

Universal Human values -2

Unit /Module 1

Q1.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 boosts 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.

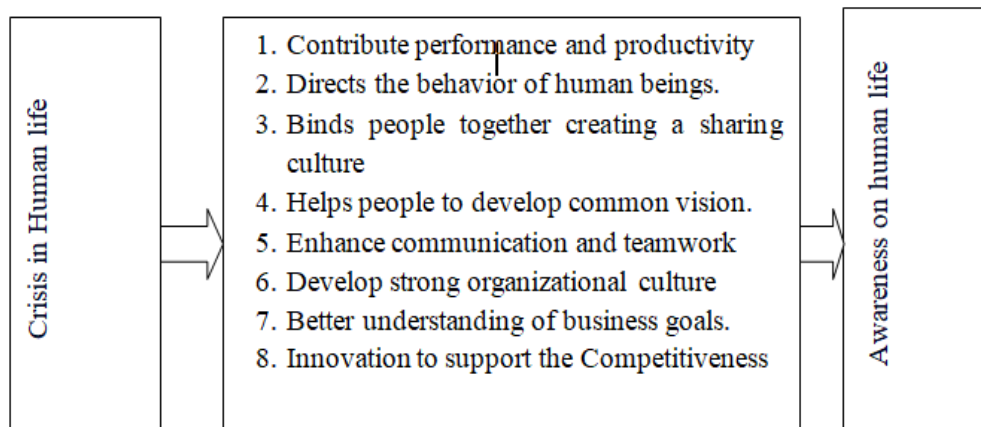


Fig : Importance of human values

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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 ideas... 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.

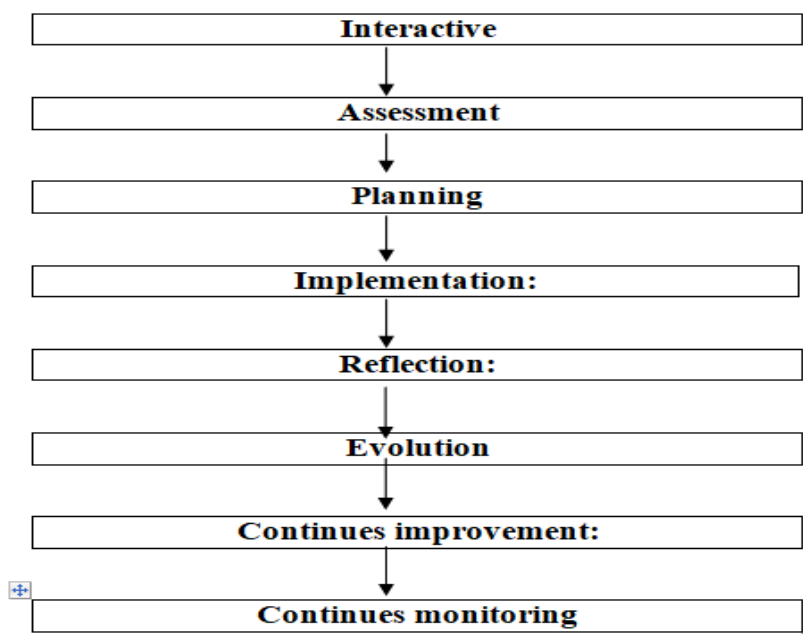


Fig : Process of value education

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Q3.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.

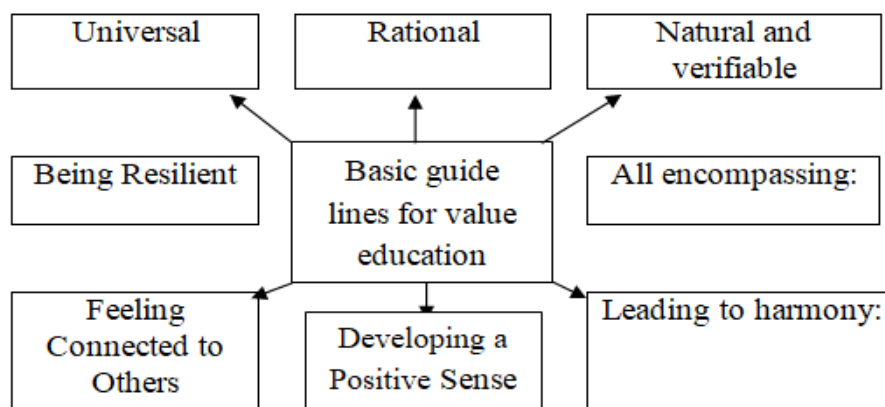


Fig: Basic guide lines for value education

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Q4.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 become 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 these beliefs, which may or may not be true in reality. These beliefs come to us from what we read, see, hear what our parents tell 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 the competence 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 at the individual, societal and environmental level are manifesting.
6. **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.
7. **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 and thought processes in healthy and acceptable ways.
8. **Gain the skill of empathy:** Gain the skill of empathy and the skill of empathy. Empathy involves putting yourself in other people's shoes (cognitively & emotionally). Empathy is a remarkable skill that can improve your overall ability to resolve conflicts and understand other opinions.
9. **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 country.

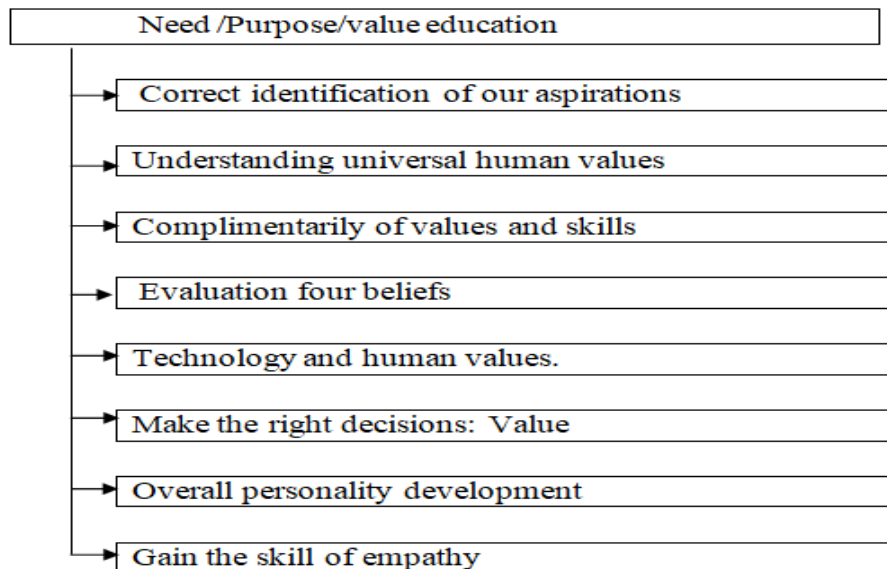


Fig : Purpose for value education

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Q5. 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 open your mind to the concept of love. 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 and 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 admitting 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.

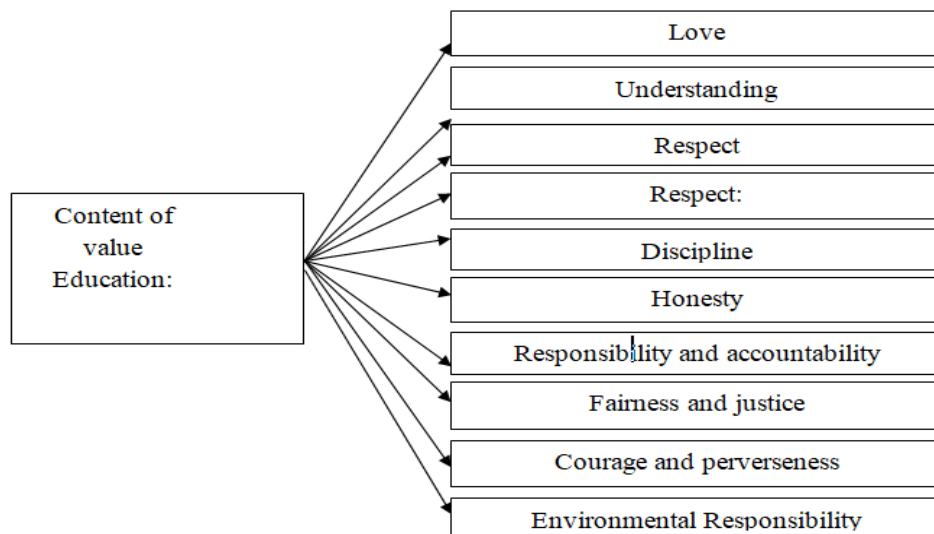


Fig: Content of value education

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.

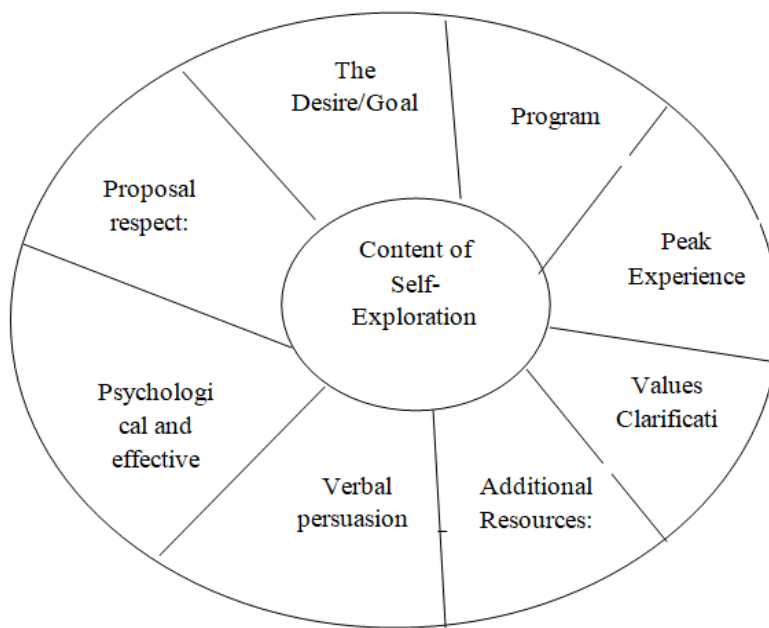


Fig: Contents/Basic requirements/factors/reasons of Self-Exploration

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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 belies, 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. The Self-Reflection and Insight Scale (SRIS) measures three factors in the self-regulation cycle: need for reflection; engagement in reflection, and insight.
2. **Seeking the experience:** Direct experience and focused reflection of the individual towards increase knowledge, develop skill and clarify values. Experiancwe 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. It shows not just what went right or wrong in the past, but the repeatable ways you envision actions being taken moving forward.
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 .

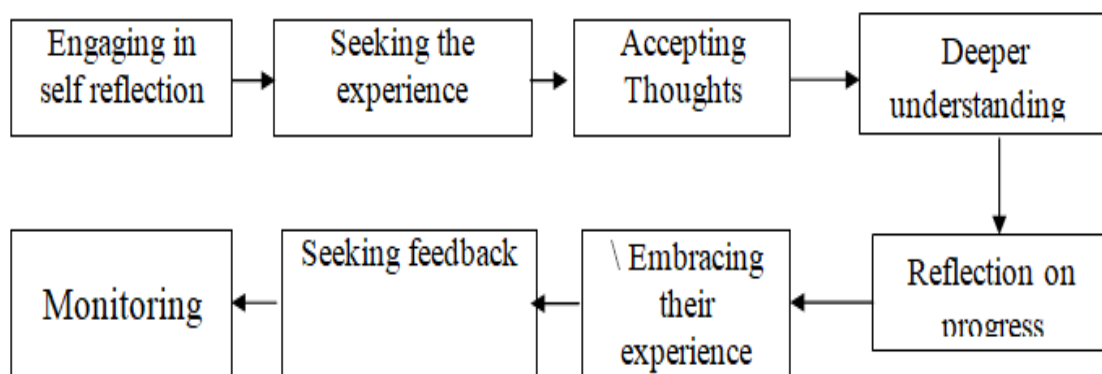


Fig : Formulation Purpose of experiential validation

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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. are based on common goals like need to be happy, need to be respected, need to get prosperity. So our basic acceptance remains the same.
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.

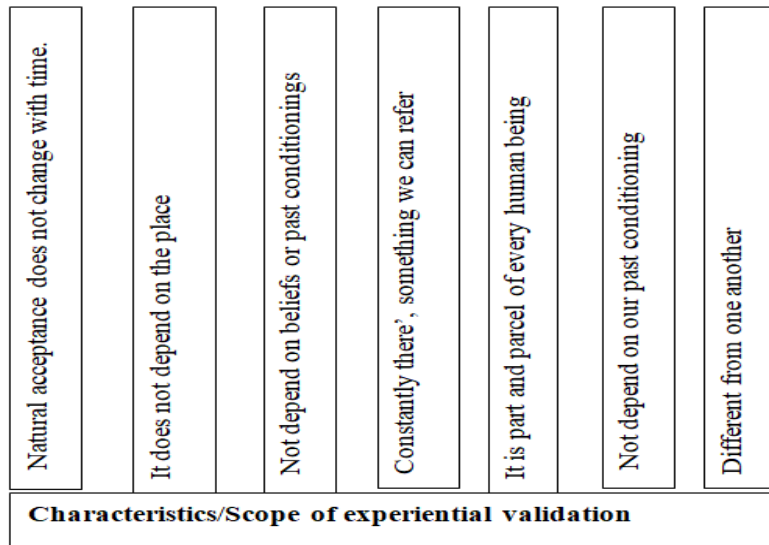


Fig: Characteristics principles experiential validation or Natural acceptance

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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. Once we have verified that a proposal is naturally acceptable to us, we are sure that it is something which we would like to live with.
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.

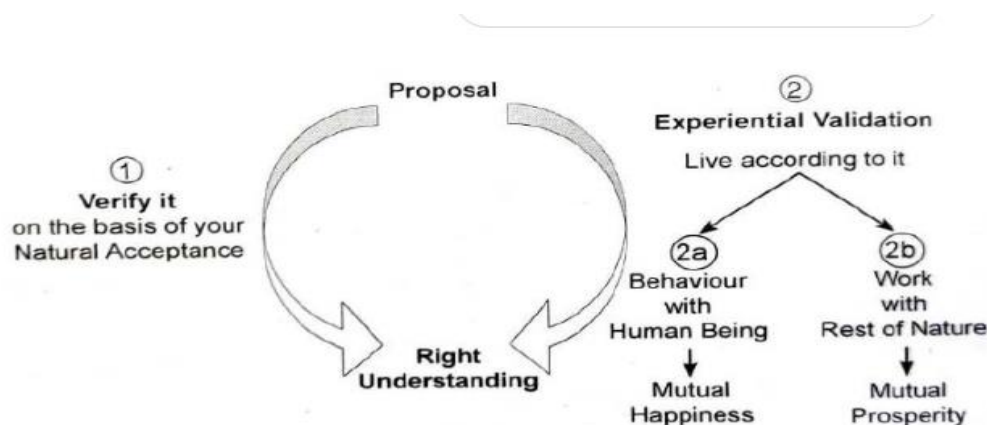


Fig. 2-3. Process of Self-exploration

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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 se self-exploration_if, 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 p of focusing attention on yourself, our present beliefs and aspirations vis-à-vis what we really want to be is 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 evol 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 explc 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 destroys 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. **Exciseve 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.

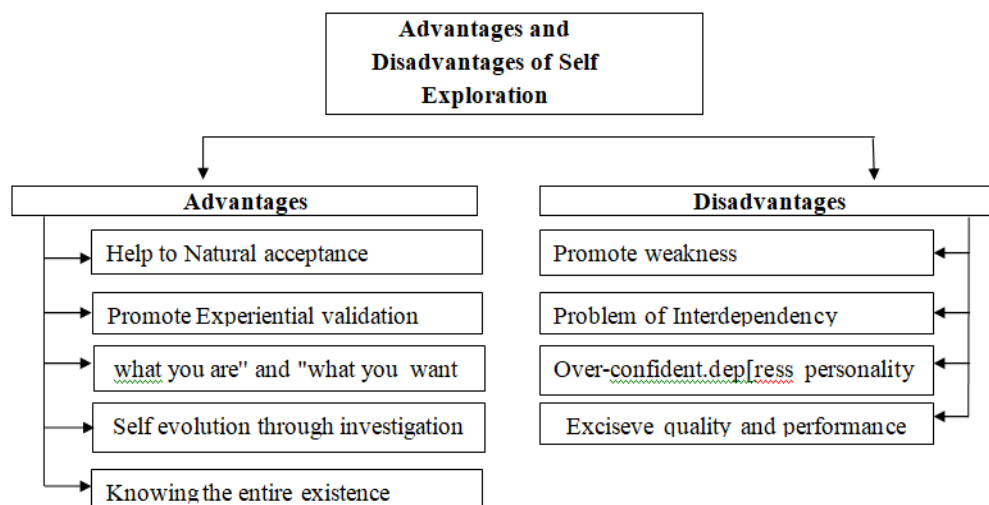


Fig : Advantages and Disadvantages of self-exploration?

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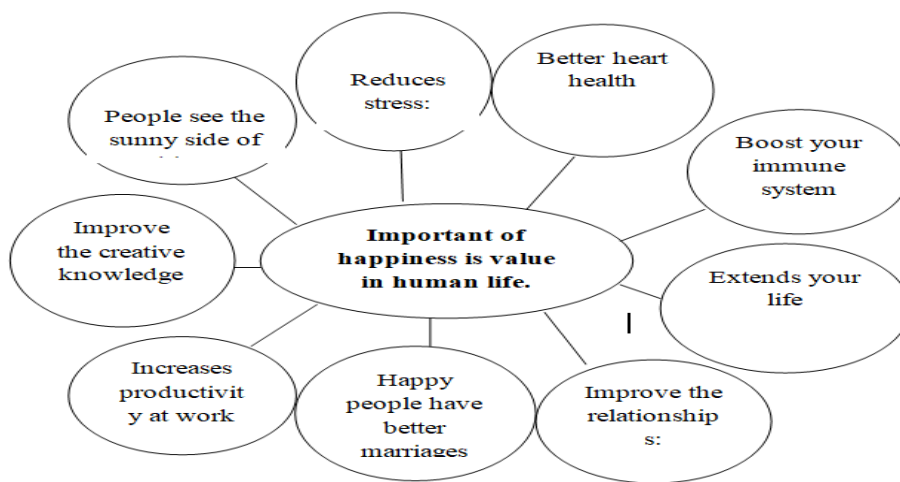
Q.11.What is Happiness? Important/need/why happiness is value in human life?

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. If you have a stressful lifestyle, make time for things that make you 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 the 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 mentally 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 wellbeing. 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 intake When 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 organise 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 ,

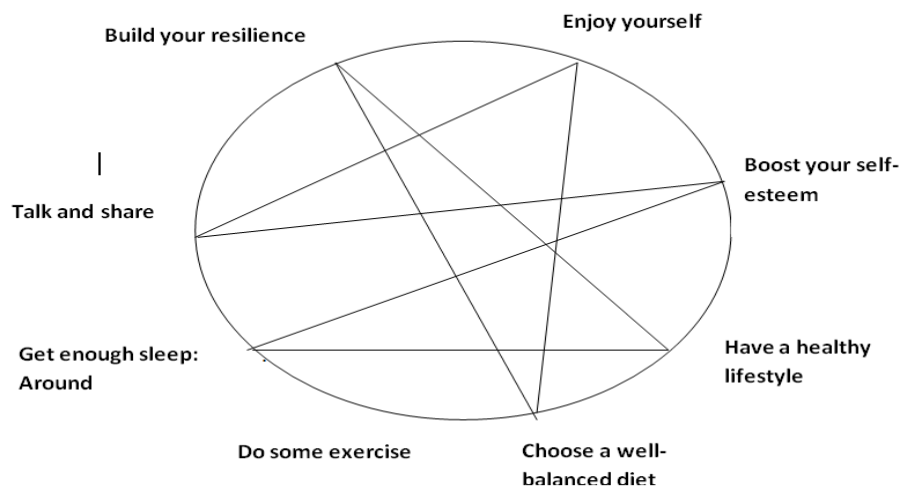


Fig : Key Signs of Happiness/how you become happier

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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. In a cancer centre, buildings include structures that house the centre's operations, including its clinical services, support services,
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 ete 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. needed for 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
<p>1. Nature: It the state of success, good fortune. When someone possesses more than required number of physical facilities, they may feel 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>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 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>

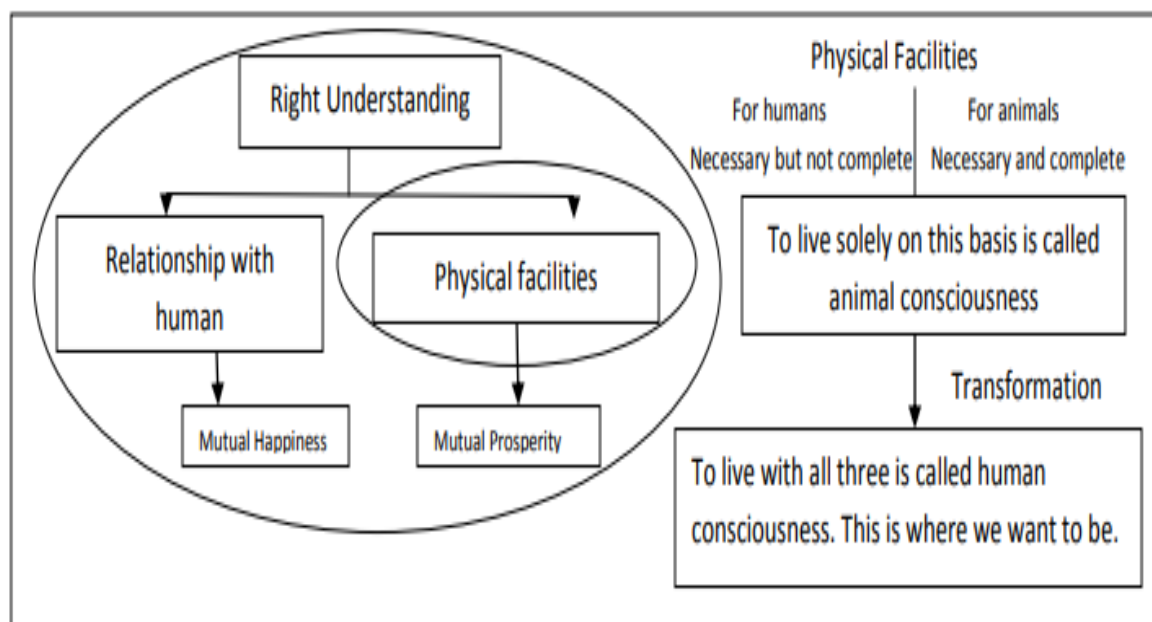
Q.15.What is Right Understanding? Explain the benefits of right Understanding?

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. Such plans will have to be based on the Eightfold Path with its emphasis on self effort, self control, and respect for the individual.
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. This Dhamma includes the Four Noble Truths and the principles of kamma and rebirth..
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. Understanding the close connection between craving and suffering, he will realize the importance of holding desire in check by simple living..
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. Recognizing the objectivity of the moral law and the undeviating connection between deeds and their results,
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. The ability to remain equanimous amidst the fluctuations of fortune is a benefit of right understanding.

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 him self:** 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 purposefull** 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 asperations and goales:** 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/ Cretical 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 intime 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 behaviour, 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 resilent in face of lefe 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. Resilient people tend to maintain a more positive outlook and cope with stress more effectively.
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. Many balances to be found and all of them demanding hard work.

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. Always stay true to yourself and don't sacrifice who you are for anyone. I love people not for what they do but for who they are.
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. It is like gardening; nature gives you back what you invest in it. Shoot for the heart and the mind will follow. Show your passion and you'll make others sparkle with you.
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 pétillent". 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. We all know that the journey is the true reward. Seize the opportunity, seize the moment.
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. These endorphins interact with the receptors in your brain that reduce your perception of pain triggering a positive feeling in the body
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 Methodes/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 Relation ship:** 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 Relation ship 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, for example. Other symptoms can include insomnia, restlessness and difficulty concentrating.
- 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.*By* making an effort to be a positive presence at work, you can improve employee morale among your coworkers and leave a lasting impression.

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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 consiquencies and human consiquencies?

Human consequences	Animal consequences
<p>1. Origin: The species humans belong to is Homo Sapiens. Human evolution is the <u>evolutionary</u> process within the <u>history</u> of <u>primates</u> that led to the emergence of <u>Homo sapiens</u> as a distinct species of the <u>hominid</u> family,</p> <p>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, fish, beans, or tofu; and vegetables.</p> <p>3. Mental Abilities: Humans have the ability to think critically and act accordingly. Also, they can express our emotions (happiness, sadness, excitement, 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. Therefore 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 behaviour.</p> <p>7. Survival Strategies: The eight SSs</p>	<p>1. In the case of animals, there are various species that are involved. The Bilateria include the <u>protostomes</u>, containing animals such as <u>nematodes</u>, <u>arthropods</u>, <u>Flatworms</u>, <u>annelids</u> and molluscs, and the <u>deuterostomes</u>,</p> <p>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.</p> <p>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 differences between humans and animals.</p> <p>4. Some animals have a ruminant digestive system. For example, sheep have a four chambered stomach. However, their digestion not as efficient as humans.</p> <p>5. Most animals walk on four legs, and they are called quadrupedalism. Also, some animals have different kinds of locomotion on the body structure base. For example, crocodiles, snakes are crawl on land</p> <p>6. Animal communication is the transfer of information through intentionally, symbolic name use, emotional expression, learning and <u>sexual behavior</u>, are being understood.</p> <p>7. Every thing from protecting territories,</p>

are Rescue Attachment, Assertiveness (Goal Achievement), Adaptation (Goal Surrender), Fight, Flight, Competition,; Love, Adaptation; Goal Surrender, Rescue/Caretaking, Attachment	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.
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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 to that of the first Arbitration.

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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Univarsal Human values -2

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. **Devepop 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.

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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 who 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 it's 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: this 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
1. Nature: person or thing referred to with respect to complete individuality: one's own self. a person's nature, character, etc.:	1. The physical substance of the human organism composed of living cells and extracellular materials and organized into tissues, organs, and systems.
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	2. The <u>cell</u> 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. System; System relating to is the interests, opinions, behaviors, and behavioral orientations of an individual, group, or culture.	3. The biological machine made of body systems; groups of organs that work together to produce and sustain life. Cells and molecules.
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	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. Representation: Self representing to others greatly influences how they think, feel, and behave, and is ultimately related to the construct of identity	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 <u>internal</u> 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. **Failure:**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.

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.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 aspectsd .:** 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. **Evaluation 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/factores 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:** he 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.

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 everyday. 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 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 Asperation** :Doer means “one who does” or “the one who takes decisions to do something”.Hence I am the Doer (Karta).
3. **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 - from the tongue.
- i. **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.
 - ii. **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.
 - iii. **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
<ol style="list-style-type: none"> 1. Consciousness: Consciousness forms the basis for values and values based living.. This aspect of the self refers to our capacity to experience joy 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. 3. Appearances: It does not depict someone based on appearances, names, or locations. mental picture, generally of a kind that is quite resistant to change, that depicts not only details that are potentially avail 4. Abstract Notions: It distinguishes people based on abstract notions such as ideas, thoughts, and ideals. 5. Physical Form: Similarly, "self" relates to an individual's soul, which does not have a physical form. 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. 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 	<ol style="list-style-type: none"> 1. Physical Features Physical attraction itself includes universal perceptions common to all human cultures such as facial symmetry. 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. Outward appearance of any person, 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, which does not have a physical form. 4. Traits: Personality traits reflect people's characteristic patterns of thoughts, feelings, and behaviors. 5. Identity : In psychology, the term "identity" is most commonly used to describe personal identity, 6. Survive :The human body requires good nutritious food and habits in order to survive .It is the individuality promoti0opn activity 7. It a relatively positive emotional state of satisfaction and inner peace. The concept of body and mind interplay (including relationship

situation.	factor) .
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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 and balance. Some of these activities include:
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. To maintain harmony in the "I" it's important for individuals to engage in activities that promote well-being and balance, such as mindfulness practices, physical exercise

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Q17.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.

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 Swasthya and health in harmony?

Steps/programs/Formulation to ensure the Swasthya 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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Universal Human values -2

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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changing the subject, putting off a discussion until later, or simply not bringing up the subject of contention.

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. justice speaks to the idea of fair processes, and how people's perception of fairness is strongly impacted by the quality of their experiences
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, but also that minority communities should be equally represented in public institutions.
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

this is the feeling of relatedness to all human beings. It starts with identifying that one is related to the other human being (the feeling of affection) and it slowly expands to the feeling of being related 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 ourself 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.

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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 have recognized 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, (both identified on the basis of right understanding) 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 picking your battles, happy couples take time to put in the work. Feeling supported and emotionally safe are just a few signs of happy relationships.
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 of stress 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 to bring us plenty of laughs and as a result lots of joy. Relationships have been around since the beginning of time.
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. Having alone time is a necessity, but loneliness can be a painful experience. Relationships help with any loneliness or feelings of isolation
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 and unique 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. Recognise : 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 prepare ourselves 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, professional or 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 feel at 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 appropriate direction. 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. Finally, the aspirational values were identified and honed to work towards as a common goal for the family.
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. Let the other person know that the tone or language wasn't intended to be harsh, and that you apologize. An apology goes a long way in my house.
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. They could spend time in their room, laying on their bed, snuggling with you, walking outside, creating a craft, writing, drawing, or even looking out their window. Just 10 minutes to bring the mind back to quietness.
 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.
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Q 9. What do you mean by right utilization of the human endeavor in reference to education, health & justice?

Right utilization: It is 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. The importance of improving

relations in the workplace is that it will build healthy relationships where the employees will stand united, communicate freely, and feel connected

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/formulation/ensuring of harmony relationship min 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 your neighbors.
2. **Connect with your neighbours:** 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 neighbours so you can build a sense of community in the neighbourhood..

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 viswas 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:

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.

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.

1. **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.
2. **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.
3. **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.
4. **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 need to be approached carefully.
5. **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.
6. **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.]
7. **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.
8. **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
<ol style="list-style-type: none">1. Aspirations : Intention is what one aspires for (our natural acceptance)2. Ethical values: every human being wants to do what is right.3. Judge: On the basis of intention we judge ourselves for ability and skills.4. We trust our own intention when we are not ready.5. Mistrust: Mistrust is come out when we deny relationship intentionally to others.6. Feeling : We have feeling of being related to others for perform Task7. Capability: Intention pertains to a person's deliberate plan or aim to act in a particular way.8. Motivation: Intention represents motivation to use that competence	<ol style="list-style-type: none">1. Competence is the ability to fulfil the aspiration.2. competence may be lacking which needs to be developed through proper understanding3. on the basis of competence we judge others towards ability and skills4. We are ready to trust the others in competency.5. 5.In competence Trust is most outcome of an individual.6. In competence we start helping others in all aspects.7. Competence refers to an individual's capacity or ability to perform tasks or roles effectively.8. It implies mastery of specific skills and knowledge.

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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 multicellular 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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