

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

Section - 4

Q1 Activites not directed by own natural accept-
ance lead to conflict. Validate the state-
ment.

109 ANS Natural acceptance is a mechanism of self
exploration. Self exploration is a method
to explore ourselves. Natural acceptance is
process to understand ourselves first, Natural
acceptance implies unconditional & total accep-
tance of the self, people & environment
if also refer to the absence of any
exception from others. In other words,
natural

27 SUNDAY
Experiential validation is a process that
involves direct experience with the learning
environment & content. It may be regarded
as a philosophy & methodology in which the
direct experience & focused reflection
of the individual helps to increase
knowledge, develop skills and clarify
values.

Most of what we know about our self
is not only through our own opinion
of our self but also because of how
others view us.

M	T	W	T	F	S	S
	1	2	3			
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

When what we already believe to be true
of us is validated by some situations, people
when or outcomes. We may learn it
as experiential validation.

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