

7. Harmony among the body parts is known as
 a) Sanyam
 b) Swasthya
 c) Synchronization
 d) None
8. What is basis of Swasthya?
 a) Happiness
 b) Wealth
 c) Sanyam
 d) Prosperity
9. Health wealth and wisdom means
 a) Consciousness
 b) Intelligence
 c) Prosperity
 d) Happiness
10. If we will maintain relationship with other human beings on the basis of right understanding then there will be
 a) Mutual prosperity
 b) Mutual happiness
 c) Happiness
 d) Prosperity
11. The value education is the education by which we can
 a) Learn new technology
 b) Do new research
 c) Transform from animal consciousness to human consciousness
 d) None of above
12. Process of self exploration leads to
 a) Realisation and understanding
 b) Prosperity
 c) Wealthy
 d) Peace
13. Happiness may be defined as
 a) Being in harmony
 b) If there is synergy in it then I like to be in that state
 c) If there is harmony in it then I like to be in that state
 d) All of the above
14. The subject which enables us to understand human aspiration, or what is really valuable for human being is called
 a) Education
 b) Value Education
 c) Spiritual Education
 d) Skill development
15. The subject which enables us to learn the science, technology, management and other skills for fulfilling out aspiration is called _____
 a) Education
 b) Value Education
 c) Spiritual Education
 d) Skill development
16. Most of the time and effort is being invested in _____
 a) Relationship
 b) Right Understanding
 c) Physical facility
 d) Family

27. The purpose of value education is to
- Make the syllabus easy
 - Foster universal core value
 - Develop values in individuals
 - Both (a) and (c)
28. Self exploration uses two mechanisms – natural acceptance and
- Reason
 - Experimental validation
 - Logical thinking
 - Theoretical concepts
29. Harmony should be maintained in
- Between body and life
 - Between self and body
 - Between self and society
 - All of the above
30. A harmonious world is created by values at 4 levels, they are
- Home, family, society and world
 - Individual, family, society and nature/existence
 - Individual, family, city and universe
 - None of the above
31. Many human values seem good or right due to
- Positive feeling
 - internal happiness
 - Natural acceptance
 - All the above
32. Which of the following is a positive value?
- Self respect
 - Anger
 - Fear
 - Narrow mindedness
33. What are the basic human aspirations?
- Continuous happiness
 - Continuous Prosperity
 - Both (a) and (b)
 - None of the these
34. What is the content of self-exploration?
- What is my desire?
 - What is the program to achieve the desire?
 - Both (a) and (b)
 - None of the above

35. Self-exploration demands examination and _____ of our beliefs again and again
- Validation
 - Presentation
 - Demonstration
 - Representation
36. Two basic things in the content of self-exploration are to know my basic desires in life and second is to know how to _____
- Perform these
 - Remove these
 - Fulfill these
 - Forgot these
37. Natural acceptance and _____ are two main process of knowing
- Self-actualisation
 - Self-control
 - Self-exploration
 - Self evaluation
38. If something is _____ to us, without any force or compulsion, then it is often correct and does not change with time and people.
- Not acceptable
 - Completely acceptable
 - Naturally acceptable
 - Less acceptable
39. The characteristics of natural acceptance are
- Natural acceptance does not change with time and place
 - It does not depend on the place and our beliefs
 - it is constant and same for all of us
 - All the above
40. Most important condition needed to make us happy is _____
- Right understanding
 - Right utilization
 - Right guidance
 - Right direction
41. What is the example of materialistic desire?
- | | | | |
|--------------|----------|----------|------------|
| a) Happiness | b) Money | c) Pease | d) Respect |
|--------------|----------|----------|------------|
42. What is the example of non-materialistic desire?
- | | | | |
|--------------|----------|--------------|--------|
| a) Happiness | b) Money | c) Big-house | d) Car |
|--------------|----------|--------------|--------|
43. What are the basic requirements for fulfillment of human aspirations?
- Right understanding
 - Good relationship
 - Physical facilities
 - All the above

44. Life motivated by only physical facility leads to _____
- a) Animal consciousness
 - b) Human consciousness
 - c) Child consciousness
 - d) Motivated consciousness
45. Acquiring more physical facility than required leads to get only _____
- a) Self satisfaction
 - b) Right understanding
 - c) Happiness
 - d) Prosperity
46. Value education inculcates _____ in us
- a) Preconditioning
 - b) Fear
 - c) Right Understanding
 - d) Assumptions
47. Value education gives us
- a) Proposal
 - b) Self motivation, self discipline,
 - c) Self verification
 - d) All of these
48. Moral education makes us
- a) Learn do's and don'ts
 - b) To Understand proposals with self verification
 - c) Self motivated
 - d) Self discipline
49. Value education is
- a) Universal
 - b) Rational
 - c) Verifiable
 - d) All of these
50. The subject which enables us to learn the skills is called
- a) Skill development
 - b) Value education
 - c) Moral education
 - d) Phycology

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