List the three bases of the activity of 'comparing' in the Self lacking right understanding. Explain each with an individual example.
4. List the three bases of the activity of 'comparing' that get activated in the Self with right understanding. How do they guide the other three bases of comparing? Explain with individual examples.
5. How does the activity of 'tasting' in the Self get transformed with right understanding? Explain.
6. What is the meaning of 'contemplation' as described in the course? Explain with the help of an example.

1. A Foundation Course in Human Values and Profession Ethics (Text Book and Teachers' Manual), R. R. Gaur, R. Sangal, G. P. Bagaria (2010), Excel Books, New Delhi [ISBN 978-8-174-46781-2]
2. Avartansheel Arthshastra, A. Nagraj, Divya Path Sansthan, Amarkantak, India
3. Economy of Permanence – (a quest for social order based on non-violence), J.
4. C. Kumarappa (2010), Sarva-Seva-Sangh-Prakashan, Varansi, India
5. Slow is Beautiful, Cecile Andrews
<http://www.newsociety.com/Books/S/Slowis-Beautiful>

Thank You