

UHV QnA



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Based on these answers these questions:-

1. How is human beings co-existence of self and body?
2. Explain pre-conditioning, sensation, and natural acceptance?
3. Analyze how needs of the self are continuous in time and limited in the quantity, while those of the body is not.
4. The need of self is qualitative whereas the need of the body are quantitative. Illustrate.
5. Distinguish between the needs of the self and the needs of the body.
6. Do you think that human beings are sum-total of sentiments and physical aspects the self and the body? Explain your answer using examples.
7. What is Imagination? What is pre-conditioning? What is their sources?
8. "I am the seer, doer, and enjoyer. My body is only an instrument "Explain.
9. Elaborate how sensation from the body cannot be source for continuous happiness.
10. How can we ensure harmony in self ('I')? What do you mean by right utilization of the body? Explain.
11. What are the programs for ensuring the health of the body? Explain.
12. What is the responsibility of the self towards the body? How is it fulfilled?
13. In what way can we say that the human body is a self organized unit?
14. Differentiate between Exercise and Labour.
15. With appropriate diagram analyze yourself and explain the activities of your imagination. Justify your activity of imagination with suitable example.
16. List down the activities of imagination in the self.
17. What is Self regulation. Explain the program for staying Healthy.
18. What is Value education? Why there is a need of Value Education? How does value education helps in fulfilling one's aspirations? Explain with suitable example.
19. What are the basic guidelines for value education?
20. How do values relate to our day to day living?
21. "For success in any Human Endeavour both values and skills are required". Explain with suitable example.
22. "Process of self-exploration leads to realization and understanding". Explain with example.
23. What do you mean by self-exploration? What is the need for self-exploration?
24. Illustrate the purpose of self-exploration
25. Self-exploration is a process of Dialog between "what you are" and "what you really want to be" explain and illustrate.
26. What do you mean by natural acceptance? Is it innate, invariant and Universal?
27. What do you understand by prosperity? What is the difference between prosperity and wealth?

How are the two related?

28. "Physical facilities are necessary and complete for animals, while they are necessary but not complete for humans" comment with appropriate justification.
29. Explain the basic requirements to fulfil human aspirations. Give the correct priority among them.
30. Distinguish between "human consciousness" and "animal consciousness".
31. What is happiness and prosperity? Are they related to each other? Can happiness be obtained without prosperity? Explain
32. There are many problems manifest today at the level of individual, family, society and the nature. Identify some of these problems humans suffer from.
33. "Right understanding + Relationship = mutual fulfilment; Right understanding + physical facility = mutual prosperity". Illustrate the above with suitable example.
34. What do you understand by "trust"? What is its importance in human relationship?
35. Define affection or How dose affection lead to harmony in the family?
36. Explain the feeling of Care and feeling of Guidance
37. Explain the feeling of Glory and feeling of Gratitude
38. Define Love or How can you say that love is the complete value?
39. What is meaning of justice in human relationship? How does it follow from family to world family?
40. What are the issues on which differentiation in relationship in prevalent in the society?
41. Explain the problems faced due to differentiation in relationship.
42. How do we differentiate between intention and competence, when you have to judge the other? Why it is important?
43. What are the different values necessary in human-to-human relationship? How do they lay the foundation for an undivided human race?
44. "Family is a natural laboratory to understand human relationship" elaborate this statement.
45. In our behaviour, we generally observe our intention and others lack of competence. Does it lead to mutual happiness? What is the alternative? Explain with the help of an example.
46. What is the basis of respect for a human being? Do you see that the other human being is also similar to me? Explain.
47. What is the role of value system in family harmony? How can you maintain harmony in relationship?
48. What are the five dimension of human endeavour? How are they helpful in achieving the comprehensive human goal?
49. "Right understanding in the individuals is the basis for harmony in the family, which is the building block for harmony in the society" give your comments.
50. Explain how production activities can be enriching to all the orders of nature. Give any two examples?

Here are answers to the selected questions based on the provided documents:

1. How is human beings' co-existence of self and body?

A human being is the coexistence of the Self and the Body. The Self, also known as "Jeevan," is the domain of consciousness responsible for knowing, assuming, recognizing, and fulfilling. The Body is a material entity that executes actions based on the instructions of the Self. The Body serves as an instrument of the Self, allowing it to perceive and interact with the physical world.

2. Explain pre-conditioning, sensation, and natural acceptance.

- **Pre-conditioning:** It refers to beliefs, norms, and assumptions adopted from society, family, or past experiences. It influences our thinking without verification.
- **Sensation:** Information received through the five senses (sight, sound, touch, taste, and smell) that provides temporary pleasure.
- **Natural Acceptance:** An innate sense of what is right and universally acceptable. It is stable, does not change with time or place, and leads to harmony.

3. Analyze how needs of the self are continuous in time and limited in quantity, while those of the body are not.

The needs of the Self, such as happiness, trust, and respect, are continuous and always required. In contrast, the needs of the Body, such as food and shelter, are limited and vary based on age, health, and environment.

4. The need of self is qualitative whereas the need of the body is quantitative. Illustrate.

The need of the Self, like happiness and respect, is qualitative because it cannot be measured but only experienced. In contrast, the need of the Body, such as food and clothing, is quantitative because it can be measured in specific amounts.

5. Distinguish between the needs of the self and the needs of the body.

Aspect	Needs of the Self	Needs of the Body
Nature	Qualitative (e.g., happiness, trust)	Quantitative (e.g., food, shelter)
Continuity	Continuous in time	Temporary and based on physical conditions
Fulfillment	Achieved through right understanding and relationships	Achieved through physical facilities

6. Do you think human beings are a sum-total of sentiments and physical aspects (the Self and the Body)? Explain.

Human beings are not just a sum of physical aspects but a coexistence of the Self and the Body. The Self governs emotions, understanding, and consciousness, while the Body is an instrument used by the Self for interaction with the physical world.

Let me know if you need answers to more questions.



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7. What is Imagination? What is Pre-conditioning? What are their sources?

- **Imagination** is the process by which the Self forms desires, thoughts, and expectations. It influences human actions and emotions.
- **Pre-conditioning** refers to beliefs and assumptions acquired from external influences such as society, culture, and upbringing. These may not be based on one's own verification.

- **Sources of Imagination:**

1. **Pre-conditioning** – Based on societal norms and past experiences.
2. **Sensation** – Derived from the five senses.
3. **Natural Acceptance** – The inherent ability to determine what is universally right.

8. “I am the Seer, Doer, and Enjoyer. My body is only an instrument.” Explain.

The Self is the **Seer** (the one who perceives), the **Doer** (the one who decides and initiates actions), and the **Enjoyer** (the one who experiences feelings like happiness or unhappiness). The Body acts as an instrument that executes actions based on the instructions from the Self.

9. Elaborate how sensation from the body cannot be a source for continuous happiness.

Sensations from the body (like taste, smell, or physical comfort) are **temporary** and **dependent on external factors**. They provide **momentary pleasure**, but not lasting happiness. True happiness arises from right understanding and harmonious relationships.

10. How can we ensure harmony in self ('I')? What do you mean by right utilization of the body? Explain.

- **Ensuring harmony in the Self** involves:
 1. Understanding **natural acceptance** (what is truly right).
 2. Aligning desires, thoughts, and expectations with natural acceptance.
 3. Living with right understanding, relationships, and co-existence.
- **Right utilization of the body** means:
 1. Using it as an instrument for fulfilling human aspirations.
 2. Keeping it healthy through proper **nurturing, protection, and utilization**.
 3. Engaging in meaningful work that contributes to individual and societal well-being.

Let me know if you want more answers.



keep doing it, till the last question is answered

11. What are the programs for ensuring the health of the body?

The program for maintaining health includes:

1. **Nurturing the body** – Providing necessary inputs such as nutritious food, clean water, fresh air, and sunlight.
2. **Protecting the body** – Ensuring safety from harmful conditions like extreme weather, infections, and injuries.
3. **Right utilization of the body** – Using the body to fulfill meaningful activities that align with human aspirations.

12. What is the responsibility of the self towards the body? How is it fulfilled?

The self is responsible for maintaining the body's health through:

- **Nurturing** (providing appropriate food, water, air, and sunlight).
- **Protection** (safeguarding against external harm).
- **Right utilization** (using the body for meaningful activities).

13. In what way can we say that the human body is a self-organized unit?

The human body functions as a **self-organized unit** because:

- It maintains internal harmony among its cells, tissues, and organs.
- It follows a natural cycle of regulation, repair, and self-maintenance.
- The body works in synchronization with nature (e.g., circadian rhythms, immune responses).

14. Differentiate between Exercise and Labour.

Aspect	Exercise	Labour
Purpose	Improves physical fitness and body function	Produces a physical facility or tangible output
Outcome	Does not create anything material, only enhances bodily health	Results in the creation of useful products or services
Examples	Yoga, running, gym workouts	Farming, construction work, cleaning.

15. Analyze and explain the activities of imagination.

Imagination consists of:

1. **Desire** – What we want to achieve (e.g., happiness, success).
2. **Thought** – How we plan to achieve our desires.
3. **Expectation** – The way we express our desires and thoughts in the external world.

16. List down the activities of imagination in the self.

- Desire formation
- Thought processing
- Expectation setting
- Emotional responses based on past experiences
- Decision-making and planning.

17. What is self-regulation? Explain the program for staying healthy.

Self-regulation is the responsibility of the self to maintain harmony with the body.

The program for staying healthy includes:

- A **balanced lifestyle** (proper diet, sleep, and daily routine).
- **Physical activities** like exercise and labour.
- **Postural practices** such as yoga.
- **Regulated breathing** techniques like Pranayama.
- **Medical care** when necessary.

18. What is Value Education? Why is it needed? How does it help in fulfilling one's aspirations?

Value education is the process of understanding and practicing human values like trust, respect, and harmony.

Need for Value Education:

- It helps in making ethical decisions.
- It aligns one's aspirations with a meaningful life.
- It ensures holistic development beyond material success.

19. What are the basic guidelines for Value Education?

- **It should be universal** – applicable to all humans.
- **It should be rational** – based on logical reasoning.
- **It should be natural** – aligned with human nature.
- **It should be experiential** – verified through real-life experiences.

20. How do values relate to our day-to-day living?

Values guide our interactions, decisions, and way of life. For example, trust builds strong relationships, respect ensures social harmony, and care promotes well-being.

I'll continue with the remaining questions in the next response.



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21. "For success in any Human Endeavour both values and skills are required." Explain with a suitable example.

- **Values** define **what to do**, while **skills** define **how to do it**.
- A person with technical skills but no ethical values may misuse their expertise, leading to harmful consequences.
- Example: A skilled software engineer who lacks ethical values might create malware or engage in hacking, causing harm instead of contributing positively.

22. "Process of self-exploration leads to realization and understanding." Explain with an example.

- Self-exploration involves **analyzing one's desires, thoughts, and expectations** to align them with natural acceptance.
- Example: A person initially focused on material wealth may, through self-exploration, realize that **true happiness** comes from relationships and mutual well-being.

23. What do you mean by self-exploration? What is the need for self-exploration?

- **Self-exploration** is a process of introspection to **understand oneself, one's aspirations, and one's role in society**.
- It is needed to:
 1. Identify real aspirations beyond material gains.
 2. Achieve harmony within oneself and with others.

3. Make ethical decisions.

24. Illustrate the purpose of self-exploration.

- The purpose of self-exploration is **to develop right understanding and align one's actions with natural acceptance.**
- It helps in:
 - Achieving **happiness and prosperity.**
 - Resolving contradictions in thoughts and behavior.

25. Self-exploration is a process of dialogue between “what you are” and “what you really want to be.” Explain and illustrate.

- **What you are:** Your current beliefs, assumptions, and behaviors.
- **What you really want to be:** Your natural acceptance of happiness and harmony.
- Example: If a student cheats in exams to pass, self-exploration may help them realize that true success comes from understanding, not shortcuts.

26. What do you mean by natural acceptance? Is it innate, invariant, and universal?

- **Natural acceptance** refers to **the intrinsic ability to differentiate between right and wrong.**
- It is:
 - **Innate** – Present in every human from birth.
 - **Invariant** – Does not change over time or place.
 - **Universal** – The same for all human beings.

27. What do you understand by prosperity? What is the difference between prosperity and wealth? How are the two related?

- **Prosperity** is the **feeling of having more than required** physical facilities, while **wealth** refers to material possessions.
- A person with excessive wealth but constant greed is not prosperous.

28. “Physical facilities are necessary and complete for animals, while they are necessary but not complete for humans.” Explain.

- Animals need only physical facilities (food, shelter) for survival.
- Humans need **both physical facilities and right understanding** to be truly fulfilled.

29. Explain the basic requirements to fulfill human aspirations. Give the correct priority among them.

1. **Right understanding** – The highest priority as it ensures harmony.
2. **Relationship** – Builds trust and mutual fulfillment.
3. **Physical facilities** – Necessary but should not be the sole focus.

30. Distinguish between “human consciousness” and “animal consciousness.”

Aspect	Human Consciousness	Animal Consciousness
Guiding Factor	Right understanding	Sensation-based behavior

Aspect	Human Consciousness	Animal Consciousness
Needs	Relationships, values, meaning	Food, shelter, reproduction
Growth	Intellectual and ethical evolution	Biological survival.

31. What is happiness and prosperity? Are they related? Can happiness be obtained without prosperity? Explain.

- **Happiness:** A state of **harmony in the self**.
- **Prosperity:** A feeling of **having enough physical facilities**.
- **Relationship:** Happiness is possible even without excessive prosperity, but lack of physical necessities can affect well-being.

I'll continue answering the remaining questions in the next response.



don't stop, keep answering each and every question till the last

32. Identify some problems humans suffer from at the levels of individual, family, society, and nature.

Level	Problems
Individual	Stress, anxiety, lack of clarity in purpose, greed, dissatisfaction.
Family	Lack of trust, dominance, comparison, lack of fulfillment in relationships.
Society	Discrimination, corruption, crime, exploitation, conflicts.
Nature	Pollution, deforestation, climate change, resource depletion.

33. "Right understanding + Relationship = Mutual fulfillment; Right understanding + Physical facility = Mutual prosperity." Illustrate with examples.

- **Mutual fulfillment:** If a family has trust and affection, they feel secure and happy, even with limited wealth.
- **Mutual prosperity:** If a company ensures fair wages and a healthy work environment, employees feel valued, leading to better productivity and well-being.

34. What do you understand by "trust"? What is its importance in human relationships?

- **Trust** is the **assurance that the other person intends to make me happy and prosperous**.
- **Importance:**
 - **Foundation of relationships:** Without trust, relationships collapse.
 - **Reduces conflict:** Doubting intentions leads to opposition and misunderstandings.

35. Define affection. How does affection lead to harmony in the family?

- **Affection:** The **feeling of being related to the other** unconditionally.
- **Leads to harmony** because:
 - It fosters **mutual responsibility and commitment**.

- It prevents **opposition, jealousy, and conflict**.

36. Explain the feeling of care and guidance.

- **Care:** Taking **responsibility for the body** of a relative (e.g., providing food, healthcare).
- **Guidance:** Ensuring **right understanding and feelings** in a relative (e.g., teaching moral values to children).

37. Explain the feeling of glory and gratitude.

- **Glory:** Recognizing the **effort made by others to achieve excellence**.
- **Gratitude:** Appreciating **those who have contributed to my growth** (e.g., parents, teachers).

38. Define love. How can you say that love is the complete value?

- **Love** is the **feeling of being related to all**.
- It is **complete** because:
 - It includes **trust, respect, affection, care, and gratitude**.
 - It extends beyond family to **all of humanity**.

39. What is the meaning of justice in human relationships? How does it extend from family to the world?

- **Justice:** Recognizing, fulfilling, and evaluating human relationships to ensure **mutual happiness**.
- **Extension:**
 - Justice within the **family** builds trust and harmony.
 - Justice at the **societal level** leads to a world with fairness and peace.

40. What are the issues on which differentiation in relationships is prevalent in society?

1. **Body-based:** Gender, age, physical appearance.
2. **Wealth-based:** Social class, economic disparity.
3. **Belief-based:** Religion, caste, political ideologies.

41. Explain the problems faced due to differentiation in relationships.

- Disrespect, discrimination, exploitation, **lack of unity**.
- Leads to **conflicts and injustice** in families, workplaces, and societies.

42. How do we differentiate between intention and competence when judging others? Why is it important?

- **Intention** is about **one's natural acceptance** of doing good.
- **Competence** is about **one's ability** to do good.
- **Importance:**
 - Misjudging someone's **competence as a lack of intention** leads to mistrust.

43. What values are necessary in human-to-human relationships? How do they lay the foundation for an undivided human race?

Values	Role in Society
Trust	Ensures mutual assurance and reduces conflicts.
Respect	Promotes equality and eliminates discrimination.
Affection	Strengthens relationships within families and communities.
Care & Guidance	Supports well-being and knowledge-sharing.

44. "Family is a natural laboratory to understand human relationships." Elaborate.

- The family provides **first-hand experiences** in **trust, care, guidance, and responsibility**.
- Mistakes and **conflicts in the family teach problem-solving** and mutual respect.

45. Why do we observe our intention but others' lack of competence? Does this lead to happiness? What is the alternative?

- We **excuse our own mistakes as accidents but judge others harshly**.
- This **causes irritation, anger, and broken relationships**.
- **Alternative:** Recognizing **intention first** and helping others improve their competence.

46. What is the basis of respect for a human being? Do you see that the other human being is also similar to me? Explain.

- **Respect = Right evaluation** of one's intention and competence.
- Since **all humans share the same basic aspirations**, we are **fundamentally similar**.

47. What is the role of the value system in family harmony? How can you maintain harmony in relationships?

- **Role of values:** Ensuring trust, care, and mutual fulfillment in the family.
- **How to maintain harmony:**
 - Right **understanding** in relationships.
 - **Balancing physical needs and emotional well-being**.

48. What are the five dimensions of human endeavor? How are they helpful in achieving the comprehensive human goal?

1. **Right understanding** – Clarity about life.
2. **Relationship** – Mutual happiness.
3. **Health** – Well-being of the body.
4. **Wealth** – Sufficient physical facilities.
5. **Participation in nature** – Sustainable living.

49. "Right understanding in individuals is the basis for harmony in the family, which is the building block for harmony in society." Comment.

- Without **right understanding**, individuals face conflicts.
- Harmonious individuals **create strong families**.
- Strong families **form a peaceful society**.

50. Explain how production activities can be enriching to all the orders of nature. Give two examples.

- **Sustainable farming:** Avoiding chemicals preserves soil and benefits both humans and the environment.
- **Renewable energy:** Solar and wind energy provide clean power without harming nature.

This completes all the questions. Let me know if you need further clarification.



Answer the following questions.

What is happiness?

Define Value Education

What is right understanding? How to know whether my understanding is right or wrong?

“Do I understand human relationships? Do I know what the other person’s expectations from me?”

Differentiate between Exercise and Labour

What is natural acceptance? How can we say that Natural Acceptance is invariant with time? Justify it with suitable example.

There is a need for value education, but can we deliver it in today’s environment? Explain it based on your Understanding, Thinking and Doing.

Differentiate between the needs of the Self with body on the basis of following parameters:-

- Are they temporary or continuous
- Quality and quantity
- Definite or In definite
- Fulfillment

With appropriate diagram analyze yourself and explain the activities of your imagination. Justify your activity of imagination with suitable example.

1. What is happiness?

Happiness is a **state of harmony within the self**. It is not dependent on external materialistic possessions but arises from **right understanding, right feelings, and fulfilling relationships**.

2. Define Value Education.

Value Education is the **understanding of human values** and **how to apply them in life** to ensure harmony at all levels—self, family, society, and nature.

3. What is right understanding? How to know whether my understanding is right or wrong?

- **Right Understanding** is the knowledge that leads to harmony in self, relationships, and coexistence with nature.
- **To verify right understanding**, check if it is:
 1. **Universal** – True for all people.
 2. **Invariant** – Consistent across time.
 3. **Experientially verifiable** – Can be tested through experience.

4. “Do I understand human relationships? Do I know what the other person’s expectations from me?”

- **Understanding relationships** means recognizing the **values needed for mutual happiness** (trust, respect, affection, care, etc.).
- If we fulfill **natural expectations** like trust and respect, relationships remain harmonious.

5. Differentiate between Exercise and Labour.

Aspect	Exercise	Labour
Purpose	Improves physical fitness	Produces a useful outcome
Outcome	No tangible output	Creates physical facilities
Examples	Jogging, yoga, gym workouts	Farming, construction work.

6. What is natural acceptance? How can we say that Natural Acceptance is invariant with time? Justify with an example.

- **Natural acceptance** is the **innate ability to recognize what is right and fulfilling**.
- It is **invariant with time** because:
 - **Example:** Truth and justice are universally accepted across different cultures and eras.

7. There is a need for value education, but can we deliver it in today’s environment? Explain.

- **Yes, we can deliver value education** by:
 - Encouraging **self-exploration** to understand values.
 - Integrating it into formal education and professional life.
 - Teaching ethical behavior alongside skill development.

8. Differentiate between the needs of the Self and the Body based on various parameters.

Parameter	Needs of Self	Needs of Body
Temporary or Continuous	Continuous (happiness, respect)	Temporary (food, shelter)
Quality & Quantity	Qualitative	Quantitative
Definite or Indefinite	Definite (trust, respect)	Indefinite (greed for more facilities)
Fulfillment	Achieved through right understanding	Achieved through physical facilities .

9. Analyze yourself and explain the activities of your imagination. Justify with an example.

- **Imagination consists of:**
 1. **Desires** – What I want (happiness, success).
 2. **Thoughts** – How I plan to achieve desires.
 3. **Expectations** – Expressing desires and thoughts in the external world.
 - **Example:** If I desire a fulfilling career, I will **think** about learning relevant skills, and my **expectations** will lead me to work hard.
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This answers all your questions. Let me know if you need further clarifications.