

## UNIVERSAL HUMAN VALUES

## TUTORIAL - 1

PART 1

1 a "what I am."

ANS What I am differs a lot depending on what social situation I am in and what kind of people I am surrounded by. I believe I show different kinds of personality when I am with different categories of people. If I am with my immediate family, I am carefree and believe that anything I do, won't ever change their opinion about me. If I am with my friends and distant family, I am a bit wary of what I say so as to not offend anyone and create a negative image of myself. The third personality is when I am alone and with my thoughts racing across my mind. This is truly what I am. I like driving and when I am driving alone on an empty stretch of road with just my thoughts for company, I become relaxed and carefree and that's what I am. I believe in keeping good relations with everyone I can and would sometimes act against my wishes for just that sole reason. That is who I am.

b "what is naturally acceptable"

ANS Natural acceptance implies unconditional and total acceptance of the self, people and environment. It also refers to the absence of any exception from others. Once we fully and truly commit ourselves on the basis of natural acceptance, we feel a holistic sense of inner harmony, tranquility and fulfilment.

As I have stated above, I like to keep good relations with everyone and it is naturally acceptable to me through some people do not believe the same so what I am and what is naturally acceptable are in harmony.

c The dialogue between "what I am" and "what is naturally acceptable to me".

ANS There are times when I don't act the way it is naturally acceptable to me but I believe it is human nature. For example it is naturally acceptable to respect everyone but as a person, I don't respect everyone as I believe respect is earned. This is human nature and there are times I feel guilty about it but I always try to push myself by asking myself if I am right and it is naturally acceptable to me. I also praise myself when I do something that is naturally acceptable to me as it brings me joy.

| STATEMENT                                    | MY PRESENT THINKING ABOUT THE STATEMENT  | NATURALLY ACCEPTABLE  |
|--|--|---|
| I want to be happy.                          | Yes, I want to be happy in life  | Yes, like everyone, I want to be happy  |
| I want to make others happy                  | Yes, you cannot make everyone happy.   | NO, I am a people pleaser and wish to make everyone happy                                 |
| I want to be healthy.                        | I want to be fit and live a long and healthy life.   | would I be able to do that  |
| I want to live in relationship.              | I do value relations that I have with the people I am surrounded by.<br>life is a race, if you don't run fast you'll get trampled. | As humans are social creatures we all need people with whom we have a close relation.     |
| Do I want to have more than others.          |  | Rather than competing with others, I should become my own competitor.                     |
| I want to have more than what I really need. | I do wish to lead a luxurious life with a lot of stuff that I don't necessary need.  | we should be content with what we have and should not be greedy.                          |
| Feeling of respect in relationship           | only if you have money, people respect you   | Feeling of respect is naturally acceptable in relationship.                               |
| Respect elders                               | Respect is earned but I am ready to make the first move  | Elders are respected because of their greater years of experiences.                       |
| Respect all                                  | You give respect, you get respect  | Everyone should be respected irrespective of their age, caste, creed, sex, religion, etc. |

| WHAT I AM                              | WHAT IS NATURALLY ACCEPTABLE TO ME  | ARE THOSE TWO IN HARMONY OR CONTRADICTION | DO I FEEL COMFORTABLE OR UNCOMFORTABLE? | DIALOGUE                            |
|--|---|---|---|-------------------------------------|
| I make my parents happy.               | I want to make my parents happy all the time  | HARMONY                                   | Comfortable                             | Are my parents really happy with me |
| But I get angry with them sometimes    | Getting angry is not naturally acceptable to me. I really want to stay calm all the time. | CONTRADICTION                             | Uncomfortable                           | I should try to control my anger.   |
| I want to be healthy                   | I want to be fit and healthy  | HARMONY                                   | Comfortable                             | Will I be able to do that           |
| I don't have good communication skills | I want to have good communication skills  | CONTRADICTION                             | Uncomfortable                           | I will try to improve.              |
| I am not always happy                  | I want to be always happy   | CONTRADICTION                             | Uncomfortable                           | I will try to be happy.             |

| WHAT I AM                            | WHAT IS NATURALLY ACCEPTABLE TO ME              | HARMONY OR CONTRADICTION | COMFORTABLE OR UNCOMFORTABLE | DIALOGUE  |
|--------------------------------------|---|--------------------------|------------------------------|---|
| I want to be honest to my loved ones | I cannot always share my thoughts and be honest | CONTRADICTION            | UNCOMFORTABLE                | will try to be more efficient to convey my thoughts & be honest |
| I am an introvert                    | I want to approach more people and socialize    | CONTRADICTION            | UNCOMFORTABLE                | will try to approach new people & socialize                     |
| I am an engineer in making           | I want to be a good engineer                    | HARMONY                  | COMFORTABLE                  | try to learn skills to achieve it.                              |
| I'm at home most of time             | I want to go out with friends and family.       | CONTRADICTION            | UNCOMFORTABLE                | Waiting for a chance to go out with friends and family.         |
| I live a normal life                 | I want to live a lavish life                    | CONTRADICTION            | COMFORTABLE                  | Building such lavish life.                                      |

06/03/21

1. Describe the term 'Natural Acceptance'. How do you make out if it is your natural acceptance or not? Describe the characteristics of natural acceptance. Explain with examples from your own life.

ANS Natural acceptance implies unconditional and total acceptance of the self, people and environment. It also refers to the absence of any exception from others. Once we fully or truly commit ourselves on the basis of natural acceptance, we feel a holistic sense of inner harmony, tranquility and fulfillment. Actually natural acceptance is way to accept the good things naturally. Learn everything that is good from others, but bring it in, and in our own way absorb it; do not become others. We can easily verify proposals in the basis of characteristics of natural acceptance mentioned:-

- a] IT DOES NOT CHANGE WITH TIME : For e.g: <sup>natural acceptance for</sup> my trust in my parents does not change with age.
- b] IT DOES NOT DEPEND ON THE PLACE : whatever we have accepted, in our life, at any time of our age, does not change, even if we move from one place to another.
- c] IT DOES NOT DEPEND ON OUR BELIEFS OR PAST CONDITIONING : No matter how deep our belief or past conditioning, as long as we ask ourselves the question sincerely, as long as we refer deep within ourselves, the answer will always be the same
- d] THE NATURAL ACCEPTANCE IS 'CONSTANTLY THERE', SOMETHING WE CAN REFER TO : whatever we do, this natural acceptance is within us, it is telling us what is right.

e] NATURAL ACCEPTANCE IS THE SAME FOR ALL OF US : It is part and parcel of every human being, it is part of humanness.

2] Distinguish between natural acceptance and acceptance with a few examples ?

ANS Natural acceptance is a mechanism of self-exploration. Natural acceptance is the process to understand oneself first. Natural acceptance implies unconditional and total acceptance of the self, people and environment. It also refers to the absence of any exception from others. In other words, Natural acceptance is process to understand oneself first and to accept good things naturally.

for example, what is naturally acceptable to human beings living in harmony with all or living in opposition with all; trust or mistrust in any relationship; accumulating more and more wealth while feeling deprived or having requisite wealth and feeling prosperous. Upon serious thinking, following Natural Acceptance theory, it would come out that the most basic aspiration of all human beings on earth is to live happily. And that can only be ensured through harmonious connectivity with other human beings and rest of nature. This conclusion can be reached upon only through self introspection on the basis of our natural acceptance.

The other type of acceptance is experiential validation which is a process that infuses direct experience with the learning environment and content. It maybe regarded

as a philosophy and methodology in which the direct experience and focussed reflection of the individual helps to increase knowledge, develop skill and clarify values. Most of what we know about ourselves is not only through our own opinion of ourselves but also because of how others view us.

For example: Our experiences with a trial and error method with our parents from childhood has taught us that they can be relied upon and can be looked for during any type of crisis.

## TUTORIAL - 2

Q1 Take your list of desires. Revise it if you need to. For each desire, identify the primary source of motivation. [sensation, preconditioning or natural acceptance]

| DESIRE       | MOTIVATED BY               | MOTIVATED BY            | MOTIVATED BY   |
|--------------|----------------------------|-------------------------|--|
|              | PRECONDITIONING            | SENSATION               | NATURAL ACCEPTANCE   |
| Saving money |                            |                         | Creating a budget can save money and yet have an emergency fund. |
| Curiosity    |                            | Knowledge and truth.    |  |
| Good Health  | To live long.              |                         |  |
| Idealism     | To improve the society.    |                         |  |
| Power        | Desire to influence others |                         |  |
| Good Health  |                            | So I can eat all I like |  |
| Good Health  |                            |                         | So I don't feel sleepy while reading.                            |

a

ANS(i) Percentage of my desires influenced by natural acceptance =  $\frac{2}{7} \times 100 = 28.57\%$

On the basis of percentage I am autonomous i.e. having the freedom to govern myself or control my own affairs.

(ii) Percentage of my desires motivated by preconditioning =  $\frac{3}{7} \times 100 = 42.86\%$

$\therefore$  % of my desire motivated by sensation =  $\frac{2}{7} \times 100 = 28.57\%$

Since the percentage of my desire motivated by sensation is 28.57% and combined with the desire motivated by precondition i.e. 42.86% concludes that I am somewhat dependent.

(iii) In simplest sense, autonomy is about a person's ability to act on his own values and interests.

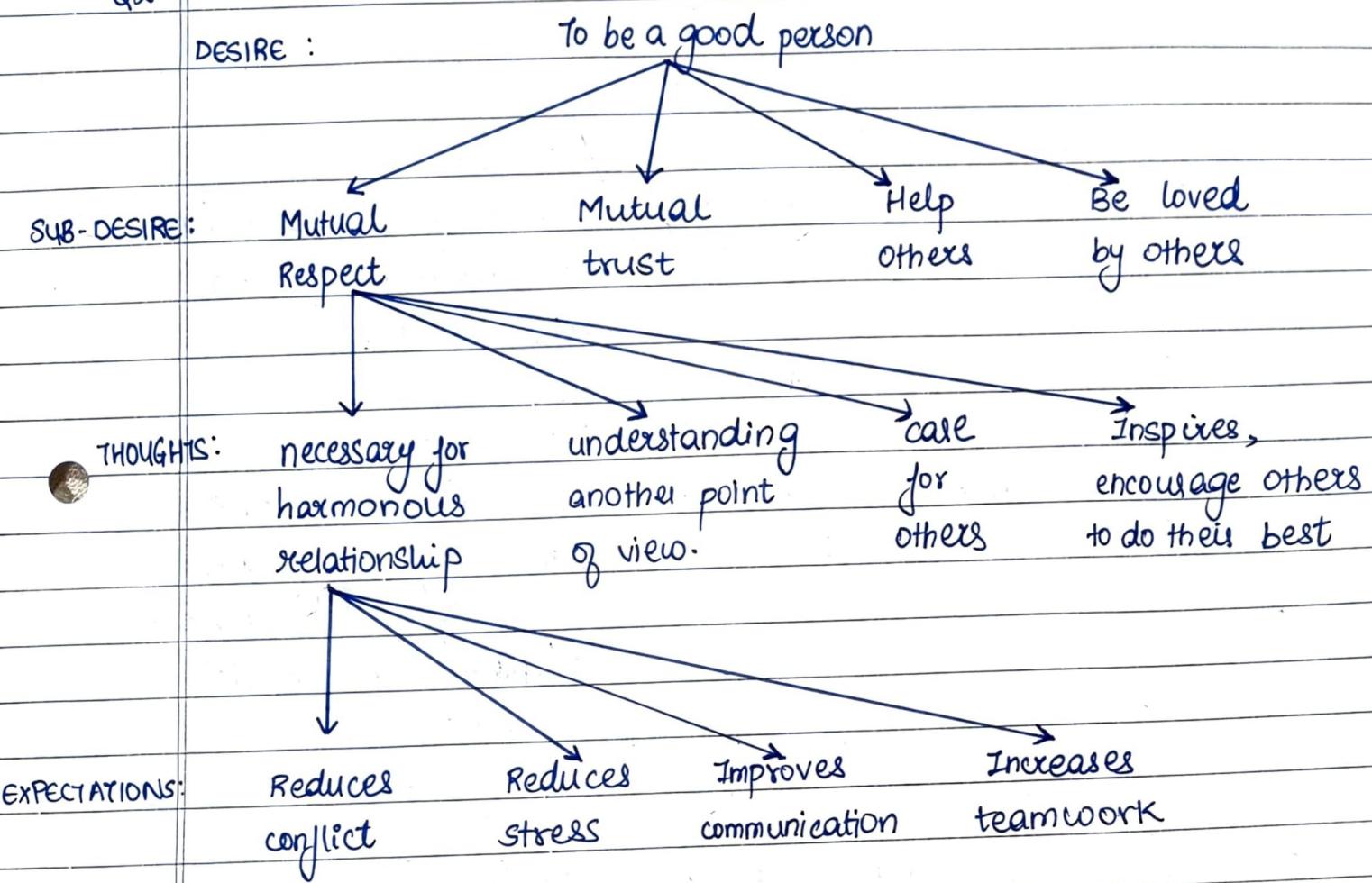
Taken from ancient Greek, the word self-legislation or self-governance, modern political bioethics often stress that individual autonomy should be promoted and respected.

Efforts or steps necessary to be completely self organized or autonomous :-

- write down things
- Make schedules and deadlines
- Don't Procrastinate
- Give everything a home
- Declutter Regularly.
- Get things done better and faster
- Keep only what you need.
- Know where to discard items
- Stay away from Bargains.
- Delegate responsibilities
- Work hard

2

Q2



| Q3 | DATE            | ILLNESS OR<br>DISHARMONY | TYPE                   | STEPS TAKEN  | ROOT CAUSE   |
|----|-----------------|--------------------------|------------------------|--|--|
| 1) | June<br>2016    | Disharmony               | Fungal<br>Infection    | Approach a dermatologist and did many home remedies.                             | It is common during teenage years.   |
| 2) | October<br>2019 | Illness                  | Bacterial<br>infection | Increase in intake of fruits to increase my immunity.                            | Maybe negligence towards health.   |
| 3) | June<br>2020    | Disharmony               | Lacking skills         | Started learning skills which I didn't know and gave adequate time to learn them | At some point I didn't know what do I need to learn as everything was new to me. |

3

If I were to take full responsibility of my body the daily schedule I would have is :-

- Wake up at 5 AM
- Do some exercise / workout
- Take a bath
- Have breakfast
- Attend college lectures
- Be active as much as I can, during lectures
- Take a break of 30 minutes
- Be a part of extra curricular activities.
- Finish assignments
- Play games
- Have dinner with family
- Spend time with family
- Study some extra stuff for skill improvement.
- Go to sleep around midnight

## TUTORIAL 2B

Q1

ANS

Body was healthy : - when I eat healthy foods  
 - when I get proper amount of sleep

Body was sick : - When I eat a lot of junk food  
 - when I get insufficient sleep.

Body was resting : - After a long day of college  
 - when I fall ill

Body was refreshed : - when I wake up early in the morning  
 - when I workout at the gym with adrenaline pumping through my body.

Body was fatigued : - After a heavy day of workout  
 after skipping a few days.  
 - Lack of sleep.

a Yes, this activity of imagination is continuous in time and not dependent on the state of my body.

b Yes, the state of my body has an impact on my behaviour and my work.

Thus, I do not always decide my behaviour and work.

From this exercise I understood that my behaviour

is not solely dependent on my mindset but also largely dependent on my body.

Q.2

The human body is a mechanism which is self-organised and highly sophisticated. With self-organised body, health can be ensured and without, a good health can also be lost. Hence, self-organized body plays a vital role for the health and needs to be given due priority.

Today we observe that our lifestyle have become very demanding and peculiar so we usually do not give priority to take proper care of the body. As a result we have increasingly started eating at odd hours, eating junk food and are largely ignorant about the state of our body. We tend to look with contempt on any kind of exertion. Our environment has been polluted by our various activities today which are directly or indirectly harming us. There is nothing natural and clean, e.g. there is contamination in the air, water, soil, plants and no doubt we people are responsible for it. You may find out that our present life style and conditioning are not very conducive to keep the body fit and therefore it is important to understand self-organized unit and health correctly and maintain proper harmony with the body. The other is the protection of the body. The clothes and shelter we choose for protection need to be such that they ensure proper interaction of the body with the

environment. The right amount of exposure of the body to the air, water and sun is required to ensure its proper functioning. The need for physical facilities for nurture, protection and right utilization of the body is limited. We need to understand and live with self-organized body to ensure health. Clarity of the needs of the body, paves way towards ensuring prosperity. This is the necessity of the present time and we need to pay consideration towards this rising issue.

Q3

| PHYSICAL FACILITY | QUANTITY | QUANTITY AVAILABLE                |                        |
|-------------------|----------|-----------------------------------|------------------------|
|                   |          | LESS, EQUAL OR MORE THAN REQUIRED | PROSPEROUS OR DEPRIVED |
| i) clothes        | 75 pairs | more                              | Prosperous             |
| ii) TV            | 1        | equal                             | Prosperous             |
| iii) A.C          | 3        | more                              | Prosperous             |
| iv) Footwear      | 15       | more                              | Prosperous             |
| v) car            | 1        | equal                             | Prosperous             |
| vi) Mobile        | 3        | equal                             | Prosperous             |

Almost all the physical facility is being rightly utilized i.e. during hot summers, AC is being utilized, for communication and entertainment purpose, mobile is being used, etc.

- a Meaning of Prosperity : Prosperity is feeling of having equal or more than required physical facilities.
- b The role of understanding : The feeling of having or making available more than required physical facility is prosperity. Almost all of us feel that wealth alone means prosperity we are trying to achieve happiness and prosperity by maximizing accumulation and consumption of physical facilities. It is becoming anti - ecological and anti - people and threatening the human survival itself.
- c Ability of my family to identify its needs with the required quantity : For prosperity two things are required -
  - i) identification of the required quantity of physical facilities
  - ii) Ensuring availability / production of more than required physical facilities.We can be prosperous only if there is a limit to the need for physical facilities. If there are no limit what so ever be the availability the feeling of prosperity cannot be assured.  
Secondly, just assessing the need is not enough. We need to be able to produce or make available more than the perceived need.

## TUTORIAL 3A

Q1

Brother - Sister

STATE : Harmony [80%]

REASON: She cares for me but is bossy sometimes but I am used to it and listen to her to keep harmony.

Chacha - Mama

STATE : Harmony [80%]

REASON: They respect and trust each other.

I could arrange a get-together so that they can get to know each other better.

Mother - Daughter ~~[90%]~~

STATE : Harmony [90%]

REASON: They care for each other and have faith in other.

I try to sort any misunderstandings that occasionally happen to keep the harmony.

Mama - mami

STATE: Harmony [90%]

REASON: They understand each other very well.

I will try to understand the situation and then try to approach them and ensure that they have harmony again

Father - son

STATE : Harmony [90%]

REASON : we try to keep zero misunderstandings.

Sometimes, my father gets angry on me due to my mistakes but I listen and quietly approach him so as to sustain harmony.

Mother - son

STATE: Harmony [90%]

REASON : we care for each other and understand each other very well. I try my best to keep the harmony in our relationship

Father - Mother

STATE: Harmony [90%]

REASON: They trust and understand each other completely. Sometimes, there are small arguments between them due to some misconceptions. I try my best to clear these misconceptions

Chacha - Chachi

STATE: Harmony [90%]

REASON: They care for each other and treat each other very well. It is not my thing to interfere in their personal matters.

Brother - Brother

STATE: Harmony [80%]

REASON: My brother guides me in life. We both care for each other, but don't show much affection cuz it ain't cool. We often have fights and arguments but we try to understand each other and sort things out.

Father-Daughter

STATE: Harmony [80%]

REASON: They respect and trust each other. They also care for each other. Sometimes, there is argument between them, so as to keep harmony in their relation, I try to cool things up.

CONCLUSION: We get to know about our state of relation with others i.e. either it is in harmony or not. The relations to improve the relations when they aren't at their best. All this can be concluded from the above exercise.

Q.2

The relation in which I have the most dissatisfaction is with my uncle.

List of dissatisfactions, complaints and dislikes :-

- He always consider other people lower than him.
- He thinks that his child is the best.
- He doesn't maintain good family relations with other family members.
- He shows off a lot.

List of good qualities:

- He cares for his family.
- He provides all luxurious items for his children.

b)

Points that have to do with physical facility :

- Shows off a lot
- Gives all luxurious items to his kid.

Points that have to do with feeling :

- He always considers others lower than him
- He thinks that his child is the best and other children aren't.
- He doesn't know how to maintain good relations with others
- He cares for his family.

CONCLUSION: Found that which relationship I have the most dissatisfaction or complaint with and the reasons behind it.

Q,3

1 I want to make myself happy.

Mother : Yes

Father : Yes

Sister : Yes

2 I want to make the other happy.

Mother : Yes

Father : Yes

Sister : Yes

3 The other wants to make themselves happy.

Mother : Yes

Father : Yes

Sister : Yes

4 The other wants to make me happy.

Mother : Yes

Father : Yes

Sister : Yes

Verify on the basis of competence

1 Mother : Yes

Father : Yes

Sister : Yes

2 I am able to make the other always happy.

Mother : Yes

Father : Yes

Sister : Yes

3 The other is able to make themselves happy.

Mother : Yes

Father : Yes

Sister : Yes

4 The other is able to make me always happy.

Mother : Yes

Father : Yes

Sister : Yes

How many people are there with whom you have an unconditional feeling of trust on intention : 3

How many people are there with whom you never get irritated; angry and never have a feeling of opposition : 0

How many people are there with whom you are making effort for mutual development

Q1 what are the feelings (values) in human relationship? Are they naturally acceptable to you? Do you think these feelings are also naturally acceptable to others?

ANS Relationship is between the self and other self. There are nine feelings (values), or expectation of feelings in relationship: of oneself for the other self. These feelings can be recognized :-

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

Human-human relationship are many. some of them which are naturally acceptable are :-

i) CARE: This is state of feeling into others when former is in state of need.

example: i) Mother child relation

ii) In the process of transformation of infant into individual, one is needed in each step of socialization

2) RESPECT : It is a positive feeling shown towards someone usually considered important.

Example : i) Respect everyone is what we are taught.  
ii) Respect towards people helps to maintain healthy relationship i.e. Father - son relationship.

3) REVERENCE : This means to deeply respect something

Example : When a disabled person works for a living instead of begging, he owes reverence from others.

4) LOVE : It is intense liking of something and is considered opposite of hate.

Example : Parents act towards their child.

5) TRUST : Having trust in another person means that you are sure that person will not act against your interest or deceive you in any manner.

Example : Parents allowing their child to go out.

6) AFFECTION : It is considered as a feeling of liking and caring for someone.

Example : Relationship between siblings.

7) GUIDANCE : Guidance facilitates people throughout their lives to manage their choices so that they reach their full potential and contribute to development of better society.

Example : Relation between teacher - student.

8) GLORY : It is fame and admiration that you gain by doing something impressive.

Example : When I got 100/100 in maths.

9) GRATITUDE : It is the feeling of acceptance for those who have made efforts for my excellence.

Example : You have been given a gift of something that you really like.

All these feelings are naturally acceptable to me and also to others.

Q2 what is the outcome when we try to identify relationship based on the exchange of physical facilities ?

ANS Happiness may be defined as being in harmony in the state that I live in. "A state or situation in which I live, if there is harmony in it then I like to be in that state. The state of liking is happiness". whereas prosperity is the "feeling of having or making available more than required physical facilities".

In the current scenario, we are generally trying to achieve happiness and prosperity by maximizing accumulation and consumption of physical facilities. This is an attempt to achieve happiness through pleasant sensory interactions.

The physical facilities are not seen in terms of fulfilling bodily needs but as a means of maximizing happiness.

This has resulted in wrong assessment of wants for physical facilities as being unlimited. But this pursuit is self-defeating. Neither can we hope to achieve continuous happiness through sensory interaction nor can we have prosperity, as it amounts to trying to fulfil unlimited wants through limited resources. This efforts in engendering problems at all the levels. It is becoming anti-ecological and anti-people, and threatening the human survival itself. Some of the consequences of such a trend are :-

- i) At the level of the individual - Rising problems of depression, psychological disorders, suicides, stress, insecurity, psychosomatic diseases, loneliness, etc.
  - ii) At the level of the family - Breaking of joint-families, mistrust, conflict between older and younger generations, insecurity in relationships, divorce, dowry, etc.
  - iii) At the level of society - Growing incidences of terrorism and nationalism, rising communalism, spreading casteism, racial and ethnic struggle, wars between nations, attempts of genocide, fear of nuclear and genetic warfare, etc.
  - iv) At the level of nature - Global warming, water, air, soil, noise, etc, pollution, resource depletion of minerals and mineral oils, sizeable deforestation, loss of fertility of soil, etc.
- It therefore, calls for an urgent need for

for human beings to ~~understanding~~ currently understand happiness and prosperity as well as the sustainable way to achieve these.

Q.3 Distinguish between intention and competence. What is the outcome when we confuse between two and we doubt the intentions of other? What is the outcome when we are able to see them separately and we trust the intention of the other?

ANS Trust is the foundational value in the relationship "to be assured that each human being inherently wants oneself and the other to be happy and prosperous" is known as trust. Mutual trust is shared belief that we can depend on each other to achieve a common purpose. Trust is the expectation of people that they can rely on our word. It is built through integrity and consistency in relationship. There are two aspects in trust:

- 1) Intention
- 2) Competence.

Both intention and competence are the aspects of truth. Intention is what one aspires for and competence is the ability to fulfill the aspiration. In intention every human being wants to do what is right, only the competence may be lacking which needs to be developed through proper understanding and

practice. But what we are doing today is when we are judging ourself; we are judging on the basis of our intension, whereas when we are judging the others, we are judging him on the base of his competence.

We trust our own intension while we are not ready to trust the others intensions. It is the same for others as well. We find that while we look at our intension, we are sure of it, we are not sure of the other's intention. We are actually seeing their competence and making a conclusion on their intention. Hence mistrust is born and we deny the relationship. We seldom look at our competence and others intention.

It is very important to differentiate between intentions and competence. If we have trust on intention, we have a feeling of being related to the other to improvise his competence, if he does not have enough.

Example: Giving medicine to person so he gets well soon (intension) and other person thinks you are giving bitter medicine (competence)

Q4

Distinguish between reaction and response with the clarity of feeling of trust. Give one example of each for a particular case of relationship.

ANS.

There may be a slight difference between the words react and respond. Yet, in practice, there seems to be a guy of difference.

REACT : when people react, it seems to be defensive. we seem to be at disadvantage. we are uncomfortable with what is being said or done; and we react. In our reaction, our emotions take control role. The hair on our neck stand on end. we feel our stomach churn. our face heats up and our defences are on red alert.

We know reactions when we see it. In fact, some people on the other side will intentionally stoke the fires; especially when they know we will react.

There is a downside to reacting, we let emotions without reason drive us forward.

The upside may be passion, but our passion needs to be centered on purpose, not an unexpected, unproductive stimulus.

RESPOND : on the flip side is respond. There is still an external spur to our response. Responding, though is more thoughtful. Response contain reasoning.

The differences may be that responding is guided less by emotion and more by logic. Responding

may be passive in nature, as we are going second in a series. However, a response is more active, and it can change the direction of an interaction.

| RESPONSE   | REACTION  |
|--|---|
| • You decide your feeling on your own right.   | • You decide your feeling based on the behaviour of others.                       |
| • It is based on right understanding you always have the right feeling. It is definite and unconditional | • It depends on whether you like or dislike the behaviour of others.              |
| • The behaviour of other is only an indicator of the state of the other.                                 | • If the other behaves properly you have a right feeling and may behave properly. |
| • With the input you decide your behaviour to ensure mutual happiness                                    | • If the other misbehaves, you have a wrong feeling and you may also misbehave.   |
| • Your conduct is definite   | • Your conduct is indefinite  |

Q1

ANS

Innateness means qualities which are innate to the unit. Each unit in existence exhibits an innateness, an intrinsic quality that cannot be separated from it. We refer this principle as innateness also called dharna of that unit. The 4 orders of nature are :-

### 1) MATERIAL ORDER

Units : Fossil fuels, water, etc.

Activity : composition / decomposition is the activity of all units in material order.

Natural characteristic : Composition / Decomposition is the natural characteristic of all units in material order.

Innateness : When we burn coal and it has finished burning and only some ash is left and smokes have gone out, it is not that the basic ~~exists~~ material, the fundamental particles of coal, have 'cease to exist' or 'disappeared' from existence. They may not be visible to the eye at that moment, but they continue to exist in some form of the other. We cannot destroy matter, we can only convert it from one form to the other. We cannot separate the 'existence' of a thing from the thing itself.

Inheritance :- Inheritance for all units in material order is constitution based

## 2) ANIMAL ORDER

Units : Animals, Birds, etc.

Activity : (composition / decomposition, respiration)  
in body and selection in 'I' are the activities of all the units in Animal order

Innateness: Both animals and birds have the innateness of 'existence and growth' in body which is physio-chemical in nature. An animal or bird cannot be stopped from growing, one way to stop from growing is killing, which leads to going in material order. Thus it inherits innateness of existence from previous order. Thus, every unit in animal order has innateness of growth and existence in body. In addition all units in the order have the "will to live" in I, no unit can be separated from this. It is innate to every unit in this order.

Inheritance: Inheritance for all units in animal order is breed based.

The remaining two orders are :-

- 3) Pranic Order
- 4) Human Order

Pollution is maximum during this age with the increasing vehicular emissions, increasing

### 3) PRANIC ORDER

Units : grass / tree / shrubs

Activity : Composition / decomposition / respiration.

Natural characteristic : composition / decomposition

nurture / worsen. A plant

conforms to the seed or has seed-

conformances. This is the mechanism

by which continuity of plant  
species is maintained.

Innateness : Because the pranic order is a development  
of the material order, it also has the innateness  
of 'existence'. In addition, it also exhibits the 'growth'.  
This principle of 'growth' cannot be separated from any  
units of this order. If it is of pranic order, it will grow.  
For e.g., if you have a plant, you cannot stop it  
from growing. It will continue to respire and  
keep changing in this way. The only way you can stop  
it from growing is by cutting it, but when you do that,  
it ceases to belong to the pranic order, instead  
decays and then belongs to the material order. So,  
as long as you have a plant, it will grow.

Inheritance : Inheritance for every unit in pranic  
order is seed based.

### 4) HUMAN ORDER

Unit : Human Being.

Activities : [Composition / decomposition, respiration] in body +  
[selection / thought / desire] in 'I' are the activities  
of every unit in human order.

Natural characteristics: [composition / decomposition, nurture / worsen] in body + [perseverence, bravery, generosity] in 'I' are natural characteristics of every unit in human body.

Inheritance: Inheritance for every unit in human order is Education - sanskar based.

Humans learn to pick things from what they have learnt from their parents, family or environment.

Innateness: As human beings are development of animal order, innateness of existence and growth from animal order are inherited. coming to the level of 'I' we inherit from animal order the will to live but we add happiness and we innate 'will to live with happiness' which cannot be separated from human beings. Thus innateness of growth and existence in body and will to live with happiness in I is innate to every unit in human order.

There is relationship of mutual fulfillment amongst all. First 3 are mutually fulfilling each other as well as humans. It is naturally acceptable to humans to be fulfilling others but they aren't able to fulfill ~~themselves~~. Humans need to mutually fulfill the other 3 orders as well.

Pollution is the biggest threat to everyone and every order in nature. Pranic order mutually fulfills the human order needs of pure and fresh air. but human order is not able to fulfill the pranic order as we cut thousands of trees without planting one. Water in material order is polluted by the human order. Thus material order unit water fulfills our thirst but we don't fulfill the material order and make it dirty and polluted. Resource depletion is again lack of mutual fulfillment by human order with the material order. We don't utilize our resources properly and are wasting them.

My observation says that humans need to understand and mutually fulfill the other orders by our natural acceptance if we don't then entire ecosystem would be disturbed and human life ~~will~~ will be endangered.

Q2

ANS There are various environmental problems in my neighbourhood as well as the entire world. One of the major environmental issue is air pollution which is leading to global warming and climate change. The major causes of this are vehicular air pollution and industrial air pollution.

As I live in Mumbai, the financial capital of India, there are a lot of automobiles always around me that are continuously emitting harmful gases which cause air pollution and then lead to global warming. There aren't many industries around my house but there are multiple near the ~~near~~ outskirts of Mumbai. These industries do contribute to the increasing AQI of Mumbai. This air pollution leads to various health disorders in people around me. Some people feel breathlessness and some people suffer from respiratory diseases like asthma. The climate is affected by this, every year the summers are getting hotter than ever and we read in the news that highest recorded temperature in 'x' years.

As an individual, what I can do to prevent harmful effects of air pollution is planting more trees in my locality and

inspire others to do the same. On a community level we can increase the use of public transport and the government can boost the usage of electric vehicles by building more charging stations and reducing taxes on these vehicles. The industries can increase the height of the chimney's and by treating their harmful gases before releasing them in air.

According to me, any sustainable recovery is not possible without substantial effort for right understanding and right feeling in every human being. It is our duty as individuals that we make our environment sustainable. If we don't take ~~meas~~ appropriate measures now then a day in the future would come when our existence as a species would be threatened. Thus it is very important to have right understanding and feeling for environmental recovery.

## TUTORIAL 4B

Q1. List the four orders in nature with examples of units in each order. What is the basis of this classification.

ANS All the physical objects that are in solid, liquid or gas state either living or non-living, collectively termed as nature. In other words, the aggregate of all the mutually interacting units - big or small, sentient or insentient together can be called nature. These units are infinite in number and we could easily observe that there exists a dynamic balance, say regulation among all these units.  
 There are four orders of nature :-

1. MATERIAL ORDER : The big land mass of the continents, gigantic water bodies like ocean and seas, mountains and rivers, the atmosphere above, the heaps of metals and minerals below, the dense gases and fossil fuels deep below the surface of the earth - all fall into the material order or padartha avastha.
2. PRANIC ORDER : Our land mass is covered with grass and small shrubs and they form the lining on the entire soil. Shrubs, plants and trees form huge forest along with the flora in the ocean. All this is the plant/bio order or prana avastha.

3. ANIMAL ORDER : Animals and birds form the third largest order and we call them the animal order or jiva avastha. Here we see that the plant/bio order is far greater in quantity than the animal order.

4. HUMAN ORDER : Humans are the smallest order and they are referred to as human order or gyana avastha. Animals are far greater in quantity as compared to their human order.

The four orders can be distinctly recognized in terms of their natural characteristics and activities :-

| ORDER          | THINGS                    | ACTIVITY   | NATURAL CHARACTERISTIC   |
|----------------|---------------------------|--|--|
| Material order | Soil, water, metals, etc. | Composition / decomposition  | Composition / Decomposition  |
| Pranic order   | Plants and trees          | composition / decomposition + respiration  | composition / decomposition + nurture / worsen   |
| Animal order   | Animals and birds         | [composition / decomposition, respiration] in body + selection in 'I'                    | [composition / decomposition, nurture / worsen] in body + (non cruelty / cruelty) in 'I'             |
| Human order    | Human beings              | [composition / decomposition, respiration] in body + (selection, thought, desire) in 'I' | [composition / decomposition, nurture / worsen] in body + (bravery, perseverance, generosity) in 'I' |

2 Processes in nature are cyclic and mutually enriching.  
Explain this statement with three examples.

ANS There are several cyclical processes that we can see in nature. For example the cycle of water, evaporating, condensing and precipitating back of water giving the weather phenomena. The cycles keep these materials self-regulated on the earth. Breeds of plants and animals are similarly self-regulated in their environment. In a forest, the growth of trees take place in a way so that the amount of soil, plants and animals remains conserved. It never happens that the number of trees shoots up and there is a lack of soil for the trees. The appropriateness of the conditions for growth of both plants and animals are self-regulated in nature keeping the population proportions naturally maintained. This phenomenon is termed as self-regulation. In a single breed of animals, the number of males and females generated through procreation is such that the continuity of species is ensured by itself. This happens with humans too, but inhumane practices have led to disproportionate numbers of men and women. These two characteristics namely, cyclical nature and self-regulation provides us of some clues of harmony that is in nature.

A third example would be a subset of life cycle as water<sup>of material order</sup> is consumed by plants,

and plants are consumed by animals or human order who in turn die and decompose back to the material state

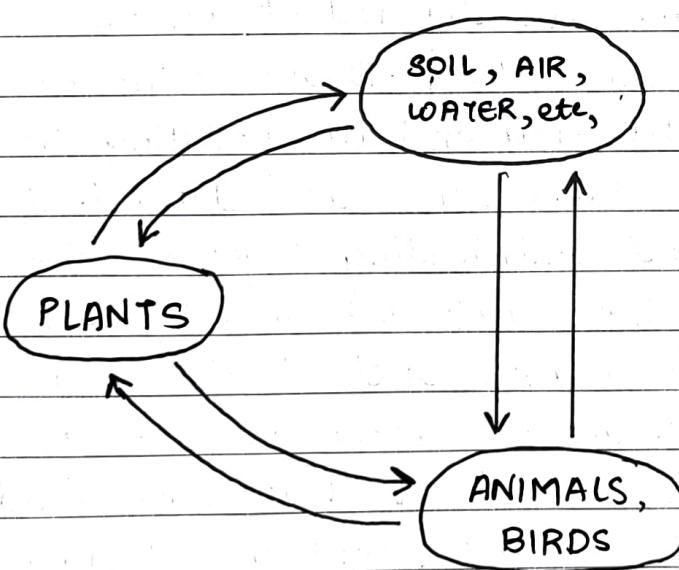
3. Describe the abundance in the nature. How is human order dependent on the other three orders?

ANS

Various resources are available in nature. The three orders material, pranic and animal orders are connected to each other and are fulfilling all these resources available in nature such as precious metals, minerals, elements, air, water, food and medical resources provided by trees are available in abundance only if we use them wisely. We need to understand that unless we use these resources only as per our need, we deplete them. We need to limit our usage of these resources only as per our requirements. This will ensure that these resources are available in the future as well.

In the nature, all the units are connected to each other and fulfilling each other. Human being is related to all other human beings. On this basis, we have feelings and emotions for everyone. Human being is connected to all the material units in the existence and gets aware of it as he starts exploring it. We can see this interconnectedness and mutual fulfillment in the following diagram:

**MATERIAL ORDER:** The material order provides the nutrients AND PLANT ORDER to the plant/bio order in the form of soil, minerals, etc while the plant/bio order decays and forms more nutrients, thus enriching the soil. The plant/bio order also decays to substances like oil and coal, which are stored deep within the earth as protection against the heat from the molten core inside the earth as well as the heat from the sun. Plants help move the nutrients through the various layers of the soil. The roots of the plants hold the soil together and prevent the soil from erosion. Plants produce oxygen/carbon dioxide and thus help in the movement of the material order. There is a mutual interdependency and co-existence we can see here.



We can easily see that they are interconnected. The relationship between these orders is in such a way that they all fulfill each other and coexist with each other.

MATERIAL ORDER,  
PLANT ORDER AND  
ANIMAL ORDER

The material order provides the basis for movement of all animals, birds and fishes. Water, oxygen and other gases are necessities for both plants and animals. At the same time, the animal order helps enrich the soil with its excreta and these excreta helps the plants with nutrients. The plant/bio order provides food for animals, birds and fishes. The animal order helps in pollination of the flowers of the pranic order.

MATERIAL ORDER,  
PRANIC ORDER,  
ANIMAL ORDER,  
HUMAN ORDER

We humans also have a natural acceptance to be mutually fulfilling to these three orders. However, we are not able to ensure this mutual fulfillment. We are dependent on the material order for soil and minerals and metals, but only end up polluting the soil and depleting the fossil fuels; we are dependent on plants for our food and holding together the larger ecosystem, but we have destroyed forests and destroyed multiple species of plants and herbs; we are dependent on animals to carry out our production and transportation activities, but have made many species of animals extinct, and are today known for our cruelty towards animals. We can see that there is interconnectedness and mutual fulfillment in all the orders of nature except human

order. we need to work on this

