



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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Interaction Before Main Session

Hear from participants about their exploration from previous day(s)

Q&A

Place some expected conclusions, find out if they also came to these/similar conclusions

Aspirations and Concerns

You must have completed your home assignment:

- Make a list of your aspirations (चाहना), the expectations (अपेक्षा) of your family and friends and the hopes (आशा) you see the nation has from you.
- Make a list of your achievements in your life
- Make a list of your concerns, fears, confusions, questions, etc.

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

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



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Aspirations and Concerns

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

Effort

We are all making tremendous effort!

Is the effort (प्रयास) that you are making:

- **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

Note down why you are making that effort

(to fulfil your aspirations or to resolve your concerns or for something else)

For example:

I am studying hard... so that I do well in class... and get a good job... so that...

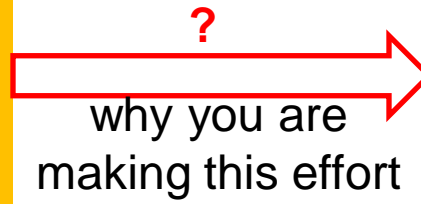
I do what my mother wants... to express my respect to her... so that...

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

We will explore this further



Present Effort
(thinking, doing something)



Expect to become something

Studying	Engineer
Doing Internship	Doctor
Practicing	Farmer
Attending Coaching	IAS Officer
Doing Articleship	Lawyer/CA
Doing MBA	Businessman
Researching	Scientist
Painting	Artist

Present effort



Expect to become something



Expect to **get/do something**

why you are making this effort

Studying	Engineer	Get Money
Doing Internship	Doctor	Earn Name, Fame
Practicing	Farmer	Do Research, Innovation
Attending Coaching	IAS Officer	Take care of your parents
Doing Articleship	Lawyer/CA	Make your family/nation proud
Doing MBA	Businessman	Gain Expertise in area of your choice
Researching	Scientist	Earn your living well
Painting	Artist	Live with Self Respect
		Get Power in society
		Earn Respect
		Get Satisfaction
		And so on...

Present effort



Expect to become something



Expect to get/do something



Expect to BE something

Studying	Engineer	Get Money
Doing internship	Doctor	Earn Name, Fame
Practicing	Farmer	Do Research, Innovation
Attending coaching	IAS Officer	Take care of your parents
Doing articleship	Lawyer	Make your family/nation proud
Doing MBA	Businessman	Gain Expertise in area of your choice
Researching	Scientist	Earn your living well
Painting	Artist	Live with Self Respect
		Get Power in society
		Earn Respect
		Get Satisfaction
		And so on...



Effort for a fulfilling Life



Present effort



Expect to become something



Expect to get/do something



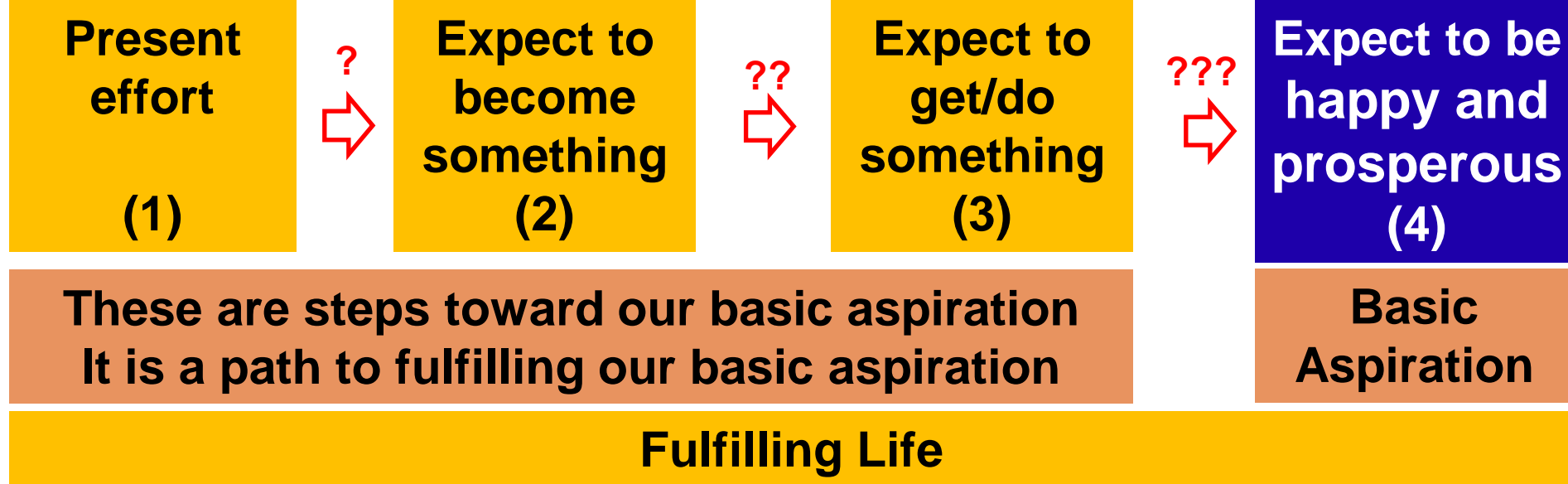
Expect to BE something

Studying	Engineer	Get Money



Effort for a fulfilling Life



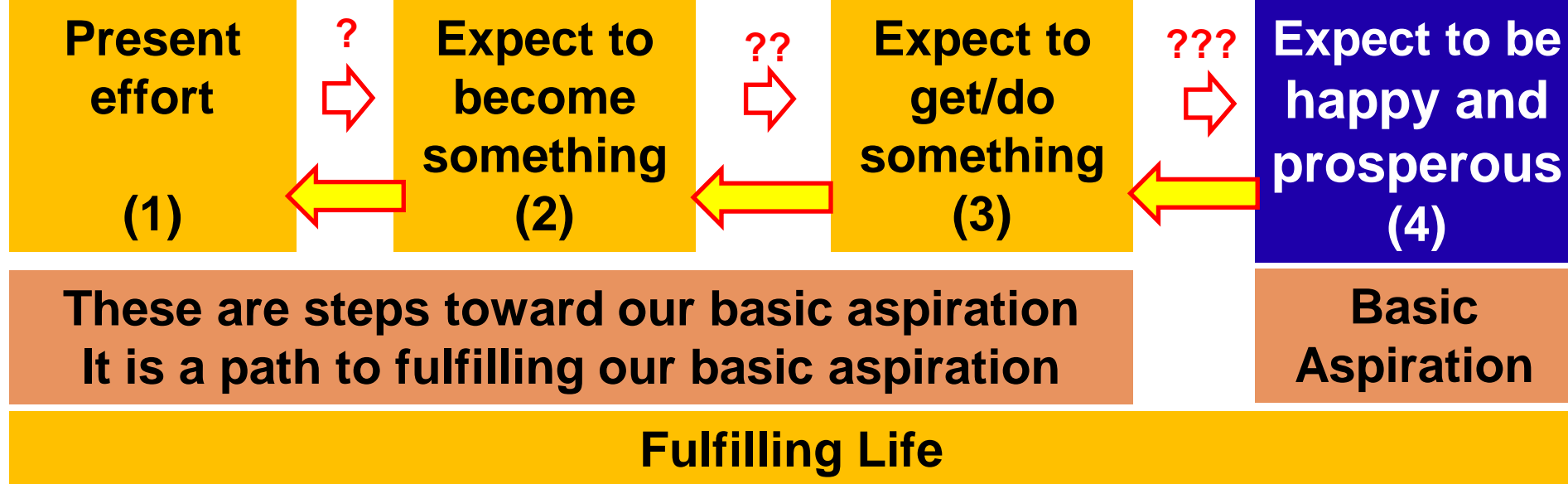


Which one is your basic aspiration (1 or 2 or 3 or 4)?

Can you see that your basic aspiration is to be happy and prosperous?

Can you see that becoming something, doing something, getting something etc. are just the steps to achieve your basic aspiration?

Would you like to make sure that the steps you choose will lead to your happiness and prosperity?



How would you like to plan your life?

1-2-3-4: Plan the steps without being clear of your basic aspiration?

or

4-3-2-1: Develop clarity of your basic aspiration (happiness and prosperity) and then work out the steps?

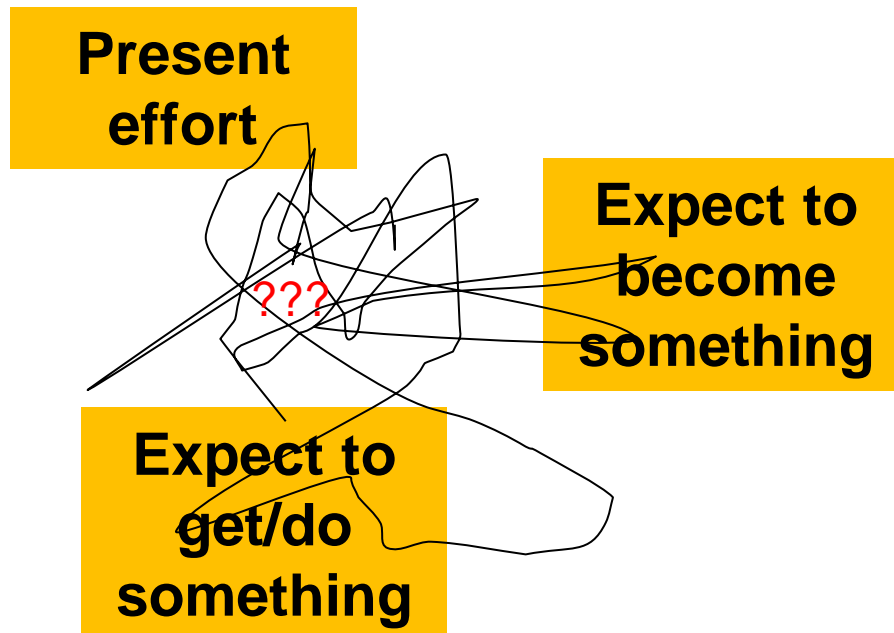
Check how you are planning now



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)

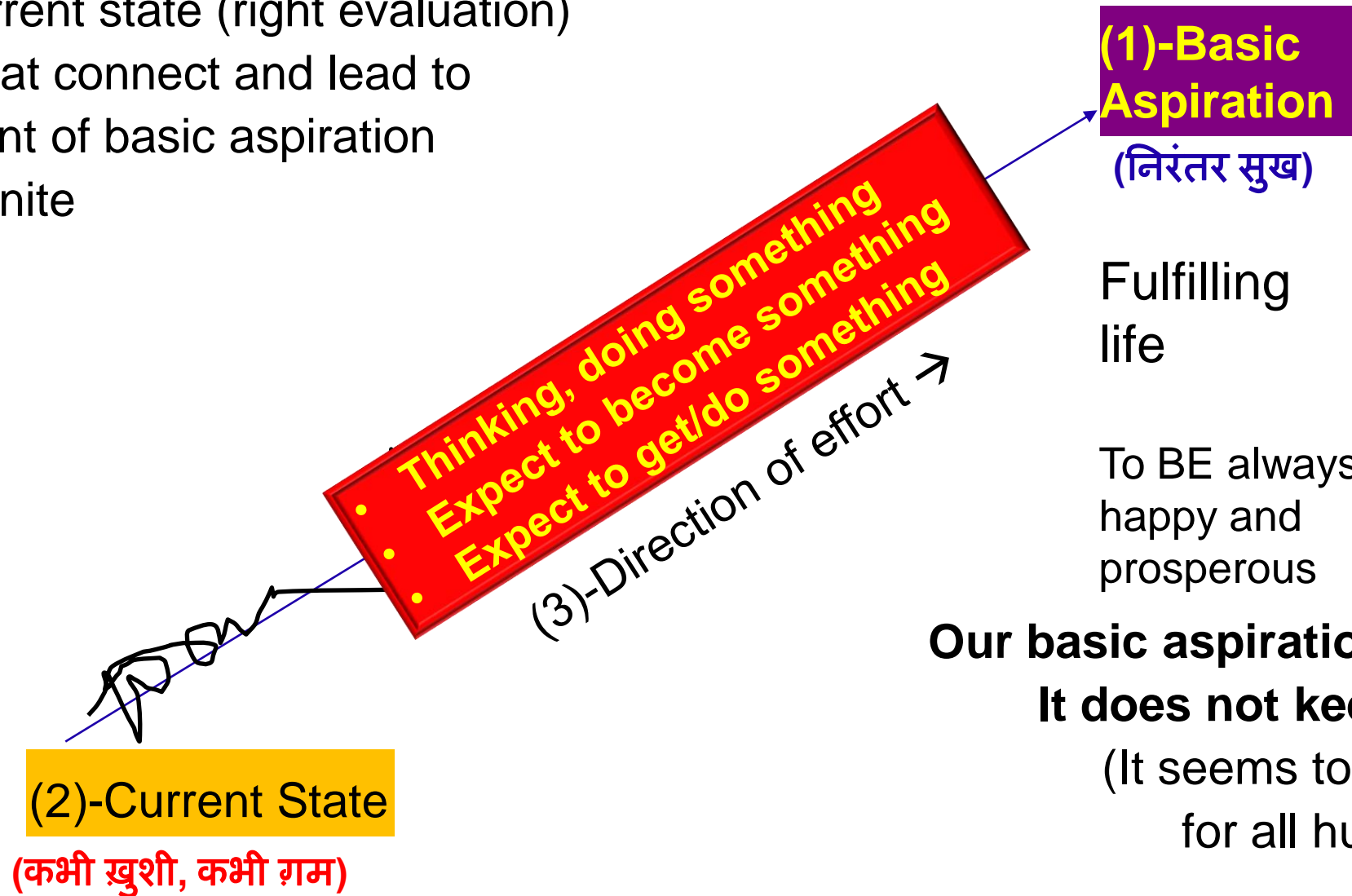


The Basic Aspiration (Goal) is not clear or it is vague, like:

- 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



Our basic aspiration is definite
It does not keep changing
(It seems to be the same for all human beings)

Many Paths or only One?

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

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

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





Home Assignment

Home Assignment

- 2.1. Write your conclusions / takeaways from this session
- 2.2. Is your basic aspiration really happiness (सुख) and prosperity (समृद्धि) or something else?
- 2.3. Think about some of those situations where your favourite path to what you assumed to be your goal was closed
 - What did you feel, think, do in these situations?
 - Write down one of them in detail

To be written in your UHV-I Notebook