AKTU

B.TECH II-YEAR

GATEWAY CLASSES

Common to All Branches

HUMAN VALUES



UNIT-2 IN ONE SHOT

B.TECH/B.PHARMA

MBA/MCA

M S TOMAR SIR

Universal Human Values and Professional Ethics

AKTU Syllabus

Unit-2 : Understanding Harmony in the Human Being

Understanding human being as a co-existence of the sentient 'I' and the material 'Body', Understanding the needs of Self ('I') and 'Body' - Sukh and Suvidha, Understanding the Body as an instrument of 'I' (I being the doer, seer, and enjoyer), Understanding the characteristics and activities of 'I' and harmony in 'I', Understanding the harmony of I with the Body: Sanyam and Swasthya; correct appraisal of Physical needs, the meaning of Prosperity in detail, Programs to ensure Sanyam and Swasthya.

Gateway classes

Q.1 What do you mean by sukh and suvidha ? What are the consequences of confusing between sukh and suvidha? Why do human beings require both sukh and suvidha (happiness and facility)?

AKTU 2018-19

Sukh (Happiness) - सुख:

- It is an internal state of mind that comes from satisfaction, peace, and harmony in life. It is a feeling of contentment that arises from right understanding, good relationships, and inner fulfillment.

Suvidha (Facility) - सुविधा:

- These are external resources or comforts that make life physically easy, such as money, technology, transportation, and luxury items.

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Consequences of confusing between sukh and suvidha

1.Temporary Satisfaction - : Facilities provide comfort but not lasting happiness.

2. Endless Desire - : Running after facilities creates greed, leading to stress and dissatisfaction.

3. Lack of Peace -: Despite having facilities, people may still feel empty and unhappy.

4. Relationship Problems - : People focus more on material wealth rather than emotional and social well-being.

Why Human beings require both sukh and suvidha (happiness and facility)?

1. Balance in Life -: Facilities fulfill physical needs, while happiness provides mental peace.

2. Harmonious Living - : True well-being comes when both material needs and emotional fulfillment are balanced.

3. Sustainable Growth -: Understanding that happiness is the ultimate goal while using facilities as a means to live comfortably.

Gateway classes

Q.2 Explain the needs of the self ('I)' are qualitative and the needs of the body are quantitative.

OR

Analyze how the needs of the self ('I') are continuous in time and limited in quantity, while those of body are not.

AKTU 2014-15

Needs of the self ('I') are qualitative

Self ('I') - स्वयं ('I'): The self refers to consciousness, emotions, and the inner state of being. Its needs are **qualitative** because they are related to feelings, emotions, values, and relationships. These needs include happiness, trust, peace, respect, and love. They cannot be measured in numbers but are essential for inner satisfaction.

Needs of the body are quantitative

Body - शरीर: The body has **quantitative** needs that can be measured in terms of physical resources. These needs include food, water, shelter, clothing, and medical care. They have a clear limit—one can eat a certain amount of food, drink a limited quantity of water, and wear a finite number of clothes.

Gateway classes

Here are some examples of why the needs of the body are considered quantitative:

1. **Oxygen -** Breathing provides the body with the necessary oxygen for cellular respiration and energy production. Oxygen intake is a quantitative need that can be measured in terms of the volume of air inhaled and the oxygen saturation in the blood.

2. **Temperature Regulation -** The body needs to maintain a specific temperature range (around 98.6°F or 37°C) for optimal functioning. This temperature is a quantitative measure and can be influenced by factors like clothing, heating, and cooling.

3. **Physical Activity-** Exercise and physical activity are essential for maintaining overall health. The quantity and type of physical activity required may vary, but it can be quantified in terms of duration, intensity, and frequency.

4. **Caloric Intake-** The body needs a certain number of calories for energy, and this is a quantitative need. Excess or insufficient calorie consumption can affect health and body weight.

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Continuous Needs of the Self -:

- The needs of the self, such as happiness, respect, and trust, are **continuous** because they are required throughout life.
- A person constantly seeks peace, love, and satisfaction.
- There is no point in life where a person can say, "I have had enough respect or happiness; I don't need more."

Limited Needs of the Body -:

- The needs of the body are **limited in quantity** because they are restricted by physical capacity.
- For example, a person can only eat a limited amount of food in a day. Similarly, one does not require an unlimited number of clothes or houses.

Gateway classes

Q.3 Human being is the co-existence of the self and body. Elaborate. **AKTU 2016-17**

OR

Explain the relation between the self and body. What is the responsibility of self towards the body? **AKTU 2014-15**

OR

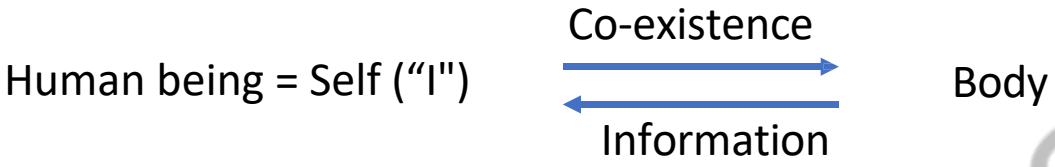
Do you think that human beings are sum-total of sentiments and physical aspects the 'self and the 'body' ? **AKTU 2015-16**

Explain your answer using examples.

Human Being is the Co-existence of the Self and Body -

- A human being is made up of two fundamental aspects: **the self (I) and the body**.
- The **self** represents consciousness, thoughts, emotions, and values, while the **body** represents the physical structure that requires food, exercise, and care.
- Both must function in harmony to ensure a balanced and fulfilling life. If a person focuses only on physical needs and ignores mental peace, they may suffer from stress. Similarly, if they ignore bodily needs, their health may deteriorate.

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Relation Between the Self and Body

- The **self** controls and directs the **body**. Our thoughts, emotions, and decisions influence how we take care of our body.

Responsibilities of the Self Towards the Body:

Providing Proper Nutrition - Eating healthy food is necessary to maintain the body’s strength.

Exercise and Care - Regular physical activity keeps the body fit and prevents diseases.

Avoiding Harmful Habits - The self must ensure that harmful practices like smoking, alcohol, and stress are avoided.

Maintaining Hygiene - Cleanliness prevents infections and keeps the body healthy.

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Are Human Beings a Sum-Total of Sentiments and Physical Aspects?

Yes, human beings are a combination of sentiments (self) and physical aspects (body).

Example 1: A person who is physically fit but mentally disturbed due to stress will not be happy.

Example 2: A wealthy businessman with luxury (physical aspect) but without love and trust (self) may feel lonely and unhappy.

Example 3: A mother takes care of her child not just physically (feeding, cleaning) but also emotionally (love, care, understanding).

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Q.4 Describe various activities of I' and 'Body'. Explain body as an instrument of 'I'. AKTU 2015-16, 2017-18

Or

Distinguish between the activities going on in the self, going on in the body, and involving both the self and the body. Give two examples of each. AKTU 2018-19

Activities for the Mind (I)

The **self** is the conscious entity that performs activities related to **thinking, understanding, feeling, and decision-making**.

Examples:

- **Decision Making -** Choosing between right and wrong based on values and understanding.
- **Experiencing Emotions -** Feeling happiness, love, sadness, or anger.

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Activities for the Body

The **body** performs **physical and physiological** activities, which are mechanical and biological in nature.

Examples:

- **Digestion -** The process of breaking down food into nutrients.
- **Walking or Running -** Movement of the body using muscles and bones.

Integrated Activities (Both Mind & Body)

1. Dancing: A combination of physical movement and creative expression, promoting both physical health and emotional well-being.

2. Mindful Walking: Walking with awareness, combining physical activity with a meditative state of mind.

3. Yoga: A practice that incorporates physical postures, breath control, and meditation for overall well-being.

4. Team Sports: Engaging in sports not only promotes physical fitness but also fosters social connections and strategic thinking.

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Body as an instrument of 'I'

- The self makes decisions, and the body executes them.
- The **body alone cannot function without guidance from 'I'**.
- For example, to write a letter, the self decides the content, and the body performs the physical action of writing.

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Q.5 How do sensations and preconditioning influence our imagination? Give two examples of each. **AKTU 2018-19**

OR

How do we go into conflicts when our activities are not guided by our natural acceptance ? **AKTU 2015-16**

Imagination is shaped by two major factors: **Sensations** and **Preconditioning**.

Sensations (संवेदनाएँ) influencing imagination:

Sensations are direct experiences received from our senses (sight, sound, touch, taste, and smell). When our imagination is guided by sensations, it is mostly **temporary and influenced by external stimuli**.

Example 1: Seeing a delicious cake in a bakery makes us imagine how tasty it might be, leading to a craving.

Example 2: Listening to soothing music creates a peaceful mental state, making us imagine a relaxing environment.

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Preconditioning influencing imagination:

- Preconditioning refers to beliefs, thoughts, and ideas **ingrained in our mind due to social, cultural, and personal influences**.
- These shape our imagination even when there is no direct sensory input.

Example 1: A child growing up in a society where wealth is seen as the key to happiness may imagine that being rich will automatically bring joy.

Example 2: If someone has been told repeatedly that a particular subject is very difficult, they may imagine themselves failing in it even before trying.

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How Do We Go into Conflicts When Our Activities Are Not Guided by Our Natural Acceptance?

Natural acceptance (प्राकृतिक स्वीकृति) refers to our innate understanding of what is right and fulfilling. When we act **against our natural acceptance**, it creates **inner conflict**, leading to stress, dissatisfaction, and unhappiness.

Causes of Conflict (संघर्ष के कारण)

1.Difference between Desires and Reality : When we pursue external desires without evaluating if they align with our true happiness, we feel conflicted.

2.Confusion Between Temporary and Permanent Happiness - : If we focus only on physical pleasures, we may feel happy temporarily but lack long-term satisfaction.

3. **Lack of Clarity in Decision-Making - :** When we are influenced by social pressure rather than our own understanding, we experience stress.

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Examples of Conflict Due to Lack of Natural Acceptance:

Example 1: A person chooses a high-paying job in a field they dislike because of societal expectations. Over time, they feel frustrated and unfulfilled.

Example 2: Someone buys expensive luxury items to impress others but later realizes that material possessions do not bring real happiness.

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Reasons Why Sensations from the Body Cannot Give Continuous Happiness

1. Sensory Pleasure is Temporary

- Bodily pleasures, like eating delicious food, watching movies, or listening to music, last only for a **short duration**. Once the activity is over, the happiness fades.

Example: A person enjoys an ice cream, but after finishing it, the pleasure disappears, and they may even crave more.

2. Dependence on External Factors

- Sensations depend on **external sources** like food, gadgets, or entertainment. If these sources are unavailable, a person may feel discomfort or frustration.

Example: Someone who finds happiness only in luxury travel may feel unhappy when they cannot afford it.

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3. Habituation & Decreasing Satisfaction

- The body **adapts** to sensory pleasures, reducing their impact over time. More intense experiences are required to feel the same level of happiness.

Example: A person initially enjoys a new mobile phone, but after a few months, they no longer find the same excitement in it.

4. Leads to Cravings and Dependency

- Sensory pleasures often create **desires and attachments**, leading to continuous seeking rather than lasting fulfillment.

Example: People addicted to social media get momentary happiness from likes and comments but feel anxious without them.

5. Cannot Fulfill Emotional and Mental Needs

- True happiness comes from **love, relationships, and inner peace**, which bodily sensations cannot provide.

Example: A wealthy person with all luxuries may still feel lonely if they lack emotional connections.

Gateway classes

Q.6 "I am seer, doer and enjoyer. The body is my instrument", Explain.

AKTU 2016-17

OR

How self enjoys the activities of the body?

The statement "I am seer, doer, and enjoyer. The body is my instrument" indicates a perspective that reflects the interconnected relationship between the self, actions, and the physical body.

"I am seer"

- This suggests the role of observation or perception.
- The 'I' refers to the self or consciousness, emphasizing the capacity to perceive and witness experiences.
- This implies an awareness of the world, oneself, and the unfolding of events.

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"I am doer"

- This signifies the role of agency and action.
- The 'I' is not just a passive observer but an active participant in the world.
- It implies the ability to initiate, perform, and engage in various activities, decisions, and behaviors.

"I am enjoyer"

- The Enjoyer is the one who enjoys and is also known as the 'Bhokta“ (experiencing pleasure or joy).
- The 'I' is not only engaged in activities but also capable of deriving enjoyment or satisfaction from those experiences.
- It highlights the emotional and experiential aspect of being.

"The body is my instrument"

- This part of the statement highlights the idea that the body serves as a tool or instrument for the self (the 'I') to carry out actions, perceive the world, and experience enjoyment.
- The body is not the ultimate identity but a means through which the self interacts with the external environment.

Gateway classes

Q.7 How harmony in individual is possible? AKTU 2014-15, 2016-2017

Harmony in an individual can be achieved through a holistic approach that encompasses various aspects of well- being—physical, mental, emotional, and spiritual.

Here are some key principles and practices that contribute to individual harmony:

1. Self-Awareness -

Understanding oneself, including values, strengths, weaknesses, and emotions, is fundamental to achieving harmony.

This self-awareness provides a foundation for making informed decisions aligned with personal values.

2. Balance and Moderation -

Strive for balance in all aspects of life, including work, relationships, leisure, and personal development. Avoiding extremes and practicing moderation helps maintain equilibrium and prevents burnout.

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3. Mindfulness and Presence -

Engage in mindfulness practices to cultivate present-moment awareness. This involves paying attention to thoughts, feelings, and sensations without judgment. Mindfulness can help reduce stress, enhance focus, and promote emotional well-being.

4. Physical Well-being -

Take care of your body through regular exercise, a balanced diet, and sufficient rest. Physical well-being is closely linked to mental and emotional health, contributing to an overall sense of harmony.

5. Emotional Regulation -

Develop skills for managing and expressing emotions in a healthy way. This includes cultivating emotional intelligence, practicing self-compassion, and building resilience in the face of challenges.

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6. Purpose and Meaning -

Identify and pursue a sense of purpose and meaning in life. This can be achieved through aligning activities with personal values, setting meaningful goals, and contributing to something larger than oneself.

7. Positive Relationships -

Cultivate positive and supportive relationships. Healthy connections with others contribute to emotional well- being and provide a sense of belonging and support.

8. Continuous Learning and Growth -

Embrace a mindset of continuous learning and personal growth. Setting and achieving goals, acquiring new skills, and challenging oneself contribute to a sense of fulfillment and harmony.

9. Connection with Nature -

Spend time in nature to promote a sense of calm and connectedness. Nature has been shown to have positive effects on mental well-being and can provide a respite from the demands of daily life.

Gateway classes

Q.8 Explain the activities of realization and understanding. How do they lead to harmony in the activities of I? Illustrate with an example. AKTU 2017-18

Human consciousness operates through two significant activities: **realization and understanding**. These activities guide our inner self ('I') toward clarity, peace, and harmony.

Realization (Anubhuti / अनुभूति): Realization means to be able to see the reality as it is. In realization, we get the answer to ***"what is the reality?"***

- **Realization is the direct experience of truth.**
- It occurs when we deeply perceive the reality of existence beyond external influences.
- It involves self-awareness.
- It helps in **self-correction** and **self-development**.

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Understanding (Samajh / समझ):

- **Understanding is the knowledge gained through reasoning, reflection, and analysis.**
- It is a mental process where we **distinguish between right and wrong, essential and non-essential, reality and illusion**.
- It helps in making ethical and wise decisions.

Example:

- When we see a close friend feeling sad, we **realize** that we should help them.
- However, if we develop **understanding**, we also become clear about what kind of help would actually be beneficial for them.

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How Realization and Understanding Lead to Harmony in 'I'

When an individual **realizes and understands** their true nature and purpose, it brings harmony in thought, emotions, and actions.

Clarity of Purpose → Leads to wise choices and ethical actions.

Inner Stability → Reduces conflicts, stress, and confusion.

Right Priorities → Fosters peace, happiness, and fulfillment.

Balanced Response → Helps in responding positively to life's challenges.

Example of Harmony in 'I'

Imagine a **student preparing for an exam**:

- If they **realize** that true success comes from knowledge, not just marks, they will focus on learning.
- If they **understand** that procrastination leads to failure, they will manage time efficiently.
- This **realization and understanding** will bring harmony, ensuring the student studies with sincerity and without stress.

Gateway classes

Q.9 How recognizing and fulfilling in the self depends upon knowing or assuming?

AKTU 2015-16

Recognizing and fulfilling in case of human beings will depend upon knowing and/or assuming.

(i) We assume: We all make assumptions and our response (recognition and fulfillment) is dependent on the assumption. For ***example:*** If I see a snake and assumed it to be a rope, I shall respond differently to it, than if I take it to be a snake itself. We call this activity 'assuming or mannana'.

(ii) We recognize: We all recognize a variety of things. Like, we recognize water, our parents, friends, etc. We call this activity 'recognizing or pahachaanana'. The recognizing in 'I' depends on assuming.

(iii) We fulfill: The response that follows recognition is called the activity of 'fulfilling or nirvaha karna'. The fulfillment depends on the recognition. ***For example***: Once we recognize water, we take it. Taken together we can write it as (in I):

Assuming → Recognizing → Fulfilling

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Knowing → Assuming → Recognizing → Fulfilling

Leads to Leads to Leads to

Or

Janana → Mannaa → Pahachanna → Nirvaha-karana

Leads to Leads to Leads to

Gateway classes

Q.10 What do you mean by self introspections?

AKTU 2015-16

Self-introspection (or self-inspection) refers to the process of **examining one's own thoughts, emotions, and behaviors** to gain a deeper understanding of oneself.

Purpose of Self-Introspection

1.Understanding Oneself – Helps individuals analyze their motivations, strengths, and weaknesses.

2.Personal Growth – Assists in self-improvement by identifying areas that need change or enhancement.

Methods of Self-Introspection

1.Reflection – Thinking deeply about personal experiences, actions, and reactions.

2.Journaling – Writing down thoughts and emotions to keep a record for self-analysis

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3. Meditation and Mindfulness - Practices that promote being present in the moment and observing one's thoughts without judgment.

Benefits of Self-Introspection

1. Emotional Regulation - Understanding and processing emotions can contribute to better emotional regulation.

2. Increased Self-Awareness - It fosters a deeper awareness of one's values, beliefs, and identity.

3. Decision-Making - Improved self-understanding can lead to more informed and intentional decision-making.

The goal of self-introspection is not necessarily self-judgment but self-understanding. It's about creating a space for honest reflection, acknowledging both strengths and areas for growth, and using that awareness to navigate life more consciously.

Gateway classes

Q.11 Define sanyam and swasthya. How are the two related?

AKTU 2014-15

OR

Define sanyam (self-control) and swasthya (health). Explain various responsibility of "I" for the Body in brief.

AKTU 2015-16

Sanyam (Self-Control):

1. Sanyam refers to **discipline and regulation over one's thoughts, emotions, and actions**.
2. It helps in maintaining balance between needs and desires, leading to a harmonious life.
3. Self-control prevents indulgence in harmful habits and promotes ethical behavior.

Swasthya (Health):

1. Swasthya means **a state of physical, mental, and social well-being**.
2. Good health is not just the absence of disease but also includes proper nutrition, exercise, mental stability, and emotional balance.
3. Health depends on both external factors (like diet and environment) and internal factors (like thoughts and emotions).

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Responsibilities of "I" for the Body

1.Providing Proper Nutrition:
- Eating a balanced diet that includes essential nutrients.

2.Ensuring Physical Fitness:
- Engaging in regular exercise, yoga, and physical activities.

3.Maintaining Hygiene and Cleanliness:
- Keeping the body clean and following good hygiene practices.

4.Avoiding Harmful Habits:
- Staying away from unhealthy practices such as smoking, excessive junk food, and stress.

5.Mental and Emotional Well-being:
- Managing stress through meditation, positive thinking, and relaxation techniques.

6.Adequate Rest and Sleep:
- Ensuring proper rest and sleep for body recovery and mental relaxation.

7.Balanced Lifestyle:
- Maintaining a balance between work, relationships for overall well-being.

Gateway classes

Q.12 Suggest programs to ensure proper functioning of your body. Can we sustain them without right understanding?

AKTU 2018-19

OR

Suggest any two programs that you can undertake to improve the health of your body.

AKTU 2016-17

Programs to Ensure Proper Functioning of the Body

To maintain the proper functioning of the body, one must adopt a **holistic approach** that includes physical, mental, and emotional well-being. The following programs can help:

1. Physical Health Programs

Balanced Diet: Following a nutritious diet rich in vitamins, minerals, and essential nutrients.

Regular Exercise Routine: Engaging in activities like yoga, aerobics, strength training, or cardiovascular exercises.

Sleep Management : Ensuring 7–8 hours of quality sleep for body recovery and mental relaxation.

Detoxification & Hydration : Drinking enough water and consuming detoxifying foods to eliminate toxins.

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2. Mental & Emotional Well-being Programs

Meditation and Mindfulness: Practicing meditation, deep breathing, and mindfulness to reduce stress and improve focus.

Positive Thinking and Gratitude: Encouraging a positive mindset and gratitude practices for mental stability.

Stress and Anxiety Management: Engaging in activities like music, art, and relaxation exercises to relieve stress.

3. Preventive Healthcare Programs

Regular Medical Checkups: Periodic health checkups for early diagnosis and prevention of diseases.

Hygiene and Cleanliness: Maintaining personal hygiene and environmental cleanliness.

Vaccination: Ensuring timely vaccinations to prevent infections.

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Thank You



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