AKTU

B. Tech II-Year

Gateway Classes

Semester -III

Common to All Branches

BVE301 Universal Human Values and Professional Ethics

UNIT-1 : Introduction to Value Education

Hand Written Notes







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B. Tech II-Year

Gateway Classes

BVE301- Universal Human Values and Professional Ethics

Hand Written Notes

Unit-1

Introduction to Value Education

Syallbus

Introduction to Value Education Understanding the need, basic guidelines, content, and process for Value Education, SelfExploration–what is it? - its content and process; 'Natural Acceptance' and Experiential Validation –as the mechanism for self-exploration, Continuous Happiness, and Prosperity-A look at basic Human Aspirations, Right understanding, Relationship, and Physical Facilities-the basic requirements for fulfillment of aspirations of every human being with their correct priority, Understanding Happiness and Prosperity correctly – A critical appraisal of the current scenario, Method to fulfill the above human aspirations: understanding and living in harmony at various levels.

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UNIVERSAL HUMAN VALUES AND PROFESSIONAL ETHICS.

UNIT-1: INTRODUCTION TO VALUE EDUCATION.

Understanding the need, basic guidelines, content and process for Value Education, Self-Exploration - what is it? - its content and process; 'Natural Acceptance' and Experiential Validation - as the mechanism for self-exploration, continuous Happiness, and Prosperity - A look at basic Human Aspirations, Right understanding Relationship and Physical Facilities - the basic requirements for fulfillment of aspirations of every human being with their correct priority.
Understanding Happiness and Prosperity correctly - A critical appraisal of the current scenario, Method to fulfill the above human aspirations - understanding and living in harmony at various levels.

Human values combine two essential elements:

1) HUMAN → Physical body + mind [self 'I'].

example :- A person has a body for physical actions and a mind for making decisions (e.g., deciding to help a friend in need).

2) VALUES → Code standard, Rules required by an individual.

example :- Respecting elders or being honest in exams.

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Value Education Deals with

1- Self-exploration process

example :- Asking yourself what is important for happiness- money or meaningful relationships?

2- Verification and natural acceptance process

example :- Accepting that honesty is better than lying because it creates trust naturally.

MOST IMPORTANT QUESTIONS FROM UNIT-1.

Q-1 What do you mean by human values and value based education?

Q-2 What are the basic guidelines for value education? Also explain the content and process of the value education?

Q-3 What is self-Exploration? Explain the process of self-exploration with a diagram.

Q-4 What are the basic aspirations of a human being? What are the requirements to fulfill basic human aspirations?

Q-5 What are the four levels of our living? Explain them.

Q-6 Differentiate the following:

(i) Happiness and Prosperity (ii) belief and understanding

(iii) prosperity and wealth (iv) happiness and excitement.

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(v) 5VDD, 5SDD and 5555 (vi) Human and animal consciousness
(vii) natural acceptance and experiential validation
(viii) Values and skills.

Q-1 What are the two basic aspirations of any human being? (AKTU 2023-24 Even).

The two basic aspirations of any human being are:-

1) Happiness (सुख) → A continuous state of inner peace, joy and contentment that come from within and is not solely dependent on external factors.

2) Prosperity (समृद्धि) → The feeling of having enough physical resources to fulfill one's needs and the ability to contribute to other's well-being.

Q-2 What is the difference between 'belief' and 'understanding'? (AKTU 2023-24 Even).

	Belief	Understanding
Definition	Accepting something as true without proof	Knowing something through logic and scientific evidence.
Verification	Not necessarily tested or proven.	Can be explained and validated through facts.
Example	"The moon emits its own light".	"The moon reflects the light of the sun".

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Q-3 Differentiate between Prosperity and Wealth.
(AKTU 2023-24 Odd, 2022-23).

	Prosperity	Wealth.
Definition	A state of having enough physical resources along with inner satisfaction and well being.	The accumulation of material assets, money, and property.
Nature	Holistic (includes financial, emotional, and social well-being).	Materialistic (focused on money and assets).
Sustainability	Can be sustained through ethical and balanced living	Can be temporary if not managed properly.
Dependency	Based on right utilization of resources for a fulfilling life.	Focuses mainly on accumulation without considering well-being.
Happiness	Leads to long-term contentment and harmony	May or may not lead to happiness, often linked to stress.
Example	A family with enough resources, strong relationships, and peace of mind.	A family with enough resources, strong relationships, and peace of mind.

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Q-4 Distinguish between happiness and excitement. Critically examine how the sensations cannot be the source of continuous happiness. (AKTU 2023-24, 2022-23, 2021-22).

	Happiness	Excitement
Definition	A continuous and stable state of inner peace and contentment.	A temporary, intense feeling of joy.
Cause	Comes from harmony within oneself, relationships, and understanding.	Triggered by external events.
Nature	Continuous, stable, and long-lasting	Short-term, unstable.
Effect on Mind	Leads to calmness, peace and satisfaction	Creates high energy, sometimes restlessness.
Example	Feeling fulfilled after helping someone or spending quality time with loved ones	Feeling of winning a competition.

Q-5 List the two instances of conflicts when our activities are not guided by our natural acceptance. (AKTU 2023-24 Odd).

When our actions are not aligned with our natural acceptance (our inner understanding of what is right), it leads to

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internal and external conflicts. Here are two Key instances:

1) Internal Conflict (Conflict within Oneself).

Occurs when our desires, thoughts, or actions contradict our inner values.

Example → A student knows that honesty is the right path (natural acceptance), but still cheats in an exam due to fear of failure. This creates guilt.

2) Interpersonal Conflict (Conflict with Others).

Happens when actions driven by external influences or self-centered motives go against mutual harmony.

Example → A businessman knows fairness is ethical (natural acceptance), but still engages in dishonest practices for profit. This creates conflicts with customers, employees, and society.

Difference between SVDD, SSDD, and SSSS.

Factor	SVDD (Sadhan Vihean Dukhi Daridra)	SSDD (Sadhan Sampann Dukhi Daridra)	SSSS (Sadhan Sampann Sukhi Samriddha).
Material Resources	Lacking	Available	Available.
Emotional Happiness	Lacking	Lacking	Present.


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Social and Economic Prosperity	Lacking	Lacking despite wealth	Present
Example	A poor person struggling for survival	A rich person but unhappy	A person who is wealthy, happy, and socially responsible.

Q-6 What do you mean by values or human values? What are the fundamental values of human beings? Write the two factors of human values? (AKTU 2015-16)

→ Values or human values are the principles or standards of behavior that guide individuals in making decisions and living a meaningful life.

→ These values include qualities like honesty, respect, empathy, and kindness, which help in personal and societal well being.

FUNDAMENTAL VALUES OF HUMAN BEINGS (मानव के बुनियादी मूल्य)

The fundamental values of human beings include:

1) TRUTH (सत्य):

→ Being honest and seeking the truth in all situations.

example: Admitting your mistake when you forget homework instead of making excuses shows the value of truth.

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2) LOVE (प्रेम):
→ Showing care and compassion for others.

example: Sharing your lunch with a friend who forgot theirs.

3) PEACE (शांति):
→ Maintaining inner calm and promoting harmony.

example: Staying calm during a heated argument instead of shouting promotes peace.

4) RESPECT (सम्मान):
→ Valuing the dignity of all individuals.

example: Allowing elders to speak first during a family discussion shows respect.

5) RESPONSIBILITY (जिम्मेदारी):
→ Fulfilling duties and obligations sincerely.

example: Turning off lights and fans when leaving a room to save electricity.

6) TOLERANCE:
→ Accepting and respecting the diversity of ideas, cultures, and perspectives.

7) COMPASSION:
→ Showing empathy, Kindness, and understanding towards others

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and their suffering.

FACTORS OF HUMAN VALUES

Human values are influenced by a wide range of factors, but two significant factors that contribute to the development and shaping of human values are:

1) Cultural and Societal Factors :-

Culture and society play a crucial role in the formation of human values.

→ These factors encompass the traditions, norms, beliefs, and practices of a particular group or community.

→ The values held by a culture or society are often transmitted through generations and may be deeply ingrained in individuals from a young age.

2) Personal Factors and Experiences :

→ An individual's personal factors and experiences, such as upbringing, education, family background, personal beliefs, and life experiences, which impact on their values.

→ Personal values can be influenced by the values instilled by parents, or mentors, as well as by significant life events and personal reflections.

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Q-7 What do you mean by value education? Why there is a need of value education in your life? (AKTU 2016-17)

OR

What is value education and why is it so important to professional education? (AKTU 2014-15)

OR

Write a short note on the needs for value education in today's senario. (AKTU 2018-19)

OR

What is value education? Why there is a need of value education? (AKTU 2016-17)

OR

Explain briefly the importance of value based education for the development of a society. (AKTU 2018-19)

VALUE EDUCATION

Value education is the process of imparting moral, ethical, and cultural values to individuals, helping them develop a strong character, make ethical decisions, and contribute positively to society.

Importance of Value Education.

1- Value Education helps us to explore our inner happiness.
2- It helps us to build up strong relation.
3- It helps us to actualize the potential which already exists within us.
4- It helps us to be in harmony with self, people and nature.

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5- It teaches us to be in harmony with self, people and nature.
6- It helps in overall character and personality development.

7- It reduces the feeling of jealousy and promotes brotherhood.
8- It widens our perception towards analyzing things.

9- It helps us in building our thoughts and thus character.
10- It helps us to understand our needs and provides direction to fulfill them.

Needs or Objectives for the Value Education.

Value education is essential for various reasons, as it serves a wide range of needs in society, educational institutions, and individuals.

1) Moral and Ethical Development :

Value education helps individuals develop a strong moral and ethical foundation. It infuses values such as honesty, integrity, empathy, and responsibility, which are crucial for personal character development.

2) Social Harmony and Tolerance :

In a diverse and interconnected world, value education promotes tolerance, understanding, and respect for different cultures, religions and perspectives. It contributes to social harmony by reducing prejudice and promoting inclusivity.

3) Civil Responsibility :

Value education gives a sense of civil responsibility and encourages individuals to actively practicipate in their communities,

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contribute to social welfare, and address societal issues. It creates responsible and engaged citizens.

4) Conflict Resolution:
Teaching conflict resolution empowers individuals with the tools to resolve disputes and conflicts in a non-violent and constructive manner.

5) Critical Thinking and Decision-Making:
Value education enhances critical thinking skills and the ability to make ethical decisions. It encourages individuals to consider the consequences of their actions and choices.

6) Character Building:
~~Eho~~ contributes to the development of positive character traits, such as courage, humility, gratitude, and resilience, which are essential for personal growth and well-being.

7) Prevention of Unethical Behavior:
Value education can serve as a preventive measure against unethical behaviors, including cheating, lying, and bullying. It raises awareness of the consequences of such behaviors and encourages ethical alternatives.

Q-8 What are the basic guidelines for value education? Also explain the Content and Process of the Value education.

Basic Guidelines of Value Education: Value education follows certain fundamental guidelines to ensure it is effective,

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meaningful, and applicable in real life.

1- Universal and Applicable to All.

Values should be universally acceptable and beneficial for all individuals and societies.

Example:- Truth and honesty are valued in every culture and community.

2- Rational and Justifiable.

Values should be based on logical reasoning and not just blind beliefs.

Example:- Respecting elders is important, but understanding their experiences and wisdom makes it more meaningful.

3- Leads to Harmony and Happiness

Value-based actions should create inner peace and social harmony.

Example:- Helping others in need brings both personal satisfaction and social well-being.

4) Naturally Acceptable to Human Beings

Values should align with human nature and inner acceptance.

Example:- Compassion and Kindness are naturally appreciated by everyone.

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5- Fulfills Human Goals Holistically.

→ Values should contribute to the overall well-being of individuals and society.

Example :- Environmental responsibility ensures a better future for all.

6- Ensures Long-term Sustainability.

→ Values should support a sustainable and balanced life.

Example :- Honest business practices lead to trust and long-term success.

Content of Value Education

1) The content of value education must include :

(i) All dimensions : Thought, behaviour, work and realization and
(ii) All levels : Individuals, family, society, nature and existence of human living.

2) It must have a clear understanding of each of these and their inter-relationship.

Process of Value Education

1) The process of value education has to be that of self exploration, and not of giving sermons / speeches or telling do's and don'ts.

2) Whatever is found as truth or reality may be stated as

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proposal and has to be verified at the own right.

3) It is process of dialogue between 'What you are' and 'What you really want to be'.

4) It is a process of knowing oneself and through that knowing entire existence.

5) It is a process of recognizing one's relation with every unit in existence and fulfilling it.

6) This process helps you be in harmony within yourself and in harmony with everything around.

Q-9 What do you mean by self exploration? What are the basic contents of self-exploration? (AKTU 2016-17)

OR

What is self-Exploration? Explain the process of self-exploration with a diagram. (AKTU 2018-19)

OR

Define the process of self-exploration with the help of diagram and its benefits. (AKTU 2015-16)

OR

What is self-exploration, its content and process. (AKTU 2017-18)

OR

Explain the process of self exploration to understand human values. How does our preconditioning hinder this process? (AKTU 2018-19)

OR

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Explain the process of Self-exploration with the help of a diagram. Point out the importance of Self-Exploration in technical education. (AKTU 2023-24).

→ Self-exploration is a process of examining one's thoughts, beliefs, values and actions to gain clarity about oneself. It helps in understanding what is naturally acceptable and aligning actions accordingly.

→ 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 self. 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.

→ The main focus of self-exploration is myself - the human being.

Basic Contents of Self Exploration:

Content of self exploration is just finding answers to the following fundamental questions of all human beings:

1- The Desire / Goal:

What are my (human) Desire / Goal? What do I really want in life, or what is the goal of human life?

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2- Program:

What is my (human) program for fulfilling the desire? How to fulfill it? What is the program to actualize the above?

Process of Self Exploration

The process of self exploration is as follows:

1) First of all we have to keep in mind that, whatever is being presented in a proposal.

(i) Don't assume it to be true immediately, nor reject it without proper exploration.
(ii) Verify it in your own right, on the basis of it being naturally acceptable to you,
(iii) Not just on the basis of scriptures.
(iv) Not on the basis of equipment / instrument data.
(v) Not on the basis of the assertion by other human beings.

2) Therefore, it is essential to carefully ponder over these on your own right. Neither accept these as true immediately nor reject them prematurely without proper exploration.

3) Then what to do:

(i) Verify on the basis of your natural acceptance.
(ii) Live accordingly to validate it experientially.
(iii) If the proposal is true in behaviour with human it leads to mutual happiness.
(iv) If the proposal is true in work with rest of the nature it

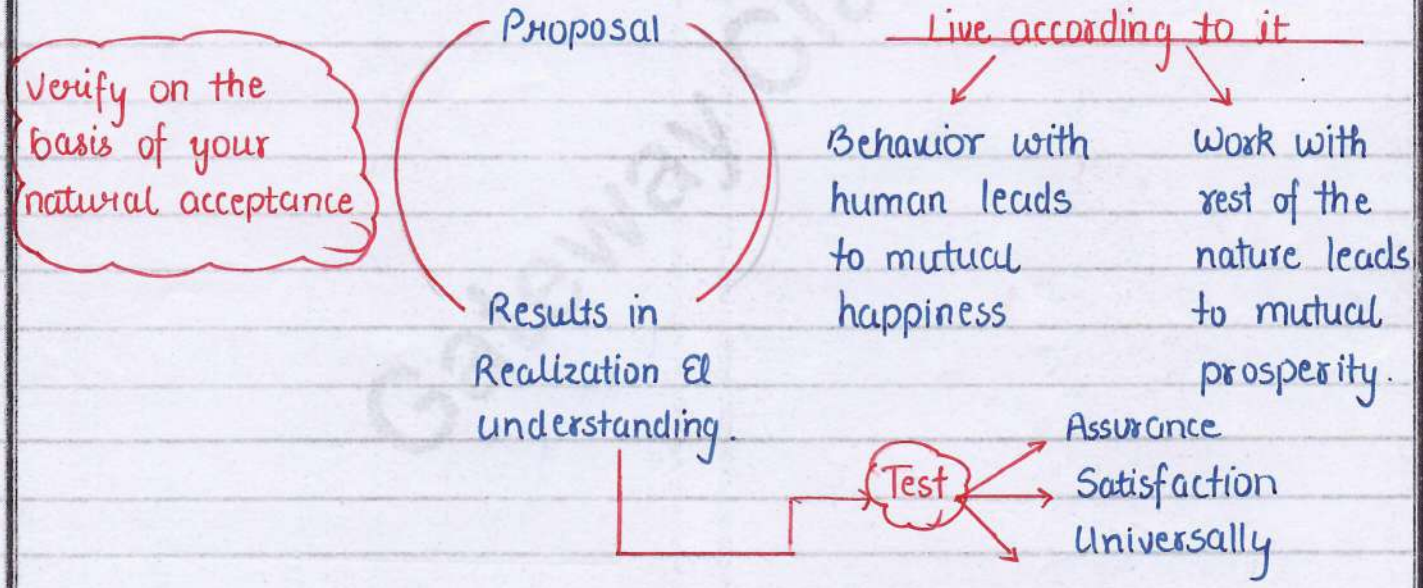
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leads to mutual prosperity.

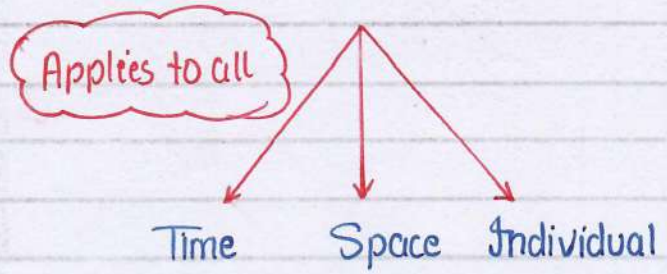
4) But this process is not complete. It will be completed when the verification on the basis of natural acceptance and testing in our living ultimately results in 'realization' and 'understanding' in us.

5) On having realization and understanding we get assurance, satisfaction and Universality (applies to all time, space and individual).

Process of self-exploration.



Keep asking again and again:
What is my nature.



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Our pre-conditioning may hinder the process of self-exploration in the following ways:-

1) We operate largely on the basis of the environment, driven from the outside- either from sensations, or based on pre-conditionings.

2) If our desires, thoughts and expectations are based on pre-conditionings, we are generally in a state of great confusion. This leads to unhappiness, conflict and stress.

3) For example we have a preconditioning of "good life means having a nice car".

Q-10 What do you mean by your natural acceptance and experiential validation? (AKTU 2016-17)

	Natural acceptance	Experiential validation.
Definition	Innate understanding of what is right and beneficial.	Testing and verifying accepted values through real-life experience.
Source	Comes from within (inner voice or conscience).	Comes from actual experiences and observations.
Influence	Not dependent on external factors like society or culture.	Depends on real-world application and feedback.
Validation	Based on self-introspection and reasoning.	Verified by applying in daily situations.

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Example	We naturally accept that honesty is good.	When we practice, honesty, it builds trust, proving its correctness.
Outcome	Provides inner clarity on values and ethics.	Strengthens confidence in right actions.

Q-11 How values do differ from skills? How are values and skills complementary? (AKTU 2017-18)

OR

"For success in any human endeavor both values and skill are required". Explain. (AKTU 2015-16)

	Values	Skills
Definition	Values are fundamental principles that guide human behavior and decision-making, determining what is right, ethical, and meaningful in life.	Skills are learned abilities or expertise that enable a person to perform specific tasks efficiently and effectively.
Nature	Related to character, attitude, and decision-making.	Related to practical, technical and intellectual expertise.
Function	Helps in deciding what is right and how to act responsibly.	Helps in achieving efficiency and excellence in tasks.
Development	Acquired through self-exploration, life experiences, and education.	Learned through practice, training, and education.

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Example	Honesty, Kindness, responsibility, respect, integrity.	Communication skills, technical skills, leadership skills, problem-solving.

How are Values and Skills Complementary ?
Skills define "how efficiently" a task is done, while values define "why and for what purpose" it is done.

A person with high skills but no values may misuse their abilities (e.g., a skilled hacker exploiting security flaws).

A person with values but no skills may not be able to effectively contribute to society (e.g., an honest but unskilled worker struggling in a profession).

When values and skills are combined, they lead to ethical and effective actions, ensuring personal growth, social harmony, and sustainable development.

Q-12 What are the basic aspirations of a human being ? Define and explain. (AKTU 2014-15)

OR

How you look at your basic aspirations. Is it 'To Be', 'To Get', 'To Become' ? Justify your right priority with examples (AKTU 2017-18)

BASIC ASPIRATIONS

Every human being has two fundamental aspirations:
Happiness (सुख) – A continuous state of inner peace and

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contentment.

Prosperity (समृद्धि) – A state of having sufficient resources to fulfill one's needs and contribute to others' well-being.

	Meaning	Right Priority	Example
'To Be'	To exist with inner harmony and happiness.	Most important, as it leads to a fulfilling life.	Living peacefully, maintaining good relationships.
'To Get'	To acquire material resources and possessions.	Needed, but should not be the only goal.	Earning money for a comfortable life but not at the cost of values.
'To become'	To achieve status, recognition, and success.	Important, but should align with one's happiness and ethics.	Important, but should align with one's happiness and ethics.

Q-13 What are the requirements to fulfill basic human aspirations? (AKTU 2018-19).

OR

Explain the basic requirement for fulfillment of human aspirations. Write down the concept of SSSS with the help of diagram. (AKTU 2015-16).

Three things are needed in order to fulfill basic human aspirations –

1) Right understanding
2) Right relationship
3) Physical facilities.

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1) Right Understanding :-
Having clarity about oneself, relationships, society, and nature. It involves self-awareness, knowledge, and wisdom to make responsible and ethical decisions.

2) Right Relationship :-
Maintaining harmony in human interactions. This includes mutual respect, trust, and cooperation in family, society and the world.

3) Physical Facilities :-
Meeting material needs such as food, shelter, healthcare, and financial stability. These are necessary for survival and a comfortable life but should be in balance with the first two.

→ Achieving these three aspects leads to holistic human well-being by ensuring harmony within individuals, in relationships, and with the environment.

CONCEPT OF SSSS

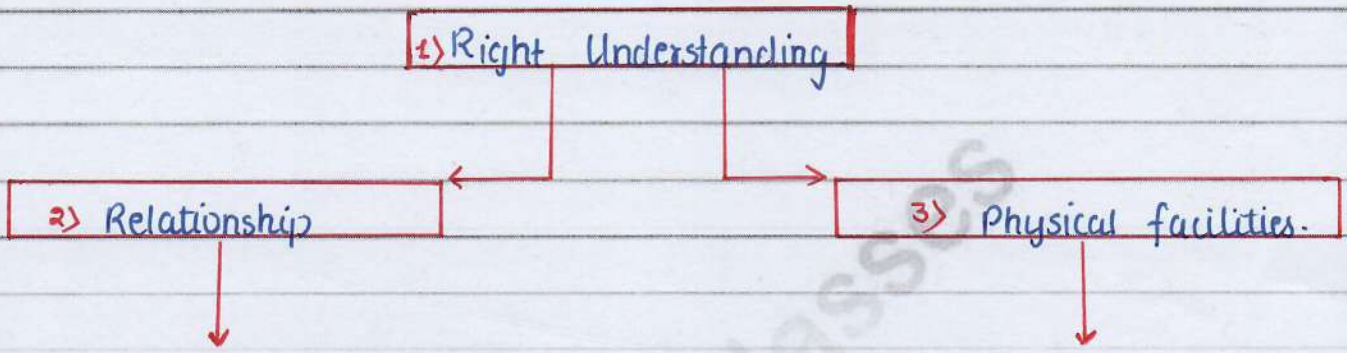
SSSS : 'Sadhan Sampann Sukhi Samridh'.

Sadhan (साधन) — Resources or means required to achieve well-being.
Sampann (संपन्न) — Prosperous, having adequate material and non-material wealth.

Sukhi (सुखी) — Happy, content, and emotionally fulfilled.
Samridh (समृद्ध) — Economically and socially prosperous.

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This concept highlights the holistic development of individuals and society, where both material (resources, prosperity) and non-material (happiness, well-being) aspects are in harmony. It aligns with the idea that true success is not just wealth but also inner peace and societal well-being.



Relationship with other human/ people leads to mutual fulfilment.

Relationship with rest of nature leads to mutual prosperity.

(A) Decide requirements, ensure more than it leads prosperity in us.

(B) Work in a mutually fulfilling manner with nature – leads to prosperity / enriching to nature.

Q-14 What are the abbreviations given as SVDD, SSDD and SSSS signify and explain each of them? (AKTU 2015-16)

OR

Elaborate the difference between "Sadhan Vihcen Dukhi Daridtra" and "Sadhan Sampann Dukhi Daridtra".

To achieve our basic aspirations we need to work for right

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understanding as the base on which we can work for right relationship and then physical facilities.
Today we are not working according to this that is why we can see that there are two kind of people in the world:

1) Those that do not have physical facilities / wealth and feel unhappy and deprived, i.e., SVDD: Sadhan Viheen Dukhi Daridra – Materially Deficient, Unhappy and Deprived.

2) Those that have physical facilities / wealth and feel unhappy and deprived, i.e., SSDD: Sadhan Sampann Dukhi Daridra – Materially Affluent, Unhappy and Deprived. But these are states we don't want to be in.

We want to move from this to third category, i.e., having physical facilities and feeling happy and prosperous, i.e., SSSS: Sadhan Sampann Sukhi Samriddha – Materially Adequate, Happy and Prosperous.

As we look around, we find most of the people in the above two categories called SVDD and SSDD, while the natural acceptance of all human beings is to be in the category of SSSS.

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DIFFERENCE BETWEEN SVDD, SSDD and SSSS.

Factor	SVDD (Sadhan Vihen Dukhi Daridra	SSDD (Sadhan Sampann Dukhi Daridra	SSSS (Sadhan Sampann Sukhi Samriddha).
Material Resources	Lacking	Available	Available
Emotional Happiness	Lacking	Lacking	Present
Social and Economic Prosperity	Lacking	Lacking despite wealth	Present
Example	A poor person struggling for survival.	A rich person but unhappy.	A person who is wealthy, happy and socially responsible.

Q-15 Define happiness, unhappiness and prosperity. (AKTU 2015-16)

OR

What is happiness and prosperity? Are they related to each other? Can happiness be obtained without prosperity? (AKTU 2016-17).

OR

What is Prosperity? Is it different from happiness? (AKTU 2014-15)

OR

What is the meaning of prosperity? How can you say that you are prosperous? (AKTU 2016-17)

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Happiness (सुख) :-
A state of inner peace, satisfaction, and harmony in life. It comes from right understanding, meaningful relationships, and a sense of purpose.

Unhappiness (दुःख) :-
A state of mental distress, dissatisfaction, or suffering, often caused by conflicts, unfulfilled desires, and lack of inner harmony.

Prosperity (समृद्धि) :-
The state of having more than enough resources to meet physical and material needs. True prosperity also includes ethical and sustainable resources management.

Happiness and Prosperity :-
Prosperity ensures material well-being, which can contribute to happiness, but happiness is not solely dependent on prosperity.

Can happiness be obtained without prosperity?
Yes it is possible if a person has inner peace, strong relationships, and mental stability despite lacking material wealth.

Q-16 Differentiate between human and animal consciousness :-

	Human Consciousness	Animal Consciousness
Self awareness	Highly self-aware; can think about own thoughts (metacognition).	Limited or absent; some animals show partial self-awareness (e.g., dolphins, apes).

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Future Planning	Can play and visualize future.	Lives mostly in the present.
Language	Uses complex language with grammar and abstract ideas.	Communicates through sounds, gestures, and signals.
Decision-making	Uses logic, emotions, and ethical.	Instinct-based decision.
Problem-solving	Uses reasoning, creativity, and innovation.	Solves problems mostly through trial and error or learned behavior.
Creativity	Creates art, music, literature, and technology.	Limited creativity, mostly functional (e.g., birds building nests).
Moral and Ethical thinking	Has a sense of morality, justice, and ethics.	Acts based on instincts and learned behavior.
Culture and Traditions	Develops, culture, traditions and belief systems.	Some animals have social structures (e.g., bees, wolves) but no evolving traditions.
Empathy and Emotions.	Deep empathy, emotions, and understanding of others.	Shows emotions like fear, love, and attachment but limited reasoning behind them.

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Tool-making	Invents and uses advanced tools and technology.	Some animals use basic tools (e.g., chimpanzees using sticks).
Adaptability	Can adapt to different environments and create solutions.	Adapts through evolution and instinct.
Purpose in Life	Seeks meaning, spirituality, and higher consciousness.	Focuses mainly on survival and reproduction

Q-17 What are the four levels of our living? Explain them (AKTU 2014-15)

OR

What are the different levels of human being? Explain how they are interrelated?

LEVELS OF LIVING.

There are four levels of livings:

1) Living in myself.
2) Living in family.
3) Living in Society.
4) Living in nature / existence.

The concept of four levels of living focuses on holistic human existence and our interconnected relationships at different levels. These levels help in understanding individual, social, and environmental harmony.

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1) Living in Myself (Self-awareness and Inner Harmony).
→ Understanding oneself, self-reflection, and achieving inner peace.

2) Living in Family (Relationships and Emotional Harmony).
→ Living with family in a way that promotes love, trust, and care.

3) Living in Society (Social Responsibility and Ethical Living)
→ Understanding One's role in Society and contributing positively.

4) Living in Nature / Existence (Environmental Sustainability and Universal Harmony).
→ Living in balance with nature and the universe.

To achieve holistic well-being, we must live in harmony with all four levels. These levels show how self-awareness, family, society, and nature are deeply interconnected.

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