

UHV

2 MARKS

QUESTION AND ANSWERS

1. Values Means?

Values are a person's or group's beliefs or ideals that help determine what is desirable or undesirable. They can also be defined as the personal qualities that guide a person's actions, and how they treat themselves and others.

Values can be:

Personal: Beliefs about right and wrong that may or may not be considered moral

Cultural: Values accepted by a society or religion that reflect what is important in that context

2. Human Values?

Human values are the principles and beliefs that guide a person's daily life and interactions with others. They are a fundamental part of human nature and can be abstract or concrete. Some examples of human values include:

Respect, acceptance, consideration, appreciation, listening, openness, affection, empathy, love, and truth.

Human values are important because they help people live together in harmony and contribute to peace. They also help people determine how they spend their time and energy.

3. Value Education?

Value education is a type of education that helps students develop core values and learn how to apply them to their lives. These values can include honesty, respect, responsibility, empathy, and integrity. Value education can help students:

Develop a sense of right and wrong

Guide their character development and decision-making

Create sustainable attitudes

Increase awareness of history, rights, and the environment

Promote a sense of brotherhood and patriotism

Become more accepting of all cultures and religions

Value education can take place in schools, family homes, clubs, and religious and other organizations. Parents are often the first teachers, and their conduct and behavior can have a major influence on their children.

4. Self-Exploration?

Self exploration 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 ourself. We live with different entirety (family, friends, air,

soil, water, trees, etc.) and we want to understand our relationship with all these. For this we need to start observing inside.

5.Natural Acceptance?

Natural acceptance is a mechanism of self-exploration. Natural acceptance is process to understand ourself 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.

6.Svatva?

Swatva means innateness of self – the natural acceptance of harmony. When I identify my innateness, what I really want to be.

7.Swatantrata?

Swatantrata means being self- organized – being in harmony with oneself. When I identify my innateness, what I really want to be and establish a dialogue with it, it enables me to become self organised, i.e. I attain harmony in myself. This is swatantrata.

9.Swarajya?

Swarajya means self-expression, self- extension – living in harmony with others. When I identify my innateness, what I really want to be and establish a dialogue with it, it enables me to become self organised, i.e. I attain harmony in myself. When I start living with this harmony, it starts expressing itself through my harmonious behaviour and work, and it naturally extends to my participation with the surroundings. This is working towards swarajya.

10.Happiness (Sukh)?

Typically, happiness is an emotional state characterized by feelings of joy, satisfaction, contentment, and fulfillment. While happiness has many different definitions, it is often described as involving positive emotions and life satisfaction.

Two key components of happiness (or subjective well-being) are:

The balance of emotions: Everyone experiences both positive and negative emotions, feelings, and moods. Happiness is generally linked to experiencing more positive feelings than negative ones.

Life satisfaction: This relates to how satisfied you feel with different areas of your life including your relationships, work, achievements, and other things that you consider important.

11.Prosperty?

The feeling of having or making available more than required physical facilities is prosperity. For prosperity, two things are required-

(1) Identification of the required quantity of physical facilities, and

(2) Ensuring availability / production of more than required physical facilities.

We can be prosperous only if there is a limit to the need for physical facilities. If there is no limit what so ever be the availability the feeling of prosperity cannot be assured.

Secondly, just assessing the need is not enough. We need to be able to produce or make available more than the perceived need.

12.Right Understanding?

Right understanding is the ability to see the world and everything in it as it is, without distortion or delusion. It's the first step in the Eightfold Path of Buddhism.

Here are some characteristics of right understanding:

Understanding reality

Right understanding involves understanding the nature of reality, including the Four Noble Truths.

Seeing life's impermanence

Right understanding involves recognizing that life is ever-changing and interdependent.

Finding what you value

Right understanding involves acknowledging suffering and difficulties, and then finding what you value and care about.

Cultivating wisdom

Right understanding is a way to cultivate wisdom, which is an important aspect of the Path.

13. Physical Facilities (Savidha)?

Physical Facilities: Access to basic resources such as shelter, food, clean water, healthcare, and education constitutes another critical component in the pursuit of a fulfilling life. These facilities lay the groundwork for individual growth, health, and overall quality of life.

14.Needs of body and self?

Needs of body	Needs of self or I
Food	Respect
Clothing	Happiness
shelter	Peace

15.What are the four levels of living?

Living in harmony with these levels is said to lead to continuous happiness and prosperity. This means being in harmony with oneself, with others, and with nature.

The four levels of living are:

- i. self
- ii. family
- iii. society and
- iv. Nature.

16. Define trust. What are the needs to develop Trust?

Trust is a person's belief that another person or institution will act in a way that is consistent with their expectations. It can also be defined as the belief that someone is honest and good, or that something is safe and reliable.

Respect others

Loyalty

Listening others words

Honest

17 what are the five dimensions of trust?

Integrity: The honesty and truthfulness of the individual

Competence: The knowledge and skills of the individual

Consistency: The reliability and good judgment of the individual

Loyalty: The willingness of the individual to protect the interests of another

Openness: The individual's willingness to be forthcoming with others

Trust is a positive expectation that someone will not act opportunistically at another's expense.

18. What is active co-existence & passive co-existence?

Coexistence exists in situations where individuals and communities actively accept and embrace diversity (active coexistence). And where individuals and communities merely tolerate other groups (passive coexistence).

19. List out five dimensions of human order?

Education and right values,

Health and discipline,

Production and work,

Exchange and storage, and

Justice and security.

20. What is justice and four elements of justice?

Justice is a concept that refers to the fair and equitable treatment of people. It can be broken down into four elements:

Recognition of values,

Fulfilment,

Evaluation, and

Ensuring mutual happiness.

21. Salient features of ethical competence?

Ethical competence is the ability to understand, apply, and demonstrate ethical values and principles in actions and decision-making. Some salient features of ethical competence include:

Understanding moral principles: Having a strong understanding of moral principles

Identifying ethical dilemmas: Being able to recognize ethical dilemmas

Making ethical choices: Having the skills to make ethical choices

Acting ethically: Acting in an ethical manner

Distinguishing between right and wrong: Being able to distinguish between right and wrong and act accordingly

Adhering to codes of practice: Adhering to codes of practice and standards

Taking responsibility: Taking responsibility for mistakes and taking steps to resolve any consequences

Expecting accountability: Expecting accountability from others

22. Vision for universal human order?

A vision for a universal human order is the aspiration for a way of life that ensures happiness for all people while living in harmony with nature. This vision is based on the idea that every person has an innate need to achieve harmony and integration across four levels:

Individual: Harmony and integration among the four dimensions of the self: thought, behavior, work, and realization

Family: Harmony and integration within the family

Society: Harmony and integration within society

Nature: Harmony and integration with nature

23. what do you mean by Professional ethics?

Professional ethics are rules and guidelines that help professionals act with integrity and honesty. They vary by profession, but generally emphasize the importance of:

Accountability: Being responsible for actions, decisions, and products

Confidentiality: Protecting personal information, such as health, family, or lifestyle details

Trustworthiness: Being honest and loyal

Respect: Respecting others and their individual rights

24. The definitiveness of human conduct?

The definitiveness of human conduct, or ethical human conduct, is the level of agreement or certainty about what is considered right or wrong behaviour. It is based on values, policies, and character. Ethical conduct is a set of actions and decisions that are in line with moral values and principles. It promotes the well-being of society and individuals.

25. summarize about interconnectedness in nature?

Interconnection is defined as the mutual relationship between bio order, animal order, physical order and human order. mediating the interplay between these elements in the context of agency and selfhood within social relations.

Interconnectedness in nature is the idea that all things in nature are dependent on each other. This interconnectedness can be seen on many levels, from local to global. Here are some examples of interconnectedness in nature.

26. Note about existence and coexistence?

Existence is ever present, and every unit in existence is related to every other unit in a mutually fulfilling manner. Peaceful coexistence is when different groups in society exist harmoniously without conflict or hostility. It's an essential element for a country's development

27. Human aspirations Means?

Human aspirations can also be categorized into basic needs and higher-level desires. Basic needs include:

Physiological needs: Food, water, shelter, and sleep

Safety needs: Physical safety, health, and financial security

Love and belonging: Relationships, friendships, and a sense of belonging to a community

Esteem needs: Self-esteem and recognition from others

28. what is mean by Natural acceptance and its benefits?

"Natural acceptance," which means embracing situations and people as they are without trying to force change or judgment, offers several benefits including:

Reduced Stress And Anxiety,

Improved Emotional Well-Being,

Better Relationships,

Increased Inner Peace,

Greater Resilience, And A

29. What is holistic technology?

Holistic technology is an approach to IT management that considers the infrastructure as a whole instead of as a collection of individual systems. A holistic technology provider is a single company that seeks to provide many technology services in an integrated whole. Holistic technology might also be used to describe technology that is designed for easy use for people and to fit in with their lives. This usage is uncommon; the term *human-centric design* is more common.

30. Holistic perception of harmony in existence?

The holistic perception of harmony in existence is the idea that reality is best understood in terms of its natural state, its relationships, and its proportions. It also involves recognizing the interconnectedness of all things, and the importance of living in harmony with others and nature.

Here are some key aspects of the holistic perception of harmony in existence:

Co-existence

The idea that existence is made up of units that are submerged in space, and that these units are self-organized and recognize their relationships with other units.

Living in harmony

The idea that humans should live in harmony by understanding and fulfilling their relationships at different levels, including within themselves, in their families, in society, and in nature.

Mind-body connection

The idea that nurturing the interplay between the mind and body is important for achieving a balanced and fulfilling life.

Living in harmony with nature

The idea that humans should live peacefully with all other organisms, even if it means exploiting them to some degree.

31. Understanding Harmony In The Society?

Harmony in society is a state of balance, peace, and cooperation among people, where relationships are stable and free from contention. Social harmony is the process of valuing, expressing, and promoting love, trust, respect, generosity, and equity for all people in society. Many societies recognize harmony as a cornerstone for peace and development. The United Nations has emphasized the need for social harmony as a means to achieve global peace and security.

32. Understanding Harmony In The Family?

Family harmony is a relationship characterized by love, intimacy, and trust between family members. It involves a shared vision and values, and a willingness to work together for the greater good of the family. Family harmony is important for the success of a family-owned business, as it allows family members to make tough decisions and steer the company in the right direction.

32. Understanding Harmony in the Self?

Harmony in the self is a state of being in peace with oneself and the world around you. It can be achieved by:

Self-acceptance

Accepting yourself as you are, including your strengths, weaknesses, and unique qualities

Mind-body connection

Practicing meditation, yoga, or mindfulness to connect your mind and body

Self-care

Prioritizing practices that support your physical and emotional well-being, such as eating well, exercising, and getting enough sleep

Alignment with values

Making choices that are in line with your values and promote your overall well-being

34. Understanding Harmony in the Body?

Self-regulation

Feeling in control of yourself, which can lead to nurturing, protecting, and using your body properly

Natural acceptance

Establishing a dialogue with your natural acceptance through self-exploration

Verifying desires

Verifying your desires, thoughts, and expectations based on your natural acceptance.

34. Understanding Harmony in the body?

Harmony in the body is when the self and the body are in balance, and the body is healthy and well-nourished. This can be achieved by:

Self-acceptance: Recognizing the body's strengths, imperfections, and unique qualities

Self-care: Prioritizing practices that support the body's physical and emotional well-being, such as eating a balanced diet, exercising regularly, and getting enough sleep

Mind-body connection: Engaging in practices like meditation, mindfulness, and yoga

Alignment with values: Making choices that promote overall well-being and are in line with personal values

Self-regulation: Feeling responsible for nurturing, protecting, and using the body properly

