

# **Life Enrichment**

**Text Book Book for Post Graduate Courses  
of  
Humanities and Social Studies**

**Volume III**

**Question Bank and Self Learning Activities**



**Sardar Patel University  
Vallabh Vidyanagar  
Gujarat  
India**

## **Life Enrichment : Volume III**

### **Question Bank and Self Learning Activities**

Text Book for a short term credit course in Post Graduate Studies  
of Humanities and Social Studies, Sardar Patel University

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**Concept and Compilation**

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## PREFACE

I am happy to publish Volume III of the Text Book for the course entitled ' **Life Enrichment**' designed for the Post Graduate Studies of Humanities and Social Studies of Sardar Patel University, Vallabh Vidyanagar.

This volume contains Question Bank and Self Learning Activities.

What can be the basis, if at all any, of conducting examinations for a study course which aims at Enrichment of Life rather than increasing information base?...We know very well the relation between learning and assessment that 'assessment drives learning' but when the purpose of course is to offer its students Life Enriching Learning, then the conventional context of summative assessment seems quite irrelevant.

Therefore, the purpose of examinations for this course has to be redefined and rediscovered. The assessment tools should serve as genuine opportunities for expression of progressively growing and enlightening perceptions and abilities of the students about life and its aim rather than a mere information retrieval method. The assessment must aim to help the students to cultivate various mental faculties like analysis, reflection, contemplation, judgement and inspiration.

Inculcating an enlightened and robust intellectuality in the students is the need of the hour.

The question bank has been prepared with the contribution from all the teachers who are engaged in conducting the course. I am thankful to all of them. The credit of giving this question bank a student centered perspective and indeed shaping it into a growth stimulating and *live* learning activity goes to Dr. Mahendra Chotalia, Associate Professor, P.G. Department of Education. I extend a special thanks to him for this very unique contribution. I am also very thankful to Mrs. Kajal Rao and Miss Ripal Patel for translating the entire volume in English..I am very confident that our collective efforts in carrying out the teaching-learning activities of the course will steadily grow towards our

cherished ideals.

Finally, invoking a gift of aspiration for our young students, we offer all our efforts to The Divine with deep gratitude and profound humility.

24 April, 2011

Bhalendu Vaishnav  
Chairperson  
Sri Aurobindo Chair of Integral Studies  
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**The first principle of true teaching is that nothing can be taught. Teacher is a helper and guide. He does not impart knowledge to him, he shows him how to perfect his instruments of knowledge and helps and encourages him in the process.**

## Unit V : Question Bank

### 1. The Science of Living

**(A) Give answers to the following questions according to your understanding, knowledge and experience.**

1. What is the ultimate aim of your life? How do you educate/cultivate your thoughts, emotions, behaviors to achieve that aim ?
2. What is self discipline ? Give some examples of self disciplined behaviors.
3. Whenever you do wrong or improper behavior, then do you receive an inner voice- " it is not proper" ? Whose voice is this ? Why do you need to listen to that voice attentively ?
4. Arrange these elements in the order of importance : Love, Knowledge, Truth, Beauty. Which is the most difficult to achieve for you ? Why ?
5. Describe an occasion where in critical circumstances you did not give up your sincerity or goodwill.

**(B) Give answers to the following questions with the help of the contents of the unit.**

1. How will you behave with the persons whose belief is entirely different from you ? How can their arguments be beneficial to you?
2. How does the behavior of a calm person is different from the one with an agitated mind?
3. What is the importance of Conscious awareness or vigilance in life ?

**(C) Explain the following statements.**

1. Man is used to give only suitable explanations for whatever he thinks, feels or speaks.
2. We should harmonize and unify all our *inner members*.
3. If the inner self controls the body, one may get surprising result.

## **This Bodily Appearance Is Not All...**

**(A) Give answers to the following questions according to your understanding, knowledge and experience.**

1. 'Man is made up of body alone'- Give your opinions against this statement.
2. Soul is immortal - What does it mean ?
3. We get birth as a human being after many births - What is the purpose behind this statement?
4. What will you include if you were to introduce your inner self in detail ?

**(B) Give answers to the following questions with the help of the contents of the unit.**

1. Is the man same as he looks ? What is the reason for misconceptions in identifying true person?
2. What are our inner realities that await our discovery?
3. What are our inner secrets which can be discovered through a proper self observation and self study?

**(C) Explain the following statements.**

1. Hid deep in man celestial powers can dwell.
2. This sculptor of the forms of the Infinite.
3. Passenger from life to life, from scale to scale.
4. Note down the similarities between 'Sansar' (Worldly Life) and the Ocean. We do have this concept well ingrained in our culture about understanding of Life. How many interpretations can we make in this comparison.

## **2. Self Development**

**(A) Give answers to the following questions according to your understanding, knowledge and experience.**

1. Man's personality influences the society and the family.
2. Society is influenced by philosophers and religious people.
3. Purity and morality have special importance in life.
4. The biggest strength is in the small, not in the big.
5. Knowledge can be gained with the Power of Concentration.
6. The man who has no faith in himself is atheist..
7. Power of Thinking.
8. Lord, ! please give faith, strength and devotion : Elaborate.
9. Describe a touching , inspirational story / real life event that you have cm across.

### **Prayer: The Core of Man's life**

**(A) Give answers to the following questions according to your understanding, knowledge and experience.**

1. What is the difference between a formal prayer and a true prayer?
2. What is the effect of a morning prayer on the entire whole day ?
3. If you are doing a prayer regularly, write two lines of it and explain their meaning in your words.
4. Describe the good thoughts, virtues, good characteristics that have developed in you as a result of a prayer.
5. How is a man who does pray from his heart different from a person who does not pray at all?
6. Explain to a man who is not praying, the importance of praying. Justify your point with proper arguments.
7. What is a prayer ? How to do a prayer ? When and whom to pray ?
8. Is a prayer the voice of heart ?

9. The Power of Prayer.

**(B) Give answers to the following questions with the help of the contents of the unit.**

1. What should you do to control your mind when you pray ?
2. We feel massive strength is inhabiting us when we pray. Perhaps you have experienced it. Why does it happen ?
3. What is effective : a prayer or philosophical principles in crucial circumstances ?  
What is Gandhiji's opinion about it ?
4. What is difference between a prayer and worship ?
5. What is the relation between a Prayer and The God ?

**(C) Explain the following statements.**

1. There is no inner peace without a prayer.
2. If you have no control on yourself , then your work will be destroyed.
3. Prayer or a singing a devotional song is not a lip service, it is the essence of the heart.

## **In The Whole Universe**

**(A) Give answers to the following questions according to your understanding, knowledge and experience.**

1. The Divine element exists in the world. How can we say this ?
2. Water is visible in this world with many forms. What are the different forms of the earth and the light ?
3. Our religious scriptures are talking about one divine element. Why the people following different religious have bitter differences and even animosity?
4. When do we show equal emotion to all things and animals of the world ? What do we need to realize to for oneness in all ?

5. Explain : Narsinh Mehta says- The Divine can not be attained by mind, He will reveal Himself through Love.

**(B) Write answers to the following questions with the help of the contents of the unit.**

1. What are the different forms of Divine energy that are talked about in this prayer ?
2. Which type of picture is drawn by Narsinh Mehta regarding the whole universe ?
3. Which of your understandings are confirmed and which are newly gained by understanding this Poem ?

**(C) Give sample explanation to the following sentences.**

1. God created different forms to taste the differences.
2. Gold is gold after all, whatever may be its form.
3. Thou art the tree in seed and the seed in tree.

### **Where the Mind is Without Fear**

**(A) Give answers to the following questions according to your understanding, knowledge and experience.**

1. On what does depend a Country's Greatness ?
2. Do you believe that India as the nation has *live* existence ? What is the basis of our country's liveliness ?
3. What advice (give five points) would you like to give to the youth of the country that will lead to enhancement of the glory of the country.

**(B) Give answers to the following questions with the help of the contents of the unit.**

1. How are fearlessness and freedom of the people important for the Greatness of this country ?

2. What expectations are cherished by Tagore for the country in this Poem ?
3. If Tagore's Prayer is answered, which problems of our country will be solved ?

**(C) Give simple explanation to the following sentences.**

1. Where the knowledge is free.
2. Where the calm stream of reason has not lost its way into the dreary desert sand of dead habit.
3. Let my country awake.

*Ek j Ratana*

**(A) Give answer to the following questions with your understanding, knowledge and experiences.**

1. Which prayer would you do to the God for the welfare of the whole world ?
2. What is the inner/deeper meaning of a prayer 'Lead us from the Darkness to The Light..?'
3. Will just doing a prayer to the God solve all our problems ? What are the responsibilities of a person who prays ?

**(B) Give answer to the following questions with the help of unit content.**

1. What would change in this worldly life if the God was to come down and live here?
2. What gift is given to us from the God's Delight?
3. Why does the poet call 'ratana' to his prayer ?

**(C) Give simple explanation to the following sentences.**

1. Establish Your Abode within me.
2. Remove the Earth's Evil
3. Fill in us the Divine nectar

### **3. Collective Growth and Development**

**(A) Give answers to the following questions according to your understanding, knowledge and experience.**

1. India is a Unique Nation
2. An inner change is necessary along with an outer change.
3. The body is an instrument for fulfilling one's dharma.
4. India's contribution in Asia's unity.
5. India is the world's spiritual mentor/Guru
6. The youth's contribution in Nation building
7. The whole world is a family.
8. Importance of inner development in 21st century : Its methods and results.

**(B) Give answers to the following questions with the help of the contents of the unit.**

1. Application of Spirituality in Life
2. The process of Evolution : Before and after man
3. True spirituality.
4. Establishment of 'A Federation of United Nations of The World'
5. Explain : The basis of people's external unity is their inner unity.

### **4. The Framework of Education**

**(A) Give answers to the following questions according to your understanding, knowledge and experience.**

1. What are the unique features of India as the nation ?
2. Through which characteristics that are present in you, you can identify yourself as an Indian ?

3. What is the difference between country and **Motherland** ? Which image shall emerge if we call our nation Mother India ?
4. Explain 'Unity in multiplicity ' in Indian context.

**(B) Give answers to the following questions with the help of the contents of the unit.**

1. Why the education of acquiring complete progress and purpose of human life is called as 'living education' ?
2. Indian thinkers have not only seen as man as body but also seen as mind and desires. Based on this belief what can be subtracted and what can be added to today's education ?
3. How does the 'National ego' damage the citizens ?
4. Enumerate the characteristics of a true and living education.

**(C) Explain the following statements in simple terms.**

1. Education should be instrumental in helping a man to enter into his right relation with life, mind and soul of the people.
2. India has always seen in man the individual a soul, a portion of the Divinity en wrapped in mind and body, a conscious manifestation in Nature of the universal self and spirit.
3. That education alone is true education which helps in bringing out proper function of the spirit in the body and soul of a nation and an individual.

## **5. The Basis and the Method of Education**

**(A) Give answers to the following questions according to your understanding, knowledge and experience.**

1. Today's education gives exclusive importance to memory and intellect. Which are other competences, sensibilities and feelings that today's education fails to inculcate ?

2. We can learn only if the teachers teach us and we learn only that much as what the teachers teach us'. Do you agree with this statement? Give your arguments for or against it.
3. Is the education that you receive appropriate to your own perceptions of self-development or is according to others' perceptions? What are the difficulties that one will encounter if the education is inappropriate to one's inner constitution and aspirations?
4. What are the main objections against the method of teaching in today's Kindergarten and primary schools, especially in English medium schools ? If you start primary school, what specific precautions will you take about the curriculum content, delivery and assessment?

**(B) Answer the following questions on the basis of the contents of the text book.**

1. What is the difference in shaping an idol and educating a man ?
2. What are the bad effects of our education started by the Britishers on today's students ?
3. Whether the true role of a teacher is to impart knowledge or to guide student to gain knowledge ? Which of these two is more important? Why?

**(C) Explain the following statements in simple terms.**

1. The first principle of true teaching is that nothing can be taught.
2. The second principle of true teaching is that the mind has to be consulted in its own growth.
3. The third principle of education is to work from the near to far, from that which is to that which shall be.

## **5. Philosophy of Education.**

**(A) Give answers to the following questions according to your understanding,**

**knowledge and experience.**

1. Why are you happy when you get new knowledge ? What changes do you observe when you get knowledge?
2. Have you ever felt that the knowledge related to nature is almost present in you and the same got revealed to you through some incident or while reading some text or listening to someone? In this context what is "to know"?
3. A person who has never gone to school or college and yet he learns so many things such as farming, business, swimming, making bricks. How? What is the difference between the learning through school/colleges and learning naturally?
4. Elaborate in detail the differences between the education which prepares us for job or business and the true education.
5. Make five important suggestions for bringing out necessary changes in today's education.

**(B) Answer the following questions on the basis of contents of the text book.**

1. Knowledge is inherent in man, no knowledge comes from outside, it is inside.'
2. Which are the abilities within us that if awakened, will spontaneously initiate the process of Education ?
3. Why is a man compared with a 'cask of glass' ?
4. Describe the characteristics of creative education which will help each individual in developing himself according to his own needs and peculiarities.
5. How can be education related to human development? In what respects does it helps us ?

**(C) Explain the following statements in simple terms.**

1. There is an infinite library of the whole world in your mind.
2. The inner divine light is covered in many human beings.
3. If education were identical with information, the libraries would be the greatest sages in the world.

4. The training by which the force and the expression of the will-power are brought under the control fruitfully, is called education.

## **7. Method of Education**

**(A) Give answers to the following questions according to your understanding, knowledge and experience.**

1. What is concentration ? Why is any work done through concentration qualitatively superior?
2. Have you ever been trained to develop concentration ? List the factors that hinder and facilitate concentration.
3. Try to visualize the picture of a good student that you know. What qualities have made him a successful student?
4. Remember your limitations / weaknesses as a student. How did they harm you ? What can you do to get rid of them?
5. Which are the difficulties faced by a person in acquiring knowledge who doesn't have self confidence ?
6. Note the negative feedback given to you by parents as well as from your teachers. If you criticize your child or student in the same way, then what will be the effect on him ?

**(B) Answer the following questions on the basis of the contents of the unit.**

1. What are the characteristics of mental activities performed by a person through intense concentration?
2. Which are the advantages of concentration as described by Swami Vivekananda ?
3. Explain the relationship between celibacy (brahmacharya) and concentration.
4. Which consequences have we suffered due to lack of self confidence?
5. Make a list of five quotations which reflect self confidence.

**(C) Explain the following statements in simple terms.**

1. The difference in the power of concentration constitutes the difference between man and man.
2. Our mind fritters away its energy in innumerable things.
3. Control in thinking, speech and action is called celibacy (brahmacharya)
4. First have faith in yourself.

## **6. True Education.**

**(A) Answer the following questions based on your understanding, your knowledge and your experience.**

1. Do you believe that there should be purification of our feelings and tendencies through education ? Is this education more important than intellectual education? Why ?
2. Which efforts have you made so far for control of mind and body ? What is the result ?
3. When would you believe that you are perfect or almost perfect ?
4. Make a list of ten characteristics of a person whom you can consider a Good human being. What changes can be brought about for the development of those characteristics in today's education ?
5. How much importance do you give to 'love' in life ? Why ? What can be done to obtain understanding and experience of love.
6. Prove that : True education is a Sadhana or Tapasya.

**(B) Answer the following questions on the basis of contents of the text-book.**

1. How can we transform our mechanical, routine life ?
2. What care you will take to change the habits of food and sleep for achieving ideal living?
3. Do you believe that we waste our energy by speaking even when not necessary? what is that education which illumines your expression?

4. Make a list of five characteristics of true education which help us in maintaining all our energies and removing limitations.

**(C) Explain the following statement in simple terms.**

1. It's more difficult to live a balanced life than to avoid merry-making.
2. Each person's body is like a puzzle where solution is brought through patience, perseverance and punctuality.
3. You follow the person to whom you love.

**Psychic and Spiritual Education.**

**(A) Answer the following questions based on your understanding, your knowledge and your experience.**

1. The appearance of our inner being is more shining and true than our external appearance- Do you agree with this statement ? Present your arguments and reasons.
2. Why education is not given for searching, knowing, purifying and making perfect our inner being ? Would you like to receive this type of education ?
3. Have the inner changes that have come in you so far come effortlessly or did you make any efforts for that? Make a list of these changes and efforts.
4. Which strong aspiration is active in your life ? What has this aspiration prompted you to do or act and what the same aspiration has prevented you to do or act?
5. Which type of education will you take if you are given complete freedom ?

**(B) Answer the following questions on the basis of the contents of the text-book.**

1. Describe the aims of education of body, mind and soul.
2. What is an inner being/ psychic being ?
3. How does the Universal Principle present in us is helpful to us ?
4. How will educated person do the works?
5. What is the importance of self-sacrifice in life ?

**(C) Explain the following statements in simple terms.**

1. Parents do not know what is going on in the mind of their children.
2. Experience is more important than principles and disputes.
3. There should be only one desire : Progress
4. Education of mind will gradually lead to development of human nature and will transform the whole individuality of a person.

## **7. Integral Health**

**(A) Answer the following questions based on your understanding, your knowledge and your experience.**

1. Explain : Mental health, Physical health, Integral health.
2. Healthy body and Healthy mind
3. Spiritual dimension of health
4. Physical consciousness

**(B) Answer the following questions on the basis of contents of the text-book .**

1. Mental consciousness : Its characteristics and importance in context of health.
2. Vital consciousness : Its characteristics and importance in context of health.
3. Influence of inner divinity on health

**(C) Explain the following statements in simple terms.**

1. Importance of different treatment methods in acquiring health
2. Describe your beliefs about the mutual relationship of modern science of health and Ayurveda.
3. Ayurveda : Science of Life

## **Unit VI: Self Learning Exercises**

### **Science of Living**

## Activity - 1

There is a group of eight persons. Their names and characteristics are given below :

	<b>Name</b>	<b>Characteristics</b>
1	Manoj	Enthusiastic, witty, Helpful, but obstinate about his opinions.
2	Manvita	Good at singing, Interested in Arts but takes decision without discussion.
3	Angaraj	Body builder, Fearless, Leadership qualities, but can't go hungry.
4	Akruti	Beautiful, Strong, but falls ill under the effects of fear/stress.
5	Viplav	Loves Nature, Knowledgeable about birds and stars but withdraws into silence when annoyed and spoils the mood of the group.
6	Vilas	Painter, Doctor, Spends money for others. if result is not achieved he becomes sad, frustrated.
7	Chaitanya	One can trust him far over thing, very nature talked about life but if there is any delay in eating , then he gets helpless, very delicate health.
8	Chingali	Good orator, Expresses all thoughts clearly, direction oriented, but gets impressed all very soon.

The whole group is going for tracking. They are passing through a forest, a mountain, a small river and after three days and two nights they will reach to their destination. The

tracking will start after a week. All have arrived at the camp sight.

You are leader of this group. You have to prepare the team members for a successful endeavour. What specific advice you will give to each of them? Write advice and list of activities for each one in separate chits .

### **Activity :1 Part - 2**

For preparation of your programme focus on following statements which can serve as guidelines.

1. A person who is physically fit can accomplish even difficult tracking.
2. We can bring about harmony among people with contrasting/opposite nature.
3. All good characteristics cannot be developed fully in everyone.
4. Every one can achieve a harmonious state within himself of physical, mental and vital planes.
5. Knowing does not mean only to add new things, but to drop / to remove unnecessary things.
6. Learning requires intellect.
7. If a person is successful in one field, he is a 'good person'.
8. A person can learn all things through thinking and contemplation.
9. If we are conscious in every circumstances of life, then we can transform our nature quickly.
10. Man's nature does not change till death.

### **Activity: 2**

Students make

a guideline about the programme. Initiate and guide the discussion with the help of the following questions..

1. Did you enjoy thinking about the training programme? Did you like to give advice ? Why?
2. What was it that posed problems in this activity? How did you solve the same?
3. When you were thinking about these eight students' characteristics, did you become aware about your own peculiarity and limitations ? What did you think about yourself?
4. How do you correlate this training programme involving these eight team members, and yourself as a leader, with our life?
5. What did you learn from this activity ?

### **Activity: 3**

Explain the planes and parts of human consciousness : physical, mental, vital and psychic.

### **Activity: 4**

Divide the class in four groups. Divide each group in sub groups of three each. Give the photocopy of paragraph relating physical, mental, vital and psychic education to each group along with a glossary of important words.

#### **4.1 Spiritual Education:**

Consciousness: To become aware and *alive*; and inner actions associated with and

emerging from this state of one's being. To be, feel ,live and act from one's highest state.

Aspiration: An ardent desire to achieve superior aim.

Liveliness – Characteristics of alertness.

Identification: To become one with the one's thoughts,actions.

Manifestation – Expression,

Inner self – The innermost consciousness, psychic being.

Answer the following questions from the paragraph with help of your friends.

1. What is psychic being ? What is its importance in our life ?
2. Which are the conditions needed for awareness of one's psychic being ?
3. What do you know about your own psychic being as a person ?

### **Activity: 4.2**

Paragraph: ‘To complement this process of inner discovery....there is always one for men of goodwill. (Vol. I ,pages 04-05, )

Glossary : Inner achievement : Recognize psychic being.

Manifestation – Expression

Siddhi - Realization

Questions :

1. What are the strengths and limitations of mind ?
2. What is the meaning of making mind 'supple and profound' ?

3. What is the advantage of thinking from multiple points of view ?
4. 'Never allow the mind to judge things and people'. Why ?
5. What are the limitation in which your mind is involved ? What will you do to remove them ?

### **Activity: 4.3**

Paragraph: 'Here we must mention the discipline of the vital...vanish before the radiance of the truth-consciousness.' ( Vol. I, pages 06-07 )

Glossary : Impulses-instant attitudes, instincts like anger, fear, greed etc.

Questions :

1. What are the characteristics of the vital being?
2. Why vital is called a 'worker' ?
3. Why is a psychic contact necessary to guard oneself from the impulses of the vital?
4. How does vigilance help in the moments of crisis?
5. Have you experienced that you have become a slave of your vital impulses and instincts? What have been its results? What will you do to safeguard yourself against repeatability of these influences?

### **Exercise – 4.4**

Paragraph : "Lastly, by means of a rational .....any reason to exist."(Vol. I, pages 07-08 )

Glossary : Truth-force – The Power that controls the world, The power of Truth.

Manifestation – Expression

Psychic being – The core of our consciousness.

Questions :

1. Is body our master or slave ? How ? What are your experiences ?
2. When can we say that mind is 'strong and poised' ?
3. Make a list of characteristics of an ideal body.
4. What do you understand by 'Harmony' ?
5. What will you do to make your body a ' living expression of harmony'?

**Activity: 5**

Explain the relationship between these four austerities and the aim of life. The process of manifestation of truth and perfection can be presented as a chart. (...First two and the last paragraphs of the text " Four Austerities and four Perfection"..)

**Activity: 6**

Now ask the four groups to sit together. and deliberate on austerities of the body, mind, vital and soul. One person from each group will present his / her explanation.

**Activity: 7**

Four groups will make a presentation on each aspect of the austerities in the class. Teacher will be ready with suggestions and examples.

**Activity: 8**

At last ask every student to fill up the below chart personally.

Domain	What I'll do (Do's)	What I'll not (Don'ts)
Physical		

Mental		
Vital		
Soul		

**Activity: 9**

Home Work :

Now once again organize programme for your tracking group on the basis of your understanding.

