

# Activities of the Self

**Unit: III**

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

**B Tech (6<sup>th</sup> Sem)**



**Shyam Lal Sharma**  
Assistant Professor  
ME

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# COURSE OUTCOME

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

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

# UNIT-3 SYLLABUS

## 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]

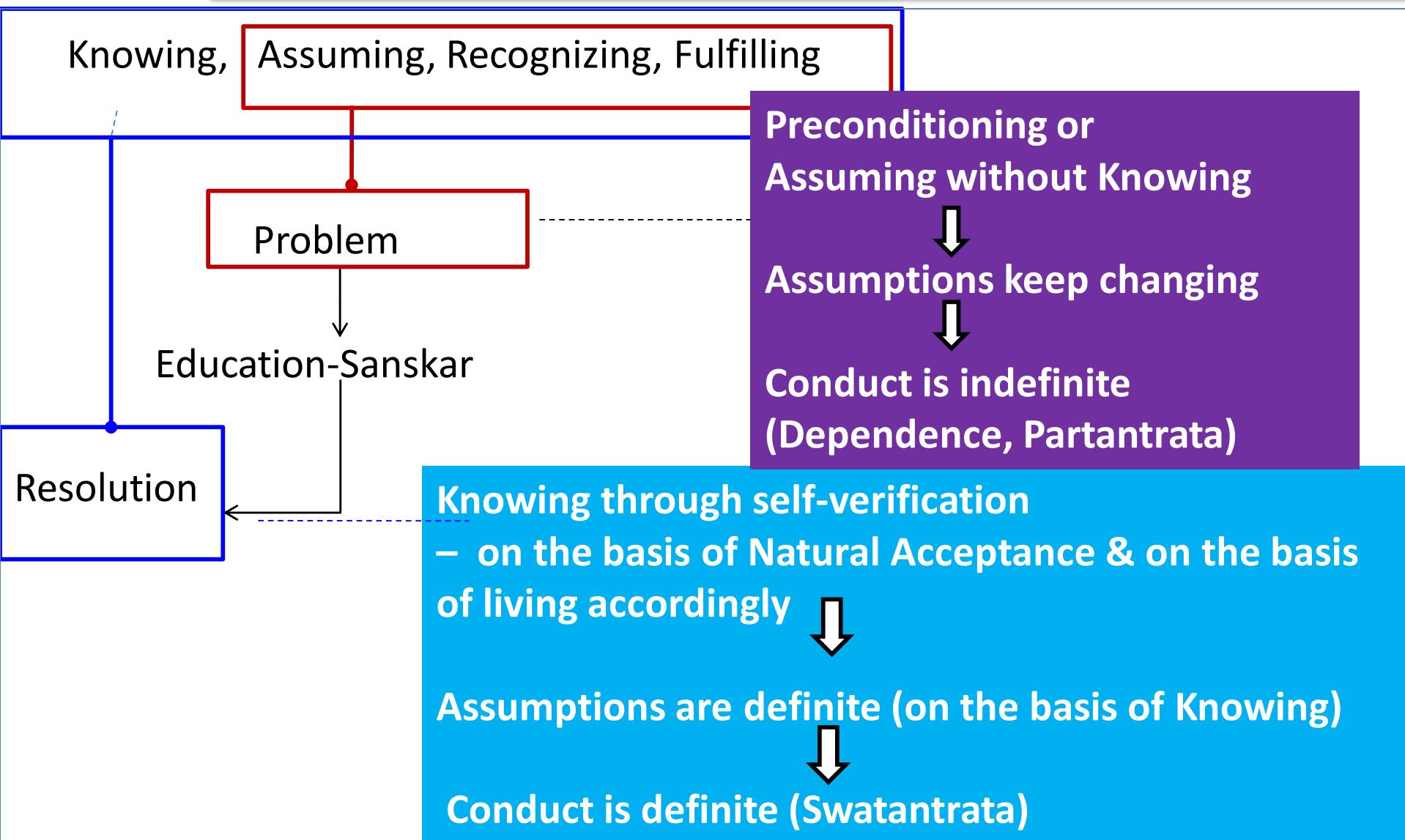


Need	Happiness (e.g. Respect)	Physical Facility (e.g. Food)
In Time	Continuous	Temporary
In Quantity	Qualitative (is Feeling)	Quantitative (Required in Limited Quantity)
Fulfilled By	Right Understanding & Right Feeling	Physio-chemical Things
Activity	Desire, Thought, Expectation...	Eating, Walking...
In Time	Continuous	Temporary
Response	Knowing, Assuming, Recognising, Fulfilling	Recognising, Fulfilling

# Consciousness

## Material

# Knowing & Assuming [CO3]



# Knowing, Assuming, 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

# Daily Quiz

# 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]

## Consciousness

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

### **Feeling of responsibility toward the body**

Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body

## INFORMATION

Instruction  
Sensation

## Material

Physical Facility

Temporary in time

### **Health**

1. Body acts according to I
2. Parts of the body are in harmony (in order)

## Consciousness

## INFORMATION

Instruction  
Sensation

## Material

Needs: Happiness, Prosperity → Continuity

Physical Facility

Needs & activities are continuous in time

Temporary in time

### Feeling of responsibility toward the body

Feeling of responsibility toward the body – for  
Nurturing, Protection and Right Utilization of  
↓              ↓              ↓              the Body

Food... Clothes, Shelter... Instruments...

### Health

1. Body acts according to I
2. Parts of the body are in harmony (in order)

The required physical facility can be recognised  
along with the required quantity

The quantity of food... required for nurturing the body – is it limited or unlimited?  
Clothes, shelter... for protection of the body – is it limited or unlimited?  
Instruments, equipments... for right utilisation of the body – is it limited or unlimited?

# Self and Body [CO3]

## Consciousness

## INFORMATION

Instruction  
Sensation

## Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

### Feeling of responsibility toward the body

Feeling of responsibility toward the body – for  
Nurturing, Protection and Right Utilization of  
the Body

Food... Clothes, Shelter... Instruments...  
 ↓            ↓            ↓  
 Limited,      Limited,      Limited quantity

**Physical Facility for nurturing, protection and right utilisation of the body  
is required in a limited quantity**

**If we can see that, then we can understand the meaning of prosperity**

# Understanding Prosperity [CO3]

- Prosperity – The feeling of having more than required Physical Facility

2	1
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  - Identification of required physical facility (including the required quantity) - with right understanding
  - 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**

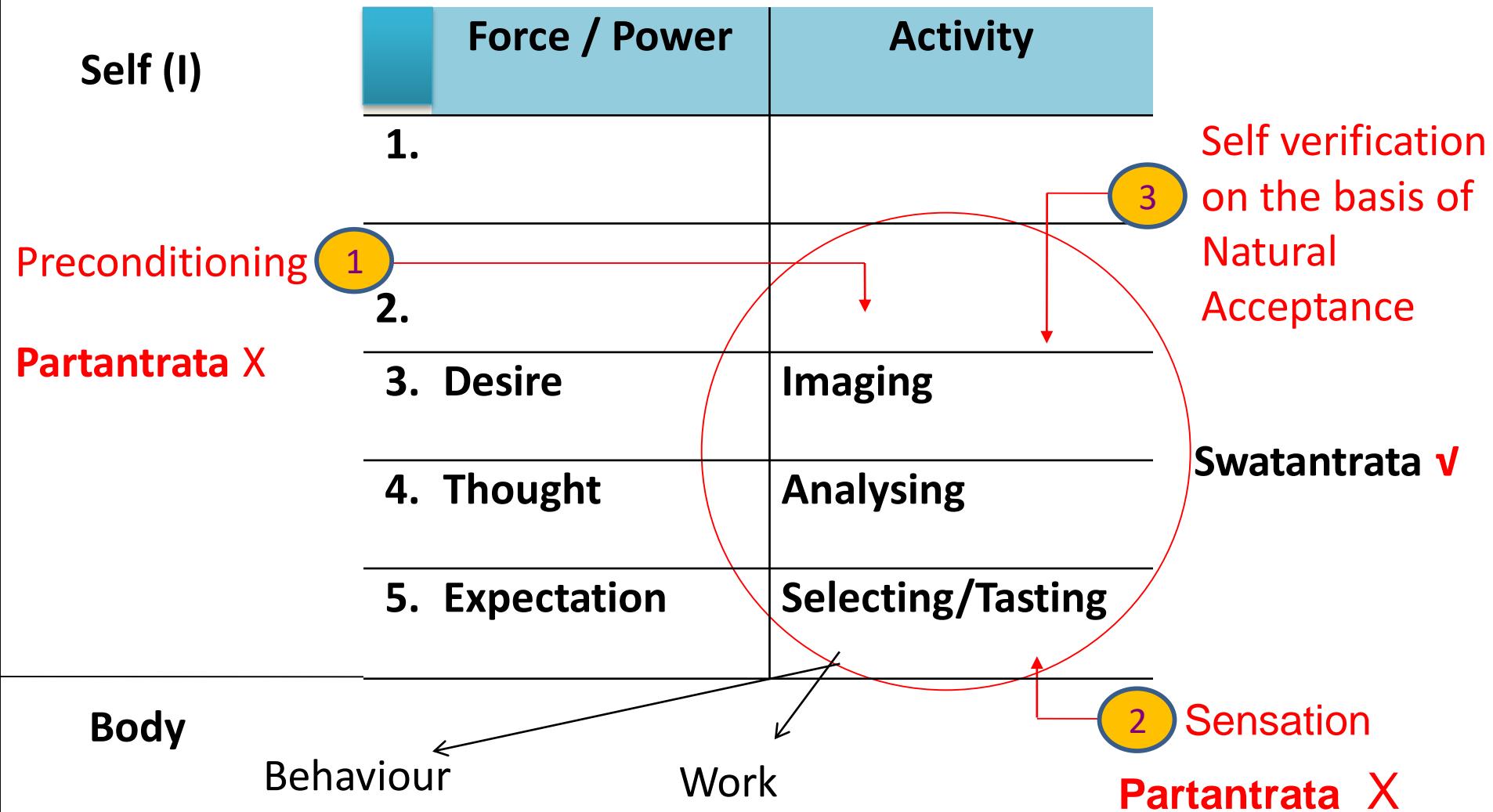
(now we can see that if the identification of required physical facility is missing, then one can only shift between category 1 & category 2)

- 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

# Activities of Self [CO3]



# Activities of Self [CO3]

	Power	Dynamic Activity	State Activity	
Self (I)	1. Preconditioning	Authentication Determination	Realization Understanding	B1 3 Self verification on the basis of Natural Acceptance
	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	

# Home Work

- 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 conductive 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) मानव	1.	Authentication प्रमाण	Realization अनुभव	B1
	2.	Determination संकल्प	Understanding बोध	
	3. Desire इच्छा	Imaging वित्रण	Contemplation चिंतन	
	4. Thought विचार	Analysing विश्लेषण	Comparing तुलन	B2
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	
Body शरीर				
Other दूसरा	Human मानव	Behaviour व्यवहार	Work कार्य	Participation भागीदारी
			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 वारणा स्वयं में व्यवस्था (Self-organisation)	NATURAL CHARACTERISTIC स्पनाव व्यवस्था में भागीदारी (Participation)	INHERITANCE अनुषंगीता
Physical पटार्थ	Soil, Metal मिट्टी, धातु	Formation- Deformation रचना—विरचना	Existence अस्तित्व	Composition- Decomposition संगठन—विघटन	Constitution based परिणाम अनुषंगी
Bio प्राण	Plants, Trees पेड़, पौधे	"—" + Respiration श्वसन—प्रश्वसन	" + Growth पुष्टि	" + Nurture-Worsen सारक—मारक	Seed based बीज अनुषंगी
Animal जीव	Animals, Birds पशु, पक्षी	"-", " in Body शरीर में Selecting/Tasting in I चयन / आस्थाटन 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 क्रहता, अक्रहता	Breed based वंश अनुषंगी
Human ज्ञान	Human Beings मनुष्य	"-", " in Body शरीर में Imaging, Analysing, Selecting/Tasting in I चित्रण, विश्लेषण, चयन / आस्थाटन 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 निरन्तर सुखपूर्वक जीने की आशा	", " in body शरीर में	Education- Sanskar based शिक्षा—संस्कार अनुषंगी

Natural Characteristic: Participation in larger order

Inheritance: Basis of definite conduct across generations

# Knowledge of Human Being – Activities of Self (I)

## [CO3]

Space शून्य

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Self (I) मानव	1.	Authentication प्रमाण	Realization अनुभव	B1
	2.	Determination संकल्प	Understanding बोध	
	3. Desire इच्छा	Imaging चित्रण	Contemplation विचित्रन	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	

Space शून्य

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	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	

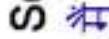
# Knowledge of Human Being – Activities of Self (I)

## [CO3]

Space शून्य

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Self (I) मात्र	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	

### Space शून्य

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) 	1.	Authentication प्रमाण	Realization 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 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	

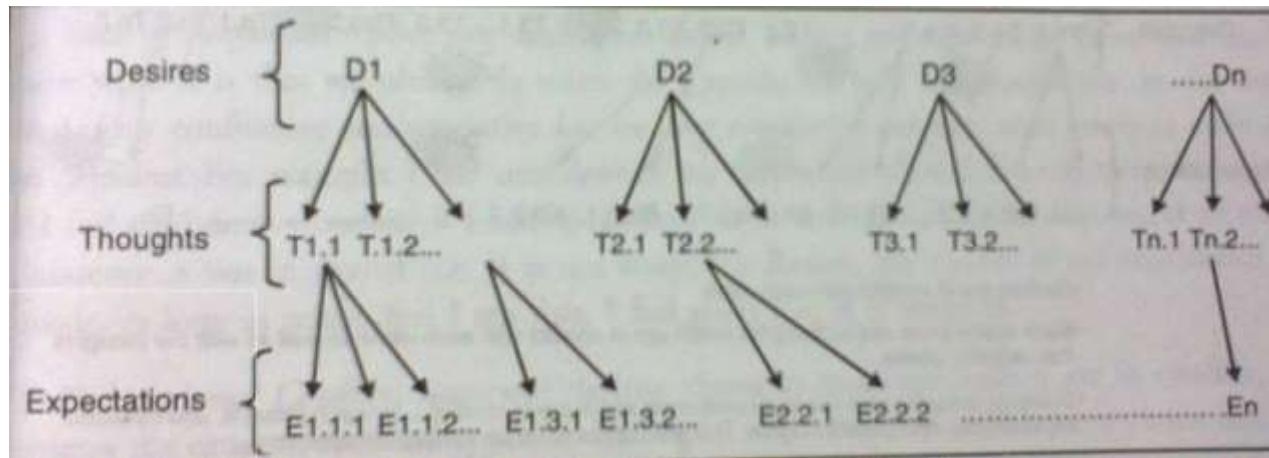
# Awareness

- **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'?

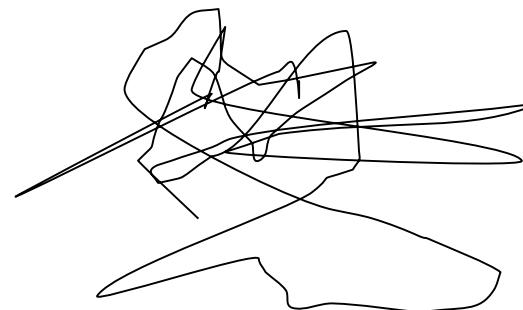
# Ex. Focus on the Underlying Desire (Feeling) [CO3]

- **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) मात्र	1.	Authentication प्रमाण	Realization अनुभव	Clarity of Co-existence, Submergence
	2.	Determination संकल्प	Understanding बोध	Clarity of Harmony in Nature, Self-organisation, Innateness
	3. Desire इच्छा	Imaging विचरण	Contemplation विंतन	Clarity of Relationship, Natural Characteristic, Participation in Larger Order
	4. Thought विचार	Analysing विश्लेषण	Comparing तुलन	
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	

Body शरीर

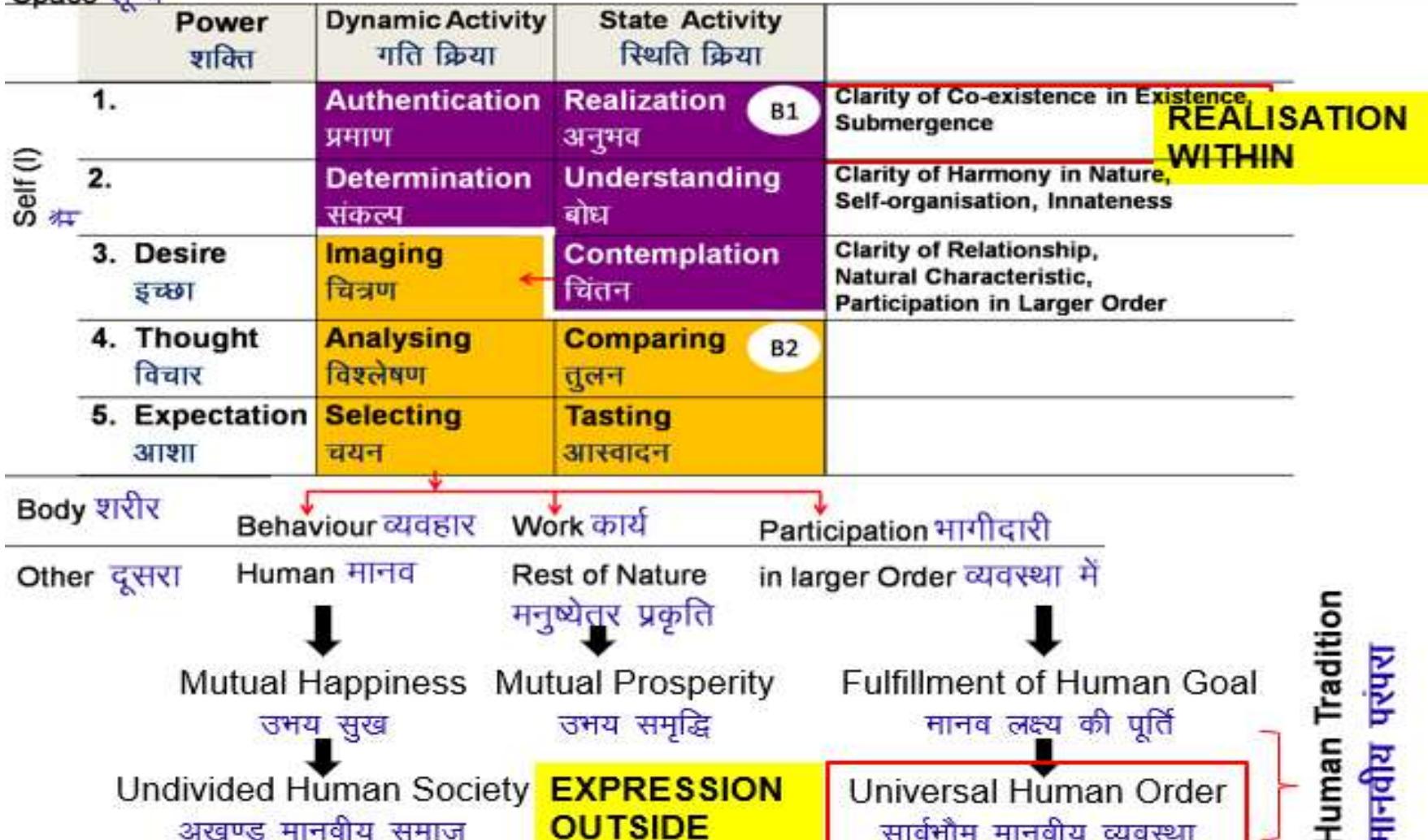


Other दूसरा      Human मानव      Rest of Nature  
मनुष्येतर प्रकृति      in larger Order व्यवस्था में



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

Space शून्य



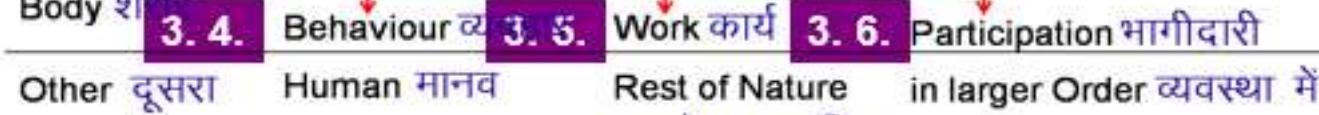
# Realization of Co-existence & it's expression – Universal Human Order [CO3]

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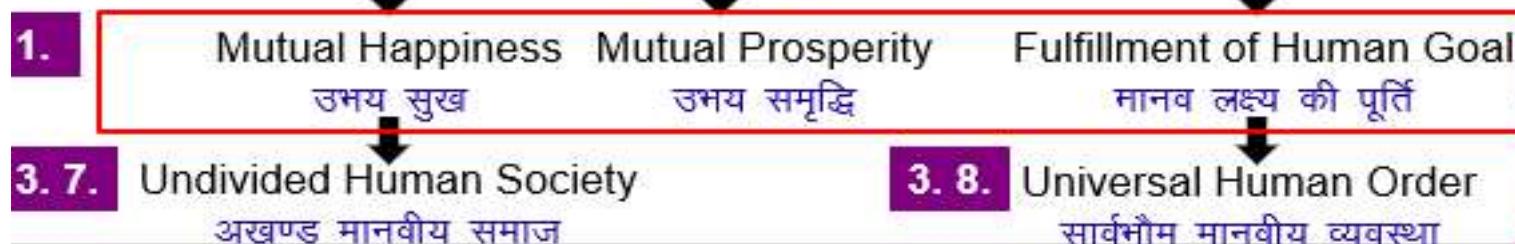
Space शून्य

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया		
Self (I)	1.	Authentication प्रमाण	Realization अनुभव	B1	Clarity of Co-existence Existence, Submergence 1
	2.	Determination संकल्प	Understanding बोध		Clarity of Harmony in Nature, Self-organisation, Innateness 9
	3. Desire इच्छा	Imaging चित्रण	Contemplation विचिन्तन		Clarity of Relationship, Natural Characteristic, Participation in Larger Order 4
	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



3. 9.


 Human Tradition  
 मानवीय परंपरा

# 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)

# Daily Quiz

1. Acceptance of excellence in others is called \_\_\_\_\_.



2. Employing the body physically for production and maintenance of physical facilities is called \_\_\_\_\_.



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

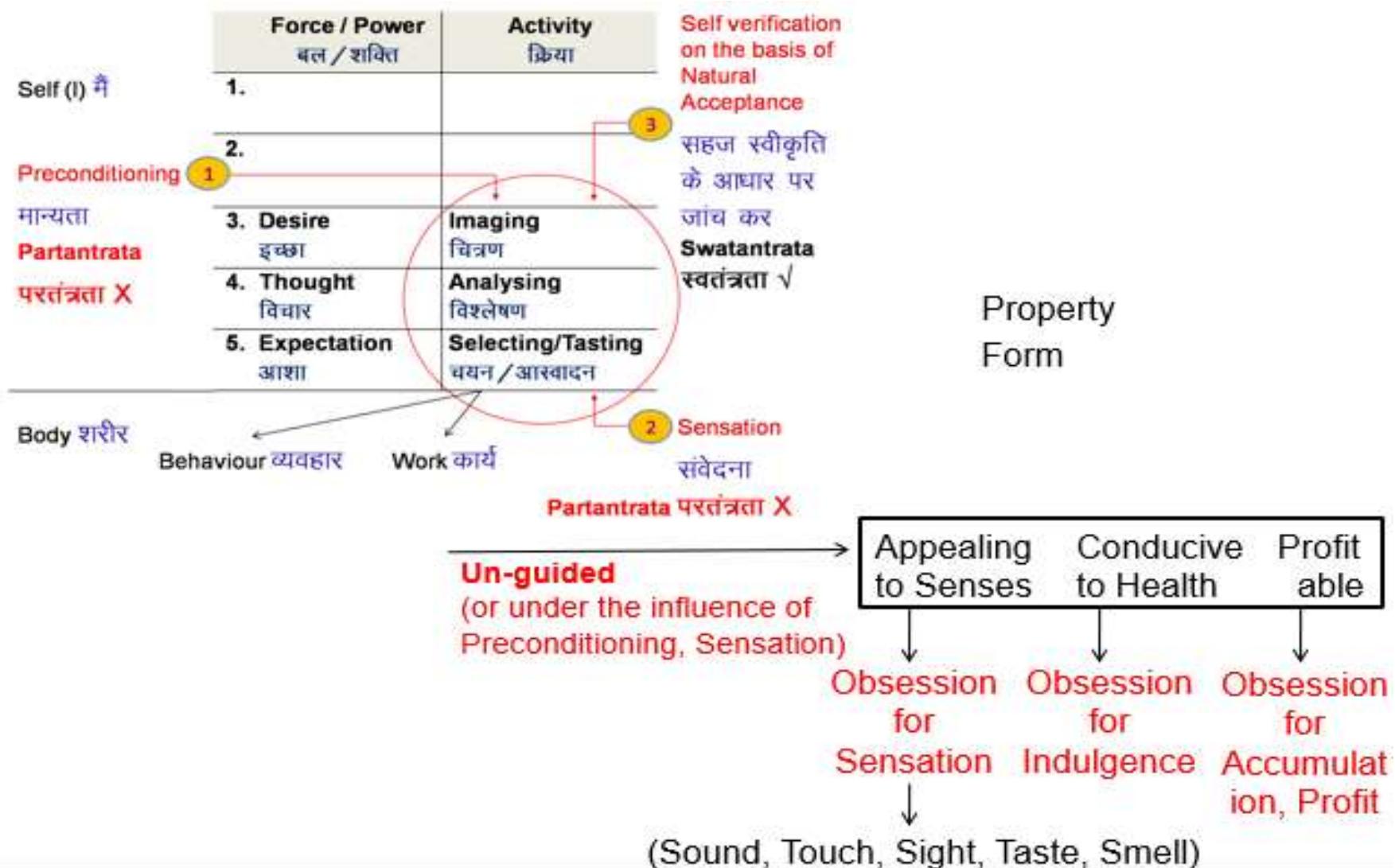
## Prerequisite

- 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	Profitable
Authenticat ion of co-existence, submergen ce in space. Mutual fulfilment	Ensuring the harmony, mutual enrichment in human-nature relationship	Living in a relationship of mutual fulfillment, justice in human-human relationship	Identifica tion of right physical facility	Sanyam, ensuring health of body	Clarity about Prosperit y

## 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.

# Daily Quiz

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

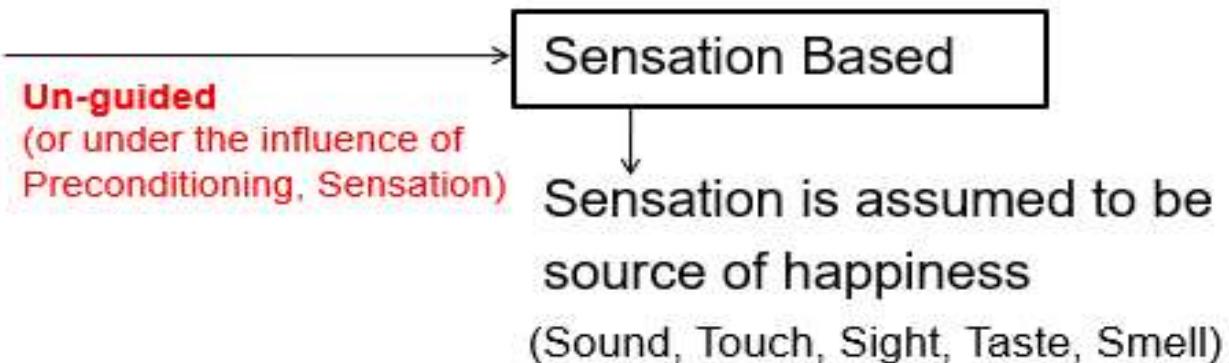
## Prerequisite

- 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]



# 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

### 2. Right Feeling

– From Other

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

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

### 3. Sensation, PF

– Through Body

Sound, Touch, Form, Taste, Smell

**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

– in Self (I)

Harmony at all levels of being

Human Being, Family, Society, Nature/Existence

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

## 2. Right Feeling

– in Self (I)

Trust, Respect, Affection, Care, Guidance,

Reverence, Glory, Gratitude, Love

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

– Through Body

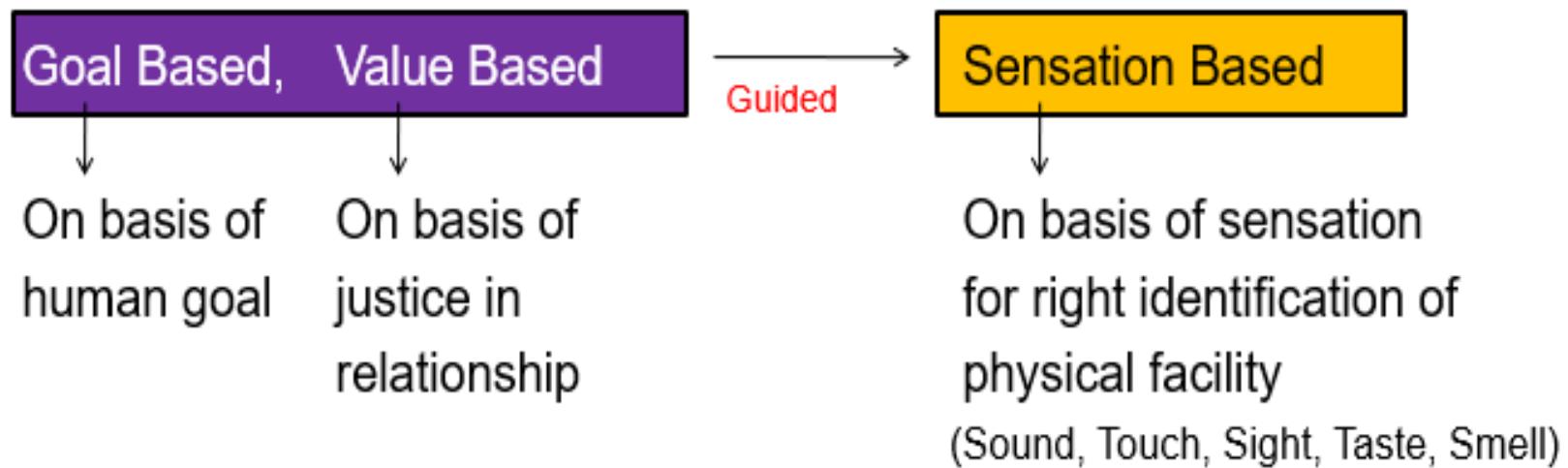
Sound, Touch, Form, Taste, Smell

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 (मानव)	1.	Authentication प्रमाण	Realization 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 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	

# 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

Space शून्य

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) मान	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	<del>Value (Relationship) का आस्वादन</del> B1 Mूल्य (संबंध) का आस्वादन			
Other दूसरा	<del>Sound, Touch, Sight, Taste, Smell</del> B2 मान शब्द, स्पर्श, रूप, रस, गंध का आस्वादन			
	<del>Nature</del> B3 मनुष्येतर प्रकृति			
	<del>Awakening, Harmony</del> B4 लक्ष्य (व्यवस्था) का आस्वादन			
	<del>भागीदारी</del> B5 व्यवस्था में भागीदारी			

### Space शून्य

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) मानव	1.	Authentication प्रमाण	Realization 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 तुलन	Co-existence, Harmony, Justice <b>Guided</b> Senses, Health, Profit
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Goal, Value <b>Guided</b> 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

# Daily Quiz

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

### 2. Right Feeling

– From Other

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

Temporary, Dependence on Other,

No completion point, Continuity not possible

### 3. Sensation, PF

– Through Body

Sound, Touch, Form, Taste, Smell

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
  - in Self (I) Human Being, Family, Society, Nature/Existence for happiness in the Self(I), definite completion pt.
- 2. Right Feeling**
  - in Self (I) Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love 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**
  - Through Body Sound, Touch, Form, Taste, Smell 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**

...

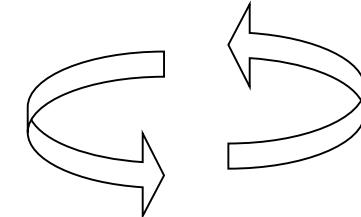
**Gutka / Tobacco**

**Alcohol**

**Drugs**

...

**Temporary Excitement**



**Temporary Escape from Unhappiness**

Animal Consciousness

# Happiness [CO3]

## Happiness (Harmony) Within

### **Having the right understanding within**

i.e. Understanding of the harmony at all levels of being  
(human being, family, society, nature/existence)

### **Having the right feeling within**

i.e. right feeling like trust, respect... love

## **Continuous Happiness**

Human Consciousness



## **Transformation / Development**

## 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**

...

## **Temporary Excitement**



## **Temporary Escape from Unhappiness**

Animal Consciousness

# Summary

- 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

# Summary

- 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.

- 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=-1VzEaPZWIs>
4. [https://www.youtube.com/watch?v=WNxF\\_hwxeB8&list=PLWDeKF97v9SP\\_Kt6jqzA3pZ3yA7g\\_OAQz&index=17](https://www.youtube.com/watch?v=WNxF_hwxeB8&list=PLWDeKF97v9SP_Kt6jqzA3pZ3yA7g_OAQz&index=17)
5. [https://www.youtube.com/watch?v=Cnw1nK3K5qk&list=PLWDeKF97v9SP\\_Kt6jqzA3pZ3yA7g\\_OAQz&index=15](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](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](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

- 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.

## References

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>)

## References

# Thank You