

Universal Human values -2

Unit /Module 1

Q.1.What do you mean by human value? Explain the Importance/need/role of human values?

Human values: It refers to those values which are at the core of being human. The values which are considered basic inherent values in humans include truth, honesty, loyalty, love, peace, etc. because they bring out the fundamental goodness of human beings and society at large.

Importance /significance/role/advantages of human values

1. **Contribute organizations performance and productivity:** Human Values Ecosystem (HVE) was introduced to cover both the macro and micro levels of productivity among SMEs in Asia. The analysis should compel organization through the basic concept and philosophy, to the importance of moving forward with the new productivity paradigm that will boost the organization performance.
2. **It directs the behavior of human being:** people ready to sacrifice almost anything to live with their values. Honesty, integrity, love, and happiness are some of the end values or destination values that human beings seek to attain, practise and live with. On the other hand, values such as health, money, fame, status, intelligence, and so on are the means values
3. **Binds people together creating a sharing culture:** The culture is creating the combined thought process, ideas, customs, rituals and social conduct of a particular community of people. HV help[s to knowledge, attitude, belief, goals, morals and values shared by society is considered as a culture altogether.
4. **Helps people to develop common vision.** The establishment of a common vision and adoption of shared values are equally essential components of effective leadership as are the development of relationships. Arguably the most significant reason relationships between leaders and followers form and, certainly, one of the reasons they flourish, is because of a common vision and shared values.
5. **Enhance communication and teamwork:** Communication skills are one of the most important soft skills because they can have a huge impact on all aspects of life. Teamwork may only seem important if you work in a very collaborative environment, but developing your teamwork skills will help you in all relationships you have with others, making it highly transferable.
6. **Develop strong organizational culture:** HV supports to Organizational culture affects all aspects of your business, from punctuality and tone to contract terms and employee benefits. Culture aligns with your employees, they're more likely to feel more comfortable, supported, and valued.
7. **Better understanding of business goals:** HV promotes the economic goals social and political philosophy literature to investigate business practice regarding the scope and limits of action that could be taken by business organizations to improve human value.
8. **Innovation to support organization Competitiveness:** HV helps to open innovation has attracted much attention from the industrial and academic

communities as a method to secure the competitive advantage of organizations based on the collaboration with a variety of knowledge sources that exist outside of it.

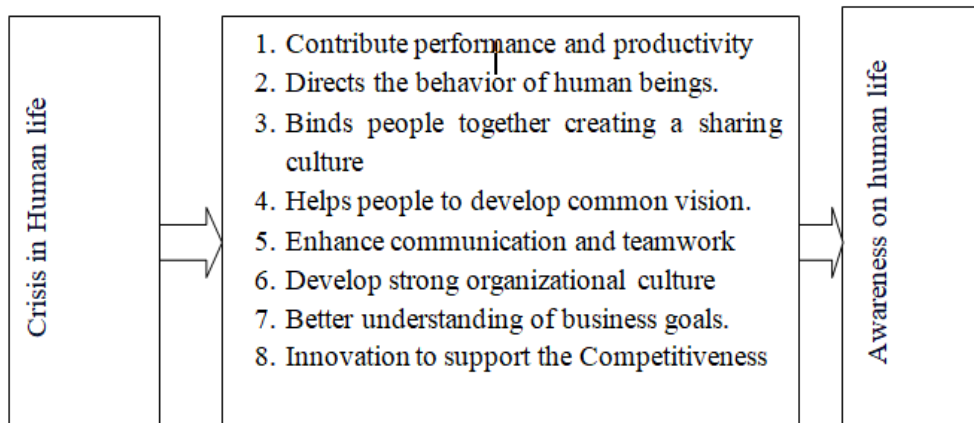


Fig : Importance of human values

Q2. What is value education? Explain the process of value education?

Value education: Value Education is a process of increasing the overall character includes character development, personality development and spiritual development, sensible person, values and to make the student work with the right attitude and standards to face the outside world. Other words Value Education are the education which enables to understand 'what is valuable' for human happiness. It is all about enabling a transformation in the human beings to help them move from Animal Consciousness to Human Consciousness.

Process/Steps/Phases of value education

1. **Interactive:** This is very personal one to one interaction with the learner. The basic drawback of this type of this type of learning as we are the part of a society and we should develop all those values in student as well
2. **Assessment:** It goes ahead of measurement which simply indicates the numerical value. It gives the value judgment to the numerical value. It includes both tangible and intangible qualities.
3. **Planning:** Value educational planning may be defined as a systematic design of action for realization of educational aims and objectives for individual and social development through maximum utilization of available resources.
4. **Implementation:** Implementation is generally defined as a specified set of planned and intentional activities designed to integrate evidence-based practices into real-world settings
5. **Reflection:** Reflection is a meaning-making process that moves a learner from one's experience into the next with deeper understanding of its relationships with and connections to other experiences and idea It is a means to essentially moral ends.
6. **Evolution ;** Educational evaluation is acquiring and analyzing data to determine how each student's behavior evolves during their academic career. Evaluation is a continual process more interested in a student's informal academic growth than their formal academic performance.

7. **Continues improvement:** the term continuous improvement refers to any school- or instructional-improvement process that unfolds progressively, that does not have a fixed or predetermined end point, and that is sustained over extended periods of time.
8. **Continues monitoring:** during students' practical training at schools. We examined a number of methods and techniques of conducting monitoring of educational process as embodied by future teachers' practical training, observation, method of test situations, explication, surveys, analysis of results of learners' educational activity.

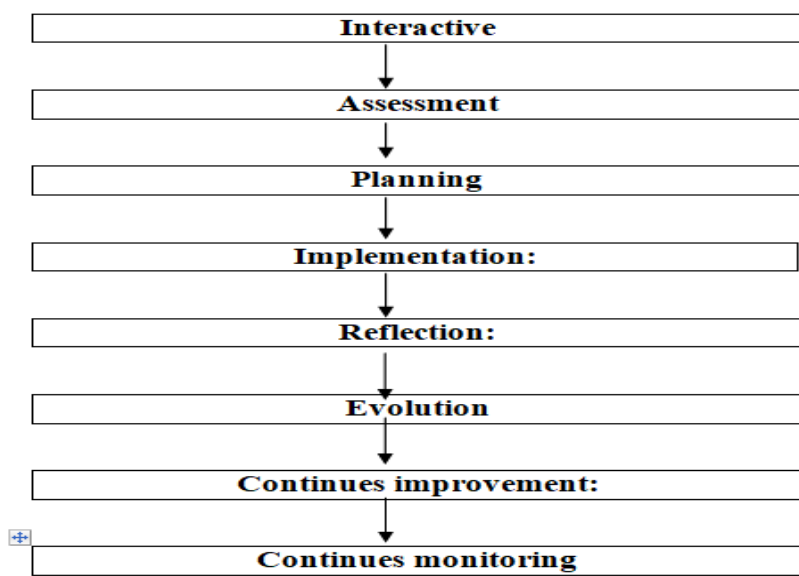


Fig : Process of value education

Q.3.What is value education? Explain the basic guide lines for value education?

Basic guide lines for value education

1. **Universal:** It needs to be applicable to all the human beings irrespective of cast, creed, nationalities, religion, etc for all times and regions.
2. **Rational:** It has to appeal to human reasoning. It has to be amenable to reasoning and not based on dogmas or blind beliefs.
3. **Natural and verifiable:** It has to be naturally acceptable to the human being who goes through the course and when we live on the basis of such value it leads to our happiness. It needs to be experientially verifiable, and not based on dogmas, beliefs or assumptions.
4. **All encompassing:** Value education is aimed at transforming our consciousness and living. Hence, it Needs to cover all the dimensions (thought, behavior, work and realization) and levels (individual, family, society, nature and existence) of human life and profession.
5. **Leading to harmony:** The value education ultimately is aimed at promoting harmony within the individual, among human beings and with nature.
6. **Developing a Positive Sense of Self:.** This means having confidence in your abilities and feeling good about which you are as a person. When students have a strong sense of self, they're more likely to take risks and step outside their comfort zones .

7. **Feeling Connected to Others..**This includes both building strong relationships with family and friends and also feeling like you belong to something larger than yourself – such as your school or communitywide who feel connected to others tend to have higher academic achievement.
8. **Being Resilient:** This means having the ability to bounce back from challenge after challenge – both academic and physical (eg: bullying, accidents).When students are resilient, they're more likely to persevere in the face of setbacks. This leads to better academic and career outcomes.\

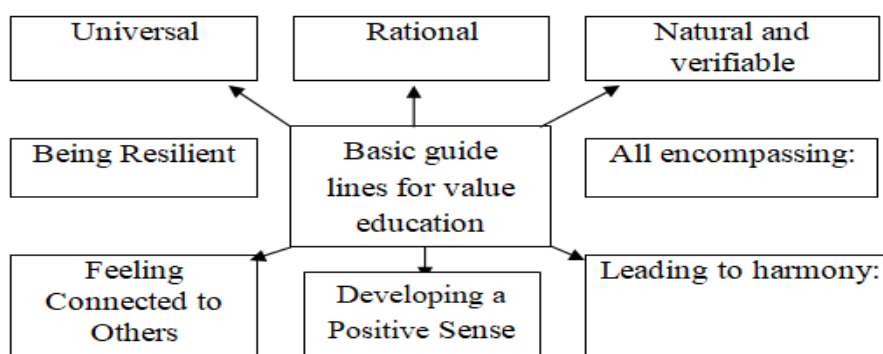


Fig: Basic guide lines for value education

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Q.4.What is value education? Write need for value education in today 'scenario?

Need /Purpose/significance/merits for value education

1. **Correct identification of our aspirations:** The subject which enables us to understand' what is valuable 'for human happiness' is called' value education' (VE). Thus, VE enables us to understand our needs and visualize our goals correctly and also indicate the direction for their fulfillment
2. **Understanding universal human values.** Values form the basis for all our thoughts, behaviors and actions. Once we know what is valuable to us, these values becomes the basis, the anchor for our actions. We also need to understand the universality of various human values, because of common program need for value education.
3. **Complimentarily of values and skills.** To fulfill our aspirations both values and skills are necessary. When we identify and set the right goals and produced in right direction. There is an essential Complimentarily between values and skills for the success of any human Endeavour.
4. **Evaluation four beliefs.** Each one of us believes in certain things and we base our values on thesebeliefs, which may or may not be true in reality. These beliefs come to us from what we read, see, hear whatour parents tells us, our friends talk about. Value Education helps us to evaluate our beliefs and assumed values.
5. **Technology and human values.** science and technology to provide thecompetence of deciding what really is valuable. Value Education is a crucial missing link in the present education system. Because of this deficiency, most of our efforts may prove to be counterproductive and serious crises a the individual, **Make the right decisions:** Value education plays an important role in helping you make the right decisions in difficult situations by weighing the different influencing factors. Therefore, such training can significantly improve your

decision-making abilities.

6. **Overall personality development:** The importance of values helps in overall character and personality development. Value training is an excellent way to improve mental & emotional strength. This allows you to realize and work through your emotions
7. **Gain the skill of empathy:** Gain the skill of empathy ain the skill of empathy. Empathy involves putting yourself in other people's shoes (cognitively & emotionally).
8. **Democratic thinking:** It emphasized with the concept of democratic thinking and applying the same practically. It can shape the way you think and respond to societal influences, allowing you to be a mindful citizen of your

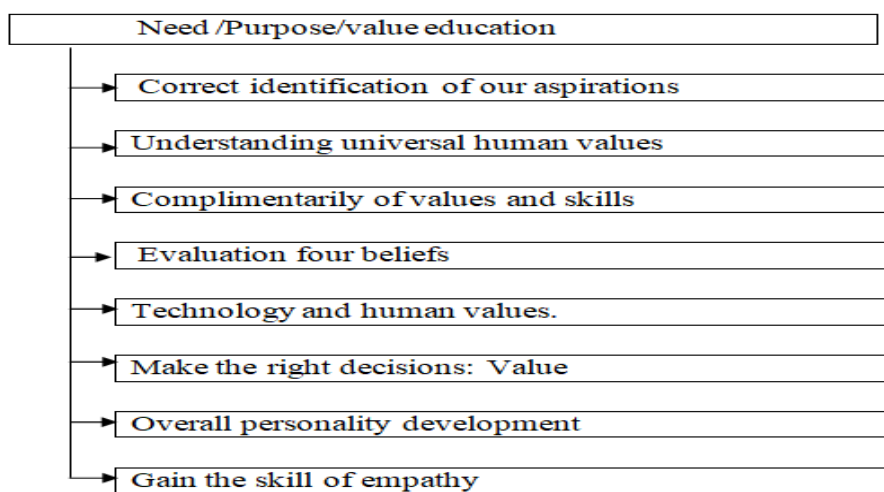


Fig : Purpose for value education

Q.5. Illustrate the content of value education. What should be the content of value education to make it complete?

Content of value education:

1. **Love:** The first of the most important values in life is love. It is an important personal value to openyour mind to the concept of lone. Love is the bringer of compassion. Once we are led by compassion, we see the best in ourselves.
2. **Understanding:** This is the second important value in life. If we are ready to understand accept people and circumstances for what they are, we can gain control over it. One must understand and appreciate the efforts done by others rather than questioning them.
3. **Respect:** Respect is the only way we can adopt the best of all around us, making us a better person every day, every moment. A very important fact about respect is that the more we give, the more we earn. It is in fact the most important values in society.
4. **Discipline:** The fourth, of the important values in life is discipline. A disciplined and responsible person will respect his as well as other's time. As such, he will always be punctual.
5. **Honesty:** Honesty is admitting to our-self that we are not perfect. It means quoiding to make a mistake. honest person always tries not to commit mistakes, but

if he commits he not only admit it, but accept the consequences also.

6. **Responsibility and accountability:** VE contains Responsibility and accountability to students/peoples is a vital part of helping them develop into well-rounded, productive members of society. it helps prepare them for success later in life.
7. **Fairness and justice:** justice is about the fair distribution of opportunities and privileges as they apply to individuals within a society. While at first justice centered mostly on wealth and property, it now encompasses more areas such as the environment, race, gender, and education.
8. **Courage and perverseness:** VE represents courage in leadership, warns of the risks of failing to be courageous, explores how courage manifests in the workplace, and examines the strategies, tactics and tools that leaders can deploy to develop the courage competence.
9. **Environmental Responsibility:** Environmental responsibility consisting environmental education, private-sphere responsibility is often promoted. It emphasizing individual pro-environmental behavior may cause problems, such as feelings of guilt and powerlessness, a focus on ineffective activities, and gendered responsibility.

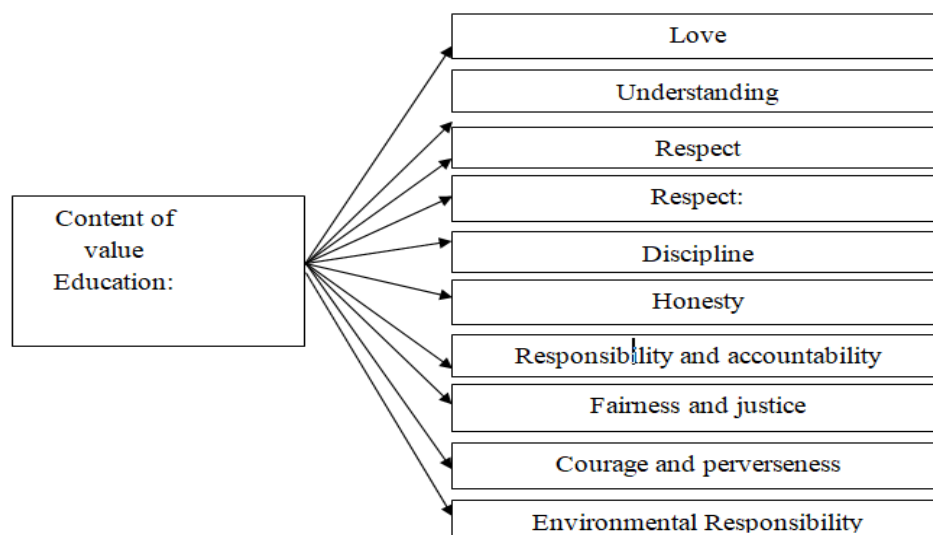


Fig: Content of value Education

Q. 6. Define self exploration? What is the content of self-exploration?

Definition of Self-exploration: According to William Self exploration is the ``It is the process to find out what is valuable to me by investigating within myself, what is right for me, true for me, has to be judged within myself. Through self exploration we get the value of our selves. We live with different entirety (family, friends, air, soil, water, trees, etc.) and we want to understand our relationship with all these.

Contents/Basic requirements/factors/reasons of Self-Exploration:

1. **The Desire/Goal:** What is my (human) Desire/Goal? What do I really want in life, or what is the goal of human life.
2. **Program:** What is my(human) program for fulfilling the desire? How to

- fulfill? What is the program to actualize the above?
3. **Peak Experiences:** Focus on skills, passions, values, and aspirations. Peak Experiences exercise early in the career planning process to help clients use narrative storytelling to better understand the contexts that inform their career choices and decisions, and have a guide to help them answer the question, “
 4. **Values Clarification:** Values Clarification Activity found that peoples/ students respond to a values clarification activity that asks them to identify what is important to them in a work setting and enrich the subsequent career planning and job search activities.
 5. **Additional Resources:** find that the more additional resources you know yourself, the more calculated risks you can take, leading to greater strides in self-Exploration. Happiness and peace of mind can be found in working from your strengths. Being in alignment with your personality. Understanding the abilities unique to you.
 6. **Verbal persuasion:** self-efficacy for diagnostic sensory testing was manipulated by verbal persuasion before a testing situation in persons with neck pain and in healthy controls.
 7. **Psychological and effective status:** Lifelog records about daily activities are used for analysis, prediction, and intervention on individual physical and psychological status, which can be automatically processed in real-time.
 8. **Proposal respect:** It is a value in human relation to require for Self exploration. Verify at the level of natural acceptance which will find that it is naturally acceptable to me. Similarly, behave with respect, it is mutually fulfilling to me and to the other.

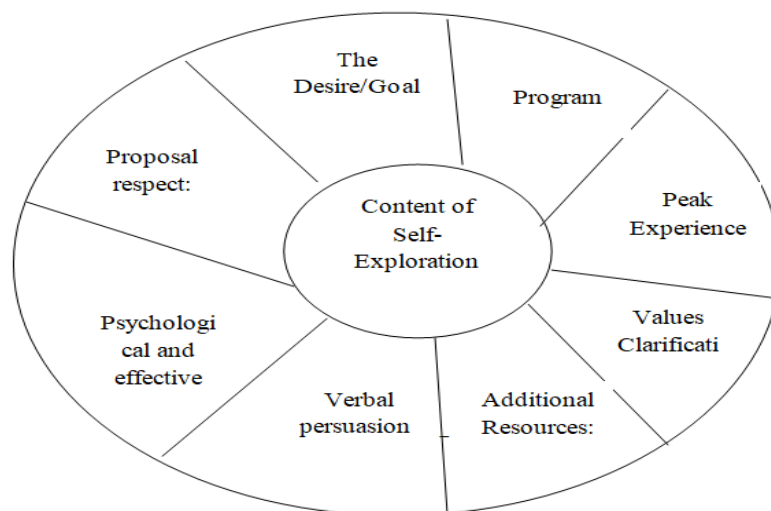


Fig: Contents/Basic requirements/factors/reasons of Self-Exploration.

Q.7. Discusses the process of experiential validation?

Experiential validation: It is a process that infuses direct experience with the learning environment and focused reflection of the individual helps to increase knowledge, develop skill and clarify values i.e. idea validation once`s thoughts, feelings experience through direct experience. By engaging in new experience and trying to new things, individual values can gain a better understanding of theirs

beliefs, values and motivations, leads to greater self awareness and personal growth.

Process /Formulation Purpose of experiential validation:

1. **Engaging in self reflection:** It is the practice of inspecting and evaluating one's own thoughts, feelings and behaviour, and insight, the ability to understand one's own thoughts, feelings and behaviour, are central to the self-regulation of behaviours.
2. **Seeking the experience:** Direct experience and focused reflection of the individual towards increase knowledge, develop skill and clarify values. Experiences we believe to be true of us is validated by some situations, phenomena or outcomes. We may term it as experiential validation.
3. **Accepting Thoughts and Feelings:** Learn to embrace and surf painful emotions. When we understand how to cope with negative emotions, we become more empowered, confident, and trusting of ourselves. Begin managing and accepting your feelings
4. **Deeper understanding:** Values represent the deeper understanding held, emotional aspects of people's cognition and can complement the use of other cognitive constructs, such as knowledge, different conceptualizations of values that are relevant to the study of human-environment interactions:
5. **Reflection on progress:** Reflection of human's inner feelings, wishes and dreams. It is considered as spiritual means that implements human dreams and wishes in this way. Attraction, wonder, astonishment, inspiration, creation, discoveries are symbols of human value
6. **Embracing their experience:** Embracing experience putting yourself in uncomfortable situations is that you always come out of it a stronger person. When the fear of the unknown becomes less scary. This teaches you perseverance and increases your confidence to handle any situation.
7. **Seeking feedback:** Effective and actionable feedback can need to control the motions get in the way and expectations are properly set right. Feedback is a window to the future..
8. **Monitoring:** The experiment Validation comprised a variety of monitoring tasks in which the subjects had to detect and diagnose the occurrence of ramp failures which were super by imposing upon technical and social methods .

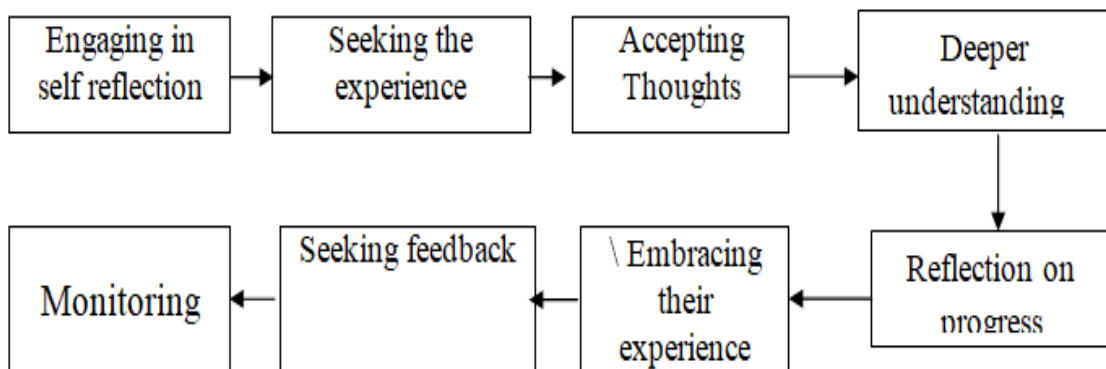


Fig : Formulation Purpose of experiential validation

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Q.8. what do you mean by Natural acceptance? Explain the Characteristics

of Natural acceptance?

Natural acceptance: It is process to understand ourselves 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 way to accept the good things naturally.

Characteristics/Scope/principles/Factors of/ experiential validation or Natural acceptance?

1. **Natural acceptance does not change with time.** It remains invariant with time. For example our natural acceptance for trust and respect does not change with age.
2. **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 one.
3. **It does not depend on our beliefs or past conditionings.::** 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.
4. **Constantly there', something we can refer:** Natural acceptance is always there. Whatever we do, this natural acceptance is within us, it is telling us what is right.
5. **It is all of us:** it is part and parcel of every human being Though each one of us, may have different likes and dislikes and means to live and to react etc. but if we go deep in our mind the purpose of our work, behavior, efforts etc.
6. **It does not depend on our past conditioning:** Our natural acceptance for anything does not change. For example, if they tell us to disrespect any other religion but when we question our deep inner self, the answer will always be different from what is told or preached to us.
7. **Different from one another.:** It is always present within us. Our likes, dislikes, wishes, etc. may be different from one another. But our natural acceptance at a basic level has some common issues like need for happiness, respect, truth and prosperity.

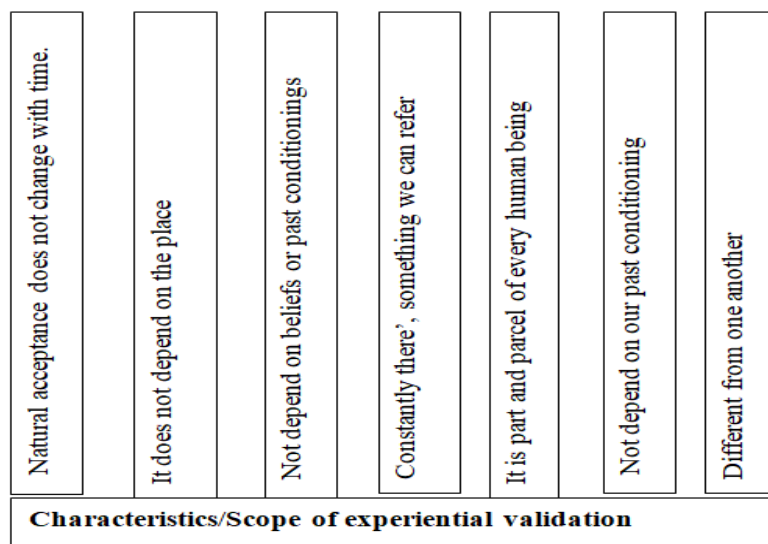


Fig: Characteristics principles experiential validation or Natural acceptance

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Q .9. Explain the process/Phases/formulation of self-exploration with a diagram?

1. **Proposal:** self exploration started with Proposal (Do not assume it to be true or false) It is Verification on your own Right – on the basis of your Natural Acceptance It is a process of Dialogue A dialogue between me and you, to start with It soon becomes a dialogue within your own .
2. **Right Understanding:** Right Understanding refers to higher order human skills – the need to learn and utilize our intelligence most effectively. In order to resolve the issues in human relationships, we need to understand them first, and this would come from 'right understanding of relationship'.
3. **Verify it:** verify it on your own right, on the basis of your natural acceptance. However, verifying it on the basis of natural acceptance is only a part of the process. What more is needed will now be presented. verify the proposal on the basis of our natural acceptance.
4. **Experiential validation:** Experiential validation is a process that infuses direct experience with the learning environment and reflection of the individual helps to increase knowledge, develop skill and clarify values. The following are the sub parts. parts –
 - i. **Behavior with human beings:** Self exploration depends on potential and expressed capacity for physical, mental, and social activity during the phases of human life. Individuals or groups to respond to internal and external stimuli throughout their life.
 - ii. **Mutual happiness:** self exploration connected to Common to or shared by two or more parties. Mutual Happiness characterized by emotions ranging from contentment to intense joy. Many persons feelings pleasure or contentment, with joy, ecstasy, bliss, or other more intense feelings are need to effective self exploration.
 - iii. **Work with rest of nature.** Effective self exploration focuses on rest to work or work to rest, Due to life became a cycle of work, and personal responsibilities and always in the background was the feelings .i.e. rest would enable to think more clearly, decisively, and value to the proposal.
 - iv. **Mutual prosperity:** Self exploration strongly requires mutual prosperity which includes experienced or expressed by each of two or more people or groups about the other; towards reciprocal mutual distrust. Common to or shared by both or all of two or more parties to fulfillment of their proposal is safe toward long-term human interactions.

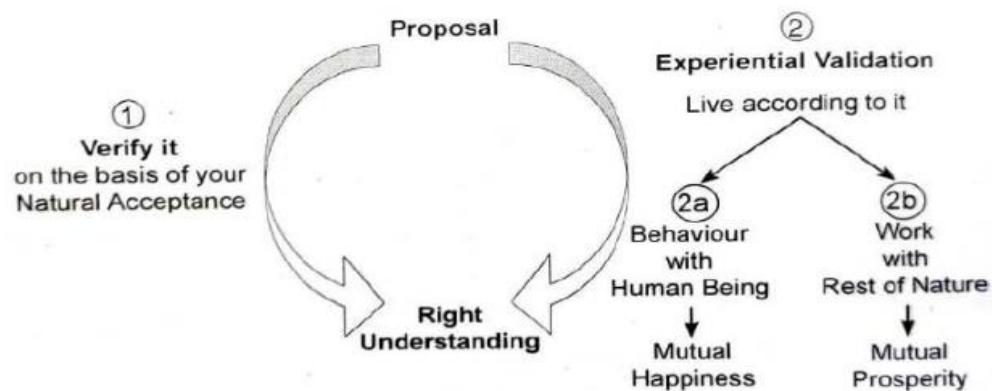


Fig. 2-3. Process of Self-exploration

Q10. What do you mean by self-exploration? Explain the Advantages and Disadvantages of self-exploration?

Advantages /purpose/advantages/merits of self-exploration/Self Evolution:

1. **Help to Natural acceptance:** Natural acceptance implies unconditional and total acceptance of the self, self-exploration, self, people and environment. It also refers to the absence of any exception from others. Once we fully and truly commit our self on the basis of natural acceptance, we feel a holistic sense of inner harmony, tranquility and fulfillment.
2. **Promote Experiential validation:** Experiential validation is a process that infuses direct experience with the learning environment and content. It may be regarded as a philosophy and methodology in which the direct experience and focused reflection of the individual helps to increase knowledge develop skills and clarifies values.
3. **Dialogue between "what you are" and "what you really want to be":** It is a process of focusing attention on yourself, our present beliefs and aspirations vis-à-vis what we really want to be (to say, what is naturally acceptable to us). If these two are the same, then there is no problem.
4. **self evolution through self investigation:** It successively enables us to evolve bridging the gap between 'what we are' and 'what to be'. Hence, the self exploration leads to our improvement, our self evolution — we will become qualitatively better.
5. **Knowing oneself and through that, knowing the entire existence:** The process starts by asking simple questions about yourself, which gives our clarity about our being, and then about everything around us.

Disadvantages of self-exploration

1. **Promote weakness among the human beings:** When strength is not collaboration but your weakness is adverse for yourself exploration. The integral member of a work team was totally destroyed due to human weakness.
2. **Problem of Interdependency:** self exploration creative cognitive representations of the self that people may hold. Those self-construal /lack of

interdependency view loose the internal attributes, such as traits, abilities, values, and self attitudes destroyed the s central human sense .

3. **Over- confident and depress the personality:** people believe themselves to be better than others, is non social behavior It is the act of placing yourself or rating yourself above others (superior to others). Over confident more often occurs on simple tasks,
4. **Excusive quality and performance:** Self exploration develops negative shade among the human beings towards quality and performance, this was happened due to lack of social awareness and relations, over self estimation, financial stability, family environment.

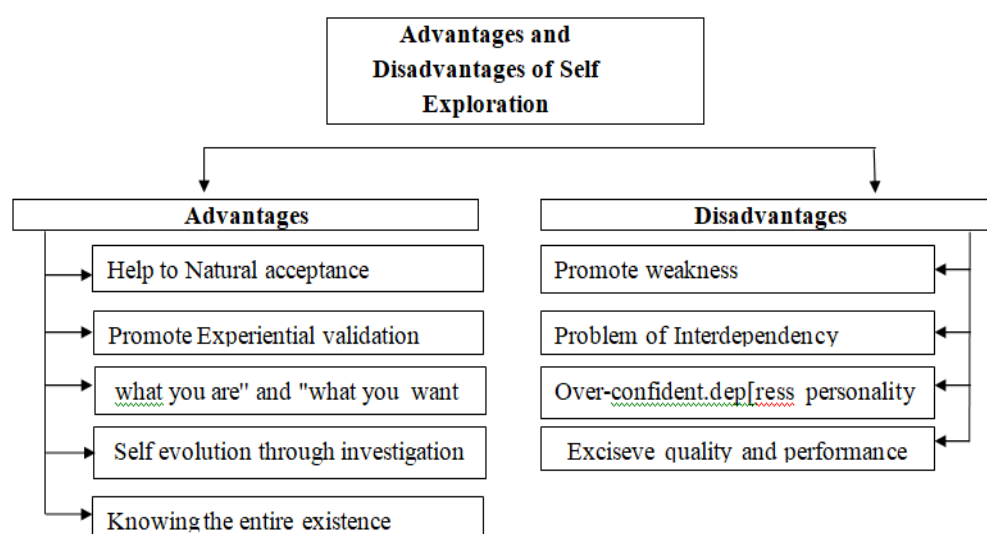


Fig : Advantages and Disadvantages of self-exploration

Q.11.What is Happiness? Important/need/why happiness is value in human life?

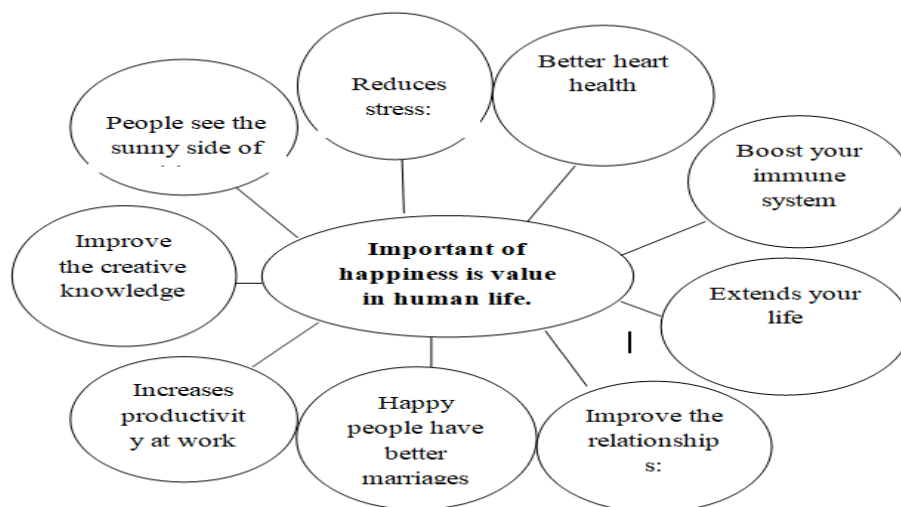
Happiness/ continuous Happiness: is an enduring state of mind consisting not only of feelings of joy, contentment, and other positive emotions, but also of a sense that one's life is meaningful and valued. Happiness energizes us and is a highly sought after state of being i.e. Happiness is, to be in a state of liking and in harmony within oneself Simply feeling with respect to love, satisfaction, and living a good life.

Important/need/why happiness is value in human life.

1. **Reduces stress:** When people get stressed, their levels of the hormone cortisol go up., it causes health problems. These include high blood pressure, muscle weakness, and mood swings. On the other hand, studies show that when you're happy, those levels go down. You have stressful lifestyle, make time for things you can happy.
2. **Better heart health:** There have been several studies showing a link between happiness and a healthier heart. It could lower your risk of heart disease by 13-26%., i.e. happiness is a predictor for lower blood pressure and a lower heart rate. Happiness even benefits people who already have heart problems
3. **Boost your immune system:** could be happy build a resistance to disease? There's evidence that unhappiness and negative emotions can harm your health. It's harder to study whether happiness has a positive effect on the immune

system. Example exposed to the cold virus which would be recovered with positive emotions.

4. **Extends your life:** Happiness is good for your health, it extends your life. Being happy doesn't just improve the quality of your life. It may increase the quantity of your life as well through control of chronic health problems, depression, and financial security out of the equation.
5. **Improve the relationships:** Relationships with friends and family are vital to the human experience. In one study, the top 10% happiest college students enjoyed better relationships. They experienced less jealousy and had closer bonds with their family. This results in even more happiness, so it's a cycle.
6. **Happy people have better marriages:** Many studies show a powerful link between happiness and satisfaction in a marriage. People who express more happiness are more likely to be content with their partner. Like good relationships with family and friends, happiness and a good marriage fuel each other.
7. **Increases productivity at work:** Happy employees take fewer days off work, use fewer sick days, and can be more productive. Happy people are also better at problem-solving, which is a vital skill in a workplace. This data proves how important it is for companies to invest in their employees' happiness. It's good for business.
8. **Improve the creative knowledge:** Happy people are not only more productive, but they're also more creative. There is a connection between positive thinking and openness to new ideas and experiences. When someone's mood becomes more positive, they're able to see more possible solutions to creative problems.
9. **People see the sunny side of things:** Happy people are naturally more optimistic. They are more likely to have a positive perspective on things and less likely to get pulled into minor disagreements.
10. **Happiness makes you more generous:** Many materially strong people you need in order to be truly happy? There are many externals in our society happiness with their success, wealth, fame, power, good looks, and romantic love. These are really key factors to generating more happiness.



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Q.12). Write the Key Signs of Happiness/how you become happier?

1. **Enjoy yourself:** Doing things that you enjoy is good for your emotional well being. Simple activities like watching sports with a friend, having a soak in the bath, or meeting up with friends for coffee can all improve your day.
2. **Boost your self-esteem :**Self-esteem is the way you feel about yourself.The best way to improve your self-esteem is to treat yourself as you'd treat a valued friend, in a positive but honest way.
3. **Have a healthy lifestyle:** Limit your alcohol intakeWhen times are hard, it's tempting to drink alcohol because it "numbs" painful feelings.But it can exaggerate some feelings and make you feel angry or aggressive. It can also make you feel more depressed.
4. **Choose a well-balanced diet:** Making healthy choices about your diet can make you feel emotionally stronger. You're doing something positive for yourself, which lifts your self-esteem. A good diet helps your brain and body work efficiently, too.
5. **Do some exercise:** Even moderate exercise releases chemicals in your brain that lift your mood. It can help you sleep better, have more energy and keep your heart healthy. Choose an exercise that you enjoy.
6. **Get enough sleep: Around 7 to 8 hours** is the average amount of sleep an adult needs for their body and mind to fully rest.Writing a "to do" list for the next day before bed can organize your thoughts and clear your mind of any distractions.
7. **Talk and share:** Communication is important, whether it's with a friend, family member or counselor. Talking things through helps you to release tension, rather than keeping it inside. It helps strengthen your relationships and connect with people.
8. **Build your resilience:** Resilience is what allows you to cope with life's ups and downs. Making something worthwhile out of painful times helps your resilience grow. Starting a support group to help others, or making something creative out of bad experiences ,

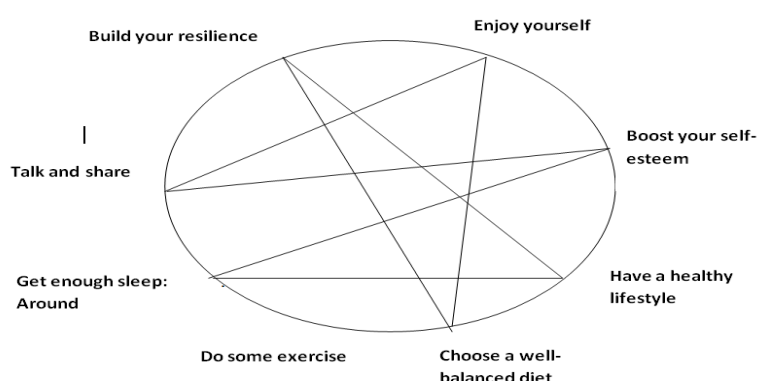


Fig : Key Signs of Happiness/how you become happier

Q.13. what is Prosperity? Explain the basic human aspirations?

Prosperity: It is, the feeling of having more than the required facilities. To ensure that, one needs to know the required quantity of physical facilities. i.e.It is the state of success, wealth and good fortune. When someone possesses more than required

number of physical facilities, they may feel prosperous. Simply physical facilities is related to prosperity.

Basic human aspirations/causes /factors/how to achieve the prosperity

1. **Right Understanding:-** This refers to our skills – the need to learn and utilize our intelligence effectively.
2. **Good Relationships:-** This refers to the interpersonal relationships that a person builds at home, at the workplace and in society.
3. **Physical Facilities:-** This includes the physical needs of individuals and indicates the necessities as well as the comforts of life. Physical facilities include buildings, their internal configuration, building support systems and major equipment.
4. **Wealth:** It is an abundance of money or valuable assets; thus, wealth can be considered as a material gain having a lot of money and property.. Wealth can be measured in money, property, or other investments.
5. **Health:** The Interdisciplinary Cluster for Human Values in Health seeks to provide opportunities for people throughout the University community and beyond to reflect on, learn about, and appreciate ways in which the humanities and the arts can enhance people's health and the delivery of health care to wilds prosperity..
6. **Social Status and respect:** It is the level of social value it refers to the relative level of respect, honor, assumed competence, and deference accorded to people, groups, and organizations in a society.. i.e. affording valued benefits to those who occupy the higher rungs, such as better health, social approval, resources, influence, and freedom are aspirations to prosperity.
7. **Loving Family and Friends:** Generally friends are like family is very true, because your closest friends are those that have been there for you through everything. You never have to worry about their intentions, or doubt their advice, because they always have your best interests at heart.
8. **Peace of Mind:** It is a mental states of human beings about comfortable, freedom from worry and anxiety, safety and protection on the physical level, and also with financial security .i.e mental and emotional relax wout of the worries, fears or stress, and without endless thinking etc are support to better prosperity
9. **Happiness and Joy:** Joy, happiness is an emotion in which one experience feelings ranging from contentment and satisfaction to bliss and intense pleasure. Joy is a stronger, less common feeling than happiness. Witnessing or achieving selflessness to the point of personal sacrifice frequently triggers this emotion, strong prosperity
10. **Full filing Career:** Career fulfillment is a feeling you earn when you find a career that balances your interests and your skills. Components that make up your career fulfillment may include doing what you enjoy, making a difference and creating meaningful work leads effective prosperity

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Q.14. Distinguish between prosperity and wealth?

Prosperity	Wealth
1. Nature: It the state of success, good fortune. When someone possesses more than required number of physical facilities, they may feel	1. Wealth is represented by a person's ability to safeguard their life, property, health, and well-being for their family and descendants. Wealth is resources to

<p>prosperous.</p> <p>2. Material gain: Prosperity can be used to speak of material gain as well as other prospects as well. Material prosperity has increased and wealth has been enormously more widely dispersed among our people.</p> <p>3. Success: Prosperity can be used to speak of success which is a method of making money that increases your health and well-being for the long-term</p> <p>4. Happiness: Prosperity can be used to speak of happiness. which involves health, service, power joy, confidence, free of daily life. and other key relationships</p> <p>5. Health: Prosperity can be used to speak of health Prospect theory is a descriptive theory of choice that may accurately characterize how people assign values to health states.</p> <p>6. Congruent/Relationship: Prosperity has a life worth living. It means your internal and external worlds are congruent. It means you have deep and loving relationships..</p> <p>7. Money: Enough money and are at peace with how you are earning that money, this leads to the sustainable state that we describe <i>as prosperity</i>\. It is ability to meet human activities.</p>	<p>build for the future.</p> <p>2. Wealth is solely used to speak of material gain. Materialism comprises a values and goals focused on wealth, possessions, image, and status of long term Material gain due to concoctive investment for tangible consumable and output.</p> <p>3. Wealth cannot be used to speak of success. Values are considered important to gainj wealth such as honesty, integrity, humility, fairness, etc.</p> <p>4. Wealth cannot be used to speak of happiness. wealth is a stock, the relationship between wealth and happiness cannot be readily inferred from the link between income</p> <p>5. Wealth cannot be used to speak of health. Wealth consisting all advantages in life but life will not be worth living if his health is weak, which provides future guarantee</p> <p>6. Wealth Congruent begins with Stress test of human plans to identify, meaning full opportunities. Family and financial objectives are relation with wealth.</p> <p>7. Wealth said that he or she is wealthy; most people will have the idea that the person has a lot of money but it is ability to survive a certain number of days forward.</p>
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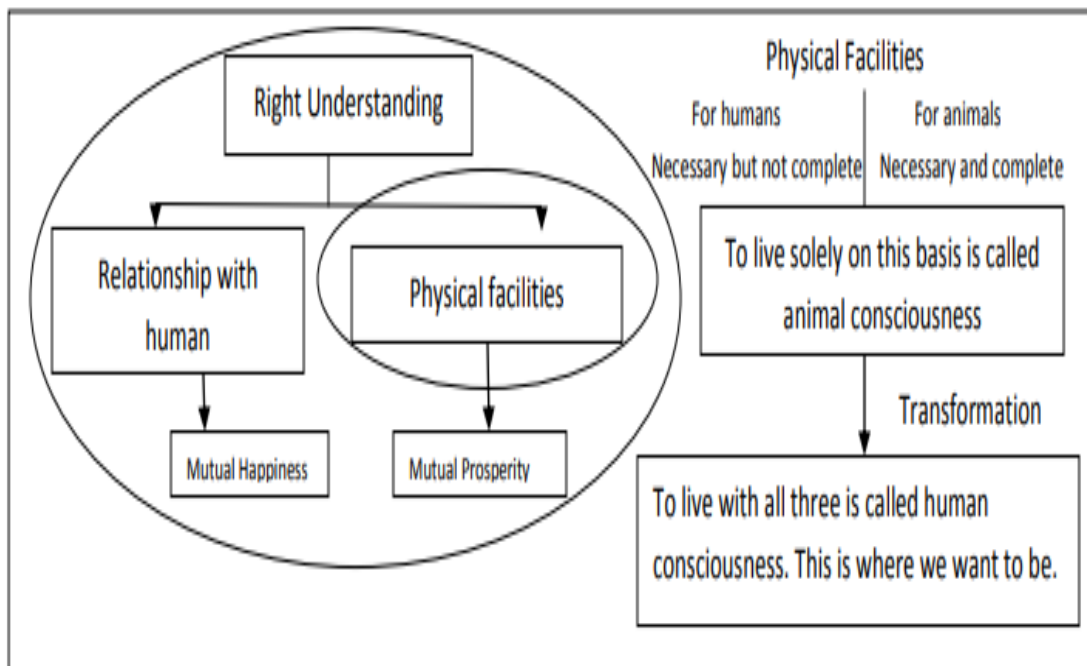
Q.15.What is Right Understanding? Explain the benefits of right Understanding?

Right Understanding: It refers to higher order human skills – the need to learn and utilize our intelligence most effectively. In order to resolve the issues in human relationships, we need to understand them first, and this would come from 'right understanding of relationship'.

Benefits/Need/Rple of right Understanding

- 1. Developing a proper sense of values:** Right understanding is the foundation for developing a proper sense of values, so sorely lacking in our age. Without right understanding our vision is dimmed and the way is lost; all our efforts will be misguided and misdirected, all our plans for individual and social development must flounder and fail..

2. **Recognize that worldly values:** Having right understanding will enable us to recognize that worldly values are man made and relative. These false worldly values lead people astray and make them suffer in vain. First realizes for himself the true nature of life, then he reveals to blind worldlings the Dhamma, the eternal law of righteousness and truth.
3. **Help to live simply and to regulate desire:** Seeing that life involves incessant change and that it is subject to many forms of suffering, one with right understanding learns to live simply and to regulate desire. A wise and virtuous person is moderate in his desires and follows the middle way in all matters.
4. **Upholds the objectivity of moral values:** ethics is based on the law of cause and effect in the moral sphere, and this law, like the physical law of gravity, is an unvarying truth valid for all time. Good deeds and bad deeds will produce their respective pleasant and painful fruits regardless of the views and wishes of the people who engage in them.
5. **Obtain some degree of emotional:** As instability is inherent in life, the most unexpected things can happen. Therefore the wise Buddhist recognizes the need to control his feelings. When calamity comes, we must face it calmly, without lamenting or falling into despair.
6. **Ability to look at people:** It is the ability to look at people, things, and events objectively, stripped bare of likes and dislikes, of bias and prejudice. This capacity for objectivity, a sign of true mental maturity, clearer thinking, saner living, reduction of susceptibility and an improvement in inter personal relationships.
7. **Able to think for himself:** One with right understanding will be able to think for himself. He is able to make up his own mind, to form his own opinions, to face lifes difficulties armed with the principles of reality taught. Right understanding will not be a moral and intellectual coward, but will be prepared to stand alone regardless of what others say or think.
8. **Learn to live purposeful:** Right understanding will give us a purpose for living. A lay Buddhist must learn to live purposefully, with a worthy aim -- both an immediate aim and an ultimate aim, the one fitting harmoniously into the other. A clear cut philosophy makes life meaningful and fruitful, enabling us to live in harmony with our fellows and with the natural environment



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Q.16. What are the requirements for Relationship and physical facility for correct priority/ Compare and contrast them?

Relationship: Relationship is the way two or more people are connected, or the way they behave toward each other: "What is your relationship to the soloist?" "She's my daughter." The two men have a good working relationship. A relationship is also a close romantic friendship between two people.

Physical Facilities: This includes the physiological needs of individuals and indicates the necessities as well as the comforts of life. It means the feeling of having or being able to have more physical facilities than is needed including, without limitation, related office buildings, parking lots or other related real property.

Requirements /factors /causes/criteria for Relationship and physical facility

1. **Physical and Mental Health:** It means honoring your physical and mental needs so your body can function properly, feeding your cells the nutrients that will keep your body working well your, resting well, exercising, and managing your stress.
2. **Safe and secure Environment;** safe and secure environment is one in which the population has the freedom to pursue daily activities without fear of politically motivated, persistent, or large-scale violence.
3. **Strong Relationships:** Valuing who the other person is and understanding each other's boundaries. Trust. Feeling confident that both people can rely on the other to be honest and have each other's back. Honesty. Being truthful to help build trust and strengthen relationships.
4. **Adequate financial Resources:** Adequate Financial Resources means the financial capacity of an individual to support himself or herself while in training and if the approved training will continue beyond the exhaustion of all monetary allowances payable under the Trade Act Program
5. **Personal growth and development;** Personal growth and development refer to the

ongoing process of self-improvement. It involves the enhancement of different aspects of your life, such as how you view yourself and your effectiveness in living. It includes developing positive life skills and realistic self-esteem.

6. **Sence of Belonging:** Sense of belonging is the psychological feeling of belonging or connectedness to a social, spatial, cultural, professional, or other type of group or a community
7. **Housing, Healthcare, Transportation:** Shelter is a basic human need, and it plays a critical role in shaping the quality of life for individuals, families, and communities and access to healthcare. People are far more at risks which become incredibly dangerous. Good transportation facilities enhance the quality of life of people as they can easily access health and medical facilities.
8. **Identify specific aspirations and goals:** Relation require aspiration which means want to do with your career which support goal to fix the specific milestone or objective that is concrete both are need for trying to accomplish human life.

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Q.17. How to understanding Happiness and prosperity correctly/ Critical appraisal?

1. **Improved well being:** positive mental health, well-being and flourishing refer to the presence of high levels of positive functioning—primarily in the mental health domain (inclusive of social health). However, in its broadest sense, well-being encompasses physical, mental, and social domains.
2. **Understand Consequences:** study the something that has happened, especially an unpleasant result. Remember the actions of consequences. Ability nto boost up to face the consequences such as dire/disastrous/negative/adverse consequences for real happiness and prosperity correctly.
3. **Better decision making:** Human decision making is often studied as the outcome of a careful evaluation of alternative options in terms of the likelihood and the value of outcomes associated with these options happiness depends on making correct and in time decisions. Decision-making skills can make your future Happiness and prosperity correctly,
4. **Personal pursuits:** Individual Pursuits are activities in which participants work individually with their own equipment and monitor their own behavior, movements and physical expenditure. such as Love, wisdom, Honesty, Yoga, Gymnastics, Canoeing and Dancing.
5. **Positive impact on others and world:** Making a positive impact can also be as simple as taking the time to acknowledge and inspire someone into action. Taking time to acknowledge someone by letting them know you see their efforts, talents, or resilience informs them that they are valuable and appreciated.
6. **Consentration on Inner factors:** In order to correctly understand happiness and prosperity, it is crucial to recognize that they are not dependent on external factors alone. Inner factors, such as personal values, beliefs, and perspectives, also play a significant role in shaping one's experiences of happiness and prosperity
7. **More resilient in face of life challenges:** Resilience refers to how well you can deal with and bounce back from the difficulties of life. 1 It can mean the difference between handling pressure and losing your cool.
8. **Accumulation and consumption of physical facilities:** Correct happiness

depends on Physical facilities, such as access to adequate housing, healthcare, and transportation, is essential for providing individuals with the resources and stability necessary to live healthy and productive lives

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Q.18. Discusses the Rules to finding the harmony in human Life?

Rules/procedure/process/ in Finding Harmony in Life

1. **Harmony in Disharmony can mean Harmony:** Harmony in your closest inner-circle of family and friends. Harmony in your business life and in building relationships with your colleagues. Finding balance in your mental and physical health. Finding harmony in your physical and digital life.
2. **Work is Life & Life is Work:** A second aha-moment was to discover that there is no such thing as work-life balance. This perceived WL balance gives the impression that you only live outside of work and you stop living when you work. I feel a good life during work is a critical condition to a good living in general. So work has to be life and it is not just the strict WL balance that defines satisfaction.
3. **Don't live Someone else's Life:** Life is too short. It might not always be what you expect of it at every moment in life but we have a very short time on this planet so you better use it well. Don't have other people or the society determine what you need to do, how you need to live and who you need to be..
4. **Learn Un-learn and Re-learn:** Be a constant learner and never stop learning. Start doing some reverse mentoring with the new generations of millennials and generation Z. Open your mind and be receptive to new things. It's also lifelong. It never ends.
5. **Do It with Passion:** Work has to be what makes you tick and what gives expression to your passion. You have to invest in life so you get the return of those investments but whatever you do, always try to do it with passion and follow your heart whenever possible.
6. **Find your Sparkle:** My number 1 criterion to hire someone is not to look at their business or educational background but is to watch for the sparkle in their eyes. The same applies when meeting new people. In French there is a beautiful expression "Les yeux qui pestilent". To grow and to be happy you need to have and to find your sparkle at work and in life. Without it, you are just living a life.
7. **Life is not a rehearsal:** Don't expect a big play at the end of your life as life is not just a rehearsal. Many people I know seem to have a dream that once they stop working, they will do all the things they ever wanted. They have their Bucket list ready for when they reach their 60's. Live in the now and not just for tomorrow.
8. **Physical health is mental health:** Invest in your health. Don't look for excuses of not having the time. Make time. Exercise is an excellent way to boost your mood and get in shape. When you exercise, your body releases chemicals called endorphins.
9. **A good, healthier and happy life is built with Good Relationships** Harvard Study of Adult Development, the longest study of adult life (75 years!) that's ever been done, showed that good relationships keep us happier and healthier. Not money, high achievement or being famous as expressed by many today.

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Q.19. Explain the Methods /Different basic human aspirations?

1. **Cultivate a growth mind set:** Those with growth mindsets embrace challenges, persist through obstacles, learn from criticism, and are inspired by the success of others. With the growth mindset, we can acknowledge our failures and find inspiration to keep improving. For example, getting a C- on a paper is not the end-all of your college career.
2. **Engage in activities aligned with once's passions and purpose:** If you want to experience true happiness, joy, and personal fulfillment in life, look in the direction of your passion and purpose. For most people, these two often take the back seat because of the need for survival—working around the clock to pay the bills and live a good life
3. **Develop positives Relationship:** Building and maintaining healthy relationships is an important part of looking after our mental health. Here are 6 top tips to support you with yours. Some tips Develop positives Relationship are Put in the work, Set and respect boundaries., Talk and Listen,Let go of control,Reflect and learn.etc.
4. **Practice mindfulness and gratitude:** Increased gratitude is a common result of practicing mindfulness. As we start paying more attention to our thoughts, we notice where we block ourselves from appreciating the good things in life
5. **Pursue financial Stability:** Financial stability requires creating a monthly budget, saving up an emergency fund, staying out of debt, paying off your debt, having insurance, and investing in yourself. Financial stability also requires learning new skills and achieving goals
6. **Focus on Physical and mental health:** Focus on mental health problems can come with physical symptoms. Our bodies and minds are not separate, so it's not surprising that mental ill health can affect your body. Depression can come with headaches, fatigue and digestive problems, and anxiety can create an upset stomach.
7. **Consider the wider impact of once`s actions:** Emotions are short-lived impact that produce coordinated changes people's thoughts, actions, and physiological responses. Several emotion changes with the construct of specific action tendencies.
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Q.20. Write an essay on various living level of Harmony/individual living levels /?

Levels of Living harmony purposefully

1. **Self:** self living can be one of the most liberating experiences life has to offer. From developing a stronger sense of independence to living a life completely on your own terms, independent life has something to offer everyone. If you're living alone for the first time or seasoned in living solo and in need of a confidence boost,
2. **Family:** family life has a profound impact on mental health outcomes. Family dynamics, support, communication patterns, conflict resolution, parental influence, family history, nurturing environments, social support, and various stressors all shape the well-being of individuals.06
3. **Society:** A person's social life consists of the various bonds they form with others,

such as family, friends, members of their community, and strangers. It can be measured by the duration and quality of the social interactions they have on a regular basis, both in person and online.

4. **Nature:** Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones.
5. **Engage:** This is what we were hoping for when we defined our purpose. The ability to live and work in a way that is completely fulfilling to us. Now it is up to us to be deliberate about our action, both what we do and what we don't do. We will find a ton of choice and scope here when we are ready for it.
6. **Embracing Purpose:** The sense of getting to know my purpose is that it sort of "emerged" from my existing life. I was successful in my existing life, but not necessarily feeling rewarded. An inner exploration allowed me to discover my purpose was already there waiting.
7. **Self-awareness:** If I am successful in managing my attraction to tasks and the associated feelings of accomplishment, then I can turn my attention to my level of self-awareness and self-care. When cultivating a state of self-awareness and presence, where I am able to see myself as separate
8. **Performing tasks:** This is the basic level of engagement – the stuff of to-do lists. Tasks which we know we have to do to support our purpose. When list contain things like networking, building a website, developing materials, etc. It isn't always exciting stuff, but it has to be done.

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Q.21.Explain the differences between animal consequences and human consequences?

Human consequences	Animal consequences
<ol style="list-style-type: none"> 1. Origin: The species humans belong to is Homo Sapiens. Human evolution is the evolutionary process within the history of primates that led to the emergence of Homo sapiens of the hominid family, 2. Food Habits: Humans are typically omnivores. Common eating pattern is three meals (breakfast, lunch, and dinner) per day, with snacks between meals. The components of a meal vary across cultures, but generally include grains, such as rice or noodles; meat, and vegetables. 3. Mental Abilities: Humans have the ability to think critically and act accordingly. Also, they can express our emotions 	<ol style="list-style-type: none"> 1. In the case of animals, there are various species that are involved. The Bilateral include the protostomes, containing animals such as nematodes, arthropods, Flatworms, annelids and molluscs, and the deuterostomes, 2. Animals, on the other hand, are herbivores or carnivores and occasionally both. . Herbivores are animals that eat only plants. Carnivores are animals that eat only meat. Omnivores are animals that eat both plants and meat. The size of an animal does not determine what it eats based on nature. 3. Very few animals are capable of expressing the emotions. Also, they are not the same as humans. This is one of the most striking

<p>(happiness, sadness, etc.).</p> <p>4. Digestive System: humans possess monogastric digestive systems, gastrointestinal tract plus the accessory organs help to better digestion.</p> <p>5. Form of Locomotion: Humans walk up right and on two legs. There fore they are called bipedal such as walking, running, jumping, swimming, etc. by the body are known as locomotion.</p> <p>6. Mode of Communication: Humans are the only species on earth that has natural expressions through Language pointing, nodding, winking, improvised behavior.</p> <p>7. Survival Strategies: The eight SSs are Rescue Attachment, Assertiveness (Goal Achievement), Adaptation (Goal Surrender), Fight, Flight, Competition,; Love, Adaptation; Goal Surrender, Rescue/Caretaking, Attachment</p>	<p>difference between them</p> <p>4. Some animals have ruminant digestive system. For example, sheep have a four chamber edstomach. However, their digestion not as efficient</p> <p>5. Most animals walk on fourlegs, and they are called quad rupedalism.Also, some animals have different kinds of locomotion on the body structure base For example, crocodiles, are land</p> <p>6. Animal communication is the transfer of information through intentionally, symbolic name use, emotional expression, earning and sexual behavior, are being understood by animals.</p> <p>7. Every thing from protecting territories, using camouflage, teamwork, sharing resources, fleeing from danger, and methods of fear and intimidation. Survival skills are finding food, marking territories, defending resources, and avoiding dangers.</p>
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Q.22.What is arbitration? Explain the advantages and disadvantages ?

Arbitration: Arbitration is a procedure in which a dispute is submitted, by agreement of the parties, to one or more arbitrators who make a binding decision on the dispute. In choosing arbitration, the parties opt for a private dispute resolution procedure instead of going to court.

Advantages/Merits/Liking/Objectives of Arbitration

1. **Efficient and Flexible:** The conflict will often be settled considerably more quickly. A court trial may take many years, but an arbitration date is typically doable within a few months. Additionally, trials must be arranged into court schedules, sometimes overloaded with hundreds or even thousands of cases
2. **Less Complexity:** Litigation usually entails a lengthy process of presenting papers and motions and appearing in court for sessions such as motion hearings. The rules of evidence may not be strictly observed in arbitration proceedings, making it considerably easier to admit the evidence..
3. **Confidentiality:** Arbitration, unlike a trial, results in a private settlement, preserving the secrecy of the contents of the dispute and its conclusion. Because all testimony,

declarations, and arguments are completely secret, this may be tempting to well-known public figures or clients in business disputes.

4. **Impartiality:** The arbitrator is frequently chosen jointly by the disputing parties, ensuring that all parties have trust in their capacity to be fair and unbiased.
5. **A class action waiver for employers:** The class action waivers are acceptable in legally enforceable arbitration agreements. As a result, many companies were more interested in a class action waiver in the employment agreement to decrease risk exposure.

Disadvantages of Arbitration

1. **Questionable Fairness:** The arbitration is biased due to Compelled Arbitration
Obligatory Arbitrator Unbalanced No jury lack of openness
2. **Finality:** No further appeals: Although this may be useful if you agree with the arbitration decision, you should know that if it is binding, both parties forgo their right to appeal. If one party feels the decision is erroneous, there is little prospect of it being reversed.
3. **It may be more costly:** In several cases, Arbitration may cost more than going to court. Superior arbitrators may seek expenses that would not be permitted in court. The parties can re-arbitrate their case in non-binding arbitrations, raising the cost of litigation
4. **Unpredictability:** Arbitration, as previously stated, is not necessarily subject to the formal requirements of procedure and evidence that apply in a court trial. Due to evidence restrictions, a judge or jury may be unable to consider some material.

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Q.23. Explain the different types of Personality Traits?

Personality: Personality refers to the unique and enduring patterns of thoughts, emotions, behaviors, and characteristics that make each individual distinct. It encompasses the way people perceive and interact with the world around them, as well as how they respond to different situations and experiences.

Personality Traits

1. **Openness:** Openness describes how adventurous, curious or open to new experiences you are. Highly open individuals tend to have a broad range of interests, and those who have a lower degree of openness may prefer consistency, routine and familiarity.
2. **Conscientiousness:** Conscientiousness measures your efficiency and organization. Those who fall higher on this spectrum tend to be task-focused, and those who are less conscientious are often more easily distracted and may enjoy spontaneity and work better under pressure.
3. **Extroversion:** This category refers to how outgoing and energetic you are. People who are very extroverted are assertive and sociable, while those who are more introverted may prefer solitary activities and alone time, and need fewer social interactions to feel content.
4. **Agreeableness:** Agreeableness is your friendliness, ability to show compassion and willingness to help others. Those who fall higher on this personality spectrum tend to be

cooperative and polite, and those with less agreeableness are more likely to value rational and critical thinking.

5. **Neuroticism:** This category—sometimes named by its opposite trait, emotional stability—accounts for your emotional sensitivity and the extent to which you're inclined to worry or be temperamental. Neurotic people are prone to experiencing negative emotions, and those who are lower on the neuroticism spectrum may be less emotionally reactive and have greater self-confidence.
6. **Other Personality Traits;**
 - i. **Helpful and Humble :** Humility is not always acknowledged as a relevant trait to possess, but it is in fact a remarkable character strength. People who were more humble were most likely to help others People who were more humble were most likely to help others.
 - ii. **Honest and Charming:** Acting truthfully, is more than not lying, deceiving, stealing, or cheating Charm is the art of having an attractive personality. A power of pleasing or attracting, as through personality; a trait or feature imparting this power; to gain or influence through personal charm; to be fascinating or pleasing.
 - iii. **Capable and Clever:** Having the ability or qualities necessary for doing something or something is to be able to do it. Cleaver means Quick in thinking or learning; intelligent, ingenious, quick-witted, witty, facile, etc

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Q.24. How to building the effective beliefs?

Belief: It is a subjective attitude that a proposition is true or a state of affairs is the case. A subjective attitude is a mental state of having some stance, take, or opinion about something. In epistemology, philosophers use the term "belief" to refer to attitudes about the world which can be either true or false.

Building/factors/ Rules/guidelines for the effective beliefs

1. **Accept Yourself For Who You Are:** When you don't accept yourself for who you are, you doubt your self-worth. You think you are too short, too dumb, and too shy, not good enough as others, do not have the same life circumstances, etc. to achieve what you want.
2. **Say Positive Affirmations:** When you keep saying this to yourself, you are reaffirming the statements and thus training your brain to believe them as they were true. Positive affirmations help you to change your current limiting beliefs into more empowering ones.
3. **Remember Your Successes:** When self-doubts start creeping up, try to think about your past successes. Have you had experiences where you felt something was unachievable but you did it after trying. It may or may not be related to your current scenario, but it shows how you were able to act upon your faith in yourself and achieve the goal.
4. **Take Tiny Steps:** Celebrate small wins and milestones because they show how far you have come from nothing. It will help to get you out of your comfort zone slowly and once you start enjoying the benefits of being outside the comfort zone, you will be motivated to take big steps as well.
5. **Talk with Supportive:** People we are often the biggest critics of ourselves. But other people can see qualities of us we don't see in ourselves. You can talk openly about

your struggles with someone you love or work with mentors who can identify your problems and give you the push you need. .

6. **Be Persistent:** Believing in you means tough. There will be rejections and setbacks in your journey. But you constantly have to choose yourself even when no one else does. When negative thoughts enter your mind. When you feel tired, take rest and divert your mind to more fun things. And come back when you feel energized again
7. **Keep On Self-Educating:** The lack of belief in yourself can be due to a lack of knowledge too. There are so many people who aspire to do big things in life but they don't take the first step as they think they don't know enough to pursue the goal. It may be a lack of technical knowledge or feeling overwhelmed because you don't know where to start.
8. **Take A Look At Your Surroundings:** It is hard to stay positive when you are surrounded by negative, judgmental people who try to bring you down with their words or actions. Leave toxic situations if you need to and set strong boundaries. Learn to speak up for yourself. If people don't understand your desires, you must find a way to convince them so that the atmosphere around you is in alignment with how you want to grow.

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Q.25.What is The Myers-Briggs Type Indicator (MBTI)? Explain the dichotomies?

The Myers-Briggs Type Indicator (MBTI) :It is a widely used personality assessment tool that categorizes individuals into one of 16 personality types based on their preferences in four dichotomies. Each dichotomy represents a pair of opposite preferences, and individuals are assigned a four-letter type based on their combination of preferences.

Dichotomies/divisions of Myers-Briggs Type Indicator (MBTI)

1. **Extraversion (E) - Introversion (I):** Extraversion refers to how individuals direct their energy outward, towards the external world of people and activities. Introversion, on the other hand, refers to directing energy inward, towards thoughts, ideas, and reflection.
 - i. **Extra aversion Traits:** Extraversion: Draws energy from external interactions, enjoys socializing, and tends to be outgoing. Social Energy: , outgoing and enjoy initiating, Talkative expressing their thoughts, Action-Oriented:, Easily Express Emotions. External Focus:
 - ii. **Introversion Traits :** : Draws energy from internal reflection, enjoys solitary activities, and tends to be reserved., recharge reflects their thoughts, more resaved in social situations ,thoughtfully listening ,self examination
2. **Sensing (S) - Intuition (N):** Sensing individuals prefer to focus on tangible information acquired through the five senses and direct experiences. Intuition individuals tend to focus on patterns, connections, and possibilities beyond what is immediately apparent.
 - i. **Sensing Traits:** Focuses on concrete information, details, and experiences in the present. Practical and realistic, detail orientation, feel more comfortable etc.
 - ii. **Intuition Traits:** Focuses on patterns, possibilities, future potential, abstract thinkers, creative mind set, open to change etc.
3. **Thinking (T) - Feeling (F):** Thinking individuals make decisions based on logic, objectivity, and analyzing information. Feeling individuals prioritize making decisions based on personal values, empathy, and the impact on people.

- i. **Thinking Traits:** Makes decisions based on objective analysis, logic, and consistency, . Logic-Based Decisions, Problem Solving, Detached Analysis, Direct Communication:, Rule-Based: Impersonal Critique etc.
- ii. **Feeling Traits:** Makes decisions based on personal values, empathy, and the impact on others which includes Value-Based Decisions, Empathy, Harmony, Emotionally Considerate Communication, Personal Ethics:
4. **Judging (J) - Perceiving (P):** Judging individuals prefer structure, organization, and planning. They like to make decisions and move forward. Perceiving individuals prefer flexibility, adaptability, and openness to new experiences. They tend to gather more information before making decisions.
 - i. **Judging traits:** Prefers structure, organization, and planned approaches to tasks. Structured Approach, Goal-Oriented, Decisiveness, Planning Ahead, Preference for Closure
 - ii. **Perceiving Traits:** Prefers flexibility, adaptability, and open-ended approaches to tasks. Adaptable Approach, Exploratory, Spontaneity, Open to New Experiences Preference for Open-Endedness

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Unit /Module 2

Q.1.What is harmony? Explain the purpose of harmony in the human being?

Harmony: It is usually a human value, referring to compatibility and accord in feelings, actions, relationships, opinions, interests, etc. It denotes a state of balance among forces influencing and even opposing one another.i.e. “Harmony is a state of mutual agreement between different individuals where they live together peacefully without any conflicts.

Purpose of harmony in the human being

1. **Share similar views and opinions.:** Harmony is maintained among these groups till the time people share similar views and opinions. The moment a difference of opinion is observed, we see rising conflicts leading to the disturbance of the maintained harmony.
2. **Peaceful existence of people.:** In the present scenario, people’s relations are simply based on greed and selfish motives. Such kind of behaviour does not contribute to the peaceful existence of people. Feeling of superiority, ego, jealousy, and intolerance towards each other are also some factors that disturb the harmonious balance of this beautiful world.
3. **Develop polite behaviour:** Maintaining harmony does not cost anything to us. It is what we speak, express, and show in society among the people. Good words, nice gestures, and polite behaviour will make us more attractive and acceptable to the society whereas harsh behaviour, rudeness, and ill-treatment of others will make us apart from the society.
4. **Effective relationships:** The best way of maintaining a harmonious relationship among people is to understand them without being judgemental in the beginning. Many times our relations do not work because we are so negative and prejudiced about the other person which restricts us to mingle with that person and develop a healthy bond.

5. **Help to stay together, grow together** : History has observed that humans have succeeded in every condition whenever they have lived in unison. The moment they divided, they faced heavy consequences. So, stay together, grow together and maintain a harmonious relationship with everyone which will surely benefit you and the society.
6. **Living true and deepest sense** : when we are in harmony with ourselves--living true to our deepest sense of what is real and what matters. Persons believe that the amount of money a person makes is inconsequential. Believe that God wants us to live in abundance and enjoy the beauty and pleasures of life.
7. **Coordinates dissimilar elements**: Harmony, the bringing together of dissimilar elements in a manner that coordinates these as parts of an organic whole, is central to different aspects of human existence. A basic psychological harmony as well as harmony between the body and the mind are necessary for people's ability to live a flourishing life.
8. **Develop environmental accomplishment**: Harmony has a place in everyday conversation, political discourse, as well as academic scholarship. In most Western societies, however, it has no such presence. That does not mean that harmony plays no role in people's lives and world-views—the unstoppable advance of mindfulness, meditation, and yoga only goes to show that it does.

Q.2, Described the coexistence of sentient 'I' and material body?

Sentiment I: sentient is the ability to have feelings. It's the capacity for a creature to experience sensations and emotions .i.e.. Sentience is the capacity to have positive and negative experiences, such as feeling pain and pleasure. Sentience can only exist in a creature that is conscious, because to have an experience means to be conscious of something.

Coexistence of sentient 'I' and material body

1. **Distinct entities**: Human being is the coexistence of two entirely distinct entities, sentient non-material 'I' and the material Body. Their needs and activities are quite different, but they act in close synergy with each other through flow of information.
2. **Supportive concepts**: All the needs of 'I' can be called as Happiness, while the needs of body are physical facilities like food, clothing, shelter. Feelings like respect, trust give happiness. With time physical facilities successively change from necessary self feelings
3. **Appropriate physic-chemical things**: Happiness is ensured by having both right understanding & right feelings, while physical facility is ensured by appropriate physic-chemical things. One cannot ensure the other.
4. **Distance nature**: The need of 'I' is continuous, while the need of body is for a limited time, never continuous. Even air is required by the body intermittently. Feeling and its expression are two different things. We want the continuity of any naturally acceptable feeling but not the continuity of its expression.
5. **Qualitative quantitative representation**: The needs of 'I' are qualitative, while the needs of body are quantitative & limited. One does not need 5 kg of trust or 2 meters of respect. The activities of 'I' are- desiring, thinking, selecting, while the activities of body are- eating, breathing etc.\

6. **Mode of Interaction:** The mode of interaction of 'I' includes-knowing, assuming, recognition and fulfillment, while the mode of interaction of body is only recognizing and fulfilling. Fulfillment depends on recognition, recognition depends on assumption and assumption depends on knowing or not knowing (belief).
 7. **Priority of Needs :**The needs of the body like food for nourishment clothes for protection, and instruments to ensure right utilization can be categorized as being 'physical' in nature, whereas the need of I is essential to living in a state of continuous happiness like trust, respect, happiness, etc..
 8. **Existence of Time: needs of 'I' are continuous in time, unlike the need of the body, which is temporary in time.** We want happiness continuously. We also want the feeling of respect continuously and so also acceptance in the relationship. We do not want to be unhappy even for a single moment or lose the feeling of respect for ourselves for a single moment.
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Q.3. Write notes on needs of Self (I) and body?

Self (I): It is the basis of everything we do. All our desires, expectations, thoughts, feelings, understanding etc. come from the "I". Studying our "Self" helps us to have more clarity about ourselves and makes us confident.

Need /purpose advantages of Self (I)

1. **Relationships:** Relationship with you involves self-awareness, self-acceptance, and self-care, among others. It impacts your mental and emotional health and your bonds with other people. A healthy relationship with yourself can improve mental health, connections, and even work productivity.
2. **Spirituality:** Spirituality can be defined generally as an individual's search for ultimate or sacred meaning, and purpose in life. Additionally it can mean to seek out or search for personal growth, religious experience, belief in a supernatural realm or afterlife, or to make sense of one's own "inner dimension".
3. **Personal growth:** Personal growth is important in many aspects of life, including your career. Determining the right personal growth methods for you depends on your strengths, challenges and goals. Understanding personal growth and how you can achieve it can help you use your skills efficiently in the workplace and advance professionally.
4. **Creativity:** Creativity allows us to view and solve problems more openly and with innovation. Creativity opens the mind. A society that has lost touch with its creative side is an imprisoned society, in that generations of people may be closed minded. It broadens our perspectives and can help us overcome prejudices.

Material body/Human body: his can be done in terms of the chemical elements present, or by molecular type e.g., water, protein, fats (or lipids), hydroxylapatite (in bones), carbohydrates (such as glycogen and glucose) and DNA. In terms of tissue type, the body may be analyzed into water, fat, connective tissue, muscle, bone, etc.

Need /purpose advantages of Human body:

1. **Food:** If you have a good water supply the next essential need is that of sustenance. A body that does not have food can survive for quite a long time by subsisting on the fat

reserves in the body and, eventually, the glycogen reserves in the liver and the proteins in the muscles.

2. **Shelter:** The need for shelter has always been an essential aspect of human survival, as it provides protection from the elements and other environmental hazards such as wild animals, extreme weather conditions, and other natural disasters.
3. **Safety:** Safety is the state of being "safe", the condition of being protected from harm or other danger. Safety can also refer to the control of recognized hazards in order to achieve an acceptable level of risk. Warning signs, such as this one, can improve safety awareness.
4. **Physical comfort :** Physiological comfort is defined as the achievement of thermal equilibrium at normal body temperature with the minimum amount of bodily regulation. The body feels uncomfortable when it has to work too hard to maintain thermal equilibrium.

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Q.4.Explain the different activities of self?

Different activities of self?

1. **Primary human activities:** These are human activities that involve extracting raw materials directly from the earth. Examples of primary activities are farming, fishing, lumbering, and livestock keeping.
2. **Secondary human activities:** These are human activities that involve the processing of raw materials into useful products. These activities involve converting raw materials into finished products and are mainly performed in urban areas.
3. **Tertiary human activities:** These are human activities that involve the provision of services that are needed in society. Examples of tertiary activities include. It provide employment, especially in town and cities .Stimulates development of other economic activities e.g. manufacturing of goods to be sold
4. **Quaternary human activities:** These are human activities that involve the provision of intellectual services and information..it involves The generation and sharing of hi-tech knowledge e.g. medical research, Google glasses development, or web page design, research, and library activities.
5. **Quinary human activities:** These are activities that are done by top executives or officials in such a field as government. it is also referred to as gold collar activities. They involve the highest level of decision-making in society or the economy.
6. **Static activities:** The static activities are independent of time because it does not involve any change in magnitude and direction with respect to time. Static activities do not allow any sort of change and helps to maintain the state of equilibrium of the human life. Activities witt postural and transitions. Example, Body building, book reading etc.
7. **Dynamic activities :**These activities performing during the workout work best," says fitness professional knowledge, The key to using dynamic warm-ups for those with arthritis lies in using a smaller range of motion and staying within your abilities." For example,, **Hip Circles, Arm Circles, Arm Swings, High-Stepping.**
8. **Activities with postural and transition:** These activities relating to Impairment of physical function is a major indicator of human body. Functional performance tests have been shown to be useful for identification of human body and daily life style.

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Q.5 .Explain the difference between activities of self and body?

Activities of Self	Activities of Body
<ol style="list-style-type: none"> 1. Nature: person or thing referred to with respect to complete individuality: one's own self. a person's nature, character, etc.: 2. Organization: The way in which self-knowledge is organized. Which can be considered as a personal theory (or theories) that a person construes based on his/her experience, so as to be able to anticipate 3. System; System relating to is the interests, opinions, behaviors, and behavioral orientations of an individual, group, or culture. 4. Needs: Self-actualization needs are also referred to as our 'being' needs; these include personal and creative self-growth, which are achieved through the fulfillment of our full potent 5. Representation: Self representing to others greatly influences how they think, feel, and behave, and is ultimately related to the construct of identity 	<ol style="list-style-type: none"> 1. The physical substance of the human organism composed of living cells and extracellular materials and organized into tissues, organs, and systems. 2. The cell is the basic living unit of the human body—indeed, of all organisms. The human body consists of trillions of cells, each capable of growth, metabolism, response to stimuli, and, with some exceptions, reproduction 3. The biological machine made of body systems; groups of organs that work together to produce and sustain life. Cells and molecules. 4. To live we need our body to be healthy activities so, we need to take food, drink water, do physical activity and we need clothing to cover our body. Anmd physical comport. 5. Survival is the body's most important business. Survival depends on the body's maintaining or restoring homeostasis, a state of relative constancy, of its internal environment.

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Q.6. State the different problems to day of self (I) and body?

Different problems to day of self (I) and body

1. **Health Crisis:** There comes a time in your life when you are not healthy. It might be something minor or something big and intense. Either way, it is common to have health issues because as our body works around the clock, it does fall once in a while to get the whole system working once again.
2. **Workplace Issues:** Of course, everyone gets to work when the time and opportunity are there. But, this is the time when you come to realise if you can manage teamwork and professional relationships or not. The workplace is the place where you are supposed to fulfil your duties for which you have been hired.
3. **Failur:** When you are moving forward, achieving your goals, moving on with your career, you are bound to face failures but it doesn't mean that you can't move forward. Failures are meant to teach you a lot of things and make you a better person for the future..
4. **Financial Crisis:** This world and life are uncertain, and the financial crisis can come at every stage of life. No matter how much you are ready for the bad times, the financial crisis can catch you off-guard. You can get frustrated and all stressed out because of the crisis that might have hit you.

5. **Physical Activity and Nutrition** :Research indicates that staying physically active can help prevent or delay certain diseases, including some cancers, heart disease and diabetes, and also relieve depression and improve mood.
6. **Injury and Violence**: Among seniors, falls are the leading cause of injuries, hospital admissions for trauma, and deaths due to injury. One in every three seniors (age 65 and older) will fall each year. Strategies to reduce injury include exercises to improve balance and strength and medication review.
7. **Environmental Quality**: Even though pollution affects all of us, government studies have indicated that low-income, racial and ethnic minorities are more likely to live in areas where they face environmental risks. Compared to the general population, a higher proportion of elderly are living just over the poverty threshold.
8. **Environmental Quality**: Even though pollution affects all of us, government studies have indicated that low-income, racial and ethnic minorities are more likely to live in areas where they face environmental risks. Compared to the general population, a higher proportion of elderly are living just over the poverty threshold.

..... **Q.7.What is self discipline? Explain advantages and limitations?**

Self discipline: Self-discipline is the ability to push yourself forward, stay motivated, and take action, regardless of how you're feeling, physically or emotionally. I.e. It is training that corrects, molds, or perfects the mental faculties or moral character. Willpower to do these things on your own, without someone telling you to do them. Control your feelings and even do hard things so you can be better and have more prosperity.

Advantages self discipline

1. **Increased Productivity:** Self-discipline helps us stay focused and avoid distractions, enabling us to be more productive. When we set clear goals and stick to them, we can prioritize our tasks and achieve more in less time.
2. **Improved Health:** Self-discipline can improve our health by helping us make healthier choices. For example, by sticking to a regular exercise routine and healthy eating habits, we can improve our physical and mental well-being.
3. **Greater Success:** Self-discipline is a key component of success. It enables us to take action and make progress towards our goals, even in the face of challenges and setbacks. By staying focused and committed, we can achieve the success we desire.
4. **Stronger Relationships:** Self-discipline can also improve our relationships. When we are disciplined in our communication and behavior, we are more likely to build trust and respect with others.
5. **Improved Self-Esteem:** Self-discipline can improve our self-esteem and confidence. When we set and achieve our goals, we feel a sense of accomplishment and pride, which can boost our self-worth.

Limitations/Dis advantages of self discipline:

1. **Temptations weaken self discipline:** We are all subject to temptations in many forms every day. We are exposed to advertisements in newspapers, magazines and on TV, telling us to buy this or that. Now a day's many offers commutated through TV programs, movies, restaurants, concerts, sports competitions and many other sorts of entertainment are Temptations the self discipline.

2. **Lack of goals or purpose in life:** If you do not have any goals or aims in life you tend to drift and do not take any action to improve your life. This can lead to lack of self discipline.
3. **A weak state of health and body:** A weak state of health can contribute to the absence of this important skill. This means that you need to take good care of your health and body, eat healthy food and exercise your body.
4. **Lack of enough inner strength:** Laziness and the absence of inner strength prevent you from being more self disciplined. In this situation, you avoid doing things that require effort and persistence. People prefer comfortable laziness, rather than actions that require effort.
5. **Procrastination** This habit is one of the reasons for lack of self discipline Procrastination is the act of delaying or putting off tasks until the last minute, or past their deadline.

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Q.8. what is our present attitude towards the body and its consequences?

Attitude: Attitude is a psychological construct that is a mental and emotional entity that inheres or characterizes a person, their attitude to approach to something, or their personal view on it. Attitude involves their mindset, outlook and feelings.

1. **Lack of Responsibility towards the Body:** Our lifestyle has become very busy and unnatural. We do not give priority to take proper care of the body. We have increasingly stated eating at odd hours, junk food and are largely ignorant about the state of the body.
2. **Tendency for Medication to Suppress the Ailment:** Whenever there is pain in any part of the body a signal of some disorder which needs to be properly attended to. However, our common tendency is to suppress this pain by immediate medication and then forget about it.
3. **Polluted Air, Water, Food:** We have polluted our environment today and it is directly or indirectly ha us. There is contamination in the air, water, soil, plants and we are responsible for it. Our food has impurities. realistic about expectations from self.
4. **Attitudes towards the body:** The human body is a self organized and highly sophisticated mechanism. Today we have different problems and they are lack of responsibility towards the body, tendency for medication to the ailment, and polluted air, water, food.
5. **Life style:** Attitude is the way you look at life. It is the way you choose to see and respond to events, situations, people, and yourself. Your attitude is not something that happens to you. You choose your attitude.
6. **Behavioral aspects.** An individual's positive or negative evaluation of self-performance of the particular behavior. The concept is the degree to which performance of the behavior is positively or negatively valued.
7. **Evolution of things:** Psychologists define attitudes as a learned tendency to evaluate things in a certain way. This can include evaluations of people, issues, objects, or events. Such evaluations are often positive or negative, but they can also be uncertain at times.
8. **Self perspective:** Acceptance of oneself and holding unconditional positive regard for others are two important attitudes. Accepting self means being fine with the kind of person one is. However, this does not mean that we become blind to our weaknesses. It only means being **your body**.

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Q.9. Suggest program to ensure proper functioning of your body.

Program to ensure proper functioning of your body

1. **Understanding and Living with Sanyama:** Sanyama implies that the self takes the responsibility for proper nurturing, and right utilization of the body. For this it is essential to understand the functioning of the body instrument. It is also essential to understand that this instrument has a limited life span and undergoes a pattern of growth and decay.
2. **Nurturing of the Body:** Proper Food, Air, Water, Etc. In the process of selecting food for the body, I need to make out the elements which make a complete food so that it gives required nutrients and energy to the body. On the basis of understanding of the harmony of the self with the body, it can be said that the food needs to be eaten only when we feel hungry.
3. **Protection of the Body:** The second issue is the protection of the body. The clothes 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.
4. **Right Utilization of the Body (Sadupayoga):** Right utilization of the body as an instrument necessitates understanding the purpose for which this instrument is to be used. Normally, we tend to believe that the body is an instrument for sensory enjoyment, which is not correct.
5. **Ensure right utilization of the body:** The responsibility of the Self towards the Body is in terms of nurturing, protecting and rightly utilizing the Body. Nurturing the Body is by providing appropriate air, water, food, sunlight, etc.
6. **Programs to ensure sanyam and swasthya:** To achieve Swasthya, it's important to attend to both the physical and psychological needs of the "I" and the body. For example, this can involve eating a healthy diet, getting enough sleep, and engaging in physical exercise.
7. **Ensure self regulation and health:** Programs aimed at reducing stress, such as mindfulness, deep breathing exercises, and time management techniques, can help promote sanyam and swasthya. Sleep: Getting adequate sleep is important for both physical and mental health.

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Q.10. Explain the basic principles' of understanding the body as an instrument of 'i'?

The body as an instrument of I : The idea of "the body as an instrument of I" reflects the view that the body is a tool for the self to experience, act, and interact with the world, and that the individual's relationship with their body can have a profound impact on their overall well-being and spiritual growth.

Basic principles'/rules/factors of understanding the body as an instrument of 'i'

1. **The Doer.** The "I" is often thought of as the doer or the one who takes action. This aspect of the self refers to our capacity to make decisions and act upon them. The "I" is responsible for our choices, behaviors, and actions.
2. **The Seer:** The "I" is also thought of as the seer or the observer. This aspect of the self refers to our capacity to witness and perceive the world around us. The "I" experience the world through our five senses and our perceptions of the world shape our thoughts and beliefs.

3. **The Enjoyer:** The "I" is also thought of as the enjoyer or the one who experiences pleasure and happiness. This aspect of the self refers to our capacity to experience joy and satisfaction in life. The "I" is responsible for experiencing the pleasures and joys of life, whether they be related to relationships, personal growth, creativity, or other areas.
 4. **The Nature and Process of Science:** Science is a body of knowledge, but it is also the process by which this knowledge is obtained. Scientific knowledge advances over time with repeated experimentation and testing.
 5. **structure of the Human Body:** the human body is a single structure but it is made up of billions of smaller structures of four major kinds: cells, tissues, organs, and systems. An organ is an organization of several different kinds of tissues so arranged that together they can perform a special function.
 6. **Chemistry of Life:** The human body is approximately 99% comprised of just six elements: Oxygen, hydrogen, nitrogen, carbon, calcium, and phosphorus. Another five elements make up about 0.85% of the remaining mass: sulfur, potassium, sodium, chlorine, and magnesium. All of these 11 elements are essential elements.
 7. **Digestive System:** The hollow organs that make up the GI tract are the mouth, esophagus, stomach, small intestine, large intestine, and anus. The liver, pancreas, and gallbladder are the solid organs of the digestive system.
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Q, 11. I am the seer, doer and enjoyer the body is my instrument? Explain?

Body is an instrument : Understanding the Body as an instrument of I (I being the doer, seer and enjoyer) The concept of “the body as an instrument of I” refers to the idea that the body is seen as a tool or vehicle for the self (I) to experience, act, and interact with the world.

1. **Seer:** When we are reading a book or listening, when someone is explaining something to us, when we are watching a scenery or when we are thinking - we are engaged in the activities of 'seeing' or understanding. Now when we see some nice scenery we say 'I am seeing' that means our self 'I' see via the eyes, the eyes don't see, they are just instruments, that enable me to see something outside.
 - i. **I can see inside :** Different images are formed in the eyes every time, but it is I who is able to relate it to the meaning of that image every time. Similarly, I can see inside 'in me' also - without the eyes. When I see outside the body works as an instrument. Behind all our activities of our Seeing,
 - ii. **Feeling of “I-ness:** Understanding, Doing and Enjoying is a feeling of “I-ness” with which we identify ourselves. Every human being actually participates in a number of such activities every day. In all these activities, the body acts only as an instrument. It is the “I” that sees or understands something.
 - iii. **Listen anything :** Our eyes and ears act as instruments which help us to see or listen anything. They do not convey any information. It is the “I” that understands what it has seen or listened to. Seer” also means the one who understands. Hence I am the Seer (Drasta).
2. **I am the doer:** once I have seen/ understood something, I am the one who decides what to do or not to do. I am the doer. For example, when I see the scenery I am the one who decide to take a picture of the scenery. I use my hands to pick camera and click a picture. The hands in the body are thus used as an instrument.

- i. **Accomplish the task:** I work with my hands and legs. Once I have seen and understood something, I decide what I should/ should not do. I take the help of my body parts to accomplish the task I want to do.
- ii. **Body works as per the instructions:** I use my hands to write, my legs to walk etc. My body works as per the instructions given by me. Hence I am the Doer and I express my actions via my body.
- iii. **Decisions Aspiration:** Doer means “one who does” or “the one who takes decisions to do something”. Hence I am the Doer (Karta).
 - i. **I am the enjoyer:** I saw the scenery and I took the picture. I am the seer and doer so far. When I see the picture I like it. I am the one that enjoys it. Thus there is a continuity of being the seer, doer and enjoyer. Similarly when I eat, I am the one that gets the taste
 - ii. **Pleasure derived:** I use my body as an instrument to perform various activities. It is I who enjoy the pleasure derived out of those activities.
 - iii. **Tongue to taste:** mouth helps to chew and the tongue to taste, but I enjoy the taste and flavor. I am the one feeling excited, angry, sad, happy etc. my body is only one instrument.
 - iv. **Pleasure and happiness:** Enjoyer means “one who enjoys”. Hence I am the Enjoyer (Biota). The Enjoyer: The “I” is also thought of as the enjoyer or the one who experiences pleasure and happiness. This aspect of the self refers to our capacity to experience joy and satisfaction in life.

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Q.12. Why is it necessary to understand harmony at all levels?

Importance/necessary to understand harmony at all levels

1. **Mental and emotional well being:** Harmonious relationship and environment can have positive impact on individual Mental and emotional well being. When individuals feel safe and respected and valued they are likely to experience a sense of well being and how well people are able to accept and manage their emotions and cope with challenges throughout life.
2. **Conflict resolution:** conflicts are natural part of human interactions and relationships. Living in harmony involves effective conflict resolution skills that minimize negative impacts of conflicts. When individuals and communities are able to resolve conflicts in a peaceful and respected manner then they are better equipped with harmonious relationships.
3. **Increased productivity:** Harmonious relationship and environment are more conducive to productivity and efficiency. When individuals feel supported and valued they are more likely to contribute their best efforts to completion of task .
4. **Improved social cohesion:** Living in harmony can improve social cohesion by promoting mutual understanding respect between individuals and groups. This can led to greater cooperation and collaboration which can have positive impact on wide range of social and economic outcomes.
5. **Global peace and security :** At Global level Living in harmony is critical in promoting peace and security .conflicts between nations and cultural misunderstandings can led to violence and instability. by promoting mutual understanding and cooperation nations can work together to resolve conflicts and promoting peace and security.

6. **Level of society:** Harmony in society refers to a state of cooperation and mutual understanding between individuals and groups, characterized by a lack of conflict and a sense of unity and stability. It involves the balance and coordination of diverse interests, values, and beliefs to create a cohesive and functional community.
7. **Human relationship:** By promoting harmony in our relationships, we can create a supportive and fulfilling environment where everyone feels valued and heard. The basic unit of human interaction is considered to be a two-person relationship.
8. **Family:** Family harmony means that there is an atmosphere of absolute peace, relaxation, unconditional love, fearlessness, understanding (and not misunderstanding), freedom of expression and longing for each other within the family..

Q.13. Discusses Human being is co-existence of self and body true or false?

Co-existence of self and body

1. **Distinct entities:** Human being is the coexistence of two entirely distinct entities, sentient non-material 'I' and the material Body.
2. **Happiness:** Happiness is ensured by having both right understanding & right feelings, while physical facility is ensured by appropriate physico-chemical things. One cannot ensure the other.
3. **Physical facilities:** A supportive network of relationships can also provide individuals with the confidence and motivation necessary to pursue their aspirations and achieve their goals. Physical facilities, such as access to adequate housing, healthcare, and transportation, are also essential for fulfilling human aspirations.
4. **Qualitative:** Human beings are a complex combination of the sentiment 'I' which relates to all the feelings and the material 'body' which refers to all the physical facilities available to them. Need of self is sukh (happiness). Sukh is qualitative. Therefore the needs of 'I' are qualitative.
5. **Quantitative:** Needs for the body in a limited and Quantitative When we try and exceed these limits, it becomes troublesome for us after some time to achieve continuity of happiness through sensation by perpetuating contact.
6. **Knowing:** Self-awareness does not occur suddenly through one particular behavior: it develops gradually through a succession of different behaviors all of which relate to the self."
7. **Assuming:** If someone accuses you of being assuming, he or she thinks you are arrogant or that you take too much for granted. If you take on an assuming tone when you ask for something, people are more likely to feel offended than to be generous. A person who is quiet and modest is often described approvingly as being unassuming.
8. **Recognition:** Recognize your inherent value and worth by accepting yourself completely while focusing on building your self-worth from there. Acceptance includes being kind to yourself, allowing yourself to be vulnerable and human and to treat yourself with compassion.
9. **Fulfillment:** Fulfillment is about living a deeply meaningful life, a life of purpose and satisfaction. Fulfillment is not necessarily about happiness. It is about meaning, deep meaning. It's about one's vision, their dreams, and living in full alignment and flow with their values.
10. **Desire:** Desire refers to a strong feeling of wanting or wishing for something, often accompanied by a motivation to take action to obtain it. The activity of desire, thought, and expectation is often collectively referred to as "mental activity" or "mental processes"

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Q.14. Explain the needs of self and body in human values?

Needs of self and body in human values

1. **Respect:** Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them. Respect in your relationships builds feelings of trust, safety, and wellbeing. Respect doesn't have to come naturally – it is something you learn.
2. **Trust :** Trust is the belief and confidence in the integrity, reliability and fairness of a person or organization; an essential human value that quantifies and defines our inter-dependence in relationships with others. Trust is a complex neural process that binds diverse representations into a semantic pointer that includes emotions.
3. **Happiness :** Happiness can be defined as an enduring state of mind consisting not only of feelings of joy, contentment, and other positive emotions, but also of a sense that one's life is meaningful and valued and to predict positive outcomes in many different areas of life including mental well-being, physical health, and overall longevity.
4. **Love:** Love is the principle which creates and sustains human relations with dignity and depth. Love means I can be kind, caring and understanding. Love is the basis for a belief in equality and goodwill toward all.
5. **Peace:**Peace is a qualitative energy that brings balance. World Peace grows through nonviolence, acceptance, fairness and communication. Peace is the main characteristic of a civilized society. Peace must begin with each one of us.
6. **Justice:**Justice means giving each person what he or she deserves or, in more traditional terms, giving each person his or her due. Justice and fairness are closely related terms that are often today used interchangeably. There have, however, also been more distinct understandings of the two terms.
7. **Freedom:**Freedom resides within the mind and heart. People want the freedom to live a life of purpose, to select freely a lifestyle in which they and their children can grow healthily and can flourish through the work of their hands, head and hearts.
8. **Joy:**Joy of its nature shares itself. It is selflessness and happiness at the happiness of others. It is kindness and giving of consideration to other people, of their needs, wants, and care for them. Joy is contentment with self, contentment with others, and contentment with all life.

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Q.15. Difference between self and body in human values ?

Self	Body
1. Consciousness: Consciousness forms the basis for values and values based living.. This aspect of the self refers to our capacity to experience joy	1. Physical Features Physical attraction itself includes universal perceptions common to all human cultures such as facial symmetry.
2. Conscience: The inherent ability of every healthy human being to perceive what is right and what is wrong and, on the strength of this perception, to control, monitor, evaluate and execute.	2. Aware of or preoccupied with one's body or physical appearance: Fasting has become increasingly popular among body-conscious people in the 18 to 34 age group.
3. Appearances: It does not depict someone	3. Outward appearance of any person,

<p>based on appearances, names, or locations. mental picture, generally of a kind that is quite resistant to change, that depicts not only details are potentially avail</p> <p>4. Abstract Notions: It distinguishes people based on abstract notions such as ideas, thoughts, and ideals.</p> <p>5. Physical Form: Similarly, "self" relates to an individual's soul, which does not have a physical form.</p> <p>6. Respect: Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them.</p> <p>7. Contentment: It is a relatively positive emotional state of satisfaction and inner peace. Colloquially speaking, contentment could be a state of having accepted one's situation.</p>	<p>irrespective of sex, with regard to hair style, beards, manner of dress, weight, height, facial features, Physical Form: Similarly, body relates to an individual's soul</p> <p>4. Traits Personality traits reflect people's characteristic patterns of thoughts, feelings, and behaviors.</p> <p>5. Identity In psychology, the term "identity" is most commonly used to describe personal identity,</p> <p>6. Survive The human body requires good nutritious food and habits in order to survive .It is the individuality promoti0opn activity</p> <p>7. It a relatively positive emotional state of satisfaction <i>and</i> inner peace. The concept of <i>body and</i> mind interplay (including relationship factor) .</p>
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Q.16. Understanding the characteristics and activities of 'I' and harmony in 'I'?

Characteristics and activities of 'I' and harmony in 'I'.

1. **Self-Awareness:** The "I" is characterized by self-awareness, which means that individuals are aware of their thoughts, feelings, and experiences. This self-awareness allows individuals to understand their own motivations, beliefs, and values, and to make informed decisions about their lives.
2. **Decision-Making:** The "I" is also characterized by the ability to make decisions. This ability allows individuals to take control of their lives and to make choices that align with their goals, values, and aspirations.
3. **Emotions:** The "I" experiences emotions, which can range from positive emotions like happiness and joy, to negative emotions like sadness and anger. Emotions play a critical role in our lives, as they help us to understand our own experiences and to respond to the world around us.
4. **Creativity:** The "I" is characterized by creativity, which refers to the ability to imagine and create new things. Creativity allows individuals to express themselves and to experience the world in new and unique ways.
5. **Relationships:** The "I" is also characterized by the ability to form relationships with others. Relationships play a critical role in our lives, as they provide us with support, connection, and a sense of community. In order for the "I" to function in a harmonious way, it's important for individuals to engage in activities that promote well-being
6. **Mindfulness:** Mindfulness practices, such as meditation and yoga, can help individuals to cultivate self-awareness and to connect with their emotions and thoughts.
7. **Physical Exercise:** Physical exercise can help individuals to reduce stress and to promote physical and psychological well-being.

8. **Creative Pursuits: Engaging** in creative pursuits, such as painting, writing. or music, can help individuals to express themselves and to experience the world in new and unique ways.
9. **Relationships:** Building and maintaining healthy relationships with others can provide individuals with support, connection, and a sense of community. In conclusion, the "I" is a complex aspect of human individuality that is characterized by self-awareness, decision-making, emotions, creativity, and relationships.

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Q.17. Explain pre-conditioning and its effects at individual level?

Precondition Preconditioning means the condition developed by beliefs (manyatas). Often we have our own assumptions about something on the basis of our prevailing notions. They comes from what we read, see hear, what our parents tell us, our friends talk about what the magazines talk of, what we see on the TV etc.

Effects /factors /principles of pre-conditioning at individual level

1. **Conflicts and contradictions** ; in T as a result of pre-conditioned desire We have not verified the desires, thoughts and expectations in us on the basis of our own I acceptance. As a result, these desires, thoughts and selections are in conflicts. Since the desires conflict, the thoughts they give rise to, are also in conflict and in turn, the selection from the thought also in conflicts. This conflict affects us in different manners:
2. **Wavering aspirations:** Our goals keep shifting as the inputs from the outside also keep changing, desires thus keep shifting, because their source is outside and these preconditioned desires may from what we read,
3. **Lack of confidence:** Since our desires are shaky, we are not sure about them. As a result, we lack confidence, in the true sense. Our confidence seems relative i.e. we keep comparing ourselves with others in order to feel confident.
4. **Unhappiness/conflicts:** Since our desires, thoughts and expectations are in conflict, it becomes cause for our unhappiness, leading to stress and tension. Such desires will also be in conflict with natural acceptance
5. **Lack of qualitative improvement in us:** We focus largely on fulfilling the needs of the body result we live with a sense of lack of fulfillment. We are doing many things, accumulating progress on paper, but we don't feel that we have improved, that we have become better.
6. **State of resignation:** whenever we do not understand ourselves properly and have contradiction within, we slowly start getting disillusioned (pleasant but mistaken beliefs). We feel that there are solutions to these issues, and end up in a state of resignation.
7. **Short lived nature of pleasure from sensations:** The pleasure obtained from sensations is short. We are so much dependent on sensations that instead of giving us some sensory pleasure, it is the source for our happiness.
8. **Temporary nature:** The external object is temporary in nature, the contact of the external object with the temporary nature. The sensation from the body to 'I' is temporary. To sum up, if our desires, thoughts and expectations are based on pre-conditionings, we are in a state of great confusion. This leads to confusion, unhappiness, conflict and stress.

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Q.18. what are the aspects of sanyam and swasthya?

Sanyam: means self-control. Control over one's own self by having good habits and having control over our own senses is called sanyam. I.e. self-regulation, is simply the Self's feelings of sensitivity to the body's desires for care, comfort, and proper use. Because the Body is an agent of the Self, it should be taken care of in order for it to carry out the Self's teachings.

Swasthya refers to overall health and well-being, both physical and psychological. To achieve Swasthya, it's important to attend to both the physical and psychological needs of the "I" and the body. For example, this can involve eating a healthy diet, getting enough sleep, and engaging in physical exercise.

Aspects/characteristic /properties of sanyam

1. **Physical:** Exercise! Even walking 30 minutes a day three times a week will greatly improve your health. Eat Healthy. Avoid fried foods, soft drinks, processed meats, and sweets. Try to include 5 servings of fruits and vegetables in your diet everyday. Don't skip meals. Especially breakfast, it slows down your metabolic rate and can cause weight gain.
2. **Emotional:** Try to maintain a positive attitude even when problems arise. Discover your personal stress reliever. Manage your time wisely because it will help lower stress. Find someone that you trust who you can openly share your feelings with.
3. **Social:** Get involved. There are a variety of clubs and organized on campus; you're bound to find something that interests you. Know who your best friends are. Recognize when you are in an unhealthy relationship. Balance your social life with your academic responsibility
4. **Spiritual:** Find a quiet place and spend time there every day. Contemplate the meaning of your life. If you have a religion, study and practice it. Spend time appreciating the natural world around you.

Aspects/characteristic /properties of sanyam

1. **Harmony among the various parts:** Swasthya has two elements – the body act according to me, and there is harmony in the body. Swasthya: The body is fit to act according to the self. There is harmony among the various parts of the body.
2. **Swasthya can replace good health:** If you have a healthy body, you have a healthy mind and a healthy life. Being healthy is easy, and to ensure that, you need not work hard at the gym or eat boiled and bland foods. All you need to do to be healthy is to incorporate a few healthy habits in your lifestyle as you bid adieu to the unhealthy ones.
3. **Swasthya concentrate the lifestyle and habits:** including food, sleep, exercise, etc. has brought about an undesirable change in our lives and has made our body prone to illnesses.
4. **Swasthya changed the body radically:** and if we do not take a few steps to improve our habits, our body can become prone to a range of serious health conditions and diseases. Here are the changes in our lifestyle that are putting a negative effect on our health:

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Q.19. State the programs to ensure the Sanyam and health in harmony?

Steps/programs/Formulation to ensure the Sanyam and health in harmony

1. **Nurturing of the Body: Proper Food, Air, Water, Etc.:** To ensure that the meal I choose for the body has all the necessary nutrients and energy, I must identify the components of a complete food. Food should be taken only when we are hungry, according to our knowledge of the harmony of the self with the body.

2. **Protection of the Body:** The second reason is body protection. The clothing we wear for protection must allow the body to interact properly with the surroundings. The optimum quantity of exposure of the body to the air, water, and sun is essential to guarantee its healthy functioning.
3. **Proper upkeep (Vihar) of the Body:** When we work, our bodies become tired. When we relax, our bodies grow more ready for work. But, once again, there is a limit to how much work and relaxation we can get in. We must also assure correct time, posture, and methods of working and resting. We must offer healthy conditions for the Body to work properly.
4. **Physical Exercises :**We understand the value of exercise. While working, many portions of the body may be overworked while others might not be. We can use exercises to work all of the parts of the body in the desired manner.
5. **Asan-Pranayam:** The Body can keep working correctly in this method as well. We give the body suitable postures by sitting or sleeping in Asanas, and we regulate the breathing in Pranayam.
6. **Treatment of the body:**Regardless of our best efforts, the body may require therapy at times. There are lots of techniques that may be used to guarantee this. It is possible that simply going without eating for a period of time may heal the body.
7. **Improved own senses :**Sanyam means self-control. Control over one's own self by having good habits and having control over our own senses is called sanyam. (Svasthya means welfare. Welfare is possible only when there is physical and mental health.
8. **Identify the susceptible things :** The sanyam or self-control makes a person healthy. If he or she has sanyam, he or she will never get hooked on to the addictions and bad habits. Many bad habits make a person susceptible to a variety of diseases. The sanyam hence keeps the svasthya in a proper way.

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Q.20. what is the responsibility of the self towards the body? How is it fulfilled?

The responsibility of the Self :It is towards the Body is in terms of nurturing, protecting and rightly utilizing the Body. Nurturing the Body is by providing appropriate air, water, food, sunlight, etc. Protection is to ensure the continuity of the body which includes safeguarding from unfavorable conditions.

Requirements/ fulfillment of responsibility of the Self

1. **Create an internal “cutoff point”.** Responsibility is associated with a feel of control over our own lives. The locus of this control can be inside a person (when he is sure that he is responsible for his own feelings, thoughts and actions). Or, it can be associated with an external environment. This happens when self-responsibility is unbearable for some reason.
2. **Care about yourself.** This includes taking care of your own body and feelings. Well-balanced nutrition, good sleep, well-organized physical activity and consistent health monitoring will help you to stay in a better contact with yourself and your body.
3. **Don't forget about self-support.** Make sure you allocate enough time for hobbies and creative activities that bring joy. It's a good way to recover and balance your emotional condition. Attend concerts and exhibitions, meditate, or watch movies to enhance your personal growth.
4. **Be honest with yourself.** In other words, try to realize what you really feel. Especially, when you experience negative feelings, such as guilt, shame, anger, etc. If you do not

realize the root of these feelings or beliefs, you will react in “an autopilot mode.” Unfortunately, such reaction does not cultivate responsibility.

5. **Give yourself an opportunity to be “imperfect”.** Often we are very strict towards ourselves. We take any mistake as a personal failure. The fear of social disapproval drives us into a trap: we either harass ourselves to be the best in everything, or give up.
6. **Accept constraints and turn them into steps of development.** In life, we consistently face various complex situations and crises. However, only when we realize that we can’t change the situation, we begin to explore new opportunities and prospects for development.
7. **Form a habit.** If you didn’t develop self-responsibility when you were a kid, this skill will not appear on its own. You have to train this “muscle.” It is important to be attentive to yourself, to notice when the usual mechanisms shoot ahead, and take a lead of your life.

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Q.21.What is SWOT Analyses? Explain the main elements of SWOT Analyses?

SWOT analysis: It is a strategic planning tool used to evaluate the Strengths, Weaknesses, Opportunities, and Threats of a particular subject or entity. When applied to human values, it can help individuals or organizations assess their values and how they align with their goals and circumstances.

Elements/phases/stages of SWOT Analyses

1. **Strengths:** Strengths in human values refer to the positive qualities, characteristics, and behaviors that align with ethical principles and contribute to the well-being of individuals, communities, and society as a whole. The following are the traits of Strengths:
 - i. **Clarity and Alignment:** Evaluate how well your current set of values align with your goals, aspirations, and personal mission. Strong alignment can provide you with a sense of purpose and direction.
 - ii. **.Positive Impact:** It can be seen across various aspects of individuals' lives, relationships, communities, and society at large. When individuals embrace and prioritize human values, they contribute to a more compassionate, just, and harmonious world
 - iii. **Consistency:** Assess how consistently you live by your values. Consistency can lead to increased integrity and authenticity.
2. **Weaknesses:** Analyzing weaknesses in human values help us understand the challenges and limitations associated with these values. While human values are generally positive and desirable, they can have weaknesses or drawbacks as well.
 - i. **Conflicting Values:** Conflicting values occur when different principles, beliefs, or ethical standards clash, leading to a dilemma in decision-making or behavior. These conflicts can arise due to individual differences, cultural diversity, societal norms, or personal experiences..
 - ii. **Misalignment with Goals:** Recognize if your current values hinder you from pursuing certain goals or aspirations. Adjusting values that don't serve your objectives might be necessary.
 - iii. **Inconsistency:** It refers to situations where individuals or societies exhibit contradictory behavior or beliefs that do not align with their professed values

3. **Opportunities:** Opportunities related to human values are avenues through which individuals, communities, and societies can harness the positive impact of ethical principles to create a better world. Embracing and promoting human values can lead to various advantages and benefits.
 - i. **Personal Growth:** Personal growth through the lens of human values involves an individual's intentional efforts to develop and improve themselves in alignment with ethical principles and positive qualities. When people prioritize and integrate human values into their personal development journey, they tend to experience meaningful growth and transformation.
 - ii. **Enhanced Relationships:** Enhanced relationships are a significant outcome of practicing and prioritizing human values. When individuals and communities embrace positive values, they foster deeper connections, build trust, and promote harmonious interactions.
 - iii. **Value Expansion:** Value expansion refers to the process of broadening and deepening one's understanding and application of human values. It involves exploring and embracing a wider range of values to enhance personal growth, ethical decision-making and positive contributions to society.
4. **Threats:** In the context of human values, it focus on potential challenges or negative influences that could impact the ethical, social, and moral principles that guide human behavior and decision-making.
 - i. **Negative Influences:** it's important to focus on external factors that could potentially harm an organization, project, or individual's values and goals. Some of the examples are Competition and Rivalry, Regulatory Changes, Cyber security Threats et.
 - ii. **Peer Pressure:** It refers to the social pressure that individuals feel to conform to the behaviors, attitudes, and values of their peer group. Peer pressure can indeed have a significant impact on human values, especially during the developmental stages of life when individuals are more susceptible to the influence of their peers.
 - iii. **Conflicting Societal Values:** Conflicting societal values arise when different groups within a society hold divergent beliefs, attitudes, and principles that often lead to tension, disagreement, and ethical dilemmas..

Q.22.Explain the concept of Dalai Lamas" Tibetan Personality Test?

Dalai Lamas" Tibetan Personality Test: It is typical email test, Four questions sent through email and asks for the person's favorites number and favorite day of the week, and subsequently links the answers to respectively. The number of friends to forward the email/letter to, and the day of the week on which the person's wish will come true.The essential 'test' elements are consistent. It's a bit of fun and no more.

Elements/components/Principles of Tibetan personality test

1. **Conducting Priority Test:** The following are four tests send to respondents through Email,.
 - i. **Question 1.** Write down the following five animals in the order of your preference: Cow Tiger S Question 1heep Horse Pig Question
 - ii. **Question 2:**Write a word to describe each one of the following (preferably write five different describing words): Dog Cat Rat Coffee Sea

- iii. **Question 3.** Write down the name of a different person whom you associate with each of these five colors (each person must be known to you and important to you): Yellow Orange Red White Green.
- iv. **Question 4:** asks for the person's favorite's number and favorite day of the week, and subsequently links the answers to respectively to interpret the answers.
2. **Priorities in life:** The Dalai Lama designed test focuses on determining the priorities you have in your life. These priorities include family, self-worth, love, career, and money. This is analyzed by arranging names of five animals according to your preference and priorities in your life.
3. **Attitude towards life:** The second characteristics of this test are to assess your attitude towards life. How you see your life and what are your priorities regarding those around you in your life are the basis of this question. Three animals, sea, and coffee are the elements and symbolize how you see yourself and other people in your life.
4. **Attitude towards people :** How you behave towards different people in your life and how you see their role is the basic foundation of the third and the last question of the Tibetan personality test. This question includes colors that will be arranged according to the choice of the person undertaking the test.
5. **Preferences:** Personality Preferences help to classify a person's natural tendencies in different areas such as energy direction, decision-making, working methods, etc Individuals with a preference for thinking tend to focus on logic and analysis when making decisions.
6. **Choices:** Personality traits combine with your life experiences and needs, and these can help to form your approach to big decisions, as well as what it takes to make the most of these right now.
7. **Personality description:** Personality refers to the enduring characteristics and behavior that comprise a person's unique adjustment to life, including major traits, interests, drives, values, self-concept, abilities, and emotional patterns.
8. **Critical mindset:** Critical thinking involves the evaluation of sources such as data, facts, media, stories, observable phenomenon, and research findings . It supports people to reflect by using critical thinking questions when they discover and discuss new information

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Q.23.Explain the Dr. Menninger's Psychometric Test in Human value?/

Dr. Menninger's Psychometric Test; It is Psychometric tests are standardized tools used to measure psychological attributes such as knowledge, skills, abilities, attitudes, personality traits, and cognitive abilities. These tests are designed to provide objective and reliable measurements of various psychological factors.

Elements/features/components of Psychometric Test

1. **Cognitive Ability Tests:** These assess a person's cognitive capabilities, including reasoning, problem-solving, numerical ability, verbal ability, and spatial reasoning. Examples include IQ tests and aptitude tests.
2. **Personality Tests:** These tests measure various personality traits, tendencies, and characteristics. They can help individuals and organizations understand behavior, preferences, and potential areas of development..

3. **Emotional Intelligence Tests:** These assess a person's ability to perceive, understand, manage, and use emotions effectively. Emotional intelligence tests can be helpful in understanding one's interpersonal skills and emotional awareness.
 4. **Interest Inventories:** These tests evaluate an individual's preferences and interests in various activities or fields. They are often used in career counseling to help individuals identify suitable career paths.
 5. **Situational Judgment Tests:** These present hypothetical scenarios and ask individuals to choose the most appropriate course of action. They measure decision-making skills and problem-solving abilities.
 6. **Behavioral Assessments test:** These assessments evaluate an individual's behaviors, motivations, and potential reactions in various situations. They can be used to predict how a person might behave in a work or social setting.
 7. **Assessment Centers:** These involve a combination of various assessment methods, including group discussions, presentations, role plays, and interviews. They are often used for selection and development purposes in organizations.
 8. **In-tray exercise test:** In-tray exercises, or the digital e-tray equivalent, are a test of your ability to deal with a real work scenario: multiple requests, different demands on your time and information overload.
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Q.24.Describe the World Health Organization (WHO) in Social and Preventive Medicine?

Social and Preventive Medicine: Social and Preventive Medicine (also known as Community Medicine) is a medical specialty that focuses on public health and preventive healthcare. It deals with the health of populations rather than individuals. Practitioners in this field work to promote health, prevent diseases, and improve the overall well-being of communities through interventions such as vaccinations, health education, and policy development.

Role /Guidelines of WHO for Social and Preventive Medicine

1. **1.Disease Prevention and Control:** WHO is involved in the monitoring, prevention, and control of various diseases, including infectious diseases like COVID-19, malaria, HIV/AIDS, tuberculosis, and more. They provide guidelines, research, and support to member countries to tackle these diseases effectively.
2. **2.Global Health Emergency Response:** WHO is a central player in coordinating responses to health emergencies and pandemics. They provide technical expertise, support, and coordination during outbreaks to help countries respond effectively and minimize the impact on public health.
3. **Health Systems Strengthening:** WHO works to strengthen health systems in different countries, assisting in areas like healthcare infrastructure, workforce training, access to essential medicines, and more.
4. **Health Research and Development:** WHO promotes research and development in the field of global health. This includes supporting research on new treatments, vaccines, and health technologies, as well as sharing information and best practices.
5. **Health Policy and Guidance:** WHO develops evidence-based guidelines and

recommendations for various health issues, ranging from nutrition and maternal health to mental health and environmental health.

6. **.Health Equity and Social Determinants:** WHO focuses on addressing health disparities and promoting health equity. They recognize that factors like socioeconomic status, education, and living conditions have a significant impact on health outcomes
7. **International Health Regulations:** WHO oversees the International Health Regulations (IHR), a legally binding international agreement that aims to prevent and respond to the spread of diseases across borders while avoiding unnecessary interference with international travel and trade.
8. **8.Collaboration and Partnerships:** WHO collaborates with other international organizations, governments, non-governmental organizations, and the private sector to address global health challenges collectively. This collaborative approach enhances the effectiveness of health interventions.

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Unit / Module – III (1st half unit)

Q.1.Explain the need of harmony in family and society?

Harmony: Harmony is usually a human value, referring to compatibility and accord in feelings, actions, relationships, opinions, interests, etc. It denotes a state of balance among forces influencing and even opposing one another..

The Need of Harmony In Family and society

1. **Maintain a peaceful and happy family environment:** When we model peaceful and loving relationships, our children feel more secure and loved. Positive language, active listening, and empathy help maintain a peaceful and happy family environment these under stressful times Children or teenagers asking for things can cause arguments.
2. **Coexistence and cooperation among individuals:** Harmony in the family and society refers to a state of peaceful coexistence and cooperation among individuals. In human- human relationships, harmony is achieved through mutual respect, trust, and understanding.
3. **Improve Social expectations:** Adjusting expectations is the recognition that there will be struggles and things often don't go as planned, and sometimes you need a different approach. This is where a growth mindset can come in handy, to harness the power of valuing progress
4. **Recognize how emotions affect your behavior:** Identify what needs healing and who you want to forgive. Join a support group or see a counselor. Acknowledge your emotions about the harm done to you, recognize how those emotions affect your behavior, and work to release them. Choose to forgive the person who's offended you.
5. **Help to synergetic living:** Undivided society is the cherished desire of each one of us. It leads to Universal Human Order, which ensures synergetic living with plants, animals, air, water, oil, and every other unit, along with human beings.
6. **Comprehensive human goal:** harmonious society is right understanding in every individual, prosperity in every family, fearlessness i.e. trust in society, and co-

existence in nature. These are the four salient values in the society.

7. **Justice and Protection:** Justice is establishing harmony in human to human relation- it's recognition, fulfillment, evaluation, leading to mutual happiness. Protection and writes utilization of natural resources.
8. **Promote the Health-Sanyam:** There is harmony among the various body parts and the body is fit to act according to the 'Self' is health. Sanyam is taking the responsibility of nurturing with food, protection with clothing & shelter, and proper utilization of body with equipment or instruments.

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Q.2.What is Justice? Explain the basic principles of justice?

Justice It is giving each person what he or she deserves or, in more traditional terms, giving each person his or her due. Justice is the recognition of values in relationship, their fulfillment, right evaluation and ensuring mutual happiness. Elements of justice recognition of values, fulfillment, evaluation and mutual happiness ensured. We want harmony at all levels of livings.

Principles of procedural justice

1. **Being fair in processes:** According to procedural justice theory, if people feel they are treated in a procedurally fair and just way, starting from the very first contact, they will view those in authority as more legitimate and respect them more.
2. **Being transparent in actions:** Procedural justice concerns the fairness and the transparency of the processes by which decisions are made, and may be contrasted with distributive justice (fairness in the distribution of rights or resources) and retributive justice (fairness in the punishment of wrongs).
3. **Providing opportunity for voice:** Individuals are given a chance to express their concerns and participate in decision-making processes by telling their side of the story. Respect: All individuals are treated with dignity and respect.
4. **Being impartial in decision making:** Procedural justice speaks to the idea of fairness in the processes that resolve disputes and allocate resources, and the concept is commonly described as having four pillars: fairness, transparency, voice, and impartiality.
5. **Equity:** Equity is the principle that people should have the same opportunities to succeed, despite any past injustices or systemic discrimination. This may mean that resources are distributed in a way that addresses the specific needs of underprivileged communities or people.
6. **Diversity:** Diversity is the principle that government and business leaders should be broadly representative of the communities they serve. This means that not only should there be women and people of color in positions of power,
7. **Participation:** Participation is the principle that everyone in a community should have a voice in making important decisions. In many societies, public policies are set by a small group of powerful people, without consulting the communities they represent. This may have the unintended effect of excluding a large part of the community.
8. **Racial Equality:** Racial equality is one of the most common issues in social justice, and many countries have a history of discrimination or oppression of minority ethnic or racial groups. Members of these groups may be at an economic disadvantage or suffer from unequal access to education, health services, or other essential institutions.

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Q.3.What are the universal values for human relationships?

Universal values: Universal values representing the broadmindedness; wisdom; social justice; equality; a world at peace; a world of beauty; unity with nature; protecting the environment; inner harmony. Benevolence: helpfulness; honesty; forgiveness; loyalty; responsibility; friendship.

Calcification /Types /parts of universal values for human relationships

1. **Trust.** Trust or Vishwas 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 If we have trust in the other, we are able to see the other as a relative and not as an adversary
2. **Respect.** Respect means individuality. The sense of individuality is a prime object. This is the first basic step toward respect (sammana). Once we realize that we are individual then only we can see ourselves differently from others. In other words, respect means right evaluation, to be evaluated as I am.
3. **Affection:** Affection is the feeling of being related to the other. Affection comes when I recognize that we both want to make each other happy and both of us are similar
4. **Care:** The feeling of care is the feeling to nurture and protect the body of our relative. Or in other words, a state of mind in which one is troubled worry, anxiety, or concern is called care.
5. **Guidance:** The feeling of ensuring the right understanding and feelings in the other (my relative) is called guidance. We understand the need for self (I) for the right understanding and feelings.
6. **Reverence:** The feeling of acceptance of excellence in the other is called reverence. When we see that the other has achieved this excellence, which means to understand and to live in harmony at all the levels of living ensuring continuity of happiness, we have a feeling.
7. **Glory:** Each one of us wants to live with continuous happiness and prosperity. Each one of us has a similar faculty of natural acceptance, has the same goal and program and we have the same potential to realize this. Glory is the feeling for someone who has made efforts for excellence.
8. **Gratitude:** Gratitude is the feeling of acceptance for those who have made efforts for my excellence. Gratitude is an emotion that occurs after people receive help, depending on how they interpret the situation.
9. **Love:** Love is the emotion of strong affection and personal attachment. In other words, love is a feeling of warm personal attachment or deep affection, as for a parent, child, or friend. This feeling or value is also called the complete value since his is the feeling of relatedness to all human beings.

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Q.4.Elucidate, the major crisis in today's society is that of trust and respect?

Trust: Trust or vishwas is the foundational value in 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 a shared belief that we can depend on each other to achieve a common purpose.

Respect It is accept somebody for who they are, even when they're different from

you or you don't agree with them. Respect in your relationships builds feelings of trust, safety, and wellbeing. Respect doesn't have to come naturally – it is something you learn.

Major crisis/issues /drawbacks/demerits in trust and respect

1. **Happy and prosperous:** Trust or vishwas is the foundational value in relationship. "To be assured that each human being inherently wants oneself and the other to be happy and prosperous.
2. **Expectation:** Trust is the expectation of people that they can rely on our word. It is built through integrity and consistency in relationships.
3. **Intentions:** To keep the trust on yourself and others, we have to pay attention on the intensions and to understand if we or the other person is not able to do benefit, it is because we are lacking competence.
4. **Right understanding:** Trust is the result of right understanding of the intention of all the human beings around us. This trust helps to improve our competence in others and in ourselves.
5. **Individuality:** The sense of individuality is prime object. This is the first basic step towards respect (samara). Once we realized that we are individual then only we can see our self different from others.
6. **Right evaluation :**respect being a basis of similarity or one of right evaluation, we have made it into something on the basis of which we differentiate i.e. by respecting you mean you are doing something special, because you are special or have something special or are in some special position.
7. **Differentiation:** differentiate people on the basis of their body, on the basis of their wealth and possessions or on the basis of their beliefs. There is no notion of respect in terms of right evaluation. Thus, there is no real feeling of relationship, only one of differentiation.

Q.5.) Explain program for its fulfillment to ensure mutual happiness?

Mutual Happiness: Recognizing and fulfilling these feelings leads to mutual happiness in relationship: Once we haverecognized the existence of human relationships, we are subsequently able to identify the feelings (values). When we work and behave according to these feelings, it leads to fulfillment of both sides in the relationship,

Program/steps/process for its fulfillment to ensure mutual happiness

1. **Right Understanding:** Fulfillment of relationships based on right understanding leads to mutual happiness. Fulfillment of need for physical facilities through nature- fulfilling production activities, leads to mutual prosperity.
2. **Relationship with humans:** Relationship experts agree there are many qualities that happy relationships have in common. From spending quality time together to pickingyour battles, happy couples take time to put in the work.
3. **Relationships elongate lives:** A study revealed that people who enjoy a healthy relationship with their partner live longer. These relationships can be platonic as well as romantic. There is a correlation between both types of relationships and the type ofstress one deals with throughout life.
4. **Relationships bring great joy:** Relationships provide us with friends and family to share our lives with and people who can help us out in tough times. They tend

tobring us plenty of laughs and as a result lots of joy.

5. **Relationships keep us from being lonely:** Relationships should be seen as a valuable investment. While we all need time to ourselves, we also require relationships and other forms of support to live a healthy and happy life.
6. **Physical Facilities:** This includes the physiological needs of individuals and indicates the necessities as well as the comforts of life. It means the feeling of having or being able to have more physical facilities than is needed.
7. **Animal consciousness:** It refers to the experiences or conscious sensation during states of wakeful processing of sensory perception, imagery or dreaming in non-human subjects. A basic level of self-awareness is confirmed to be present in non-human animals
8. **Human consciousness:** Consciousness is the individual awareness of your unique thoughts, memories, feelings, sensations, and environments. Essentially, your consciousness is your awareness of yourself and the world around you. This awareness is subjective to you.
9. **Mutual Prosperity:** Our basic aspirations are happiness (mutual fulfillment) and prosperity (mutual prosperity). Happiness is ensured by the relationships with other human beings and prosperity is ensured by working on physical facilities.

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Q.6. State the meaning of respect? Write Differences between respect and differentiation/ disrespect?

Respect: accept somebody for who they are, even when they're different from you or you don't agree with them. Respect in your relationships builds feelings of trust, safety, and wellbeing. Respect doesn't have to come naturally .it is something you learn.

Differentiation: It refers to the process of establishing and maintaining a sense of self while also respecting and valuing the individuality and distinctiveness of others .i.e. two individuals are exactly alike and discrimination among individuals on the basis of their economical, social, personal characteristics

Respect	Differentiation
1. Esteem: is a positive feeling or action shown towards someone or something considered important or held in high esteem or regard.	1. It conveys a sense of admiration for good or valuable qualities towards human relationships.
2. Honesty : A person fills peace and happiness in one's life and advises us that being righteous is the best course of action in an individual's life	2. Valuing and embracing differences individuals are able to form deeper connections to honesty.
3. Mutual trust : Mutual trust is a shared belief that we can depend on each other to achieve a common purpose.	3. Having mutual faith can resolve the issues and overcome the problems together
4. Sense of Purpose : Having a sense of purpose gives us clear reasons for what we want to do and This can be a goal in life	4. It can understand at more meaningful level to contribute and fulfill relationship. it is the operational differences
5. Recognize: It recognizes and valuing Individual inherent worth.	5. It shows distinctiveness of others by Maintaining a sense of self.

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Q.7.State the concept of Respect? Why is Giving Respect Important?

Respect: It is the accept somebody for who they are, even when they're different from you or you don't agree with them. Respect in your relationships builds feelings of trust, safety, and wellbeing. Respect doesn't have to come naturally – it is something you learn.

Important /Reasons for Giving Respect

1. **Tolerance and Acceptance:**Perhaps the most crucial reason why respect is important lies in tolerance and acceptance. In a world that is constantly changing its ideas of what is acceptable and what is not... we need to educate and prepareourselves to step out of our comfort zones.
2. **Respect Translates to Success:**If you show others respect for their accomplishments, no matter how small they may seem at first, you will instill a sense of pride in them. This pride will encourage them to press on and believe in themselves. Eventually, they will come to believe that nothing is impossible and whatever they desire from life is within their grasp.
3. **Good Listener:** When you respect others, you are telling them that they deserve to be heard. That their opinions and feelings matter. You will be able to recognize the difference between someone who wants your advice and someone who is simply looking to be listened to.
4. **Give and Take Relationships:**I'm sure you've heard the expression, "There is no 'I' in team". When you respect others, there should be no expectations that your relationships will be one-sided. The best relationships whether platonic, professionalor romantic – consist of give and take.
5. **Healthy Boundaries:** If you are a compassionate or empathetic person, one of the hardest things to do is know when to leave someone alone. It's hard to give them space, when all you want to do is be there for them and help figure out what is going on. But by respecting boundaries, you are given them the time they need to open up on their terms.
6. **Leads to Honesty:** If you truly respect someone, you don't lie to them. Even white lies, which we often tell ourselves are meant to spare another person's feelings, can backfire. In the end, if you can't trust someone, the relationship will suffer.
7. **Control and Patience:** If you have respect for others, you will understand the importance of letting them find their own way... on their own time. You won't rush them or force them into a situation that would make them uncomfortable.
8. **Creative and Independent Thinking:** If you show respect for others, you will encourage them to be who they are. You will be viewed as a person that doesn't believe that there are any bad, insignificant or dumb ideas. This will make others feelat ease when they want to share their thoughts with you.

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Q.8.Write short notes on concept of harmony in the family?

Harmony in the family: It is a critical component to a strong family business. Alignment in vision and values and strong commitment from family members helps business leaders to make tough decisions that will steer the company in an

appropriatedirection. Family harmony and competitive advantage can result from this alignment.

Steps/Process Principles / involved in Family harmony

1. **Structuring Values:** Family harmony can be aided by focusing on a simple structure to identify and clarify family values and using those values as guideposts in family and business vision, strategy, investment and governance.
2. **Values in Action:** As consultants to family business, we often begin our work with families by helping them identify their core values in action terms. Many times, when we ask about their values, we get answers like “respect, integrity, honesty.” Sometimes families identify these values, but then don’t live by them on a day-to-day basis
3. **Achieving Actionable Values:** Core values consisted of honesty and generosity. The values of integrity and respect were identified as permission-to-play values – simply those values that were deemed necessary in each of us as a human being to belong to a group
4. **Aligning Values for Future Generations:** The first-generation parents had created the wealth and were anxious about the potential for entitlement, division and squandering among their children and their families.
5. **Speak kindly to each other.** This sounds so simple, but many times when we are under stress or just busy, we can often make remarks or use a tone that evokes irritability in others. If you do happen to use an unintended tone or language that sounds hurtful, excuse yourself.
6. **Have a plan for managing stress.** We all have a certain level of stress, and not all stress is bad. But too much stress can lead to distress, and this takes a toll on the body, the mind, and relationships. Exercise, creative pursuits, fun activities, and positive relationships all counteract the effects of stress.
7. **Realize when to say “No”.** Everyone has a limit, what’s yours? Don’t take on too much to do, and know when to stop. Keep this in mind with your children too. Children need down time and so do parents. Many times kids are taking on too many after school activities, and combined with increased school work this can lead to distress. Down time is time to do whatever you like, quiet or otherwise.
8. **Find some Quiet Time daily.** This is just 10 minutes of time to think, relax, sip on a cup of tea/coffee, and be still. This is unplugged, non-electronic time. Encourage your children to find quiet time, or still time.
9. **Spend time in nature.** So often we are caught up in our worlds of work, sports, and school we forget the beautiful force of nature and all the tranquil moments it provides to release stress. Science has shown us that spending time in nature slows down the heart and improves one’s outlook. And to think, it is just outside our door.

Q 9.What do you mean by right utilization of the human endeavor in reference to education, health & justice?

Right utilization: It the self and Body related concept used in the process of fulfilling human aspiration, which is basically the need of the Self. If one is using the Body in the process of fulfilling the needs of the Self, it is right utilization of the Body self aspirations

Features /Rules/functions /principles of Right utilization

1. **Education Right Living:** Education refers to understanding harmony at all four levels of living. While right living refers to commitment and preparedness to live in harmony at all four levels of living.
2. **Health Self Regulation:** Sanyama refers to a feeling of responsibility for nurturing, protecting and rightly utilizing the body. When the body is fit to act according to the needs of the self (I'), and there is harmony among the parts of the body, it is referred to as health or svasthya.
3. **Justice Preservation:** Justice (Nyaya) refers to harmony in the relationship between human beings, while preservation (Suraksha) refers to harmony in the relationship between human beings and the rest of nature.
4. **Exchange Storage:** Exchange (vinimaya) refers to the exchange of physical facilities between the members of the society, while storage (Kosa) refers to the storage of physical facilities that are left after fulfilling the needs of the family. We can now see how these five dimensions of humanistic society are able to ensure the human goal:
5. **Education Right living leads to Right understanding :** Having the process of education and right living leads to the right understanding in the individual.
6. **Health Self-Regulation leads to Prosperity :** Having the program for health and sanyam leads to well being of the body and identification of need for physical facilities which along with production ensures the feeling of prosperity in the family
7. **Justice Preservation leads to Fearlessness and Co-existence (respectively):** Ensuring justice in the relationship, or mutual fulfilment in the relationship on the basis of values like Trust, Respect, etc leads to fearlessness in society, while Suraksha of nature .
8. **Production Work leads to Prosperity and Co-existence:** Production and work are for physical facilities, and this leads to a feeling of prosperity in the Family. Production is done in harmony with nature, and hence, this also leads to co-existence with nature.
9. **Exchange Storage leads to Prosperity and Fearlessness :** When we store and exchange for mutual fulfilment and not for exploitation, then it leads to fearlessness (trust) in society.

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Q.10. Define the Human Relationship? What way human relations maintained by individuals?

Human relations: It refers to the ability to interact in a healthy manner with others and build strong relationships. From the perspective of managers in a company, it involves the process of creating systems and communication channels to enable group employee relationships as well as strong one-on-one relationships.

Process/implementing/Maintenance of Human relations

1. **Communication:** Communication is an essential part of every business, and it is one of the most crucial human relations skills for professionals. Businesses often find more success when their employees can politely and effectively communicate their opinions, needs and concerns.
2. **Conflict resolution:** Resolving conflicts in a timely and effective manner helps maintain the interpersonal relationships that companies thrive on. Conflicting

opinions are natural at work, and it often helps generate creative ideas. However, it is important to handle different points of view politely and professionally, especially when managers consistently oversee different people.

3. **Negotiation:** It is also a crucial human relations skill because it helps balance interactions between employees and management. This skill complements conflict resolution, and both skills help companies achieve consistently amicable outcomes. Employers and their management teams often negotiate and compromise on elements like work environment and compensation to continue to keep their employees positive and engaged.
4. **Ethics: Ethical** standards help foster trust between employees and management. Human resource departments are responsible for keeping track of sensitive information such as employment history and personal information and must do so in a discreet and respectful manner. They must also ensure employers and employees are compliant with ethical standards within the workplace.
5. **Organization:** Human relations departments help companies and employees stay organized. Managers value organization because it establishes a company workflow that
6. teaches employees how to prioritize their tasks. To accurately record employee hiring data, benefits and other time-sensitive information, companies require organization.
7. **Clearly outline expectations:** Have a clear outline of company goals and benchmarks so that employees fully understand what is expected of them. Communication is vital, and letting employees know their work's end goal helps inspire them by giving them value-oriented goals.
8. **Be open to feedback and constructive criticism from employees:** This allows management to troubleshoot employees' human relations skills and suggest changes as they continue to grow and improve.

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Q.11. Discuss the purpose and arguments on Human relationships?

Purpose and arguments of Human relationships

1. **Improving employee creativity:** The importance of good relations in the workplace is that it will help in improving employee creativity. The entire organization's success is dependent upon coming up with new and innovative ideas.
2. **Motivated employees:** The workplace is made up of an innumerable number of workers belonging to different cultures. It becomes imperative to link them together to a single work culture so that they can rise above personal beliefs and adapt to the needs of the organization. Most of the employees need more than a paycheck.
3. **Employee engagement** It is a fact that when the management is supportive and conscious of employee's needs and requirements, the employees will take pride in their work and try to appease the management by working with more efficiency. If the management is oppressive, then they will try to work for the sake of a salary,
4. **Healthy Relationships:** The general atmosphere of an organization, the behaviour of the numerous social groups inside the company, and the attitude of the seniors has a direct impact on the employees of an organization.
5. **Improved productivity: Relations** in the workplace has a direct impact on the level of productivity. It is essential to have a cordial and amicable human

relationship in the workplace on both a personal and professional level.

6. **Increased loyalty:** If you are looking for the importance of good human relationships in the workplace, then the most obvious one is increased loyalty. Healthy relations have a way of building trust through interactions and bonding with each other.
7. **Mutual support:** If you are looking for the importance of good relations in the workplace, then look no further than mutual support. When supervisors are sympathetic and considerate, then it will automatically lead to healthy relations in the workplace. Mutual support and understanding will be the usual norm.
8. **Improving Employee Retention :**The quality of workplace relations is critical to employee retention. Employee retention may seem trivial – especially in a workplace that is used to a high turnover – but managers must remember that turnover is financially very costly.
9. **Employee Collaboration: Human** relations in the workplace are a major part of what makes a business work. Employees must frequently work together on projects, communicate ideas and provide motivation to get things done. Without a stable and inviting workplace culture, difficult challenges can arise both in the logistics of managing employees and in the bottom line.

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.Q.12. What are the building Blocks of harmony relationship in the society?

Harmony relationship in society: It refers to a state of cooperation and mutual understanding between individuals and groups, characterized by a lack of conflict and a sense of unity and stability. It involves the balance and coordination of diverse interests, values, and beliefs to create a cohesive and functional community..

Building Blocks /stages/steps/ensuring of harmony relationship min thesociety.

1. **Participate in community events:** Check the local community boards for postings about events like a block party or a community garage sale. Volunteer at community events and donate goods or money to local events. This can help you feel more connected to your neighbors.
2. **Connect with your neighbors:** Reach out to people who live around you. Knock on their door and bring over baked goods. Say “hello” to them on the street. Be friendly and sociable with your neighbors so you can build a sense of community in the neighborhood..
3. **Hang out with friends:** Spend time with good friends so you can stay connected with them and not lose touch. Schedule regular hang outs once a week or once a month with different friends. Make an effort to keep your friendships alive and active.
4. **Spend quality time with family.** Try to make the time you spend with your family meaningful and memorable. Have regular family dinners or invite your family over. Plan a trip with your family, especially if it’s been a while since you have all travelled together. Even if you aren’t super close to your family,
5. **Honest with friends and family.** Open yourself up to your friends and family when you need them. Don’t hide your feelings or shy away from sharing your emotions with them. Instead, be vulnerable so you can feel more authentic and real around those close to you.
6. **Caring to your partner or spouse.** Treat your romantic partner with respect and

gratitude. Give them daily attention and acknowledgement. Let them know they are important to you and that you value them. You can do this by telling your partner

regularly, "Thank you for all that you do" or "I appreciate you."

7. **Shouting at others.** Try not to become aggressive or angry at others, as this will only make the disagreement worse. Take a deep breath and try to respond to others in a rational, calm way. If you are very upset, you can try stepping away from the situation and returning when you are calm and more relaxed.
8. **Counter anger with compassion and empathy.** Try to respond to any disharmony in your life with compassion and patience. Rather than get upset, think about how you can rise above the situation and find a solution. Try to empathize with others and work with their shortcomings or issues, instead of trying to change them or make them see your point of view.

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Q.13.what is Mutual Happiness? Explain the different programs to fulfill the

Mutual Happiness You can use it to refer to a state of joy shared by two or more people. For example: The desire for mutual happiness is the foundation of any healthy relationship. Happiness may be defined as being in harmony/ synergy in the states/ situations that we live in. Happiness is being in a state of liking. Fulfillment of relationships based on right understanding leads to mutual happiness. Fulfillment of need for physical facilities through nature- fulfilling production activities, (both identified on the basis of right understanding) leads to mutual prosperity.

Requirements/needs/factors /r\rules for fulgent of mutual happiness

1. **Social:** Humans are social creatures. We crave other human contact. Some of us may be more introverted and inclined to being on our own while others prefer constant interaction. Generally, though, humans do well when in a group. Our ancestors roamed in small tribes, relying on each other for mutual survival. Having quality relationships is important to feeling content. The number of relationships is not important. ..
2. **Confidence:** To feel good about life, you need to feel good about yourself. Understand that you are living your life, not someone else's. Regardless of how other people live their lives or what they think of you, do the things that you enjoy and that help fulfil your goals.
3. **Physical health\:** Being in good shape is crucial. If ever dealing with depression, the first step is to improve your diet and physical activity. Make sure to get exercise on most days of the week in the
4. **Working towards something :** Our livelihoods and cultures have changed drastically over time. What makes a person happy today is far different from what it was for someone centuries ago. Based on our current cultural norms and lifestyles, working towards something that is important to you and your society can provide a sense of fulfilment.
5. **Gratitude and response :** A huge source of sadness and anger is lamenting your current situation. If you dwell on your problems constantly, you only encourage negative thoughts.

6. **Simplicity:** Nowadays, our lives are far too complicated and noisy. The constant stimulation from notifications on our phone, videos and images on our screens, and all the unnecessary things we own only make us more stressed and anxious. Reduce the amount of stimulation your brain receives. Limit and mute notifications.
7. **Kindness, generosity, and providing value:** With our social nature, humans have evolved to be altruistic, at least to a degree. It makes us feel good to be compassionate to others. When you treat people considerately, give back, and provide value to others in some way, you will eventually develop a sense of positivity and contentment.
8. **Conscious thought and flow:** Ultimately, you feel happy when you don't need to think about it. The more a person thinks about their life, the more they are conscious of the state of their happiness. This is good, to a degree, as it helps with personal growth and goal-setting..
9. **Adventure:** Humans are adventurous by nature. Our curiosity and desire to improve our environment for our own benefit is the source of all our innovations and progress
— and also the destruction and pain we deal with. It is the reason our ancestors explored the world and settled in different areas.

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Q.14. Define the Trust and respect? How many ways to build the Trust and respect in the human life?

Trust: Trust or vis was is the foundational value in 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 a shared belief that we can depend on each other to achieve a common purpose.

Respect: Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them. Respect in your relationships builds feelings of trust, safety, and wellbeing.

Procedure/process/ways/construct / build Trust and Respect in Human life:

1. **Value long-term relationships:** Trust requires long-term thinking. It might seem convenient in the moment to blame someone else or to make decisions that benefit you in the short term. But before you act, think about how they may affect how others perceive you in the future.
2. **Be honest:** Developing a reputation as someone who is dishonest is one of the fastest ways to erode trust. Always tell the truth, even if it's awkward; don't give people an opportunity to catch you in a lie.
3. **Honour your commitments:** A trustworthy person does everything in their power to stick to agreements they've made. If you make a promise, follow through on it. Avoid making promises that you might not be able to keep.
4. **Admit when you're wrong:** People don't like to hear excuses. If you do something wrong, it's best to just be upfront about it. If you realize you were incorrect about something, own up to it. Being vulnerable enough to admit fault can humanize you and make you appear more trustworthy.
5. **Communicate effectively:** Trust can be easily damaged by miscommunication. Try

your best to communicate in a way that doesn't leave room for misinterpretation. If you aren't sure about something during a conversation, ask questions to clarify.

6. **Be vulnerable;** Being open about your emotions and showing some feelings can help with building trust. It shows that you care and that you're a person too. Don't be afraid to let coworkers know if something has upset you or stressed you out. This one needs to be approached carefully.
7. **Be helpful: Someone** who is trustworthy will tend to go out of their way to help people if they can. Not because of some agenda or because they expect to get something out of it. But because they're genuinely a good person.
8. **Show people that you care: People** will naturally trust you more if they feel like you're truly interested in them. Remembering little details like the name of a coworker's child, or asking how their weekend was is a good place to start. You have probably worked with someone who seemed to be in their own bubble.]
9. **Stand up for what's right:** People respect honesty. While some bosses may like "yes" people who agree with everything they say, the best leaders value insights and opinions. Don't sacrifice your values and what you believe just to appease your manager or try to get ahead. This will decrease trust with others.
10. **Be transparent:** As long as you can explain what you're doing and why you're doing it, most people will be able to understand. Don't keep secrets or hoard information for yourself. The people you're building trust with are usually people on your team that you should be working.

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Q.15.. How do you differentiate between intention and competence?

Intention: Intention is what one aspires for (our natural acceptance) and competence is the ability to fulfil 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..

Competence: Competence is the set of demonstrable characteristics and skills that enable and improve the efficiency or performance of a job. Competency is a series of knowledge, abilities, skills, experiences and behaviors, which leads to effective performance in an individual's activities.

Intention	Competence
1. Aspirations : Intention is what one aspires for (our natural acceptance)	1. Competence is the ability to <u>fulfil</u> the aspiration.
2. Ethical values : every human being wants to do what is right.	2. competence may be lacking which needs to be developed through proper understanding
3. Judge : On the basis of intention we judge ourselves for ability and skills.	3. on the basis of competence we judge others towards ability and skills
4. We trust our own intention when we are not ready.	4. We are ready to trust the others in competency.
5. Mistrust : Mistrust is come out when we deny relationship intentionally to others.	5. <u>5</u> .In competence Trust is most outcome of an individual.
6. Feeling : We have feeling of being related to others for perform Task	6. In competence we start helping others in all aspects.
7. Capability : Intention pertains to a person's deliberate plan or aim to act in a particular way.	7. Competence refers to an individual's capacity or ability to perform tasks or roles effectively.
8. Motivation : Intention represents motivation to use that competence	8. It implies mastery of specific skills and <u>knowledge</u> .

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Q.16.what is differentiation? Explain the reasons for differentiation?

Reasons/classification/factors/causes for differentiation.

- 1.**On the basis of body**: Differentiation occurs repeatedly during the development of multi cellular organisms, when they change from a simple zygote to complex tissue systems and cell types. The three main categories of cells that make up the mammalian body are germ cells, somatic cells, and stem cells.
 - i. **Sex/gender**: We ignore the fact that being male or female is an attribute of the body and not an attribute at the level of I. And differentiate in giving respect on the basis of gender called male and females.
 - ii. **Race**: If the person is of the same race as oneself, then we treat them differently. For example, we differentiate on the basis of skin colour - white, brown, black etc.
 - iii. **Age**: We have notions such as one must respect elders! There is no such notion as respect youngsters. Here, we see that we are again evaluating at the level of the body - age is related to the body, and not to I.
 - iv. **Physical strength**: If someone is stronger, we again treat him/her differently. This is again at the level of the body. In fact, we think that we are respecting others while it is fear, the fear that if we do not treat them like this, we will be harmed.
- 2.**On the basis of physical facilities**: Lack Physical facilities include buildings, their internal configuration, building support systems and major equipment. In a cancer centre, buildings include structures that house the centre's operations, including its clinical services, support services, administrative services, parking, etc.
 - i. **Wealth**: We differentiate people because some have wealth than others. What we term as a "rich person gets idolized We don't even bother to find out whether such people are feeling prosperous.
 - ii. **Post**: We try to respect the basis of a person's position. The post is wrongly evaluated as the mark of a person's excellence and differentiation sets in. The post

- is considered important either on the basis that it gives more physical facilities .
3. **On the basis of beliefs:** different belief is a subjective attitude that a proposition is true or a state of affairs is the case. A subjective attitude is a mental state of having some stance, take, or opinion about something etc are create differences..
- i. **Isms:** “Ism” means any belief in terms of a “thought-system” that we have, or that we have adopted There are also many modern “isms” such as capitalism, socialism, communism, etc
 - ii. **Sects:** People of one sect only consider those with a similar belief system to be their “own” and worthy of respect. Following a particular tradition, or what we call religion, becomes the basis of respect and disrespect in the relationship.
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Unit/Module –III (2nd Half)

Q.1. Write various methods to develop the harmony in the society?

Harmony in society: It is an essential component of a stable, secure, and prosperous community. to achieve harmony, it is necessary to address the underlying causes of conflict and division, promote open and honest communication, and foster a culture of tolerance and respect for diversity.

Methods to develop the harmony in the society

1. **Participate in community events.** Check the local community boards for postings about events like a block party or a community garage sale. Volunteer at community events and donate goods or money to local events. This can help you feel more connected to others in the society..
2. **Connect with your neighbors.** Reach out to people who live around you. Knock on their door and bring over baked goods. Say “hello” to them on the street. Be friendly and sociable with your neighbors so you can build a sense of community in the neighborhood. You can also invite your neighbors over for dinner or a drink to connect with them..
3. **Hang out with friends on a regular basis.** Spend time with good friends so you can stay connected with them and not lose touch. Schedule regular hang outs once a week or once a month with different friends. Make an effort to keep your friendships alive and active. For example, you may schedule a coffee date once a week with a friend.
4. **Spend quality time with family.** Try to make the time you spend with your family

meaningful and memorable. Have regular family dinners or invite your family over. Plan a trip with your family, especially if it's been awhile since you have all traveled together..Even if you aren't super close to your family, you can still try to connect to them once in a while.

5. **Be vulnerable and honest with friends and family.** Open yourself up to your friends and family when you need them. Don't hide your feelings or shy away from sharing your emotions with them. Instead, be vulnerable so you can feel more authentic and real around those close to you. .
6. **Allow members to voice their issues conveniently** – Community living, just like other aspects of human life, is bound to have some or other issues or inconveniences. But some petty issues can become a grudging situation when there is no outlet and solution
7. **Help a neighbor, friend or family member in need.** Show those around you that you care by offering them assistance when they need it. Help them without expectation of repayment so you can feel connected to them in a generous way...
8. **Volunteer at a local organization.** Look online for local organizations and charities in your area that need volunteers. Pick up a volunteer shift at your local homeless shelter or women's shelter. Donate your time to a charity drive or at a local arts festival.
9. **Become a mentor.** Look for mentoring programs in your area at local community or arts centers. Check your local schools for mentoring programs where you work with young people.
10. **Facilitate members to know each other** – It is not for nothing that human.beings are called social animals. We love to live in each others company and life become more peaceful when you know that you are living with like-minded and amicable people.

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.2. Define universal harmonious order? How do you visualize universal Harmonious order in society?

Universal harmonious order: Feeling of being related to every unit including human beings and other entities of nature. It is the state of realizing the freedom of individuals in the context of this universe. Respect towards mankind and nature is a must to establish the universal order.

Visualize/implement /purpose universal harmonious order in society

1. **Mutual Respect:** Mutual respect is about everyone being valued for who they are and what they bring to the table. It involves seeing people's unique contributions, recognizing and understanding differences, and celebrating diversity – but also capitalizing on common ground.
2. **Open mindless:** Open-mindedness is the willingness to search actively for evidence against one's favored beliefs, plans, or goals, and to weigh such evidence fairly when it is available.
3. **Empathy:** Empathy is the capacity to understand or feel what another person is experiencing from within their frame of reference, that is, the capacity to place oneself in another's position.
4. **Ensure mutual fulfillment:** Three basic requirements to ensure happiness and prosperity for human beings are: Right understanding, relationship and physical facilities. Working with this order, we are able to ensure mutual fulfillment with human beings and mutual prosperity with the rest of nature.

5. **Human Endeavour:** Human Endeavour is to work for enabling and empowering human development, through supporting services in health, education, entrepreneurship, employment, and training, and ensuring everyone can choose to participate without any hindrance in the political, economic, social and cultural aspects of society.
6. **Inclusiveness:** Inclusion is about people gaining “social acceptance”, having positive interactions with one's peers and being valued for who they are. As such, it must be “internally motivated” and stem from embracing the belief that all people have value and the right to belong.
7. **Cooperation:** Cooperation exists when people work together towards a common goal. Cooperation requires recognizing the value of everyone's part and keeping a positive attitude. One who cooperates creates good wishes and pure feelings for others and the task. When cooperating there is a need to know what is needed.
8. **Communication:** communication skills can be defined as the skills used in practical life, whereby a person conveys ideas, concepts, or information to others. Another person, in turn, responds to that message according to his understanding of it. Communication is the act of transferring information from a person to another.

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Q.3. Explain how the relationships extend the universal order from family to world family order?

From family to world family: The idea of a “world family” refers to the belief that all individuals are connected and should be treated as part of a larger, global community. This concept is based on the idea that all human beings are part of a shared humanity, regardless of their background, culture, or nationality.

Rules Process/steps/How the relationship extend to world family

1. **Family as the Foundation:** The family unit is often considered the fundamental building block of society. In a healthy family, individuals learn important values like love, trust, empathy, cooperation, and mutual support. These relationships provide a foundation for personal growth, emotional stability, and a sense of belonging.
2. **Extending Values:** The values and dynamics that foster positive relationships within a family, such as open communication, respect for individual differences, and shared responsibilities, can be applied to larger groups and eventually to the global community. Just as effective communication helps resolve conflicts within a family, it can also help nations address their differences peacefully.
3. **Expanding Circles of Connection:** As individuals interact with a broader range of people beyond their immediate family, they form connections with friends, classmates, coworkers, and more. These interactions allow for the sharing of diverse perspectives and experiences, contributing to personal growth and understanding.
4. **Community and Societal Levels:** The principles of trust, empathy, and cooperation that work within families can be scaled up to communities and societies. Communities that foster a sense of togetherness and support can create environments where everyone feels valued and included.
5. **Global Perspective:** The concept of extending the family order to the world family order involves considering all of humanity as part of one interconnected family. This global perspective emphasizes that we share a common planet and face shared challenges, such as climate change, poverty, and conflict.
6. **Promoting Peace and Understanding:** By seeing the world as an extended family,

people can foster a sense of global citizenship and promote peace, tolerance, and mutual understanding. Just as siblings learn to cooperate despite their differences, nations can strive to resolve conflicts and differences through diplomacy and cooperation.

7. **Challenges and Realities:** While the concept of a world family order is inspirational, it's important to acknowledge the challenges that come with it. Cultural, political, and economic differences among nations can complicate efforts to achieve global harmony. However, the principles of respect, empathy, and cooperation learned in families can serve as a foundation for addressing these challenges.
8. **Interconnectedness of humanity :** The idea of extending the universal order from the family to the world family order is a philosophical framework that emphasizes the interconnectedness of humanity and the potential to apply the positive dynamics of healthy relationships at various scales, from individual families to the entire global community.

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Q.4. Define Harmony? How can we understand harmony in the family and society?

Family harmony: Family harmony is the key to happiness, prosperity and success. Family harmony means that there is an atmosphere of absolute peace, relaxation, unconditional love, fearlessness, understanding (and not misunderstanding), freedom of expression and longing for each other within the family.

Process /steps/procedure /Rules/understand harmony in the family

1. **Communication:** Open and respectful communication is crucial. Family members should feel comfortable discussing their thoughts, feelings, and concerns. Active listening and empathy play a significant role in creating a harmonious atmosphere.
2. **Boundaries:** Clearly defined boundaries help maintain respect and individuality within the family unit. Establishing and respecting personal space and privacy is essential for a balanced family dynamic.
3. **Conflict Resolution:** Disagreements are natural in any family. Teaching and practicing healthy conflict resolution skills can prevent misunderstandings from escalating and ensure that conflicts are resolved in a constructive manner.
4. **Shared Values and Goals:** Families should identify and discuss their shared values, goals, and aspirations. Having a common purpose can create a sense of unity and direction.
5. **Quality Time:** Spending quality time together strengthens bonds. Engaging in activities that everyone enjoys can enhance connections and create positive memories.

Harmony in the Society: social harmony is present, people are able to live and work together in a way that is respectful and cooperative, and this can contribute to the overall wellbeing of the community. Both terms are important in social work, particularly in community social work practice.

Process /steps/procedure /Rules/understand harmony in the society

1. **Respect for Diversity:** Embracing and respecting diverse cultures, backgrounds, beliefs, and perspectives is essential for a harmonious society. This includes promoting tolerance and inclusivity.
2. **Social Justice:** Addressing social inequalities and advocating for justice and fairness are vital components of societal harmony. Working towards eliminating discrimination and ensuring equal opportunities for all can create a more harmonious environment.
3. **Education and Awareness:** Promoting education and raising awareness about

various issues, including human rights, environmental conservation, and social responsibilities, can contribute to a more harmonious society.

4. **Collaboration and Cooperation:** Encouraging collaboration and cooperation among different groups and individuals fosters a sense of unity and shared purpose.
5. **Civic Engagement:** Active participation in community activities, volunteering, and civic engagement can strengthen the sense of community and shared responsibility.

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Q.5.What is the significance of family harmony in society?

Significance/Need/advantages of family harmony in society

1. **Emotional Well-being:** A harmonious family environment provides emotional security and stability. This emotional support can help family members cope with stress, anxiety, and other emotional challenges, leading to better mental health.
2. **Healthy Relationships:** Family harmony fosters healthy relationships among family members. It encourages open communication, empathy, and the resolution of conflicts in constructive ways. These skills can extend to other relationships outside the family.
3. **Social Development:** A harmonious family serves as a foundation for a child's social development. Children who grow up in a supportive and peaceful environment are more likely to develop strong social skills and form healthy relationships with peers.
4. **Academic Success:** Children from harmonious families tend to perform better academically. The emotional stability at home can enhance a child's concentration, motivation, and ability to learn.
5. **Reduced Stress:** A harmonious family reduces stress levels for all its members. It provides a safe space where individuals can relax, recharge, and find emotional support, which is crucial in today's fast-paced world.
6. **Resilience:** Family harmony helps build resilience in individuals. When faced with life's challenges, people from harmonious families are better equipped to bounce back and adapt to difficult situations.
7. **Health Benefits:** Studies have shown that individuals in harmonious families tend to have better physical health. Lower stress levels and strong emotional bonds can lead to a reduced risk of various health issues, such as heart disease and depression.
8. **Cultural and Moral Values:** Families often serve as the primary source of cultural and moral values. A harmonious family can pass down these values more effectively, preserving traditions and ethical standards.
9. **Support System:** A harmonious family acts as a robust support system during tough times. Family members can rely on each other for help, advice, and assistance, creating a sense of security.
10. **Longevity:** Some research suggests that people who have close, harmonious family relationships tend to live longer. The emotional and social support provided by family can contribute to a longer, healthier life.

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Q.6..What is your present vision of a happy and prosperous life?

Happy and prosperous life: Create an atmosphere of love and harmony in your house. When we create an atmosphere of love, we create the foundation for happiness, abundance and prosperity. Remember that by giving something we get greater pleasure and reward in return. Spend some time meditating at least once a day.

Vision/policy/methods/levels of happy and prosperous life

1. **At the level of individual:** This vision envisions a balanced and fulfilling life where individual happiness and prosperity are intertwined. It emphasizes the importance of personal well-being, positive relationships, and a holistic approach to success. Achieving this vision involves setting goals, making choices that align with one's values, and nurturing both personal and financial growth
2. **At the level of family:** Happy and prosperity” means success. It invoked thoughts of the family succeeding as a whole, and success carrying on for generations. Achieve success and growth, keeping things together for as long as they can, and keeping their families safe..
3. **At the level of society:** At the societal level, the vision of a happy and prosperous society involves the collective well-being and contentment of its citizens. Achieving this vision typically requires a combination of economic, social, political, and cultural factors. Some factors like Economic Prosperity, Social Equity, Quality Education, Universal Healthcare etc
4. **At the level of nature** It refers to the natural world and everything that is not human-made. It encompasses the physical environment, including land, water, air, plants, animals, and ecosystems. Many people find solace, inspiration, and a sense of well-being in nature. It's also a source of resources and biodiversity that sustains.
5. **Other visions:**
 - i. **Good Health:** A fundamental component of a happy and prosperous life is good physical and mental health. Being free from chronic illness, having access to healthcare, and maintaining a healthy lifestyle are key aspects of this vision.
 - ii. **Fulfilling Relationships:** Meaningful connections with family, friends, and romantic partners are essential. A happy life often involves nurturing these relationships, with open communication, trust, and love.
 - iii. **Financial Security:** Financial stability is crucial for many people. This includes having enough income to cover basic needs, save for the future, and enjoy some leisure activities. Financial security can reduce stress and provide a sense of freedom.
 - iv. **Work-Life Balance:** Achieving a balance between work and personal life is highly valued. This means having a fulfilling career or occupation that doesn't consume all one's time and energy, allowing for leisure, hobbies, and time with loved ones.

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Q.7. Define harmony in the society? What are the various dimensions of harmonious society?

1. **Social Cohesion:** A harmonious society embraces diversity and ensures that all individuals, regardless of their background, ethnicity, religion, or socioeconomic status, feel included and valued. People from different backgrounds and groups come together, interact, and form connections, breaking down social barriers.
2. **Economic Equity:** Income Distribution: economic disparities among citizens. Equal access to education, employment, and economic opportunities ensures that everyone can participate in the economy.
3. **Justice and Rule of Law:** A strong and just legal system ensures that the rights and freedoms of all citizens are protected and that justice is impartially administered. Public officials and institutions are accountable for their actions, reducing corruption and ensuring transparency.

4. **Political Stability:** Political processes are characterized by stability and peaceful transitions of power. Political conflicts are resolved through dialogue and democratic means. Citizens actively participate in the political process, including elections and civic engagement.
5. **Environmental Sustainability:** Natural Resource Management the environment and ensure that future generations can enjoy the same resources. Initiatives are taken to address climate change and reduce the society's ecological footprint.
6. **Education and Knowledge:** High-quality education is accessible to all, promoting lifelong learning and skill development. Education fosters critical thinking, tolerance, and a deeper understanding of societal issues.
7. **Health and Well-being:** Adequate healthcare services are available and affordable to all citizens, promoting physical and mental well-being. Public health initiatives focus on disease prevention and health promotion.
8. **Cultural and Social Values:** The society values and respects cultural, religious, and social diversity, promoting tolerance and understanding. While celebrating diversity, there are also shared values and principles that unite the society.
9. **Community and Social Services:** Adequate social services, such as unemployment benefits and support for vulnerable populations, are in place. Communities are active in providing support and services to their members.

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Q.8.Discuss the present scenarios of Gratitude as a universal value in relationships?

Gratitude: Gratitude is one of many positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have. Gratitude is pausing to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends, family, even computer access.

Present scenarios/Guidelines/principles .purpose of Gratitude

1. **Personal Relationships:** Within families, expressing gratitude can strengthen bonds. For example, children thanking their parents for support and parents expressing gratitude Friends often show gratitude for each other's companionship and support, whether through simple thank-you notes, gestures, or verbal appreciation. Gratitude can deepen connections in personal support networks,
2. **Romantic Relationships:** In romantic partnerships, gratitude can enhance intimacy and mutual appreciation. Partners may express gratitude for love, affection, understanding, and shared experiences. Partners may regularly perform acts of kindness for each other and express gratitude for these gestures, creating a positive feedback loop of appreciation.
3. **Professional Relationships:** Employers may express gratitude to employees for their hard work and dedication, fostering job satisfaction and loyalty. Co-workers may thank each other for collaboration, support, or help with tasks, contributing to a positive and productive work environment. Professionals, such as lawyers, doctors, and therapists, express gratitude to their clients
4. **Community and Society:** Volunteers express gratitude for the opportunity to give back to their communities, while communities express gratitude for the contributions of volunteers. Many cultural and religious traditions incorporate gratitude rituals, such

as saying grace before meals or thanking deities for blessings.

5. **Global Connections:** Nations and global organizations may express gratitude for international cooperation and support during crises, such as providing aid in times of disaster or conflict. Gratitude can be a unifying force in global movements and campaigns. People worldwide may express thanks for contributions to causes like environmental conservation or humanitarian efforts.
6. **Mental Health and Well-being:** In therapy and counseling, gratitude exercises are often used to improve mental health. Clients are encouraged to reflect on and express gratitude for positive aspects of their lives. Individuals may use gratitude journals or practices as part of their self-care routines, helping them focus on the positive aspects of life.
7. **Higher self-esteem.** Viewing the world with a sense of gratitude can change the way you think about your own worth. Imagine that a friend treats you to lunch. As you express your appreciation, you also begin to realize that your friend is spending time and resources on you because they value you. You then internalize the thought that you're important to others.
8. **Increased patience.** The results of 2016 research seemed to indicate that people who regularly express gratitude are more patient. So, if you want to increase self-control and reduce impulsiveness, try practicing gratitude. Other research shows a potential connection between gratitude and other virtues, such as humility and wisdom.

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Q.9. Define Harmony? What are the various levels of Harmony in the society?

Levels /methods/techniques of Harmony in the society

1. **Intrapersonal Harmony:** This level pertains to an individual's internal balance and emotional well-being. It involves managing one's emotions, thoughts, and desires in a way that promotes personal peace and contentment. Intrapersonal harmony contributes to an individual's ability to engage constructively with others.
2. **Interpersonal Harmony:** Interpersonal harmony involves healthy and respectful interactions between individuals. It includes effective communication, empathy, understanding, and conflict resolution. People with strong interpersonal harmony skills can build positive relationships and minimize misunderstandings or conflicts.
3. **Family Harmony:** This level refers to the peaceful coexistence and cooperation among family members. It involves nurturing strong relationships, maintaining open communication, and providing emotional support.
4. **Community Harmony:** Community harmony encompasses the interactions and relationships within a specific geographic or social group. It involves cooperation, shared values, and collective efforts to address common challenges. A harmonious community fosters a sense of belonging and civic engagement among its members.
5. **Cultural Harmony:** Cultural harmony involves respecting and appreciating the diversity of cultures, traditions, and beliefs within a society. It requires promoting inclusivity, celebrating differences, and preventing discrimination or marginalization based on cultural backgrounds.
6. **Social Harmony:** Social harmony refers to the overall stability and balance within a society. It encompasses equitable distribution of resources, access to opportunities, and a just legal and political system. Social harmony is crucial for preventing

inequality, unrest, and social conflicts.

7. **Global Harmony:** At a broader level, global harmony pertains to peaceful relations and cooperation between nations and regions. It involves diplomatic efforts, international treaties, and shared commitments to address global challenges such as climate change, poverty, and conflict.
8. **Religious harmony:** Religious harmony refers to the peaceful coexistence and cooperation among individuals and communities of different religious beliefs. It involves respecting and valuing diverse religious practices, beliefs, and traditions while fostering an environment that promotes understanding, tolerance, and mutual respect.

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Q.10. What is meant by justice? How does it follow from family to world family?

Justice: Justice refers to the concept of fairness, equity, and the impartial treatment of individuals or groups based on ethical, moral, legal, or social standards. It involves ensuring that people receive what they are rightfully entitled to and that their rights are respected. Justice goes beyond mere legal systems; it encompasses a broader sense of rightness and ethical behavior in various contexts.

Levels /phases/factors /functions of of Juristic

1. **Family Level:** In the context of a family, justice involves treating all family members with fairness and equality. It means allocating resources, responsibilities, and opportunities fairly among family members, without favoritism or discrimination.
2. **Community and Society level:** At the community and societal levels, justice involves creating systems that ensure equal access to opportunities, resources, and services for all members of society. This includes fair distribution of wealth, access to education, healthcare, and employment opportunities, and protection against discrimination.
3. **National Level:** Justice at the national level encompasses ensuring that laws and governance systems treat all citizens fairly and equally. It includes protecting individual rights, upholding the rule of law, and providing a fair and impartial judicial system. Just governance aims to prevent corruption, ensure accountability, and promote the welfare of all citizens.
4. **Global Level:** Expanding the concept of justice to the global level involves addressing issues that impact the entire world community. This includes issues like global poverty, climate change, human rights abuses, and international conflicts. Global justice seeks to create a world where all nations and individuals have equal opportunities and are treated with respect.
5. **Environmental Justice:** Environmental justice highlights the fair treatment and meaningful involvement of all people, regardless of race, color, national origin, or income, in the development, implementation, and enforcement of environmental laws, regulations, and policies.
6. **Interactions:** Be respectful to everyone you interact with. Give them a chance to talk, don't say or do anything insulting, respect their differences, and generally treat them the way that you would want to be treated. Listen. The most important part of interacting well with others is to listen to them.
7. **Upholding human rights:** Governments have a particular responsibility to ensure that people are able to enjoy their rights. They are required to establish and maintain laws and services that enable people to enjoy a life in which their rights are respected

and protected.

8. **Promoting fair treatment:** Treating someone in a way that is right or reasonable, or treating a group of people equally and not allowing personal opinions to influence. Fairness is when everyone is treated equally and no one is left out.

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Q11. How to reflect the relationships in extended family?

Reflecting the relationships: Take a moment to reflect on the relationships you have with the people in your life. Are they respectful, mutual, appreciative, trusting, and communicative? Do the people in your life accept your boundaries, encourage your growth, and help you feel seen and heard

Process/objectives/functions reflecting the relationships

1. **Family Tree Diagrams:** Create a visual representation of your extended family tree, starting with the oldest generation at the top and branching down to younger generations. The specialized family tree that focuses on genetic relationships and inheritance patterns, especially useful for tracking medical or genetic conditions.
2. **Narrative or Written Descriptions:** Write a detailed narrative that describes each family member, their relationship to one another, and any significant events or characteristics that define their connection.
3. **Digital Tools and Software:** There are various software and online tools available that can help you create detailed and interactive family trees. Examples include Ancestry.com, MyHeritage, and FamilySearch.
4. **Photographs and Albums:** Collect and organize family photographs in albums, adding captions or notes to explain who each person is and their relationship to the family.
5. **Social Media and Online Profiles:** Create a private family group or page on social media platforms to connect family members. Share updates, photos, and stories about family members to keep everyone informed and connected.
6. **Family Reunions:** Organize family reunions or gatherings where family members can meet in person. This can help strengthen relationships and provide opportunities to share stories and memories.
7. **Family History Documentation:** Consider documenting your family's history in a book or digital format. Include stories, anecdotes, and photographs to make the family's history come alive.
8. **Genetic Testing and Genealogy:** If interested in genealogy, consider using DNA testing services like 23andMe or AncestryDNA to discover distant relatives and build a more comprehensive family tree.
9. **Communication:** Encourage open communication within the family. Share information about family members' milestones, achievements, and challenges through regular updates, newsletters, or emails.
10. **Collaborative Projects:** Collaborate with family members to create a comprehensive family history project. This can involve gathering information, conducting interviews with older family members, and digitizing historical documents.

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Q.12. State the procedure to influences the goal of education in Universal harmonious order?

Universal human order: is a feeling of being related to every unit including human beings and other entities of nature. Having understood the comprehensive human goal, we are able to be in harmony not only with human beings, but also with the rest of the nature. Incorporating the goal of education into a universal harmonious order involves integrating educational objectives that promote personal growth, societal well-being, and global harmony.

Procedure /steps influences the goal of education in Universal harmonious order

1. **Define the Goal:** Clearly define the goal of education as promoting a universal harmonious order. This means that education should not only impart knowledge and skills but also emphasize values such as tolerance, empathy, respect, and cooperation.
2. **Curriculum Development:** Develop a curriculum that incorporates diverse perspectives, cultures, and worldviews. Include content that promotes intercultural understanding, global citizenship, and the appreciation of different traditions.
3. **Teacher Training and Development:** Train and support educators in methods and pedagogies that promote universal harmony. Encourage them to develop their cultural competence and sensitivity to diverse student needs.
4. **Inclusive Education:** Promote inclusive education that ensures all students, regardless of their background or abilities, have equal access to quality education. Inclusivity fosters a sense of belonging and reduces discrimination.
5. **Multilingual Education:** Encourage multilingual education to celebrate linguistic diversity and promote communication among people from different language backgrounds.
6. **Peace Education:** Integrate peace education programs that teach conflict resolution, negotiation, and non-violent communication skills. These programs help students become peacemakers and problem solvers.
7. **Cultural Exchange Programs:** Establish cultural exchange programs, both within the school and with other institutions globally. These programs provide opportunities for students and teachers to learn about and appreciate different cultures firsthand.
8. **Community Involvement:** Involve the local community in the educational process. Engage parents, community leaders, and organizations in supporting the values of universal harmonious order.
9. **Global Citizenship Education:** Incorporate global citizenship education that encourages students to see themselves as members of a global community with responsibilities beyond their immediate surroundings. Emphasize the importance of addressing global challenges collectively.

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Q13. Explain the programs to active the comprehensive human goals?

Comprehensive human goal: Comprehensive human goals are a wide range of aspects related to well-being, personal development, and societal progress. i.e. goal-setting and achievement that takes into account various facets of a person's life, aiming for a balanced and fulfilling existence. Simply it is right understanding, prosperity, fearlessness and co-existence

Programs Structure/network/ to active the comprehensive human goals

1. **Education and Skill Development Programs:** Quality education for all, from early childhood education to higher education, regardless of socioeconomic status or

location. Life Skills Education and emotional intelligence. Vocational Training: Offer vocational training programs to empower individuals with practical skills for employment and entrepreneurship.

2. **Health and Wellness Programs:** Healthcare Access: Develop universal healthcare systems to ensure that all individuals have access to essential healthcare services. Mental Health Support: Promote mental health awareness and provide access to counseling and support services.
3. **Economic and Financial Empowerment Programs:** Provide microloans and training to support entrepreneurship and small businesses, especially for marginalized populations. Financial Literacy Education with the knowledge and skills to manage their finances effectively.
4. **Social Inclusion and Equality Programs:** Diversity and Inclusion Training: Conduct diversity and inclusion training in workplaces, schools, and communities to foster understanding and respect for differences. Gender Equality Initiatives: Implement programs that promote gender equality in education, employment, and decision-making.
5. **Community Development and Empowerment Programs:** Community Centers: Establish community centers that offer educational resources, social services, and recreational activities for residents. Volunteer and Civic Engagement: Encourage civic engagement and volunteering to build stronger communities and promote a sense of purpose.
6. **Environmental Sustainability Programs:** Incorporate environmental education into school curricula to raise awareness and promote sustainable practices. Implement programs to reduce carbon emissions, conserve natural resources, and protect ecosystems.
7. **Peace and Conflict Resolution Programs:** Offer conflict resolution and peace-building programs in schools and communities to promote peaceful Coexistence. Establish mediation services to resolve disputes and conflicts peacefully.
8. **Social Safety Nets and Poverty Alleviation Programs:** Implement social safety nets, including unemployment benefits, food assistance, and housing support. Poverty Reduction Initiatives: Develop comprehensive poverty reduction strategies that address the root causes of poverty.
9. **Technology and Innovation Initiatives:** Digital Literacy Programs: Provide digital literacy training to bridge the digital divide and empower individuals with digital skills. Innovation Hubs: Create innovation hubs and support entrepreneurship in technology and science fields.

Q.14. what way individuals move towards Universal human order?

Process/procedure/way individuals move towards Universal human order

1. **Cultivate Empathy and Understanding:** Foster empathy by seeking to understand and appreciate the perspectives, cultures, and experiences of people from diverse backgrounds.
2. **Promote Tolerance and Respect:** Practice tolerance and respect for different beliefs, opinions, and lifestyles, even when they differ from your own.
3. **Educate Yourself:** Continuously educate yourself about global issues, human rights, and social justice to become an informed and engaged global citizen.

4. **Support Sustainable Practices:** Make sustainable choices in your daily life by reducing waste, conserving resources, and supporting eco-friendly initiatives.
5. **Advocate for Equality:** Speak out against discrimination, inequality, and injustice in all forms, whether it's related to race, gender, religion, or any other factor.
6. **Volunteer and Give Back:** Contribute your time and resources to organizations and causes that address humanitarian, environmental, or social issues.
7. **Practice Peaceful Conflict Resolution:** Resolve conflicts and disputes through dialogue, negotiation, and non-violent means rather than resorting to aggression.
8. **Engage in Cross-Cultural Experiences:** Engage in cross-cultural interactions, travel, or exchanges to learn from different cultures and expand your worldview.
9. **Support Global Initiatives:** Support international organizations and initiatives working towards global peace, humanitarian aid, and sustainable development.
10. **Promote Education and Access:** Advocate for educational opportunities for all, especially those in underserved communities, and support organizations that promote access to quality education.

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Q.15. How an individual promote from family to world family?

1. **Cultivate a Global Mindset:** Begin by adopting a global perspective in your daily life. Recognize that we are all part of a larger human family and that our well-being is interconnected.
2. **Promote and Educate culture:** Invest time in learning about different cultures, traditions, and global issues. Stay informed about international events and challenges.: Encourage cross-cultural interactions by hosting international students, participating in cultural exchange programs, or engaging in intercultural dialogues.
3. **Support Global Causes:** Get involved in humanitarian and environmental initiatives that have a global impact. This could involve volunteering, donating, or advocating for change.
4. **Use Social Media and Technology Responsibly:** Leverage social media and technology platforms to connect with people from around the world. Share positive stories, engage in constructive conversations, and promote tolerance and understanding.
5. **Advocate for Peace and Social Justice:** Raise your voice against conflicts, discrimination, and human rights violations. Participate in peace movements and support organizations working toward social justice.
6. **Travel and Experience Different Cultures:** Travel to different countries and immerse yourself in their cultures. Engage with locals, try new foods, and explore the richness of diversity.
7. **Promote Language and international organizations:** and initiatives Learn new languages to facilitate better communication with people from different parts of the world. Join or support international organizations and initiatives that aim to address global challenges, such as the United Nations, NGOs, or global advocacy campaigns.
8. **Teach Global Citizenship and Intercommunity Dialogues:** Teach children about global citizenship and the importance of empathy, tolerance, and cooperation with people from all backgrounds. Participate in interfaith and intercommunity dialogues to promote understanding and unity among different religious and cultural groups.
9. **Build Bridges, Not Walls:** Encourage dialogue and cooperation rather than division

and isolation. Seek common ground and shared values with people from diverse backgrounds.

10. **Support Sustainable Practices:** Advocate for and adopt sustainable living practices that consider the well-being of not only your immediate community but also the global community.

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Q.16.Describe the concept of undivided society? Explain it can help to create world Family?

Undivided Society: An undivided society refers individuals coexist harmoniously, respect each other's differences, and work together towards common goals and well-being. The idea is to foster unity, understanding, and empathy among diverse groups, ultimately leading to a more inclusive and equitable social environment.

Significant role/responsibility in creating a sense of world family.

1. **Cultural Exchange and Understanding:** In an unhived society, people would actively engage in cultural exchange. They would seek to understand and appreciate the diverse cultures, traditions, and beliefs that make up our world. This exchange can help break down stereotypes and prejudices, fostering a sense of global kinship.
2. **Empathy and Compassion:** An unhived society would promote empathy and compassion as core values. People would be encouraged to see beyond geographical, cultural, and racial boundaries and recognize the shared human experience. This empathy can lead to a stronger sense of solidarity and the feeling of being part of a global family.
3. **Collaborative Problem-Solving:** In addressing global challenges such as climate change, poverty, and pandemics, an unhived society would emphasize collaborative problem-solving. Nations and individuals would work together, sharing knowledge, resources, and technology for the benefit of all. This cooperation can build a sense of collective responsibility and unity.
4. **Education and Awareness:** An unhived society would prioritize education about global issues and interdependence. People would be more aware of how their actions affect others around the world. This awareness can lead to a more responsible and considerate approach to global citizenship.
5. **Open Communication:** An unhived society would promote open and honest communication on a global scale. The free flow of information and ideas can help people understand the perspectives and needs of others, fostering a sense of interconnectedness.
6. **Human Rights and Equality:** An unhived society would champion human rights and equality for all individuals, regardless of their nationality or background. This commitment to justice can create a sense of fairness and inclusion within the global family.
7. **International Organizations:** An unhived society could lead to the strengthening of international organizations like the United Nations. These organizations can serve as platforms for dialogue, cooperation, and conflict resolution, further fostering a sense of global community.
8. **Shared Goals:** An unhived society would encourage the pursuit of shared global goals, such as achieving sustainable development, eradicating poverty, and ensuring peace. These common objectives can unite people from different corners of the world in their efforts to make the planet a better place.

Q.17. State the attributes of Ideal family Marriage as an Institution?

Ideal Family: It is a unit that provides love, support, and stability to its members. It is a family where each member feels valued, respected, and understood. An ideal family fosters a positive environment for growth, learning, and emotional well-being..

Attributes/Factors/essentials for Ideal family

1. **Love and Support:** An ideal family is characterized by love, care, and support among its members. Family members are there for each other in times of need and celebrate each other's successes.
2. **Communication:** Open and effective communication is essential in an ideal family. Members are able to express their thoughts, feelings, and concerns to each other, fostering understanding and resolving conflicts.
3. **Respect and Empathy:** Family members treat each other with respect, empathy, and kindness. They value each other's individuality and strive to understand each other's perspectives.
4. **Shared Values:** While not everyone in a family needs to have identical beliefs, having shared values and principles can contribute to a sense of unity and harmony within the family.
5. **Quality Time:** Spending quality time together is important. This can include engaging in activities, having meals together, and participating in meaningful conversations.

Marriage as an Institution: Marriage is a social and legal institution that formalizes the relationship between two individuals. While the understanding of marriage has evolved over time, some key aspects of marriage as an institution include:

Attributes/Factors/essentials for Marriage as an Institution

1. **Legal and Social Recognition:** Marriage is often recognized and regulated by laws and social norms. It grants legal rights and responsibilities to spouses, including inheritance rights, tax benefits, and more.
2. **Emotional Bond:** Marriage is built on an emotional and romantic bond between two individuals. It signifies a commitment to share their lives, experiences, and support each other.
3. **Partnership:** Marriage is often seen as a partnership where spouses work together to navigate life's challenges, make decisions, and achieve common goals.
4. **Cultural and Religious Significance:** Marriage ceremonies and traditions vary widely across cultures and religions. They often hold cultural, religious, and symbolic significance.
5. **Family Building:** Marriage has traditionally been associated with family building and raising children. However, this aspect of marriage is not universal, as some couples choose not to have children or may have children outside of marriage.

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Unit /Module – IV

Q.1. Define the harmony in nature? Explain the reasons for create the same?

Harmony in nature: It refers to a principle of amicable and holistic co-existence between humanity and nature. It is used in several contexts, most prominently in relation to sustainable development and the rights of nature, both aimed at addressing anthropogenic environmental

crises. It implies a state of equilibrium where various species, ecosystems, and natural processes supports the health and sustainability.

Reasons/ nature/characteristics of for maintaining harmony in nature.

1. **Ecosystem Health and Stability:** Harmony in nature is crucial for maintaining the health and stability of ecosystems. Each species plays a specific role within its ecosystem, contributing to the overall balance of energy flow, nutrient cycling, and ecological interactions
2. **Biodiversity Conservation:** Biodiversity refers to the variety of life forms on Earth, including plants, animals, microorganisms, and their genetic diversity. Harmony in nature promotes biodiversity by ensuring that different species have the space and resources they need to thrive.
3. **Ecosystem Services:** Ecosystems provide a wide range of services that are essential for human well-being, such as clean air and water, pollination of crops, regulation of climate, and nutrient cycling. Harmony in nature ensures that these services are functioning properly, benefiting both ecosystems and human societies.
4. **Ethical and Aesthetic Values:** Many cultures and belief systems emphasize the intrinsic value of nature and the ethical responsibility to care for it. Harmony in nature reflects an ethical perspective that values the well-being of all living beings and acknowledges the interconnectedness of all life forms.
5. **Prevention of Overexploitation:** When ecosystems are in harmony, resources are utilized sustainably, and overexploitation is minimized. Human activities that excessively exploit natural resources can lead to environmental degradation, loss of biodiversity, and negative impacts on ecosystems
6. **Mitigating Climate Change:** Healthy ecosystems play a role in mitigating climate change by sequestering carbon dioxide, regulating temperature, and contributing to the overall carbon balance. Harmony in nature supports these functions, which are crucial for addressing the global challenge of climate change.
7. **Cultural and Spiritual Significance:** Many cultures and indigenous communities view nature as sacred and have deep spiritual connections with the natural world. Creating and maintaining harmony in nature respects and preserves these cultural and spiritual values, contributing to the cultural diversity of human societies.
8. **Long-Term Sustainability:** Harmony in nature is essential for the long-term sustainability of life on Earth. By ensuring that ecosystems remain functional and resilient, we can provide a better future for current and future generations.

Q.2. Explain different orders of harmony in nature?

Different/Types/Calcification/Techniques / orders of harmony in nature

1. **Material Order:** The majority of this order's members are not living beings. This hierarchy also includes many types of energy such as sound, light, heat, magnetic, and gravitational energy. The primary feature of this sequence is composition /decomposition. They can be combined to make larger objects, and larger units can be divided into smaller ones.
2. **Plant /Bio Order:** They range from single-cell organisms like fungus and algae to water plants, herbs, shrubs, and trees. They can reproduce, receive nutrients from the outside

world, digest, assimilate, and grow. They also feed the animals and the human race. As a result, the natural feature of this order is to nurture. Excess nutrition,

3. **Animal Order:** This order's members are living organisms. They share many characteristics with the plant order. They are able to move faster than plants. This order's natural characteristic is that they understand or are aware of the fact that they exist the quality of Self(I), and hence they have an intellectual capability.
4. **Human Order:** They are the most developed of the four orders. They are living organisms with personal qualities that are equal to those of the plant and animal orders. They are self-sufficient and self-conscious. They have qualities such as patience, courage, and kindness.
5. **Other orders :**
 - i. **Physical order:** Our physical, biological or material reality is quite evident, and is all some people pay attention to. We have a body like all animals with physical, social and emotional needs, with a cycle of birth, reproduction and death to ensure the sustainability of the species.
 - ii. **Intellectual order:** What first distinguishes us from all other animals is our intellectual reality, which is intangible but easily demonstrated. We accumulate knowledge and science beyond single lifetimes, record and codify it, and pass it on through education.
 - iii. **Spiritual order:** It is marginalized in secular societies and actively denied in some atheist circles. Yet the vast majority of humanity takes it as given that humankind has a spiritual nature and purpose. It is at this level that we find the best expression of the ethical and moral principles associated with our relationship to nature.
 - iv. **Indigenous knowledge order :** Most indigenous peoples have a deep spirituality linked to nature, and see themselves as part of nature, often tracing their ancestry back to some totem or part of nature. Nature sends them signs to guide them.

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Q.3. Distinguish between different orders of nature giving an example of each?

1. **Physical Order vs. Biological Order:** Physical Order refers to the fundamental laws and principles that govern the behavior of inanimate matter and energy in the universe. Biological Order pertains to living organisms and the principles that govern their growth, development, and evolution.
2. **Cosmic Order vs. Terrestrial Order:** Cosmic Order is entire universe, including the study of stars, galaxies, and cosmic phenomena on a grand scale. Terrestrial Order relates to the Earth and its specific ecosystems. It includes geology, meteorology, and the life sciences, such as biology and ecology.
3. **Macroscopic Order vs. Microscopic Order:** Macroscopic Order deals with phenomena that are visible to the naked eye or can be observed at a larger scale. Microscopic Order concerns phenomena that occur at very small scales, often requiring specialized instruments for observation.
4. **Quantum Order vs. Classical Order:** Quantum Order describes the behavior of matter and energy at the quantum level, where the principles of quantum mechanics apply. Classical Order describes the behavior of objects at a macroscopic scale, where classical mechanics, electromagnetism, and thermodynamics apply.
5. **Natural Order vs. Human Order:** Natural Order encompasses the aspects of nature that are independent of human influence, such as geological processes, ecosystems,

Human Order refers to the systems, structures, and organizations created by humans, including social, political, and economic systems.

6. **Material Order vs. Plant /Bio Order:** Material Order members are not living beings. This hierarchy also includes many types of energy such as sound, light, heat, magnetic, and gravitational energy. Plant /Bio Order They range from single-cell organisms like fungus and algae to water plants, herbs, shrubs, and trees
7. **Animal Order vs. Intellectual order:** Animal Order members are living organisms. They share many characteristics with the plant order. They are able to move faster than plants. Intellectual order What first distinguishes us from all other animals is our intellectual reality, which is intangible but easily demonstrated.,

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Q.4. Describe components of recyclability in nature?

Recyclability in nature: Recyclability: If during a process, a material unit in Nature transforms and finally comes back to the same form. It refers to the ability of ecosystems to efficiently cycle and reuse various materials, resources, and energy, promoting sustainability and minimizing waste. This concept is fundamental to the functioning of a balanced, interconnected web of life.

Components/factors/guide .lines/elements of recyclability in nature

1. **Biogeochemical Cycles:** Nature's recycling processes are primarily driven by biogeochemical cycles, which involve the movement of essential elements such as carbon, nitrogen, phosphorus, and water through various living and non-living components of ecosystems.
2. **Web Cycles:** Decomposition is a crucial process in nature's recycling system. It involves the breakdown of dead organic matter into simpler compounds by decomposers like bacteria, fungi, and detritivores (organisms that feed on detritus).
3. **Nutrient Cycling:** Nutrient cycling involves the movement of nutrients through different organisms and their surroundings. For instance, plants absorb nutrients from the soil, herbivores consume plants, carnivores consume herbivores, and decomposers break down dead organisms, releasing nutrients back into the environment.
4. **Symbiotic Relationships:** Symbiotic relationships, such as mutualism and commensalism, play a role in recycling as well. For instance, mycorrhizal fungi form mutually beneficial relationships with plants, aiding in nutrient uptake from the soil in exchange for carbohydrates.
5. **Energy Flow:** While not directly related to material recyclability, the flow of energy through ecosystems is crucial for maintaining balance. Energy flows through trophic levels (producer, consumer, and decomposer) as organisms consume and transfer energy through food chains.
6. **Natural disturbances:** such as wildfires or tree falls, trigger succession—a process where new plant and animal communities gradually replace the old ones. This process contributes to the renewal of ecosystems and aids in the recycling of nutrients and resources.
7. **Water Cycle:** The water cycle, also known as the hydrological cycle, involves the continuous movement of water through various stages: evaporation, condensation, precipitation, and runoff. This cycle ensures that water is constantly redistributed

8. **Adaptation and Evolution:** Organisms have evolved over time to adapt to changing environmental conditions, enhancing the resilience of ecosystems. This adaptation allows organisms to optimize resource utilization and minimize waste contributing.

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Q.5.What is Self regulation? Explain different Models of Self regulation?

Self-regulation: refers to the ability of individuals to monitor, control, and manage their thoughts, emotions, behaviors, and physiological responses in order to adapt to various situations and achieve desired goals. It involves processes such as setting goals, planning, monitoring progress, making adjustments, and maintaining focus and motivation.

Models/ Methods/Types/ classifications/programs of Self regulation?

1. **Cybernetic Model:** This model views self-regulation as a feedback loop. It involves three key components: a standard, which represents the goal or desired state; a comparator, which compares the current state with the standard; and an effector, which initiates actions to bring the current state closer to the standard.
2. **Social Cognitive Theory:** It refers to an individual's belief in their ability to successfully perform tasks and achieve goals. According to this theory, individuals with high self-efficacy are more likely to set challenging goals, persist in the face of difficulties, and effectively regulate their behaviors.
3. **Control Theory:** This model focuses on the concept of a feedback loop in which individuals continuously monitor their progress towards goals. The feedback loop involves comparing the current state with a reference value and making adjustments to bring the two closer. Control theory emphasizes the role of discrepancy reduction.
4. **Strength Model:** This model suggests that self-control is a limited resource that can become depleted with use. It proposes that exerting self-control in one area can lead to reduced self-control in another area, a phenomenon known as ego depletion. This model highlights
5. **Process Model:** Emotion regulation is a key aspect of self-regulation. This model focuses on how individuals manage their emotional experiences. It proposes various strategies for emotion regulation, including cognitive reappraisal and emotion suppression.
6. **Dual-Process Models:** These models propose that self-regulation involves two main types of processes: controlled processes and automatic processes. Controlled processes require conscious effort and attention, while automatic processes are more reflexive and ingrained.
7. **Bandura's Model/Theory:** In Bandura's social cognitive theory there are interactions between personal factors behavioral factors and environmental factors through the concept of triadic reciprocal causality, all of which affect the individual's functioning.
8. **Self-Determination Model/ Theory:** The first model, Self-Determination Theory is a heuristic model of human development in interaction with the environment it explain how human motivation is largely determined by the needs for self-determination and autonomy.

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Q.6. Differentiate between space and units giving suitable examples?

Space: Space in human values refers to the conceptual realm of personal, social, and cultural beliefs, attitudes, and behaviors. It encompasses the mental and emotional room

people create for themselves and others to express their individuality, pursue their aspirations, and coexist harmoniously.

Units: Units in human values often refer to standardized measurements or metrics that are used to quantify various attributes, qualities, or aspects of life. Define unit as something that is limited in size. Like a small blade of human hair to the biggest planets we know of, they are all limited in size, i.e. bounded on six sides.

Space	Units
<p>1. Nature: It is not a activity Space typically refers to the physical extent or dimensions in which objects exist and events occur. It can be three-dimensional in our everyday experience,</p> <p>2. Scope : Equilibrium energy concept Space is often associated with the properties and relationships of points, lines, shapes, and solids in space</p> <p>3. Organization: physical organized, In most cases, space is considered continuous, meaning that it has no discrete or quantized units. Relation: Recognized and fulfill relation.</p> <p>4. Relative: Space can be described in relative terms. When discussing the position of an object, based on a reference point or frame of reference.</p> <p>5. Measurement: A common method for measuring distance in space is to measure how far light travels in one year: known as a light-year, A measure generalized notions of volumes.</p> <p>6. Standard: Space cannot be judged only through absolute standard Space is depended on what people see, what he thinks and in which way it can be used. It means relative space is social space.</p> <p>7. Ethical issues : human space, particularly the idea of a space refuge, the scientific value of space exploration, and the possibility of human gene editing for deep-space travel</p>	<p>1. It is a activity. Units are used to quantify or measure various physical quantities, such as length, time, mass, temperature, and many others. provide a standardized way of expressing</p> <p>2. Energized concept units are typically discrete and well-defined. This definition provides a precise and discrete unit of length.</p> <p>3. Self organized Units are standardized to ensure consistency in measurements across different contexts. units allows in fields to communicate effectively and perform accurate calculations.</p> <p>4. Units can be chosen somewhat arbitrarily based on convenience. It can describe the same physical dimension but are different units.</p> <p>5. It is a definite magnitude of a quantity, defined and adopted by convention or by law, that is used as a standard for measurement of the same kind of quantity in terms of weight.</p> <p>6. A multitude slandered systems of units used to be very common. Now there is a global standard, the International System of Units (SI), the modern form of the metric system.</p> <p>7. Ethics play an important role in units surveying as they help ensure fair, transparent, and responsible manner. Confidentiality, Fairness, impartiality: Sustainability are key factors</p>

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Q.7. Explain interconnectedness and mutual fulfillment among the four orders of nature?

Interconnectedness and mutual fulfillment: It refer to the interdependent relationships and harmonious interactions between four fundamental aspects of reality: the physical, vital

(life), mental, and spiritual dimensions. It found in philosophical and spiritual teachings, suggests that these orders of nature are not isolated but intricately linked.

Interconnectedness and mutual fulfillment Four orders

- 1. **Physical or Material Order:** This includes the inanimate matter that makes up the physical universe, from subatomic particles to planets and galaxies.
- 2. **Biological Order:** This order encompasses all living organisms, from simple single-celled organisms to complex multicellular life form, including plants, animals, and humans.
- 3. **Psychological or Cognitive Order:** This involves the realm of consciousness and cognition, which includes human thought, emotions, perception, and the various mental processes that occur in sentient beings.
- 4. **Spiritual or Transcendent Order:** This represents the highest level of consciousness, often associated with spirituality, enlightenment, or a connection to a higher power or universal consciousness.

Interconnected one another:

- i. **Emergence:** Each higher order emerges from and is dependent on the lower orders. Life emerges from physical matter, consciousness emerges from life, and spiritual experiences often involve transcending ordinary consciousness.
- ii. **Support and Nourishment:** The lower orders provide the necessary conditions and support for the higher orders to exist and evolve. For instance, biological life depends on the physical environment for sustenance, and mental processes are rooted in the biological functions of the brain.
- iii. **Feedback Loops:** There are feedback loops and interactions between these orders. For example, human actions (psychological) can have significant effects on the environment (physical) and the well-being of other living beings (biological).

Mutually fulfill one another

- i. **Progression:** The stages of development or evolution, where each stage builds upon the previous one. For example, the emergence of life enriches the physical world with diversity and complexity. The consciousness allows for a deeper understanding of the physical and biological realms.
- ii. **Transcendence:** The spiritual or transcendent order represents the ultimate potential and purpose of existence. It can be viewed as the fulfillment of the evolutionary journey, where the interconnectedness of the lower orders leads to a deeper understanding of and connection to the transcendent..

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Q.8. How will you show interconnectedness and mutual fulfillment in four order of nature?

Interconnectedness and mutual fulfillment: It refer to the interdependent relationships and harmonious interactions between four fundamental aspects of reality: the physical, vital (life), mental, and spiritual dimensions. It found in philosophical and spiritual teachings, suggests that these orders of nature are not isolated but intricately linked. Different elements within a system rely on each other and contribute to each other's well-being.

Show/Determine/ interconnectedness and mutual fulfillment in four order

1. Physical Order:

- i. **Ecosystems:** In the physical order, ecosystems are excellent examples of interconnectedness and mutual fulfillment. Different species within an ecosystem rely on each other for food, shelter, and protection. For instance, plants produce oxygen and provide a habitat for animals.
- ii. **Carbon Cycle:** The carbon cycle demonstrates how different physical processes on Earth are interconnected. Plants absorb carbon dioxide during photosynthesis, animals consume plants, and when they die, their bodies release carbon back into the atmosphere..

2. Biological Order:

- i. **Symbiotic Relationships:** Many biological organisms engage in symbiotic relationships that highlight interconnectedness and mutual fulfillment. For example, bees and flowers rely on each other for pollination and food. The bees get nectar, while the flowers get their pollen spread.
- ii. **Food Webs:** Biological systems, such as food webs, show how species in an ecosystem are interconnected through the transfer of energy. Predators rely on prey for sustenance, and when they die, their bodies become nutrients for decomposers, completing the cycle.

3. Social Order:

- i. **Human Society:** Human society is a prime example of interconnectedness and mutual fulfillment. In society, individuals from diverse backgrounds collaborate to fulfill various needs. For instance, farmers produce food, manufacturers create goods, and consumers purchase and use them.
- ii. **Economic Systems:** Economic systems demonstrate how different roles and professions are interconnected. For instance, in a market economy, consumers, producers, and distributors rely on each other for goods and services, promoting mutual fulfillment through trade and cooperation.

4. Mental Order:

- i. **Communication:** communication is a key aspect of interconnectedness and mutual fulfillment. Language, for example, allows individuals to convey ideas, share knowledge, and connect with others, leading to mutual understanding and cooperation.
- ii. **Education:** Education systems knowledge transferred from one generation to the next. Teachers share their wisdom with students. They contribute to society and pass on their knowledge to future generations, demonstrating the interconnectedness of intellectual growth and mutual fulfillment.

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Q.9. what are the characteristics of existence and coexistence in human values?

Existence and coexistence: These are fundamental concepts in human values that pertain to both individual and collective well-being, ethics, and interactions. These concepts play a crucial role in shaping how humans perceive and navigate their existence and relationships with others.

Characteristics/nature/scope/principles of Existence:

1. **Self-Realization:** Existence involves the realization of one's own being, potential, and purpose. It encompasses personal growth, selfdiscovery, and the pursuit of goals that bring meaning and fulfillment to life.
2. **Autonomy:** Individuals value the ability to make choices and decisions that reflect their own desires, preferences, and beliefs. Autonomy emphasizes the importance of personal agency and independence.
3. **Identity and Individuality:** Each person possesses a unique identity shaped by factors like culture, upbringing, experiences, and personal traits. Human values acknowledge the significance of preserving and respecting individual differences.
4. **Dignity and Inherent Worth:** The concept of existence often includes the idea that all individuals have inherent dignity and worth. This implies treating others with respect, regardless of their background or circumstances.
5. **Empathy and Compassion:** Recognizing one's own existence leads to understanding the existence of others. Empathy and compassion arise from the understanding that everyone experiences joys and struggles, fostering a sense of interconnectedness.

Characteristics/nature/scope/principles of Coexistence:

1. **Interdependence:** Coexistence emphasizes the interconnected nature of human beings. It acknowledges that individuals and groups rely on each other for various needs, resources, and support.
2. **Respect for Diversity:** Coexistence involves accepting and valuing the diversity of cultures, beliefs, and perspectives. It promotes an inclusive society where people from different backgrounds can live and work together harmoniously.
3. **Collaboration:** Coexistence encourages collaboration and cooperation to address common challenges and achieve shared goals. It recognizes that working together can lead to more effective solutions and positive outcomes.
4. **Conflict Resolution:** In a world of diverse viewpoints, conflicts can arise. Coexistence values the ability to resolve conflicts peacefully, through dialogue, negotiation, and compromise, without resorting to violence.
5. **Social Responsibility:** Coexistence underscores the responsibility individuals and societies have to contribute positively to the well-being of others and the environment. This involves ethical considerations in decision-making and actions.

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Q.10.How holistic perception harmony recognize at individual Level?

Holistic perception harmony: It involves fostering understanding, empathy, and respect in our relationships. By recognizing the interconnectedness of humanity, we can cultivate harmonious connections that promote cooperation, growth, and collective well-being .i.e. Individual's ability to integrate and understand different aspects such as experiences, emotions, thoughts, and surroundings in a way that feels balanced and cohesive.

Recognize/process/stages/understand holistic perception harmony

1. **Awareness and Mindfulness:** Developing awareness and practicing mindfulness can help individuals recognize and appreciate the interconnectedness of their sensory experiences and emotions. Mindfulness is fully present and engaged in the current moment without judgment.

2. **Sensory Integration:** Our senses provide us with information about the world around us. Recognizing the interplay between our senses – such as how sights, sounds, smells, tastes, and textures interact to contribute more harmonious perception of our environment.
 3. **Emotional Intelligence:** Understanding and managing one's emotions can lead to a more holistic perception of experiences. Emotions can influence how we perceive the world, and being attuned to our emotional states can help us respond to situations in a balanced manner.
 4. **Cognitive Flexibility:** Having cognitive flexibility allows individuals to consider multiple perspectives and integrate diverse information. This can lead to a more comprehensive understanding of situations and a greater sense of harmony in perception.
 5. **Holistic Thinking:** This involves looking at the bigger picture and recognizing the interconnectedness of various elements. A holistic thinker might see patterns, connections, and relationships that others might overlook, leading to a more integrated perception.
 6. **Cultural and Philosophical Influences:** Cultural backgrounds and philosophical beliefs can shape how individuals perceive and harmonize their experiences. Some cultures emphasize interconnectedness and unity, which can impact how individuals approach their perception of the world.
 7. **Personal Growth and Development:** Through personal growth and self-awareness practices, individuals can refine their ability to perceive the world in a harmonious way. This might involve introspection, seeking new perspectives, and embracing personal transformation.
 8. **Creativity and Intuition:** Creativity and intuition often involve tapping into a deeper understanding that goes beyond purely analytical thinking. These faculties can lead to a more holistic and integrated perception of situations and ideas.
 9. **Environmental Factors:** The physical environment in which individuals live and work can influence their perception harmony. Being in environments that promote balance, natural beauty, and tranquility can contribute to a sense of holistic perception.
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Q.11.Discuss the importance of holistic perception harmony at all levels of existence?

Importance/Role/ of Holistic Perception Harmony

1. **Sustainability:** Holistic Perception helps us recognize the intricate relationships between different components of our world, including the natural environment, human societies, and technological advancements. This awareness is crucial for making sustainable decisions that consider the long-term impact of our actions.
2. **Social Cohesion:** Holistic perception harmony encourages an understanding of the interconnectedness of human societies. It promotes empathy, compassion, and recognition of shared interests and challenges. This can contribute to resolving conflicts, reducing inequalities, and fostering a sense of global community.
3. **Health and Well-being:** At the individual level, holistic perception encourages a balanced lifestyle that considers physical, mental, emotional, and spiritual aspects of well-being. Integrating these aspects can lead to a more comprehensive understanding of health and a higher quality of life.

4. **Cultural Appreciation:** Embracing holistic perception allows us to appreciate diverse cultures and traditions as valuable components of the rich tapestry of human existence. It enables us to learn from and respect different worldviews, fostering cultural harmony and reducing ethnocentrism.
5. **Innovation and Creativity:** By understanding how different elements interact within a system, we can develop more innovative solutions to complex problems. Holistic perception encourages interdisciplinary thinking, leading to creative breakthroughs that address multifaceted challenges.
6. **Environmental Stewardship:** Recognizing the harmony between humans and the environment is essential for responsible resource management and conservation efforts. A holistic perspective prompts us to consider the impacts of our actions on the natural world and motivates us to strive for a balanced coexistence.
7. **Personal Growth:** Holistic perception encourages self-awareness and personal growth by acknowledging that individuals are complex beings with diverse needs and aspirations. This understanding enables us to nurture our strengths and work on areas that need improvement.
8. **Global Perspective:** As our world becomes more interconnected through technology and globalization, understanding the interdependence of nations, economies, and cultures becomes increasingly important.
9. **Spiritual Fulfillment:** For some, holistic perception provides a sense of spiritual fulfillment by recognizing the unity and interconnectedness of all existence. This perspective can lead to a deeper sense of purpose and interconnectedness with the cosmos.
10. **Environmental Awareness:** Many ecological challenges, such as climate change and biodiversity loss, require an understanding of the intricate relationships between species and ecosystems. Holistic perception harmony promotes a greater appreciation for the environment and encourages sustainable practices.

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Q.12. Explain the differences between animal order and human order?

Animal order: An animal order is a specific rank within the hierarchical system of biological classification (taxonomy). Animal orders are used to group together species that share common characteristics except language. and are evolutionarily related. These characteristics can include anatomical features, physiological traits, behaviors, and genetic similarities.

Human Order: They are the most developed of the four orders.They are living organisms with personal qualities that are equal to those of the plant and animal orders. They are self-sufficient and self-conscious. They have qualities such as patience, courage, and kindness.

Differences between animal order and human order

Animal order	Human order
1. Context: Animal order is a concept used in biological taxonomy to categorize and classify species based on evolutionary relationships and	1. Human order pertains to the organization and structure of human societies, including social, cultural, economic, and political aspects.

shared characteristics.	<i>Human</i> species of zoological context.
2. Taxonomic: Animal order is a taxonomic classification used by biologists to group related species based on evolutionary history and shared features.	2. Human order involves the classification of individuals within a society based on various criteria like social status, roles, and occupations. Combination of chemical elements.
3. Cultural Basis: Animal order is determined by evolutionary relationships and biological characteristics that species share.	3. Human order is influenced by cultural norms, historical developments, economic systems, and political structures.
4. Universalism: Animal orders are more standardized and consistent across species due to shared biological features and evolutionary history.	4. Human orders can vary significantly from one society to another, as they are shaped by unique cultural, historical, geographical factors gives importance.
5. Diversity: Animal orders represent the diversity of species in the animal kingdom and how they are related.	5. Human orders reflect the diversity of human societies, cultures, and social systems around the world.
6. Scientific nature: Animal order is a scientific concept used for biological classification and understanding species relationships.	6. Human order is used to analyze and understand the structure, organization, and dynamics of human societies. Scientifically called <i>Homo sapiens</i>
7. Classification: Animal order" relates to the classification of species within the animal kingdom based on biological characteristics.	7. Human order is used to analyze and understand the structure, organization, and dynamics of human societies. humans have a large brain and resulting
8. Bimetallism: Bimetallism refers to the ability of an organism to walk on two hind limbs, or legs. Animals walk with four legs.	8. Humans are unique among primates in their ability to walk upright on two legs (bimetallism), freeing up their hands for tool use and other tasks.

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Q.13. Explain the causes of imbalance in the nature?

Imbalance in nature: It refers to situations where the natural systems and processes that regulate ecosystems are disrupted, leading to negative consequences for the environment, species, and even human populations. There are several interconnected causes of such imbalances:

Causes/Reasons/problems/Criticism of imbalance in the nature

1. **Human Activities:** Human actions, such as deforestation, urbanization, industrialization, pollution, and overconsumption of natural resources, have a significant impact on ecosystems. These activities can disrupt habitats, alter natural processes, and lead to imbalances in various ways.
2. **Habitat Destruction:** The conversion of natural habitats into agricultural land, urban areas, or infrastructure projects can result in the loss of biodiversity and disrupt the

delicate balance of ecosystems. This can lead to a decrease in the populations of certain species, affecting food chains and overall ecosystem functioning.

3. **Invasive Species:** When non-native species are introduced to an ecosystem, they can outcompete native species for resources and disrupt the existing ecological relationships. Invasive species can spread diseases, alter nutrient cycles, and even lead to the extinction of native species.
4. **Climate Change:** Global climate change, largely driven by human activities such as the burning of fossil fuels, results in shifts in temperature and precipitation patterns. These changes can affect the distribution of species, disrupt breeding and migration patterns, and lead to mismatches in the timing of key ecological events, such as blooming and pollination.
5. **Pollution:** Pollution from various sources, such as industrial emissions, agricultural runoff, and improper waste disposal, can contaminate air, water, and soil. Pollutants can harm plants, animals, and microorganisms, leading to imbalances in their populations and affecting the overall health of ecosystems.
6. **Overexploitation:** Unsustainable harvesting or hunting of species for food, medicine, trade, or other purposes can lead to population declines and imbalances in food webs. Overfishing, for example, can disrupt marine ecosystems and lead to the collapse of fish populations.
7. **Disruption of Nutrient Cycles:** Human activities like excessive fertilizer use can disrupt natural nutrient cycles, such as the nitrogen and phosphorus cycles. This can lead to nutrient runoff into water bodies, causing harmful algal blooms and oxygen-depleted "dead zones."
8. **Deforestation:** The clearing of forests for agriculture, logging, and development can result in the loss of crucial habitat for numerous species. Forests played role in carbon storage, regulating local climates, the loss can have cascading effects on ecosystems.
9. **Natural Disasters:** Natural events like earthquakes, volcanic eruptions, tsunamis, and hurricanes can cause sudden and severe imbalances in ecosystems. These events can alter landscapes, destroy habitats, and result in the loss of species.
10. **Lack of Conservation Efforts:** Inadequate conservation measures and policies can contribute to imbalances in nature. Failure to protect and manage natural areas, wildlife reserves, and biodiversity hotspots can accelerate the decline of vulnerable species and ecosystems.

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Q .14. Describe the impact of pollution, depletion of resources?

Pollution: Pollution refers to the introduction of harmful substances or contaminants into the environment, leading to adverse effects on ecosystems, human health, and overall well-being. There are several types of pollution, including air pollution, water pollution, soil pollution, and noise pollution.

Impacts/Problems/effects/crises of pollution

1. **Environmental Degradation:** Pollution can damage ecosystems, disrupt natural processes, and lead to the loss of biodiversity. For example, air pollutants like sulfur dioxide and nitrogen oxides can lead to acid rain, which damages plants, soils, and bodies of water.
2. **Health Effects:** Air and water pollution can have serious health implications for humans and animals. Pollutants such as fine particulate matter (PM2.5), volatile organic

compounds (VOCs), and heavy metals can contribute to respiratory diseases, cardiovascular issues, and even cancer in humans.

3. **Water Contamination:** Pollutants like industrial chemicals, pesticides, and heavy metals can contaminate water sources, making them unsafe for consumption and aquatic life. Water pollution can lead to the degradation of aquatic ecosystems, the death of fish and other organisms, and the loss of biodiversity.
4. **Habitat Destruction:** Pollution can damage or destroy habitats crucial for various species. For instance, oil spills in oceans can lead to the death of marine life and birds, while chemical contamination of soil can render it unsuitable for plant growth.
5. **Climate Change:** Certain pollutants, such as greenhouse gases like carbon dioxide and methane, contribute to global warming and climate change. This leads to rising temperatures, melting ice caps, sea level rise, and more frequent extreme weather events.

Depletion of Resources: Resource depletion occurs when the consumption of natural resources exceeds their replenishment rate, leading to a reduction in their availability for future generations. This can pertain to renewable resources, like water and forests, as well as non-renewable resources, such as fossil fuels and minerals.

Impacts/Problems/effects/crises of depletion:

1. **Loss of Biodiversity:** Depleting habitats and resources can lead to the extinction of plant and animal species that rely on these resources. This disrupts ecosystems and weakens their resilience.
2. **Economic Disruption:** Depletion of key resources can disrupt industries that depend on them. For example, the depletion of fisheries can impact the livelihoods of fishing communities and affect the global seafood supply.
3. **Food Security:** Resource depletion can affect food production, especially when it comes to soil degradation and water scarcity. This can lead to reduced agricultural yields and food shortages.
4. **Energy Security:** Depletion of fossil fuels like oil, coal, and natural gas raises concerns about energy security, as these resources are finite and essential for many aspects of modern life.
5. **Water Scarcity:** Depletion of freshwater resources through excessive use, pollution, and mismanagement can lead to water scarcity, impacting communities, agriculture, and industries.

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Q.15 .What is the role of technology for regulating the imbalance in nature?

Technology: Application of scientific knowledge. It is not a panacea and must be used judiciously and in conjunction with other strategies. Human values come into conflict with scientific advancement as we deal with important issues such as nuclear power, environmental degradation and information technology.

Role/Purpose/need/significance of technology for regulating the imbalance

1. **Data Collection and Monitoring:** Advanced technologies such as remote sensing, satellites, drones, and sensors can provide accurate and real-time data on various environmental parameters. This data can help researchers and policymakers understand imbalances, track changes, and make informed decisions.

2. **Early Warning Systems:** Technology can be used to develop early warning systems for natural disasters such as earthquakes, tsunamis, hurricanes, and forest fires. Provide timely alerts to communities, enabling them to take protective measures.
 3. **Ecosystem Restoration:** Technology can aid in ecosystem restoration efforts. For instance, precision agriculture techniques can optimize land use and minimize the impact of farming on surrounding ecosystems.
 4. **Waste Management:** Advanced waste management technologies can help reduce pollution and promote sustainability. This includes innovations in recycling, waste-to-energy conversion, and more efficient waste disposal methods.
 5. **Renewable Energy:** Transitioning to renewable energy sources such as solar, wind, and hydropower can mitigate the negative impacts of fossil fuels on the environment and reduce the imbalance caused by climate change.
 6. **Conservation Strategies:** Technology like GPS tracking, radio tagging, and camera traps can help researchers monitor and protect endangered species. Conservationists can use this data to devise effective protection and breeding strategies.
 7. **Biotechnology and Genetic Engineering:** technology can be used to address ecological imbalances by altering the genetics of certain species. For example, genetically modified mosquitoes have been considered as a way to control disease transmission.
 8. **Climate Modeling and Prediction:** Advanced climate modeling tools use computational techniques to simulate the Earth's climate system. These models aid in predicting the impacts of various interventions and policies to mitigate climate change.
 9. **Water Management:** Technology can improve water management by enhancing water purification methods, optimizing irrigation systems, and monitoring water usage to prevent over-extraction.
 10. **Environmental Education and Awareness:** Technology plays a vital role in raising awareness about environmental issues. Social media, educational apps, and online platforms can disseminate information, promote sustainable practices, and encourage citizen engagement.
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UNIT-V

Q.1. what is Natural acceptance? Explain the characteristics of natural acceptance?

Natural acceptance: It is process to understand ourselves 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 way to accept the good things naturally.

Characteristics of Natural acceptance

1. **Natural acceptance does not change with time.** It remains invariant with time. For example our natural acceptance for trust and respect does not change with age.
2. **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 one.
3. **It does not depend on our beliefs or past conditionings.** 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.

4. **Constantly there', something we can refer:** Natural acceptance is always there. Whatever we do, this natural acceptance is within us, it is telling us what is right.
5. **It is all of us:** it is part and parcel of every human being: Though each one of us, may have different likes and dislikes and means to live and to react etc. but if we go deep in our mind the purpose of our work, behavior, efforts etc
6. **It does not depend on our past conditioning:** Our natural acceptance for anything does not change. For example, if they tell us to disrespect any other religion but when we question our deep inner self, the answer will always be different from what is told or preached to us.
7. **Different from one another:.** It is always present within us. Our likes, dislikes, wishes, etc. may be different from one another. But our natural acceptance at basic level has some common issues like need for happiness, respect, truth and prosperity.

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Q.2.What do you mean by definitiveness of ethical human conduct? How can it be ensured?

Definitiveness of ethical human conduct: The definitiveness of Ethical Human Conduct is in terms of values, policies and character. Ethical conduct is the foundation of professional ethics. Depends on three things, namely Values, Policies and Character Values- Values are a part of our ethical conduct.

The process /Basic rules/ensure the definiteness of ethical human conduct

1. **Awareness:** The first step in establishing ethical human conduct is to become aware of what values and principles are considered important in a particular society or culture .This may involve learning about religious, legal, philosophical system that provides guidelines to ethical behavior.
2. **Reflection:** Ethical reflection is the thoughtful evaluation of ethical questions and the development of a critical awareness regarding the values that inform the choices all people, including oneself, make when confronting such questions.
3. **Internalization:** After individuals have reflected on their own beliefs and values, they must internalize the values and principles that they believe are important. This may involve adopting new beliefs and values, or modifying existing beliefs and values to align with the ethical principles they have learned.
4. **Practice:** The next step is to put ethical principles into practice by making decisions and taking actions that align with these principles. This can involve making sacrifices speaking up what is right and making ethical choices even when these are difficult or unpopular.
5. **Re-evaluation:** The process of definiteness of ethical human conduct is ongoing, and individuals must continually reevaluate and adjust their beliefs and values as they grow and develop. This can involve questioning their ethical beliefs, seeking out new experiences, and being open to new perspectives and ideas.
6. **Increase employee performance:** Employees, who are ethically positive, honest, hardworking, and driven by principles of fairness and decency in the workplace increases the overall morale and enhances the performance of an organization.
7. **Job satisfaction:** While ethical behavior at work promotes job satisfaction, job satisfaction also promotes ethical behavior, according to an article from The Economic Times. Dissatisfied employees are more likely to steal, especially if they see their superiors misbehaving, too.

8. **Organizational commitment:** Organizational commitment refers to the level of engagement and dedication team members feel toward their individual jobs and the organization. It also describes the different reasons professionals remain with an employer rather than seek opportunities elsewhere.

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Q.3.Explain the bases for humanistic education, humanistic constitution, and humanistic universal order?

Humanistic education: It is an approach to teaching and learning that places a strong emphasis on the development of the whole person—intellectually, emotionally, socially, and spiritually towards self-awareness, critical thinking, creativity, empathy, and a sense of interconnectedness among individuals and their environment.

Humanistic constitution: The strong emphasis on the principles of humanism. Humanism is a philosophical and ethical stance that emphasizes the value and agency of human beings, the importance of reason, ethics, and social justice, and the rejection of supernatural beliefs.

Humanistic universal order: it is a conceptual framework or vision that combines humanistic principles with the idea of a universal order or system. It could encompass various aspects of humanism, ethics, and governance that are applied universally for the betterment of humanity as a whole

Bases for Humanistic education, Humanistic constitution, and Humanistic universal order

1. **Individual Growth and Fulfillment:** Prioritizing the holistic development of each individual, fostering their intellectual, emotional, and creative capacities, and promoting lifelong learning.
2. **Critical Thinking and Inquiry:** Encouraging questioning, exploration, and independent thought, enabling students to analyze information, form their own opinions, and engage in thoughtful discourse.
3. **Ethical and Moral Development:** Integrating ethical considerations into education to help students develop a strong sense of morality, empathy, and compassion towards others.
4. **Cultural and Global Awareness:** Promoting an understanding and appreciation of diverse cultures, beliefs, and perspectives, fostering a sense of global citizenship and interconnectedness.
5. **Human Dignity and Rights:** Establishing the inviolable dignity and inherent rights of every individual as the foundational principle, ensuring their protection under the law.
6. **Equality and Non-Discrimination:** Prohibiting all forms of discrimination and ensuring equal treatment and opportunities for all, regardless of background or identity.
7. **Rule of Law and Justice:** Establishing a just legal system that upholds the rule of law, ensures fairness, and provides effective mechanisms for dispute resolution.
8. **Shared Human Values: Anchoring** the universal order in a shared set of humanistic values, such as compassion, empathy, respect for diversity, and a commitment to the well-being of all.
9. **Global Ethical Framework:** Establishing a common ethical framework that guides interactions between individuals, communities, nations, and international organizations.
10. **Transnational Collaboration:** Encouraging collaboration among nations and international bodies to address global issues, such as poverty, climate change, and human rights violations.

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Q.4. Explain the basis for Humanistic human order

Humanistic Human Order: It is the feeling of being related to every unit including human beings and other entities of nature and an undivided human-centric society is one of the higher human goals.i.e. The humanistic universal order is based on the idea that all individuals have a shared responsibility to care for one another and to create a world that is just, fair, and sustainable

Bases / Dimensions/factores/principles of Humanistic human orders

1. **Physical order:** It encompasses our physical body and the environment around us This dimension includes aspects such as nutrition, exercise, sleep, and the physical environment. It also includes our physical health, mobility, and sensory experiences. Taking care of our physical health is essential for overall well-being, and neglecting this dimension can lead to a range of health problems.
2. **Emotional order:** It encompasses our feelings and emotions. This dimension includes our ability to manage and regulate our emotions, express ourselves, and connect with others on an emotional level. Emotions are an essential part of the human experience, and a healthy emotional dimension involves a balance of positive and negative emotions and the ability to manage them in a healthy way.
3. **Mental order:** It encompasses our cognitive abilities and mental health. This dimension includes aspects such as memory, learning, problem-solving, and creativity. It also includes mental health conditions such as anxiety, depression, and other disorders that can impact our ability to function in daily life. A healthy mental dimension involves maintaining cognitive abilities and managing any mental health concerns.
4. **Social order:** It encompasses our relationships with others and our place in society. This dimension includes our ability to connect with others, form and maintain relationships, and engage in social activities. It also includes our cultural background and our role in society.
5. **Spiritual order:** It encompasses our connection to something greater than ourselves. This dimension includes our sense of purpose, values, and beliefs. It also includes our ability to find meaning in life and to connect with the world around us on a deeper level. A healthy spiritual dimension involves a sense of purpose and connection to something greater than ourselves.
6. **Material Order:** helps the Human Order by providing soil, minerals, metals, oxygen etc. but Human beings in return are polluting the Material Order and depleting the fossil fuels

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Q.5. State the concept of holistic alternatives? What way it can be implemented in Employment?.

Holistic alternative : The right understanding prepares us for moving towards the 'holistic alternative' (universal human order, Swarajya) which will be sustainable as well as conducive to fulfill the basic human aspirations for all humanbeings. It will be a mode of living that is self-satisfying, people-friendly, and eco-friendly. Then all human ingenuity, all the knowledge, and skills available can be harnessed to actualize such a model of living

Steps /process of holistic alternatives in implementation of employment.

1. **Shared vision:** Organizations establish their goals as a whole unit. Departments then create visible, understandable guidelines for using these goals to organize and complete departmental tasks. Under a holistic business model, the creator designs website content that helps the nonprofit attract donations so it can continue to service the community.
2. **Consistent branding: Businesses** with holistic operations use uniformly identifying materials to match consumers with their company and its goals. The business logo or motto appears with their products. A strong color from the logo may become a distinctive color scheme, used also throughout offices, on business cards and content and on business signage.
3. **Versatile skills:** Under a holistic business approach, individual departments and employees perform their jobs with a collaborative focus for more than just personal success. Holistic business approaches can also improve employees' response to challenge.
4. **Empower employees:** A holistic approach invites all employees to express themselves. Positive workplace morale may increase employee retention rates and help create an atmosphere of teamwork and collaboration. Employees who know and understand the purpose of their work and the value of their contributions may feel more motivated to perform well at their jobs, which gives the organization opportunity to grow.
5. **Encourage fresh perspectives:** Including perspectives from varying points of view within the organization helps ensure a project is maintaining organizational goals. With this new insight, the employees can brainstorm another plan that maintains company goals and addresses the concerns of every department.
6. **Meet with the entire staff :** Frequent meetings including all employees can help involve and connect everyone in the organization. Consider holding team-building exercises during the meetings that reinforce connections between employees from different departments.
7. **Hire outside help :** Consultants can provide unbiased viewpoints of the organization. They can help managers determine the best way to connect the company's separate departments and suggest methods to put the organization's mission into words that resonate with all employees.
8. **Use technology :** Technology can help you spread your organizational messages more efficiently. Applications such as project management and team communication apps can ease work flow and provide virtual connections. You can use software to distribute information through electronic newsletters or internal magazines, \

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Q.6. Explain the process of ability to utilize professional competence?

Professional competencies: are skills, knowledge and attributes that are specifically valued by the professional associations, organizations and bodies connected to your future career. i.e. abilities bringing together soft and hard skills. These abilities enable an employee to competently manage tasks assigned to them as part of their role. **Simply** demonstrated experience, knowledge, skills, proficiency, and abilities required to successfully perform the contract.

Process /steps/formulation/implecations of Professional competencies

1. **Humanistic values and prinmciples :** Humanism stresses the importance of human values and dignity. It proposes that people can resolve problems through science and

reason. Like wise identified five principles of a fully functioning person as open, present, trusting, creative, and fulfilled.

2. **Professional practice:** Once a shared understanding of humanistic values and principles has been established, the next step is to align one's professional practice with these values. this might involve Humanistic approach into one's work or developing initiatives and program they supports humanistic goals .
3. **Critical Thinking/Problem Solving:** Exercise sound reasoning to analyze issues, make decisions, and overcome problems. The individual is able to obtain, interpret, and use knowledge, facts, and data in this process, and may demonstrate originality and inventiveness.
4. **Collaborating with others** : Collaboration skills are competencies required when working with other team members on a joint objective. Examples include communication, open-mindedness, and conflict resolution. These skills are essential to work successfully with others, get more work done, move up the corporate ladder, and achieve better outcomes.
5. **Professionalism/Work Ethic:**Demonstrate personal accountability and effective work habits, e.g., punctuality, working productively with others, and time workload management, and understand the impact of non-verbal communication on professional work image.
6. **Promote humanistic outcomes:** Humanistic outcomes were defined as the consequences of disease or treatment on patient functional status or quality of life, including physical function, social function, general health and wellbeing, and life satisfaction.
7. **Evaluating professional practice:** When evaluating your own practice, you need to consider how your own behavior has impacted upon others and what you could do to improve. A straightforward method of reflection is to have an experience, then describe it, analyze it and revise it.
8. **Refining professional practice:** This is the final step of utilize professional competence which reflects ongoing reflection and critical thinking about the effectiveness of one's work and identification of new areas for improvement.

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Q.7. How to identify the ability to the scope and characteristics of people ?

Ability : These are powers an agent has to perform various [actions](#). They include common abilities, like walking, and rare abilities, like performing a double backflip. Abilities are intelligent powers: they are guided by the person's intention and executing them successfully results in an action, which is not true for all types of powers. They are closely related to but not identical with various other concepts,

Identification/regognition /guidelines for listening of Ability

1. **Active listening:** Practice active listening by giving your full attention to the person speaking. Pay attention to their words, tone, and nonverbal cues to understand their thoughts and emotions better.
2. **Empathy:** Cultivate empathy to put yourself in other people's shoes and understand their feelings and perspectives. Empathy allows you to connect with others on a deeper level and see the world from their point of view.
3. **Nonverbal cues:** Observe and interpret nonverbal cues such as facial expressions, body language, and gestures. These cues can reveal a lot about a person's emotions and thoughts.

4. **Emotional intelligence:** Develop emotional intelligence, which involves understanding and managing your own emotions as well as recognizing and responding to the emotions of others this skill helps in building meaningful relationships and understanding people's motivations.
5. **Questioning and probing:** Ask open-ended questions to encourage people to share more about them and their thoughts. Avoid judgmental or leading questions that may bias their responses.
6. **Social awareness:** Be aware of social and cultural norms, as they can influence people's behavior and communication styles. Sensitivity to cultural differences is essential when interacting with individuals from diverse backgrounds
7. **Analyzing behavior patterns:** Pay attention to recurring behaviors and patterns in a person's actions and communication. This can help you gain insights into their personality and preferences.
8. **Feedback and self-reflection:** Seek feedback from others about your interactions and communication style. Self-reflection also plays a crucial role in understanding your strengths and areas for improvement.
9. **Respect and open-mindedness:** Treat everyone with respect and an open mind. Avoid making quick judgments or assumptions about people based on superficial factors
10. **Practice and patience:** Improving your ability to understand people's scope and characteristics takes time and practice. Be patient with yourself and strive to learn from each interaction.

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8. Describe the scope and characteristics of friendly and eco friendly production systems?

Friendly production systems: It refer to manufacturing and production processes that prioritize ethical, social, and environmental considerations alongside economic goals. The scope of friendly production systems extends beyond mere profitability, encompassing broader impacts on society, workers, communities, and the planet.

Scope /characteristics /principles of friendly and eco friendly production systems.

1. **Sustainability:** Friendly production systems emphasize sustainable practices to minimize resource depletion and negative environmental impacts. This involves reducing waste, optimizing energy usage, and adopting renewable resources wherever possible.
2. **Ethical Labor Practices:** These systems prioritize fair treatment of workers, including safe working conditions, reasonable wages, and opportunities for skill development and growth. They discourage exploitative practices like child labor and unsafe working environments.
3. **Transparency:** Transparency in friendly production involves openly sharing information about production processes, sourcing of materials, and supply chains. This helps build trust among stakeholders and allows consumers to make informed choices.
4. **Low Carbon Footprint:** Friendly production systems strive to minimize greenhouse gas emissions throughout the production lifecycle. This could involve using energy-efficient technologies, adopting cleaner production techniques, and reducing transportation-related emissions.
5. **Circular Economy:** A circular economy approach involves designing products and production processes that promote recycling, reusing, and repurposing materials. This minimizes waste and maximizes the lifespan of products.

Eco-friendly production systems: It focus on minimizing environmental impact and resource consumption throughout the production process. The scope of eco-friendly production systems is centered on reducing the ecological footprint of production activities. The key characteristics include:

1. **Renewable Energy:** These systems prioritize the use of renewable energy sources, such as solar, wind, and hydroelectric power, to reduce reliance on fossil fuels and lower carbon emissions.
2. **Green Materials:** Eco-friendly production systems use sustainable and biodegradable materials, reducing the use of non-renewable resources and minimizing waste generation.
3. **Efficient Resource Management:** These systems aim to maximize resource efficiency by minimizing raw material consumption, water usage, and energy waste.
4. **Waste Reduction and Recycling:** Eco-friendly production involves minimizing waste generation through practices like recycling, composting, and responsible disposal of hazardous materials.
5. **Closed-Loop Systems:** These systems design production processes that emulate natural ecosystems, where waste from one process becomes a resource for another. This minimizes waste and conserves resources.

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Q.9. Write about different strategies for transition from present to universal human order?

Transition from present to universal human order: The transition from the present state to a Universal Human Order involves the development and implementation of mutually enriching institutions and organizations that support the principles and values of a sustainable and equitable society .Simply interconnected world,

Different strategies /Techniques/for transition

1. **Education and Awareness:** Raising global consciousness about the interconnectedness of humanity and the importance of cooperation is fundamental. Education should emphasize empathy, cultural understanding, and the ecological impacts of human actions. Promoting critical thinking and media literacy can help individuals make informed decisions and challenge divisive narratives.
2. **Inclusive Governance and Diplomacy:** Developing new or reforming existing international institutions that facilitate cooperation among nations is crucial. Strengthening diplomacy, promoting conflict resolution, and enhancing the role of international organizations can lead to more effective global governance.
3. **Sustainable Development:** Prioritizing sustainable practices in all aspects of life, including economy, energy, agriculture, and urban planning, is essential for creating a universal human order. A focus on renewable energy, conservation, and responsible consumption can mitigate environmental challenges.
4. **Economic Reforms:** Redistributing wealth and resources to reduce inequality is a critical step. Implementing progressive taxation, social safety nets, and fair trade policies can help bridge the gap between different socioeconomic groups and nations.
5. **Cultural Exchange and Understanding:** Fostering cultural exchange programs, language learning, and promoting diverse art and media can help break down cultural barriers. Appreciating and respecting different cultures can lead to a more inclusive global society.

6. **Technology for Good:** Leveraging technology to address global challenges is essential. Access to information, communication tools, and innovations can help empower marginalized communities and facilitate cooperation across borders.
7. **Environmental Stewardship:** Addressing environmental issues like climate change and biodiversity loss requires international collaboration. Developing and adhering to global agreements that emphasize sustainability and environmental protection is vital.
8. **Human Rights and Social Justice:** Promoting and protecting human rights on a global scale is a cornerstone of a universal human order. Advocating for gender equality, racial and religious tolerance, and social justice can lead to a more harmonious world.
9. **Disarmament and Peace building:** Reducing arms proliferation and investing in conflict prevention and resolution can help prevent violent conflicts and promote a more peaceful world.

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Q.10. Examine the unethical practices in profession in the current scenario?

Unethical practices/Behavior: lacking moral principles; unwilling to adhere to proper rules of conduct. not in accord with the standards of a profession: She treated patients outside the area of her training, and the appropriate medical organization punished her unethical behavior .

Mode of Unethical practices

1. **Corruption:** This is a widespread issue in various professions, where individuals abuse their positions of power for personal gain. This could involve bribery, embezzlement, or favoritism.
2. **Conflict of Interest:** Professionals sometimes put their personal interests ahead of their responsibilities to their clients, employers, or the public. This can compromise the integrity of their decisions and actions.
3. **Misrepresentation and Deception:** Professionals might provide false or misleading information to clients or the public in order to gain a competitive advantage or secure a deal. This includes spreading false information, misrepresenting products or services, or manipulating data.
4. **Plagiarism and Intellectual Property Theft:** In academia and creative fields, plagiarism is a significant concern. Copying someone else's work without proper attribution or permission is unethical and undermines the value of original contributions.
5. **Exploitation:** Some professions, such as certain forms of contract work or gig economy jobs, can involve exploiting workers by offering low wages, poor working conditions, or denying essential benefits.
6. **Unfair Hiring and Promotion Practices:** Discrimination based on factors like gender, race, age, or personal connections during hiring and promotion processes is unethical and harmful.
7. **Data Privacy Violations:** In the digital age, mishandling or unauthorized sharing of personal data can occur, especially in professions dealing with technology, marketing, or finance. This breaches individuals' privacy rights and can lead to identity theft or other forms of harm.
8. **Environmental Harm:** Industries that contribute to pollution, resource depletion, or other forms of environmental damage can be engaging in unethical practices that harm both the planet and future generations.

9. **Unsafe Working Conditions:** Some industries might neglect to provide adequate safety measures for their employees, leading to hazardous working conditions that can result in injuries or long-term health issues.

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Q.11. Write about the concept of holistic purpose of harmony in existence?

Harmony: It is usually a human value, referring to compatibility and accord in feelings, actions, relationships, opinions, interests, etc. It denotes a state of balance among forces influencing and even opposing one another.

Holistic purpose/Key aspects/ of harmony:

1. **Interconnectedness:** Holistic harmony asserts that everything in the universe is connected, whether at a physical, energetic, or spiritual level. This interconnectedness implies that actions and events in one part of the universe can have ripple effects that impact other parts.
2. **Balance and Equilibrium:** The concept emphasizes the importance of balance and equilibrium in all aspects of existence. This includes the balance between opposites such as light and darkness, growth and decay, or order and chaos. Maintaining balance contributes to the overall harmony of the universe.
3. **Unity in Diversity:** Holistic harmony recognizes the beauty and necessity of diversity within the universe. Just as different notes in music come together to create a harmonious melody, the various elements of existence work together to create a unified whole.
4. **Respect for Nature:** This concept often encourages a deep respect for the natural world and an understanding of humanity's place within it. It promotes sustainable and ethical practices that honor the interconnectedness of all living beings and the environment.
5. **Spiritual Enlightenment:** Many spiritual traditions emphasize the pursuit of spiritual enlightenment or awakening as a means to align oneself with the holistic purpose of harmony. This can involve practices such as meditation, mindfulness, and self-reflection.
6. **Ethical Living:** Living in accordance with the holistic purpose of harmony involves ethical choices that consider the well-being of the entire interconnected system. This might extend to how individuals treat each other, how they engage with their communities, and how they impact the environment.
7. **Cycles and Patterns:** The concept often acknowledges the presence of cycles and patterns in nature and existence. Just as the seasons follow a cyclical pattern, events and experiences in life are interconnected in a similar way.
8. **Mind-Body-Spirit Connection:** Holistic harmony recognizes the connection between the mind, body, and spirit. Nurturing all aspects of one's being contributes to a balanced and harmonious life.
9. **Synchronicity:** The occurrence of meaningful coincidences and synchronicities is often seen as a reflection of the interconnected nature of existence, suggesting that events are not purely random but are guided by a deeper order.

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Q.12. what is meant by Holistic alternative? Explain vision for Holistic alternative?

Holistic alternative: A holistic alternative refers to an approach that considers the entirety of a system or individual, taking into account all aspects—physical, mental, emotional, and spiritual—in order to promote well-being and address various issues. Holistic alternatives

are used in healthcare, personal development, and problem-solving, aiming to create a more comprehensive and balanced understanding of a situation.

The vision/ key principles for a holistic alternative.

1. **Wholeness:** Holistic alternatives emphasize the interconnectedness of various aspects of life. Instead of isolating problems or focusing on isolated symptoms, this approach aims to understand how different elements influence each other and work together as a whole.
2. **Balance:** Achieving balance among physical, mental, emotional, and spiritual aspects is crucial in a holistic alternative. This includes addressing not only physical symptoms but also the underlying emotional and psychological factors contributing to those symptoms.
3. **Prevention:** Holistic alternatives often prioritize preventive measures over reactive solutions. By addressing root causes and promoting overall well-being, the likelihood of future issues is reduced.
4. **Individualization:** Every person or system is unique, and a holistic approach recognizes this by tailoring solutions to the specific needs and characteristics of the individual or situation. There's no one-size-fits-all solution.
5. **Empowerment:** Holistic alternatives empower individuals to take an active role in their well-being. This can involve education, self-awareness, and lifestyle changes that support optimal health and functioning.
6. **Integration:** The holistic approach seeks to integrate conventional and alternative methods, utilizing the strengths of each while recognizing the limitations. This might involve combining traditional medical treatments with complementary therapies like acupuncture, yoga, or meditation.
7. **Mind-Body Connection:** A central tenet of holistic alternatives is the recognition of the profound connection between the mind and body. Mental and emotional well-being can significantly impact physical health, and vice versa.
8. **Long-term Perspective:** Holistic alternatives often prioritize long-term outcomes over short-term fixes. This means looking beyond immediate relief and considering the implications of choices and actions over time.
9. **Openness to Spirituality:** While not always religious, holistic alternatives often acknowledge the potential importance of spiritual aspects in a person's life. This might involve practices like meditation, mindfulness, or connecting with nature.

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Q.13. How to evaluate the holistic technology for production system?

Holistic technology: It is the utilization of technology to support and contribute to the overall well-being of an individual or community. Holistic technology promotes a comprehensive approach to technology, which includes the individual as the centre of the technology design.

Evaluation/process/steps/procedure for holistic technology

1. **Understand Holistic Principles:** Familiarize yourself with the core principles of holistic thinking, as discussed in the previous response. This understanding will serve as a foundation for evaluating how well the technology aligns with holistic ideals.
2. **Define Objectives and Criteria:** Clearly define the objectives you aim to achieve through the implementation of the technology. These objectives should encompass

aspects like increased efficiency, reduced waste, improved worker well-being, minimized environmental impact, and enhanced overall system resilience.

3. **Assess System Integration:** Holistic technologies should seamlessly integrate into the existing production system without causing disruptions or conflicts. Evaluate how well the technology interacts with other components of the system and whether it contributes to a more coherent and integrated operation.
4. **Consider Interconnectedness:** Evaluate how the technology addresses the interconnected nature of different elements within the production system. It considers the relationships between various processes, departments, and stakeholders etc.
5. **Long-Term Impact:** Assess the technology's potential long-term impact on the production system. Does it contribute to the system's sustainability by minimizing negative environmental effects and supporting resource efficiency? Consider both immediate benefits and the technology's ability to adapt to changing conditions over time.
6. **Worker Well-Being:** Examine how the technology affects the well-being of workers. Does it improve working conditions, reduce stress, and enhance job satisfaction? A holistic technology should promote the physical and mental health of employees.
7. **Flexibility and Adaptability:** A holistic technology should be adaptable to different scenarios and evolving needs. Evaluate whether the technology can accommodate changes in production demands, market trends, and emerging challenges without significant disruptions.
8. **Feedback Mechanisms:** Look for feedback mechanisms built into the technology that enable continuous monitoring, evaluation, and improvement. This fosters a culture of learning and refinement within the system.
9. **Stakeholder Engagement:** Involve relevant stakeholders—employees, management, suppliers, customers, and community—in the evaluation process. Their insights can provide a comprehensive perspective on the technology's impact.

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Q.14. Explain different types of Management models and production systems?

Management model: Human values underlie and are manifest in all aspects of managing organizations and, indeed, human organizing represents a direct expression of values. In its purest form, values-based management argues that values inform every aspect of organizational functioning. A management model is a set of decisions the leadership team at a company makes about the future direction of a system, process, or business.

Types /Methods/techniques Management Models.

1. **Classical Management:** The classical approach to management focuses on centralized authority, labor specialization and incentives to optimize productivity in an organization and, in turn, drive profits.
2. **Behavioral Management:** Behavioral management theories view the workplace as a social environment. The theory seeks to increase human potential through skills training and promoting collaboration. Modern management theories build on the previous two theories while incorporating modern scientific methods and systems of thinking
3. **Human Relations Approach:** Human relations approach, is a generalized approach to management that focuses on achieving organizational goals through recognizing the importance of employee attitudes, interpersonal relationships, group dynamics and leadership styles.

4. **Quantitative Management:** Quantitative management makes use of computers and mathematical techniques to sift through financial statistics to select stocks. Managers observe historical quantitative relationships and incorporate these relationships into “models,” which help them choose their stocks.
5. **Systems Management:** Systems management is the administration of the information technology (IT) systems in an enterprise network or data center. An effective systems management plan facilitates the delivery of IT as a service and allows an organization's.

Production system: transforms input to output. Meaning, it's the systems that manufacture a product consisting of whatever components is needed to make it a reality.

Types of Production Systems

1. **Mass Production:** Mass production is the manufacturing of the same standardized product lines for a prolonged period of time. It uses automation or assembly lines to facilitate the high volume production of similar products. Mass production is synonymous with continuous flow production or series reduction
2. **Batch Production:** Batch production is a method whereby a group of identical products are produced simultaneously (rather than one at a time). It is up to the manufacturer to decide how big the batch will be, and how often these batches will be made.
3. **Job Shop Production:** The job shop production method is applied when: Large inventory of materials, tools, and components. High variety of products with volume. Planning is necessary for the priority of each order as well as the sequencing of each product capacity for each work center.
4. **Lean Production:** Lean production is a systematic manufacturing method used for eliminating waste within the manufacturing system. It takes into account the waste generated from uneven workloads and overburden and then reduces them in order to increase value and reduce costs. The word “lean” in the term simply means no excess, so lean production can be translated simply into minimal waste manufacturing.
5. **Just-In-Time (JIT) Production:** Just-in-time manufacturing (JIT manufacturing) is a production model in which items are created to meet demand, not created in surplus or in advance of need. Organizations adopt the JIT approach to increase efficiency, reduce costs and speed up product delivery.

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Q.15. Explain the role of engineers in responsible socially and ecologically?

Engineering It is the creative application of science, mathematical methods, and empirical evidence to the innovation, design, construction, and maintenance of structures, machines, materials, devices, systems, processes, and organizations.

Role of engineers in promoting social and ecological responsibility:

1. **Sustainable Design and Innovation:** Engineers are responsible for designing products, systems, and technologies with sustainability in mind. This involves considering the environmental impact throughout the product lifecycle, from raw material extraction and manufacturing to use and disposal.
2. **Environmental Conservation:** Engineers work on projects that directly impact natural resources and ecosystems. They can design solutions to mitigate environmental degradation, such as developing water treatment systems, designing efficient waste disposal methods, and creating pollution control technologies.
3. **Infrastructure and Urban Planning:** Engineers are essential in designing and constructing sustainable infrastructure, such as buildings, transportation systems, and

cities. They focus on designing energy-efficient buildings, developing smart transportation networks, and planning urban areas that promote walkability, public transportation, and green spaces.

4. **Renewable Energy Development:** Engineers play a crucial role in advancing renewable energy technologies like solar, wind, hydroelectric, and geothermal power. By designing efficient and reliable energy generation systems, Engineers help reduce negative impacts of climate change.
5. **Social Equity and Accessibility:** Engineers work to ensure that their designs and innovations are accessible to all segments of society. They create technologies and solutions that address the needs of underserved communities, enabling greater social inclusion.
6. **Disaster Preparedness and Response:** Engineers contribute to the development of disaster-resistant infrastructure and systems that can withstand natural disasters such as earthquakes, hurricanes, and floods.
7. **Ethical Considerations:** Engineers must consider the ethical implications of their work. They face decisions that involve trade-offs between economic interests and environmental or social concerns
8. **Education and Advocacy:** Engineers can raise awareness about the importance of sustainable practices and advocate for policies that promote social and ecological responsibility.

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Q, 16. Describe advantages of mutually enriching institutions?

Mutually enriching institutions: It refer to organizations, systems, or collaborations that provide benefits to each other in a way that contributes to their growth, effectiveness, and overall positive impact. Such institutions create a symbiotic relationship where each party gains advantages from the interaction.

Advantages /need/purpose/objectives of mutually enriching institutions:

1. **Knowledge Exchange:** When institutions collaborate and share information, expertise, and best practices, they can collectively benefit from each other's insights and experiences. This can lead to accelerated learning, better decision-making, and improved problem-solving.
2. **Innovation:** Collaboration between institutions often leads to the cross-pollination of ideas and perspectives. This can spark innovation as individuals from different backgrounds and disciplines come together to generate novel solutions and approaches.
3. **Resource Sharing:** Institutions can pool their resources, whether it's financial, technological, or human capital, to achieve more than they could individually. This shared resource approach can lead to cost savings, increased efficiency, and the ability to tackle larger projects or initiatives.
4. **Expanded Reach:** By working together, institutions can tap into each other's networks, audiences, and markets. This can lead to increased visibility, broader dissemination of ideas, and the potential for reaching new stakeholders or beneficiaries.
5. **Risk Mitigation:** Collaborative efforts can help institutions mitigate risks by spreading them across multiple parties. This is particularly beneficial when dealing with complex or uncertain challenges that no single institution can address on its own.

6. **Capacity Building:** Institutions can enhance their capabilities by learning from each other's strengths. This might involve sharing training programs, skill development opportunities, and capacity-building initiatives that ultimately lead to improved performance.
7. **Enhanced Reputation:** Collaborative partnerships between reputable institutions can enhance their credibility and reputation. Being associated with other respected organizations can lend legitimacy and trustworthiness to their initiatives.
8. **Holistic Problem Solving:** Many global challenges are multifaceted and require a holistic approach. Mutually enriching institutions can provide a diverse range of perspectives, skills, and resources needed to address complex problems from multiple angles.
9. **Synergistic Impact:** When institutions with complementary missions and expertise collaborate, their combined efforts can lead to a greater impact than if they were working independently. This amplification of impact is often seen in joint projects, campaigns, or initiatives.

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Q.17. Explain the Reasons for Universal human values in entrepreneurship?

Human values for entrepreneurship: In the context of entrepreneurship, universal human values play a significant role in shaping ethical and sustainable business practices. These values guide entrepreneurs in creating businesses that not only achieve financial success but also contribute positively to society and the environment.

Reasons/purpose/guidelines/objectives/factors of human values for entrepreneurship

1. **Integrity:** Acting with honesty, transparency, and accountability in all business dealings fosters trust and credibility. Entrepreneurs should uphold their commitments, deliver on promises, and maintain consistency between their words and actions.
2. **Respect:** Valuing the dignity, diversity, and rights of all stakeholders, including employees, customers, suppliers, and the community, creates a positive and inclusive business environment.
3. **Empathy:** Understanding the needs, perspectives, and feelings of others allows entrepreneurs to develop products and services that truly address those needs. Empathy also drives socially responsible initiatives and a compassionate approach to leadership.
4. **Responsibility:** Entrepreneurs have a responsibility to consider the social and environmental impacts of their business decisions. This includes adopting sustainable practices, minimizing negative effects, and actively contributing to the well-being of communities.
5. **Collaboration:** Building partnerships and collaborations foster innovation and shared growth. Entrepreneurs who collaborate with stakeholders can collectively work toward common goals and create a more interconnected business ecosystem.
6. **Quality:** Striving for excellence in products and services not only benefits

customers but also reflects an entrepreneur's commitment to delivering value and maintaining a high standard of performance.

7. **Adaptability:** The ability to navigate change, embrace new technologies, and adjust business strategies demonstrates an entrepreneur's willingness to evolve in a dynamic market landscape.
8. **Creativity:** Encouraging creative thinking and problem-solving enables entrepreneurs to develop innovative solutions that address challenges and meet emerging needs effectively.
9. **Sustainability:** Embracing sustainable practices, such as reducing waste, conserving resources, and considering long-term impacts, demonstrates a commitment to preserving the environment for future generations.
10. **Empowerment:** Empowering employees and stakeholders by providing opportunities for growth, development, and active involvement in decision-making can lead to a more engaged and motivated workforce.

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