**UNIT-1**

1. Values form the basis for all our\_\_\_\_\_\_\_\_\_\_\_

a) Thoughts b) Behaviour and Actions c) Confusion and Contradiction **d)Both a and b**

1. When we set our goal in right direction with the help of right understanding, it is called
2. Skill domain b) prosperity c) Development d) **Value Domain**
3. Universal, Rational and Verifiable are the basic guidelines of \_\_\_\_\_\_\_\_\_\_\_
4. Technical education b) **Value education** c) Suggestion d) Training
5. Process of value education has to be based on \_\_\_\_\_\_\_\_\_
6. **Self exploration** b) Assuming c) Training d) Believing
7. It is the second level of living:
8. Nature b) Society c) **Family** d) Individual
9. Values are the outcomes of realization and understanding, which are always\_\_\_\_\_\_
10. Constant b) Indefinite c) **Definite** d) Equilibrium
11. Universal, rational and verifiable are \_\_\_\_\_\_\_\_\_of value education.
12. Needs b) Basic guidelines c) outcomes d) None of the above
13. It is the third level of living
14. **Society**  b) Nature c) Individual d) Family
15. Basic unit of human interaction is \_\_\_\_\_\_\_\_\_\_\_\_\_
16. **Family** b) Society c) Group d) None
17. Value education helps us to correctly identify our \_\_\_\_\_\_\_\_\_
18. Goals b) Aspirations c) Desire d) **All the above**
19. Self exploration uses two mechanisms: Natural acceptance and \_\_\_\_\_\_
20. Logical thinking b) **Experimental validation** c) Reason d) Theoretical concepts
21. To know our natural acceptance is \_\_\_\_\_\_
22. **Svatva** b) Swatantrata c) Swarajya d) None
23. By exploring our svatva and living accordingly, we become \_\_\_\_\_
24. **Swatantra** b) Paratantra c) both d) None
25. The result of self exploration is \_\_\_\_\_\_\_\_\_\_\_
26. Right understanding b) Realization c) Excitement d) **Both a and b**
27. Self exploration is a process of dialogue between ‘What you are’ and \_\_\_\_\_\_\_\_
28. **What you want to be** b) What other wants to be c) What society wants d) All the above
29. In this UHV course, whatever is being said is \_\_\_\_\_\_\_\_\_\_ for an individual
30. Decision b) Request c) conclusion d) **Proposal**
31. What I really want to be is my \_\_\_\_\_\_\_\_\_\_
32. Sensation b) Preconditioning c) **Natural acceptance** d) Influence
33. To be in a state of \_\_\_\_\_\_\_\_ is happiness
34. Conflicts b) Disliking c) Confusions d) **Liking**
35. Harmony within myself is known as \_\_\_\_\_\_
36. Excitement b**) Happiness** c) Both d) None
37. To be in the state of \_\_\_\_\_\_\_\_ is unhappiness
38. Liking b) disliking c) Prosperity d) None of the above
39. Every human being wants to be happy and \_\_\_\_\_\_\_\_\_
40. Powerful b) **prosperous** c) popular d) Rich
41. Prosperity can be achieved by \_\_\_\_\_\_\_\_\_
42. Relationship b) Physical facility only c) Right understanding with physical facility d) None
43. Happiness is the state of \_\_\_\_\_\_\_\_\_\_
44. Satisfaction b) Excitement c)**Harmony** d) pleasure
45. Being happy \_\_\_\_\_\_\_\_\_\_\_good luck and lot of external circumstances.
46. Depends on b) means c) **does not depends on** d) None
47. To be wealthy is \_\_\_\_\_\_\_\_\_condition in the modern world to be happy.
48. Not essential b) most important c) **Fake** d) True
49. Giving weightage to relationships, to the inherent feelings and right understanding is \_\_\_\_\_\_\_\_\_
50. Animal consciousness b) **Human consciousness** c) both d) None
51. To which category a prosperous person belong?

a)SVDD b) SSDD c) **SSSS** d) None

1. \_\_\_\_\_\_\_\_\_\_\_\_\_helps the human being to transform from animal consciousness to human consciousness.
2. **Right understanding** b) preconditioning c) sensation d) None
3. Basic requirement for fulfilment of aspirations of every human being with their correct priority are
4. **Right understanding, relationship and physical facility**
5. Physical facility, relationship and right understanding
6. Relationship, right understanding and physical facility
7. Right understanding, physical facility and relationship
8. Our natural acceptance is to be in which category of people\_\_\_\_\_\_\_\_\_
9. SVDD b) SSDD c) **SSSS** d) All the above
10. From physical facilities, we want \_\_\_\_\_\_\_\_
11. Happiness b) Reputation c) **prosperity** d) respect
12. Animal consciousness is \_\_\_\_\_\_\_\_\_\_
13. **Giving weightage to physical facilities, to the maximization of sensory pleasures and accumulation of wealth**
14. Giving weightage to relationship, to the inherent feelings and right understanding
15. Both
16. None
17. To which category a deprived person belong?
18. SSDD and SSSS
19. SSSS and SVDD
20. **SVDD and SSDD**
21. All the above

**UNIT-2**

1. If the needs are naturally acceptable, I want them \_\_\_\_\_\_\_\_\_\_\_\_\_
2. Unlimited
3. Limit
4. Temporarily
5. continuously
6. With the help of the \_\_\_\_\_\_\_\_\_\_\_, self (I) explores and interact with rest of nature.
7. Money
8. Physical facilities
9. Body
10. relationship
11. In self (I), recognizing and fulfilment depends on \_\_\_\_\_\_\_\_\_\_\_\_
12. Preconditioning
13. Sensation
14. **Knowing and assuming**
15. None of the above
16. There can only be a qualitative change in \_\_\_\_\_\_\_\_\_\_
17. **Conscious units**
18. Material units
19. Physical facilities
20. None of the above
21. Seer means the one that \_\_\_\_\_\_\_\_
22. **Understands**
23. Does something
24. Experience
25. All the above
26. Physical facilities are required in a \_\_\_\_\_\_\_ quantity.
27. **Limited**
28. Uncertain
29. Unlimited
30. Insignificant
31. Enjoyer means the one that \_\_\_\_\_\_\_\_\_\_\_
32. Understands
33. Does something
34. **Experience**
35. All the above
36. Need of self (I) is \_\_\_\_\_\_\_\_\_\_
37. Happiness
38. Excitement
39. Both happiness and excitement
40. **Continuous happiness**
41. Needs of the body are fulfilled by \_\_\_\_\_\_\_\_\_
42. Right understanding and right feeling
43. Relationship
44. **Physical facilities**
45. All the above
46. Prosperity is a need of \_\_\_\_\_\_\_\_\_
47. Self (I)
48. Body
49. **Both self (I) and Body**
50. Money
51. Behaviour depends on \_\_\_\_\_\_\_\_\_
52. Feelings
53. Desire, thought and expectation
54. Right understanding
55. **All the above**
56. We make choices with external world, based on our \_\_\_\_\_\_\_\_\_\_\_today.
57. Sensation
58. **Imagination**
59. Pre-conditioning
60. Natural Acceptance
61. The pleasure obtained from sensations is \_\_\_\_\_\_\_\_\_\_.
62. **Short-lived and temporary**
63. Short-lived and continuous
64. Continuous and source of long lasting happiness
65. Temporary and source of long lasting happiness
66. When selection leads to thoughts, thoughts lead to desire, this kind of information exchange is \_\_\_\_\_\_\_\_\_.
67. From inside to inside
68. **From outside to inside**
69. From outside to outside
70. From inside to outside
71. Imaging is \_\_\_\_\_\_\_\_\_\_ with time
72. Variable
73. Uncertain
74. **Continuous**
75. All the above
76. If our imagination is based on pre-conditioning and sensation, we are in the state of \_\_\_\_\_\_\_\_\_\_.
77. **Partantrata**
78. Swatantrata
79. Natural acceptance
80. None of the above
81. The flow of activity of selecting/ tasting can lead to \_\_\_\_\_\_
82. Imaging
83. **Analysing**
84. Imagination
85. None of the above
86. The activities of self (Desire, thought and expectation) together is called as \_\_\_\_\_\_\_\_\_\_
87. Competence
88. **Imagination**
89. Pre-conditioning
90. Natural acceptance
91. The activity of selecting / tasting is \_\_\_\_\_\_\_\_\_
92. Variable
93. Uncertain
94. **Continuous**
95. All the above
96. Behaviour and work are an outcome of \_\_\_\_\_\_\_
97. Desire
98. Thoughts
99. Expectation
100. **All the above**
101. For being healthy, what area we need to work on\_\_\_\_\_\_\_\_\_\_
102. Intake and daily routine (Lifestyle)
103. Labor and exercise
104. Posture of body and regulated breathing
105. **All the above**
106. Which of the following pair is not correctly matched?
107. Asan-Pranayama
108. **Labour-Asan**
109. Medicine-Treatment
110. Intake-proper upkeep
111. The statement, “All the body parts are performing its expected functions”, is related with \_\_\_\_\_
112. Proper upkeep
113. Sanyam
114. **Swasthya**
115. Self regulation
116. Harmony should be maintained in \_\_\_\_\_\_\_\_
117. Between body and life
118. Between self and Society
119. Between Life and environment
120. **All the above**
121. Employing the body physically for production and maintenance of physical facilities is called \_\_\_\_\_
122. Intension
123. Exercise
124. **Labour**
125. thought
126. \_\_\_\_\_\_\_\_\_\_ ensures Swasthya
127. Money
128. **Sanyam**
129. Popularity
130. Patience
131. Sanyam is the basis of \_\_\_\_\_\_\_\_\_
132. Money
133. Happiness
134. Popularity
135. **Swasthya**
136. Proper upkeep means \_\_\_\_\_\_\_
137. Vihar
138. Daily routine
139. Proper rest
140. **All the above**
141. The need of physical facility is for \_\_\_\_\_\_\_\_\_\_
142. **Nurturing, protection and right utilization of body**
143. Malnutrition
144. Gaining respect
145. obsession
146. Health problems such as Diabetes, Migraine, Digestive disorders, etc. are caused by \_\_\_\_\_\_\_\_\_
147. Lack of the feeling of sanyam
148. Tendency to take medicine to suppress the ailment
149. Intake of improper food, water and air
150. **All of the above**

**UNIT-3**

1. \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_ are outcomes of feeling of being related.
2. Trust and respect
3. **Care and guidance**
4. Glory and gratitude
5. Trust and gratitude
6. The feeling of being related to other is called \_\_\_\_\_\_\_\_\_.
7. Care
8. **Affection**
9. Guidance
10. Respect
11. **\_\_\_\_\_\_\_\_\_\_** is right evaluation of others on the basis of self (I).
12. Affection
13. Trust
14. Reverence
15. **respect**
16. **\_\_\_\_\_\_\_\_** exists between one self (I1) and other self (I2)
17. Sensation
18. **Relationship**
19. Expression
20. happiness
21. We are similar on the basis of intension but we all differ from the point of view of \_\_\_\_\_\_\_\_\_
22. **Competence**
23. Program
24. Purpose
25. All the above
26. Evaluation of others on the basis of “info” is a kind of \_\_\_\_\_\_
27. Differentiation on the basis of “post”
28. Differentiation on the basis of “body”
29. Differentiation on the basis of “physical facility”
30. **Differentiation on the basis of “belief”**
31. **\_\_\_\_\_\_\_\_\_** is called foundation value.
32. **Trust**
33. Respect
34. Love
35. Affection
36. If I say, I’m good for nothing, it is a kind of \_\_\_\_\_
37. Otherwise evaluation
38. Right evaluation
39. **Under evaluation**
40. Over evaluation
41. **\_\_\_\_\_\_\_\_\_\_\_** is the feeling of being related to all.
42. Respect
43. Care
44. **Love**
45. affection
46. There are a total of \_\_\_\_\_\_\_\_\_ feelings, which form the basis of relationships.
47. 3
48. 10
49. 4
50. **9**
51. Ensuring justice in relationship, on the basis of values leads to \_\_\_\_\_\_\_\_\_\_ in society.
52. Right understanding
53. Co-existence
54. **Fearlessness**
55. Prosperity
56. We differ from the point of view of \_\_\_\_\_\_\_\_\_
57. Intension
58. Competence and imagination
59. Competence and intension
60. **Competence, imagination and level of understanding**
61. Production and work for physical facilities leads to \_\_\_\_\_\_ in family and \_\_\_\_\_\_ with nature.
62. Fearlessness, prosperity
63. Prosperity, fearlessness
64. Coexistence, prosperity
65. **Prosperity, coexistence**
66. There are \_\_\_\_\_\_\_\_\_\_ levels of living.
67. 6
68. **4**
69. 9
70. 5
71. Society is an extension of \_\_\_\_\_\_
72. Individual
73. **Family**
74. Nature
75. All the above
76. How can comprehensive human goals be achieved?
77. Through education-sanskar
78. Through swasthya-sanyam
79. Through production-work
80. Through justice-preservation
81. Through exchange-storage
82. Options i, iii and v
83. Options i and ii
84. **Options i, ii, iii, iv and v**
85. Options ii and v
86. When group of individuals living in relationship of mutual fulfilment, ensuring right understanding & prosperity for all, it is considered as \_\_\_\_\_\_\_\_
87. Crowd
88. Battlefield
89. **Society**
90. None of the above
91. Outcome of labour is \_\_\_\_\_\_\_\_
92. Growth
93. Respect
94. **Production**
95. money
96. The outcome of labour must be \_\_\_\_\_\_\_\_
97. People friendly and eco-friendly
98. Sustainable
99. Cyclic and mutual enriching
100. **All the above**
101. The program for health and sanyam leads to the feeling of \_\_\_\_\_\_\_\_ in family.
102. Right understanding
103. Fearless ness
104. **Prosperity**
105. coexistence

**UNIT-4**

1. The activities in human body are \_\_\_\_\_\_\_
2. Existence and Respiration
3. Existence and growth
4. Composition/ Decomposition and growth
5. **Composition / Decomposition and respiration**
6. The fourth order of nature is \_\_\_\_\_\_\_\_
7. Material order
8. Animal order
9. **Human order**
10. Bio order
11. The value or participation of different orders in existence is also referred to as their\_\_\_\_\_\_\_
12. Innateness
13. **Natural characteristics**
14. Activity
15. Conformance
16. The natural characteristics (svabhav) of material order is \_\_\_\_\_\_\_\_\_
17. **Composition / Decomposition**
18. Growth
19. Will to live
20. Cruelty / non-cruelty
21. The natural characteristic (Svabhav) of self of human order is \_\_\_\_\_\_
22. Cruelty/ non-cruelty
23. Will to live with happiness
24. Nurture / Worsen
25. **Perseverance, Bravery and Generosity**
26. The natural characteristic (Svabhav) of self of animal order is \_\_\_\_\_\_
27. Nurture / worsen
28. **Cruelty / non-cruelty**
29. Will to live
30. growth
31. \_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ together are the innateness of the pranic order
32. **Existence and growth**
33. Composition/decomposition and respiration
34. Existence and respiration
35. Composition / decomposition and growth
36. The second order of nature is \_\_\_\_\_\_
37. Material order
38. Human order
39. **Bio-order**
40. Animal order
41. The cell belong to \_\_\_\_\_\_\_\_\_\_
42. Human order
43. **Plant order**
44. Animal order
45. Material order
46. The continuity of a plant species is maintained in nature by \_\_\_\_\_\_\_\_\_ method
47. Constitution conformance
48. Right value / sanskar
49. **Seed conformance**
50. Breed conformance
51. Material units are \_\_\_\_\_\_\_\_\_\_\_in nature.
52. **Temporary**
53. Continuous
54. Unlimited
55. None of the above
56. Existence is \_\_\_\_\_\_\_\_\_\_
57. Unit submerged in space
58. Gathansheel and Gathanpurn
59. **Both (a) and (b)**
60. None of the above
61. Space is constant or \_\_\_\_\_\_\_\_\_energy.
62. Variable
63. Limited
64. **Equilibrium**
65. unlimited
66. Sah-astitva means\_\_\_\_\_\_\_\_
67. **Co-existence**
68. Co-operation
69. Co-option
70. Corporate identity
71. There are two kinds of realities in existence
72. **Space and units**
73. Material and conscious
74. Physical and pranic orders
75. All the above
76. Existence means\_\_\_\_\_\_\_\_
77. Exist + Essense (whatever exists)
78. To be in harmony with whatever exists
79. Unit submerged in space
80. **All the above**
81. Nature is \_\_\_\_\_\_\_\_\_\_\_ in size, and space is\_\_\_\_\_\_\_\_\_\_.
82. Unlimited, unlimited
83. Unlimited, Limited
84. Limited, Limited
85. **Limited, Unlimited**
86. Between every two units there is \_\_\_\_\_\_\_\_\_\_\_
87. Vacuum
88. **Space**
89. Air
90. Units
91. When nature is submerged in space, we call it \_\_\_\_\_\_\_\_\_\_.
92. Universe
93. Galaxy
94. **Existence**
95. None of the above
96. When something is active or has activity, we call it \_\_\_\_\_\_\_\_\_
97. Space
98. **Unit**
99. Both (a) and (b)
100. None of the above

**UNIT-5**

1. Dayapurn vyavhaar and karya is considered as \_\_\_\_\_\_\_
2. Values
3. Policies
4. **Character**
5. None of the above
6. Established value of ease is \_\_\_\_\_\_\_\_\_
7. Guidance
8. Gratitude
9. Reverence
10. **Glory**
11. \_\_\_\_\_\_\_\_\_\_ is the sum of the state of harmony within, expressing itself, and participating in harmony with the outside world.
12. Pre-conditioning
13. **Definite human conduct**
14. Inhuman behaviour
15. Indefinite conduct
16. Expressed value of love is \_\_\_\_\_
17. Obedience
18. Generosity
19. Commitment
20. **unanimity**
21. The policy for the enrichment of mind, body and wealth is known as \_\_\_\_\_\_\_\_\_
22. **Economic policy**
23. Political policy
24. Policy for Universal human order
25. None of the above
26. Complementariness is the expressed value of \_\_\_\_\_\_\_\_\_\_\_
27. Affection
28. **Trust**
29. Gratitude
30. Respect
31. Expressed value of trust is \_\_\_\_\_\_\_\_
32. Commitment
33. **Complementariness**
34. Ease
35. Obedience
36. Established value of generosity is \_\_\_\_\_\_\_\_
37. Affection
38. Gratitude
39. **Care**
40. Trust
41. \_\_\_\_\_\_\_\_\_\_\_ are considered the moral standards by which people judge behaviour.
42. Profession
43. **Ethics**
44. Responsibilities
45. Professional ethics
46. The participation of the human being in ensuring the role of physical facility to help and preserve its utility is called its\_\_\_\_\_\_\_
47. Utility value
48. **Artistic value**
49. Both (a) and (b)
50. None of the above
51. Professional competence with ethical human conduct is \_\_\_\_\_\_\_\_
52. Values
53. Morals
54. **Professional ethics**
55. profession
56. The definitiveness of human conduct in terms of values, policies, and character is termed as \_\_\_\_\_\_\_\_\_\_\_.
57. Responsibilities
58. **Ethics**
59. Profession
60. None of the above
61. Ethical conduct implies that \_\_\_\_\_\_\_\_\_\_
62. It is naturally acceptable to me and does not give rise to conflict within
63. It is in consonance with the right understanding of reality-the underlying harmony at all levels.
64. It leads to mutual fulfilment with other people and mutual enrichment with the rest of nature.
65. **All of the above**
66. Through\_\_\_\_\_\_\_\_\_\_, one acquires the specific skills and knowledge in order to make this contribution in the larger order.
67. Ethical education
68. Profession
69. Professional
70. **Professional education**
71. Ethical conduct of profession means\_\_\_\_\_\_\_\_\_\_\_
72. Right utilization of one’s professional skills
73. Fulfillment of comprehensive human goals
74. Meaningfully participate in the larger order
75. **All of the above**
76. Profession means\_\_\_\_\_\_\_\_\_\_
77. Job only
78. **Mode of participation by human beings in larger order**
79. Mode of wealth generation
80. None of the above
81. Why a person acts unethically?
82. It is the right way to behave
83. It is the basic nature of human being
84. He is forced by some external powers
85. **Because of lack of correct understanding about happiness and prosperity**
86. When we are able to think of the right method of work, have a mentality of exchange for equality and need fulfilment then we have\_\_\_\_\_\_\_\_\_\_\_.
87. Confidence in oneself as well as confidence in the harmony, co-existence and self-regulation
88. **Clarity about the comprehensive human goals**
89. Competence of mutually fulfilling behaviour
90. Competence of mutually enriching interaction with nature
91. When we have the ability to appropriately assess the needs for the physical facility for oneself, the family, and society as well as their sustainable fulfilment through production systems ensuring harmony with nature. It is\_\_\_\_\_\_\_\_\_\_\_
92. Adequate realization of one’s social responsibility
93. Competence of mutually fulfilling behaviour
94. Clarity about the comprehensive human goals
95. **Competence of mutually enriching interaction with nature.**
96. When we are aware of how our decisions and actions affect a large number of persons and natural environment that means we have
97. Competence of mutually enriching interaction with nature
98. **Adequate realization of one’s social responsibility**
99. Clarity about the comprehensive human goals
100. Competence of mutually fulfilling behaviour
101. The primary step to move towards the holistic alternative is \_\_\_\_\_\_\_\_
102. **Develop right understanding -> commitment to live accordingly -> develop requisite skills -> to know how to implement the right understanding in real life**
103. Develop right understanding -> develop requisite sills -> to know how to implement the right understanding in real life -> commitment to live accordingly
104. develop requisite sills -> commitment to live accordingly -> to know how to implement the right understanding in real life -> Develop right understanding
105. None of the above
106. Humanistic education means\_\_\_\_\_\_\_\_\_
107. The education that gives us knowledge of human being
108. Education that help us to live luxurious life
109. **Education that ensures the development of the competence to live with definite human conduct**
110. All the above
111. Human conduct means \_\_\_\_\_\_\_\_\_\_\_\_\_\_
112. A conduct that a human being must ensure in job
113. **A conduct that ensures continuity of mutual happiness and prosperity**
114. A conduct that ensures profit of human being.
115. All the above
116. Humanistic constitution means \_\_\_\_\_\_\_\_\_\_\_\_.
117. **Nature of society of people living together in a relationship of mutual fulfilment**
118. Nature of society of people that focus on profit as a human being
119. Nature of society of people that focus on preservation of environment
120. All the above.
121. What could be the entry point to ensure humanistic tradition?
122. **Human education**
123. Human constitution
124. Universal human order
125. Human conduct
126. The criteria to guide the development of technologies and systems \_\_\_\_\_\_.
127. Catering to appropriate needs of lifestyles
128. People friendly & Eco friendly
129. Promote local self-sufficiency and optimal utilization of local resources and expertise.
130. **All of the above.**