



Practice Session 1

Exploring our Aspirations and Concerns

Document prepared by UHV Team (uhv.or.in) and adopted by AICTE NCC-IP Sub-committee for Mentor Manual and related Materials for UHV-I

Suggestions for improvement are welcome

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Home Assignment Review

You must have completed your home assignment:

- Make a list of your aspirations* (चाहना)
- Make a list of your achievements (उपलब्धि) in your life
- Make a list of your concerns (चिंता), confusions (भ्रम) and questions (जिज्ञासा)

Let us get some of the points from these lists on the board

* You may like to include the expectations (अपेक्षा) of your family and friends as well as the hopes (आशा) the nation has from you

Your Aspirations, Concerns and Achievements

Aspirations	Achievements	Concerns
To do well in college	Came first in my class	Tension, peer pressure
Happiness in the family		Anger, not much time for family

Your Aspirations, Concerns and Achievements (from 26 Jan 2022 eSIP Followup Session)

Aspirations	Achievements	Concerns
To do well in college	Came first in my class	Tension, peer pressure
Happiness in the family	Spends time with family	Anger, not much time for family
Patent	Good marks	Lack of Confidence
Good marks	Good human being	Social Anxiety
Job with good package	Solved a problem	Overthinking
Human values	Communication skills	Lack of discipline
Society	Able to get over anger	Time management
Make parents proud	Control your emotions	Overwhelmed with work stress
Care for parents	Getting out of <u>depression</u>	Stage fear
Support family	Part time jobs	Uncomfortable to express
Be happy	Am happy	Lack of guidance
Full fill dreams	Have lots of friends	Over so want to do many things but unable to do them
Be a good human being	Helping nature	Lack of concentration

Effort

We are all making tremendous effort!

Is your effort (प्रयास)

- **To fulfil your aspirations (चाहना)?**

Or

- **To resolve your concerns (चिंता), confusions (भ्रम) and questions (जिज्ञासा)?**

Or

- **For something else?**

Make a list of all the effort that you are making

Also note down why you are making that effort

What is your basic aspiration?

Examples:

I am studying hard... so that I get a degree... so that...

I do what my mother wants... to express my respect to her... so that...

I am saving my pocket money... to buy a mobile for my brother... so that...

I am playing video games... so that...

We will explore this further



Aspiration

Effort...

to Become Something?

an engineer
a doctor
a farmer
an artist
a teacher

to Do Something?

Build bridges...
Keep people healthy...
Grow nutritious food...
Inspire through music...
Educate...

to Get Something?

Money, name, respect...
Fame, money...
Acceptance, respect, money...
Name, fame, money...
Money, respect...

to Be Something?
every moment?

Happy, prosperous
Happy, prosperous
Happy, prosperous
Happy, prosperous
Happy, prosperous

-----These are the steps, pathways to reach to the goal-----

Goal, basic aspiration

Which is your goal, your basic aspiration?

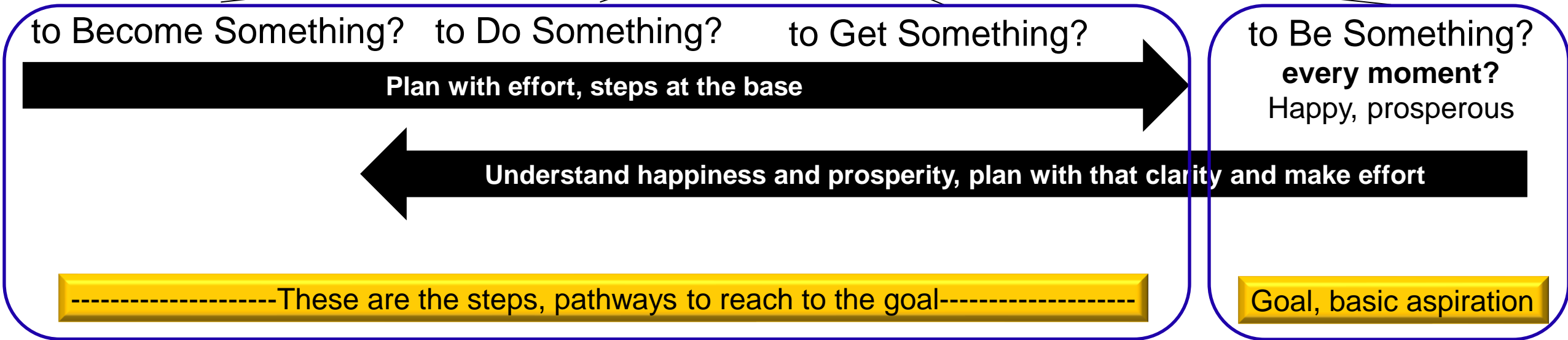
Then, what are these other things?

Would you like to make sure that the steps definitely add up to happiness and prosperity?



Aspiration

Effort



To fulfil your basic aspiration, how would you like to plan your life?

- Start with hard work, to become something...? **(effort, steps at the base)?**
- Make effort for understanding happiness and prosperity (your basic aspiration) and then choose a comprehensive pathway? **(based on clarity about basic aspiration)?**

How are you going about your life?

Check if you have become happier year after year (say in last 10 years)



Aspiration

Effort

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-----These are the steps, pathways to reach to the goal-----

Goal, basic aspiration

Now that we can distinguish between basic aspiration and the steps to fulfill it, find out what would be appropriate if your “favourite” pathway is closed:

- **Be unhappy, get depressed, become inactive?**
- **Find an alternate pathway?**

Examples:

- I wanted to go to the US for my degree, but I was forced to take admission here by my parents. My dreams are shattered
- I did not get the branch of my choice. My motivation to study is gone
- I did not get the room mate I wanted. I am unhappy



Aspiration

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Understand happiness and prosperity, plan with that clarity and make effort

-----These are the steps, pathways to reach to the goal-----

Goal, basic aspiration

UHV is intended to help us to explore and

- 1. Understand our basic aspirations (continuous happiness and prosperity)**
- 2. Verify, refine a comprehensive program to fulfil our basic aspirations**

Why is it important to understand the aspirations?

1. We will make effort in the intended direction (however far the destination may be)
2. We will know when we get there
3. Without clarity:
 - we may get busy with “how to” and waver from the intended aspiration
 - We may over-evaluate “our part” of the whole get so involved in it that the overall target may be compromised



with due apologies to our good doctors

Whatever we feel, think, do, get done... should it not result in desired results?

So, we have to be clear about these desired results

Without that clarity, our efforts may be directionless!



Home Assignment

Home Assignment

Make a list of your aspirations (goals) and concerns (problems)

Aspiration or Concern	Fulfilled by Right understanding	Fulfilled by Fulfilment in relationship	Fulfilled by Physical facility
Good health	Yes (how to be healthy)	?	Yes (food etc.)
Lasting friendships	?	Yes	?
Lots of money	?	?	Yes

Mark what is required to fulfil each aspiration

Mark what is required to address each concern

To be written in your UHV-I Notebook

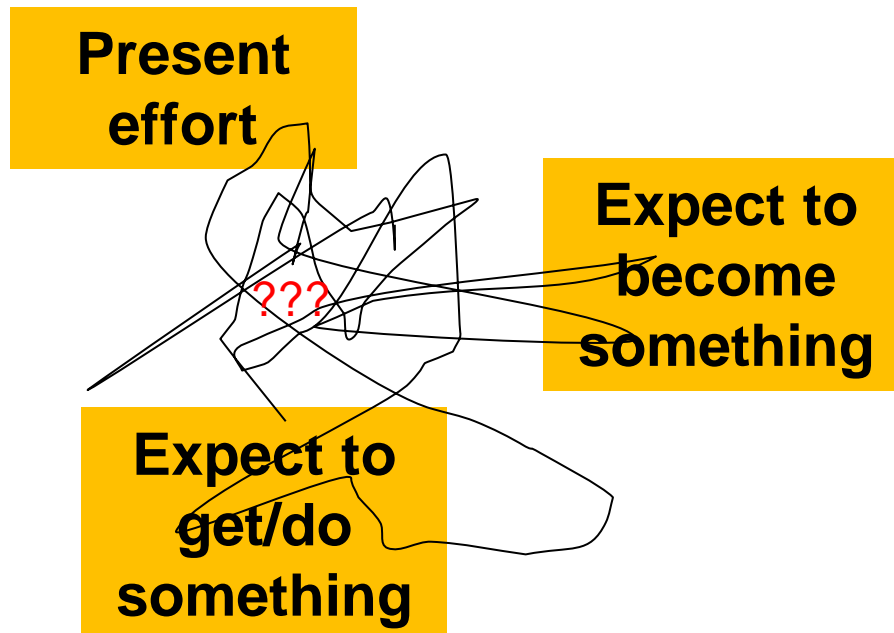


Further Discussion

Life without Clarity of Basic Aspiration

If the basic aspiration (**where you want to reach and stay there**) is not clear, then it is likely that:

1. The direction of your effort may keep changing (as assumptions change)
2. You may not know if you have arrived or not
3. Very likely that there will be a mix of satisfaction and dis-satisfaction (appiness and unhappiness)



The Basic Aspiration (Goal) is not clear or it is vague, like:

- Aim for the sky
- Make money and have fun
- ...

Life with Clarity of Basic Aspiration (Goal)

- (1) Our basic aspiration (human goal) is very clear – the destination is fixed
- (2) We know our current state (right evaluation)
- (3) We plan steps that connect and lead to the fulfillment of basic aspiration – direction is definite

