

Bṛhadāraṇyaka Upaniṣad - Maitreyi-Brahmana

(Science of Happiness)

Sample Questionnaire

Choose the most appropriate answer. Mark only one.

Marks 1 (1*1)

1. The real source of happiness is:
- ☐ Objects of the world
 - ☐ One's near and dear
 - ☐ Indicated by the love one has for oneself
 - ☐ The love one has for the personal deity (iṣṭa-devatā)

State True or False (T/F)

Marks 1 (1*1)

1. Death is identification with the realm of change at the physical and mental realms of one's personality.

Choose the correct statements. Check all that apply.

Marks 2 (1*2)

1. Which of the following axioms are true in context to the psychology of happiness with respect to objects?
- ☐ There is intrinsic happiness in the world of objects.
 - ☐ There is no intrinsic happiness in the world of objects.
 - ☐ For happiness to be experienced, one must have physical contact with the object.
 - ☐ All happiness rests in the Self alone and is thus intrinsic to the Self.

Match the following.

Marks 3 (1*3)

A

B

- | | |
|---|---------------------------------|
| a) Reality appearing in a particular form | (1) Accomplished with knowledge |
| b) Reality losing its particular form | (2) The birth of the individual |
| c) Dissolution of individuality | (3) The death of the individual |