

Study material + Question Bank

Subject: Universal Human Values

Descriptive:

Explain in minimum 50 words.

1. What are some of the values we require in daily life?

- 1) GRATITUDE: Being thankful
- 2) HUMILITY: Being humble
- 3) INTEGRITY: Being honest and truthful
- 4) LOVE: A complete value
- 5) TRUST: Being loyal
- 6) SINCERITY: Being genuine
- 7) ETHICS: Having good moral character
- 8) PATIENCE: Being calm in every situation
- 9) RESPECT: Treating self and others with dignity

2. What is Happiness?

Happiness means: being in harmony with ourselves.

Example: When our desire/wish gets fulfilled, we have a feeling of contentment. It gives us happiness.

It is a feeling of having contentment, love, satisfaction or pleasure.

We can get happiness when we achieve or accomplish something. For example, if we achieve good marks or a gold medal or appreciation for our efforts, we feel happy.

It also has a deeper meaning. We can also feel happy by our positive attitude, or by achieving purpose of our life. For example, if we have done some good deed, our heart is happy.

Happiness is an attitude. We can feel happy even when we are alone. It is about how we feel about ourselves.

Happiness can be created on our own. We do not have to depend on others to give us happiness.

3. What are the three keys to Happiness:

There are 3 things that make people happy:

- 1) Pleasure: Doing things you enjoy.
- 2) Engagement: Feeling interested in your activities and connected to others.
- 3) Meaning: Working towards a higher purpose of life.

4. What are the 4 levels of Happiness?

There are 4 levels of happiness:

- a) Level 1: Happiness from material objects
- b) Level 2: Happiness from ego gratification (satisfaction of ego)
- c) Level 3: Happiness from doing good for others and making the world a better place
- d) Level 4: Ultimate, perfect happiness – which doesn't depend on external things. It is an inside feeling of joy irrespective of whatever we have.

5. What is the meaning of prosperity? How can you say that you are prosperous?

The feeling of having or making available more than required physical facilities is prosperity.

Almost all of us feel that wealth alone means prosperity and try to explain this phenomenon on this nonexistent or half fact. We are trying to achieve happiness and prosperity by maximizing accumulation and consumption of physical facilities. It is becoming anti-ecological and anti-people, and threatening the human survival itself.

For prosperity, two things are required-

- 1) Identification of the required quantity of physical facilities
- 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.

6. What is the difference between prosperity and wealth? What is more acceptable to us and why?

Prosperity is a FEELING.

It is like having health + wealth + wisdom.

It is a feeling of having abundant resources. Resources can be wealth (money), assets, happiness, good relationships, good skills, confidence.

Wealth means having money, assets, material things.

Wealth is just a part of Prosperity.

But Prosperity is more than wealth.

Prosperous people feel happy even when they do not have wealth. They have good loving relationships to feel happy. They have good environment, positive thoughts, and spiritual perspective to life.

So, being prosperous is more important than being wealthy.

7. Write the qualities of a human being living in a Animal Consciousness.

The human beings who live in Animal Consciousness, can only think of fulfilling their basic needs such as living for physical facilities. The human beings who cannot think beyond earning money or satisfying their physical needs are known to be living in a Animal Consciousness.

The human beings who live for higher purpose such as *spiritual evolution* of themselves, are known to be living in a Human Consciousness level. Their thinking is developed on a higher level and they can fulfill their higher purpose of life.

Right Understanding about ourselves, others and everything, leads a human being from animal consciousness to human consciousness.

8. What is meant by “Pre-conditioning”? How does it impact in deciding our values?

Pre-conditioning means a condition/thought that is decided before the incident/event. It also means a thought which is pre-arranged, fixed, calculated.

Prejudice is an example of Pre-conditioning. For example, before even meeting a person you may have a pre-condition about that person based on his/her situation, religion, beliefs, gender, etc.

Pre-conditioning is usually counter-productive.

When we attain a state of Right-Understanding, we can overcome our habit or attitude of Pre-conditioning.

9. What is Self Exploration and what is its purpose?

Self Exploration means getting connected with our inner self. It means listening to our inner being and develop right understanding. Right understanding helps us to live a good life because we will not think negatively about situations and people. Self exploration purifies our mind and helps us to develop self confidence, trust and acceptance towards life and people.

10. Does having physical facilities ensure relationship and right understanding? Justify your answer.

No, having physical facilities without having basic human values does not ensure relationship and right understanding.

Having physical facilities means having all comforts and luxuries. So, when we have all the riches and comforts, but if we do not have basic human values like respect, trust, love, etc, we still struggle to ensure relationship.

Example: Money can buy expensive bed, but it cannot ensure sleep. Money can buy expensive car but it cannot ensure a loving partner.

11.What is the difference between Human consciousness and Animal consciousness?

Which one is higher and why?

Animals need food, water and procreation. These are basic requirements to remain alive.

Animals do not have a ‘mind’ which can help them to evolve. Hence, Animals remain in their limited consciousness.

Human beings have a higher consciousness than Animals because for human beings, only food-water-procreation is not the limit. Human beings have the capacity to use the ‘mind’ to think about their progress, success, faith, beliefs, evolution.

12.“Human being is more than just the Body” – explain?

When we refer to someone as Human beings, we find there is a familiar shape and structure of human body-like features. The body is wonderfully made, like a complex, perfect machine that has increasingly complex levels of organization progressing from cell to tissues to organs to organ systems and finally to organisms. But in additions to the body, we are also aware of the aliveness of the person – the person’s feelings, thinking, believing etc. It is impossible to imagine a human being – a person that is alive – without these two aspects namely the body and the aliveness, called I. Thus human being is a co-existence of Body and Self.

13. How does Heartfulness Meditation help in developing Universal Human Values?

When we do Heartfulness meditation, we connect with our heart. The values such as kindness, compassion, empathy, generosity, love, patience are the qualities of the heart. When we connect with our inner self, higher self, we come into the self-realization of our qualities.

Meditation means thinking of one thing continuously with emotion. So, when we meditate on the qualities of the heart, we strengthen our values.

Meditation also plays a vital role in cleansing the negative emotions in a person. Thus it helps to eliminate negativity and negative tendencies which interfere with our goodness and high values.

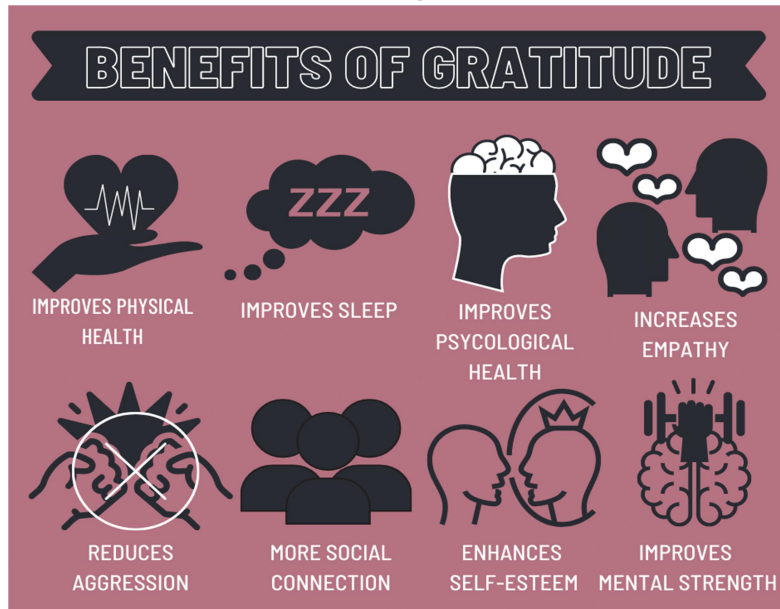
14.Explain feeling of ‘gratitude’.

Gratitude is the feeling of acceptance for those who have made efforts for my excellence.

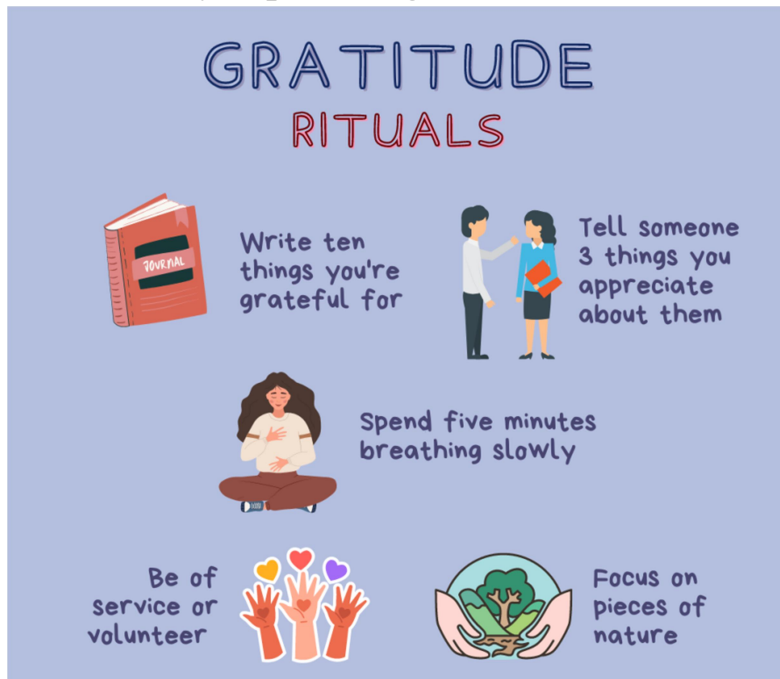
Gratitude is an emotion that occurs after people receive help, depending on how they interpret the situation. Specifically, gratitude is experienced if people perceive the help they receive as

(a) valuable to them, (b) costly to their benefactor, and (c) given by the benefactor with benevolent intentions.

15. What are the benefits of gratitude?



16. How do you practice gratitude? Mention 3 to 5 ways of gratitude rituals.



Fill in the Blanks:

1. The participation of the human being is seen in two forms: _____ and _____ . (answers: behaviour, work)

2. _____ are the outcome of Realization and understanding, which are always definite. **(answer: Values)**
3. Giving weight age to physical facilities, to the maximization of sensory pleasures, to accumulation of wealth is called _____. **(answer: Animal consciousness)**
4. _____ helps the human being to transform from Animal consciousness to _____. **(answers: Right understanding, Human consciousness)**
5. Samridhi means _____ **(answer: Prosperity)**
6. Prosperity means _____, _____ and _____ **(answer: health, wealth, wisdom).**
7. The feeling of prosperity is the need of _____. **(answer: self)**
8. Developed nations are the live example of _____ **(answer: prosperity).**
9. The four levels of human living are _____, _____, _____ and _____. **(answers: self, family, society, nature)**
10. To be in a state of _____ is happiness. **(answer: liking)**
11. To be in a state of disliking is _____. **(answer: unhappiness)**
12. Happiness, pleasure or joy is the _____ state of being happy. **(answer: emotional)**
13. 'Knowing' means having _____ **(answer: right understanding)**
14. Each human being is co-existence of the _____ and _____ **(answer: self, body)**
15. The _____ does not 'assume' things. **(answer: body)**
16. Where there is harmony among the parts of the body, it is known as _____ **(answer: Swasthya)**
17. _____ is the basis of Swasthya **(answer: Sanyama)**
18. Sanyam is vital for _____ **(answer: Swasthya)**
19. Sanyam represents _____. **(answer: self control)**
20. What we analyze may keep changing, the activity of analyzing is _____. **(answer: continuous)**
21. The capacity of thoughts could lead to _____. **(answer: desires)**

22. _____ is foundational value in relationship. (**answer: Trust**)
23. Society is an extension of _____. (**answer: family**)
24. _____ is the basic unit of human interaction. (**answer: Family**)
25. _____ is a complete value. (**answer: Love**)

Match the word meanings

Gratitude	=	Being Thankful
Humility	=	Being Humble
Love	=	Complete Value
Knowledge	=	Right Understanding
State of disliking	=	Unhappiness
Happiness	=	State of liking
Honesty	=	Speaking Truth
Trust	=	Foundational value in relationship
Respect	=	Treat self and others with dignity
Samridhi	=	Prosperity
Sanyama	=	Self Control

MCQs:

The answer of each MCQ is mentioned in ***bold blue italic fonts***.

Q1: Who decides your Value?

- a) ***You yourself***
- b) Your enemies
- c) Your neighbours

Q2: Human Values are the outcome of _____ and _____

- a) ***Realization and Understanding***
- b) Plus and Minus
- c) Give and Take

Q3: In terms of human values, 'Samridhi' means:

- a) ***Prosperity***
- b) Name of a girl
- c) Name of a deity

Q4: Prosperity, the universal human value, is a combination of:

- a) ***Health, Wealth & Wisdom***
- b) Rupee, Dollar & Pound
- c) All world currencies

Q5: The feeling of prosperity is the need of:

- a) *Self*
- b) Neighbour
- c) Money

Q6: What are the outcome of Realization and understanding, which is always definite:

- a) *Values*
- b) Eating
- c) Sleeping

Q7: Giving weightage to physical facilities, to the maximization of sensory pleasures, to accumulation of wealth is called:

- a) *Animal consciousness*
- b) Soul consciousness
- c) Unknown consciousness

Q8: What helps the human being to transform from Animal consciousness to Human consciousness?

- a) *Right understanding*
- b) Money
- c) Food

Q9: Developed nations are the live example of:

- a) *Prosperity*
- b) Health
- c) Nuclear weapons

Q10: To be in a state of liking is:

- a) *Happiness*
- b) Approval
- c) Validation

Q11: To be in a state of _____ is unhappiness.

- a) *Disliking*
- b) Excitement
- c) Validation

Q12: Happiness, pleasure or joy is the _____ state of being happy.

- a) *Emotional*
- b) Rational
- c) Ethical

Q13: 'Knowing' means having _____.

- a) *Right understanding*

- b) Books
- c) News

Q14: Each human being is co-existence of the _____ and _____.

- a) *Self and Body*
- b) House and car
- c) Money and success

Q15: The _____ does not 'assume' things.

- a) *Body*
- b) Mind
- c) Literature

Q16: Where there is harmony among the parts of the body, it is known as _____

- a) *Swasthya (health/well-being)*
- b) Dance
- c) Fun

Q17: _____ is the basis of Swasthya.

- a) *Sanyama (self control)*
- b) Medicines
- c) Enjoyment

Q18: What we analyze may keep changing, the activity of analyzing is _____.

- a) *Continuous*
- b) Rare
- c) Ongoing

Q19: The capacity of thoughts could lead to _____.

- a) *Desires*
- b) Fights
- c) Sleep

Q20: _____ is foundational value in relationship.

- a) *Trust*
- b) Enjoyment
- c) Fun

Q21: Society is an extension of _____.

- a) *Family*
- b) Garden
- c) Campus

Q22: _____ is the basic unit of human interaction.

- a) *Family*

- b) Money
- c) Children

Q23: _____ is a complete human value.

- a) *Love*
- b) X
- c) Mathematics

Q24: Value education leads a human being to _____.

- a) *Harmony*
- b) Paris
- c) Delhi

Q25: _____ is the state to flourishing, thriving, success or good fortune.

- a) *Prosperity*
- b) Job
- c) Business

Q26: The four levels of human living are:

- a) *Self, Family, Society, Nature*
- b) Upper, Lower, Right, Left
- c) Good, Better, Best, Excellent

Q27: Gratitude is a very important human value. It means _____.

- a) *Being grateful*
- b) Being hateful
- c) Being thankless

Q28: Humility is a very important human value. It means _____.

- a) *Being humble*
- b) Being smart
- c) Being indifferent

Q29: Without truth, caring, justice, concern or love, _____ arise and peace is endangered.

- a) *Conflicts*
- b) Poverty
- c) Sickness

Q30: Self-introspection plays important role to create _____ within oneself.

- a) *Harmony*
- b) Guilt
- c) Discomfort

Q31: Natural acceptance of values will develop _____.

a) *Self respect*

b) Disease

c) Poverty

Q32: _____ is the state of flourishing, thriving, success or good fortune.

a) *Prosperity*

b) Poverty

c) Anger

Q33: Human being is co-existence of _____.

a) *Self and body*

b) Right and wrong

c) Food and Water

Q34: Trust, respect, happiness are the needs of _____.

a) *Self*

b) Body

c) Education

Q35: Clothing, nourishment are the needs of _____.

a) *Body*

b) Self

c) Education

Q36: The needs of the self are continuous in time and needs of body are _____.

a) *Temporary*

b) Permanent

c) Unfulfilled

Q37: By right understanding we become _____ of ourselves.

a) *Responsible*

b) Angry

c) Sad

Q38: The needs of the self are ensured by _____ and right feeling.

a) *Right understanding*

b) Honest approach

c) Wrong understanding

Q39: What is the concept of universal human values based on?

a) *Culture*

b) Religion

c) Shared human experiences

d) Politics

Q40: Which of the following is not a universal human value?

a) Freedom

- b) Love
- c) Wealth
- d) Justice

Q41: Which value emphasizes treating others with kindness and compassion?

a) Empathy

- b) Courage
- c) Ambition
- d) Secrecy

Q42: What is the principle of treating all individuals with fairness and impartiality?

a) Equality

- b) Loyalty
- c) Deception
- d) Prejudice

Q43: Which value focuses on the protection of individual rights and dignity?

a) Human rights

- b) Conformity
- c) Discipline
- d) Power

Q44: What value promotes the responsible use of resources and environmental sustainability?

a) Sustainability

- b) Consumerism
- c) Competition
- d) Isolation

Q45: Which value is associated with acknowledging the worth and value of every person?

a) Respect

- b) Selfishness
- c) Arrogance
- d) Exclusivity

Q46: What is the value that encourages personal and societal growth and development?

a) Progress

- b) Stagnation
- c) Greed
- d) Isolation

Q47: Which value promotes open and honest communication?

a) Integrity

- b) Deception
- c) Manipulation
- d) Indifference

Q48: What value emphasizes the importance of education and knowledge?

a) Learning

- b) Ignorance
- c) Apathy

d) Prejudice

Q49: Which value encourages individuals to take responsibility for their actions and decisions?

- a) *Accountability*
- b) Blame-shifting
- c) Evasion
- d) Concealment

Q50: What value highlights the significance of cultural diversity and tolerance?

- a) *Cultural pluralism*
- b) Cultural homogeneity
- c) Assimilation
- d) Exclusivity

Q51: Which value is associated with the belief in the inherent worth of every human being?

- a) *Human dignity*
- b) Discrimination
- c) Exclusion
- d) Superiority

Q52: What value promotes non-violent conflict resolution and peaceful coexistence?

- a) *Peace*
- b) Aggression
- c) War
- d) Retaliation

Q53: Which value encourages individuals to act with empathy and understanding towards others?

- a) *Compassion*
- b) Indifference
- c) Cruelty
- d) Hatred

Q54: What value is focused on helping those in need and contributing to the welfare of society?

- a) *Altruism*
- b) Selfishness
- c) Exploitation
- d) Avarice

Q55: Which value emphasizes the importance of self-awareness and personal growth?

- a) *Self-improvement*
- b) Stagnation
- c) Complacency
- d) Self-indulgence

Q56: What is the value associated with acknowledging the dignity and worth of every person, regardless of their background?

- a) *Human dignity*
- b) Discrimination
- c) Exclusion

d) Superiority

Q57: Which value promotes the idea that all individuals should have equal access to opportunities and resources?

- a) *Equity*
- b) Discrimination
- c) Exclusion
- d) Privilege

Q58: What value encourages individuals to be open to different perspectives and ideas?

- a) *Open-mindedness*
- b) Closed-mindedness
- c) Prejudice
- d) Intolerance

Q59: Which value is associated with acknowledging the importance of helping others in times of need or crisis?

- a) *Generosity*
- b) Selfishness
- c) Hoarding
- d) Exploitation

Q60: What value promotes the idea that individuals should be treated with fairness and justice under the law?

- a) *Rule of law*
- b) Arbitrariness
- c) Injustice
- d) Tyranny

Q61: Which value encourages individuals to be responsible stewards of the environment?

- a) *Environmental responsibility*
- b) Environmental degradation
- c) Overconsumption
- d) Environmental apathy

Q62: What value is associated with the belief in promoting the well-being and happiness of all members of society?

- a) *Social welfare*
- b) Selfishness
- c) Greed
- d) Social exclusion

Q63: Which value focuses on the idea of giving back to one's community and society?

- a) *Civic engagement*
- b) Apathy
- c) Self-centeredness
- d) Social isolation

Q64: What is the value that promotes the idea of valuing and preserving cultural heritage?

- a) *Cultural preservation*
- b) Cultural destruction
- c) Cultural assimilation

d) Cultural isolation

Q65: Which value encourages individuals to seek peaceful solutions to conflicts and disputes?

a) Conflict resolution

- b) Aggression
- c) Violence
- d) Retaliation

Q66: What value promotes the fair treatment of all individuals, regardless of their background or identity?

a) Equal treatment

- b) Discrimination
- c) Exclusion
- d) Superiority

Q67: Which value emphasizes the importance of personal and collective responsibility?

a) Responsibility

- b) Irresponsibility
- c) Negligence
- d) Evasion

Q68: What value encourages individuals to act with honesty and sincerity in their actions and words?

a) Honesty

- b) Deception
- c) Manipulation
- d) Insincerity

Q69: Which value is associated with the belief that all individuals have the right to live free from fear and oppression?

a) Freedom from fear

- b) Oppression
- c) Tyranny
- d) Subjugation

Q70: What value promotes the importance of preserving and protecting natural resources?

a) Environmental conservation

- b) Environmental degradation
- c) Overexploitation
- d) Environmental apathy

Q71: Which value encourages individuals to respect the privacy and personal boundaries of others?

a) Privacy

- b) Intrusion
- c) Violation
- d) Snooping

Q71: What is the value that focuses on the idea of treating all individuals with kindness and respect?

a) Kindness

- b) Rudeness
- c) Hostility
- d) Indifference

Q72: Which value promotes the idea of promoting the well-being and welfare of future generations?

- a) *Intergenerational equity***
- b) Short-term gain
- c) Exploitation
- d) Intergenerational conflict

Q73: What value emphasizes the importance of working together for the common good?

- a) *Cooperation***
- b) Competition
- c) Self-interest
- d) Conflict

Q74: Which value encourages individuals to be empathetic and understanding toward others, especially during difficult times?

- a) *Supportiveness***
- b) Indifference
- c) Callousness
- d) Self-centeredness

Q75: What value promotes the idea that all individuals should have the opportunity to pursue their goals and dreams?

- a) *Opportunity***
- b) Obstruction
- c) Discrimination
- d) Exclusion

Q76: Which value is associated with the belief in treating all individuals with dignity and respect, regardless of their social status?

- a) *Social equality***
- b) Social hierarchy
- c) Discrimination
- d) Social exclusion

Q77: What value encourages individuals to act with integrity and honesty in their professional and personal lives?

- a) *Ethics***
- b) Deception
- c) Corruption
- d) Dishonesty

Q78: Which value promotes the idea of promoting and preserving the well-being of future generations?

- a) *Sustainability***
- b) Exploitation
- c) Neglect
- d) Indifference

Q79: What is the value that encourages individuals to be open to different cultures and to appreciate their diversity?

- a) *Cultural diversity*
- b) Cultural homogeneity
- c) Cultural assimilation
- d) Cultural isolation

Q80: Which value is associated with the belief that individuals should be treated with respect and dignity, regardless of their age or stage in life?

- a) *Age respect*
- b) Ageism
- c) Age discrimination
- d) Age exclusion

Q81: What value emphasizes the importance of taking care of one's physical and mental health?

- a) *Health and well-being*
- b) Neglect
- c) Self-destruction
- d) Self-neglect

Q82: Which value encourages individuals to be responsible and accountable for their actions and decisions in the workplace?

- a) *Professionalism*
- b) Irresponsibility
- c) Unethical behavior
- d) Negligence

Q83: What value promotes the idea of promoting access to education and knowledge for all individuals?

- a) *Education for all*
- b) Ignorance
- c) Illiteracy
- d) Knowledge exclusion

Q84: Which value is associated with the belief in the importance of promoting gender equality and women's rights?

- a) *Gender equality*
- b) Gender discrimination
- c) Gender bias
- d) Gender exclusion

Q85: What is the value that encourages individuals to be compassionate and supportive toward those who are suffering or in need?

- a) *Humanitarianism*
- b) Indifference
- c) Callousness
- d) Selfishness

Q86: Which value promotes the idea of respecting the cultural traditions and practices of different communities and groups?

- a) *Cultural respect*

- b) Cultural intolerance
- c) Cultural assimilation
- d) Cultural isolation

Q87: What value emphasizes the importance of promoting ethical and responsible use of technology and digital resources?

a) Digital ethics

- b) Digital exploitation
- c) Cyberbullying
- d) Online harassment

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