

## Section-A: Objective Questions

Define the following:

1. Values
2. Ethics
3. Morals
4. Principles
5. Philosophy
6. Self-Exploration
7. Self-Awareness
8. Self-Satisfaction
9. Motivation
10. Selfless Service

## Section-B: Match the Following

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|------------------------------|---|
| 1. Swatva<br>harmony         | A. Innateness of the self/The natural acceptance of |
| 2. Swatantrata               | B. Being harmony with oneself                       |
| 3. Swarajya                  | C. Self-expression/Living harmony with others       |
| 4. Meaning in life           | D. Experiencing the value of another person         |
| 5. Congruence & Incongruence | E. Real self and ideal self                         |
|                              | F. Understanding individual self                    |
|                              | G. Difference between the perceived and the real    |
|                              | H. Sense of humour                                  |

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|------|-------------------|
| 1. S | A. Specifications |
| 2. M | B. Systematic     |
| 3. A | C. Specific       |
| 4. R | D. Measurement    |
| 5. T | E. Measureable    |
|      | F. Mystery        |
|      | G. Achievement    |
|      | H. Achievable     |
|      | I. Allocated      |
|      | J. Really         |
|      | K. Realistic      |
|      | L. Realism        |
|      | M. Time-Frame     |
|      | N. Time-Bound     |
|      | O. Texture        |

### Section-C: Fill in the blanks

1. Decrease of ..... leads to happiness.
2. Real beauty lies in ..... not in .....
3. The vision of Human life .....
4. The number of births a soul travels to get a human birth.....
5. .... differentiates human beings from rest of the creatures.
6. .... refers to the guidelines for conduct, that address question about morality.
7. .... refers to the principles and ideals that helps in making judgement of what is more important.
8. Quality of human life can't be defined by materialistic possessions (money, power, positions etc.); it can only be defined in terms of .....
9. Philosophical question of life.....?
10. As the desires, so is the.....
11. Process of making choices by identifying a decision, gathering information and assessing alternative resolutions .....
12. Any influence that triggers, directs and maintains behaviour .....
13. .... theories of motivation explain why people have different needs at different times
14. .... theories of motivation describe the processes through which needs are translated into behaviour
15. .... is the process of self-evolution through self-investigation
16. .... allows an individual to understand other people, how they perceive us, your attitude and your responses to them in the moment
17. .... is a sense of absolute fulfillment with oneself and one's accomplishments.
18. .... developed Learned Needs Theory of Motivation
19. .... developed Two Factor Theory of Motivation
20. .... developed ERG Theory of Motivation

### Section-D: Short Questions

1. Differentiate between "Shreya" and "Preya" regarding goal of life with a relevant example.
2. Differentiate between "Instinct" and "Intellect" with a relevant example.
3. What is the role of ethics in our daily lives?
4. Explain the process of decision making.
5. Explain the theory of Congruence and Incongruence of Carl Rogers.
6. What is the importance of meaning in life according to Victor Frankl?
7. What are the key two components for developing emotional quality in a relationship?

### **Section-E: Long Questions**

1. Define 3Vs in goal setting mechanism and explain its implications with examples.
2. Narrate the Story of Henry Ford towards his goal orientation.
3. Describe a case on the life/acts of any ethical personality you admire. Justify how their actions has made an impact on your personality.
4. Explain Abraham H. Maslow's Need Hierarchy Theory of Motivation.