



UHV-I Session 2

Exploring our Aspirations and Concerns

Planning for a fulfilling life by relating
academic success, career... expectations of family, peers...
to our basic aspiration...

Prepared by NC-UHV, AICTE in collaboration with UHV Foundation
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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

Home Assignments

1.1. Get to know as many of your batch mates as you can! You should be able to introduce at least 5 of them in detail.

1.2. Make a list of your

- Aspirations (चाहना)

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

- Concerns (चिंता), or problems (समस्याएं)

Aspirations	Concerns/Problems

To be written in your UHV-I Notebook. We will discuss further in the next session



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Exploring our Aspirations and Concerns

Planning for a fulfilling life by relating
academic success, career... expectations of family, peers...
to our basic aspiration...

Your Aspirations and Concerns

Aspirations	Concerns/Problems
To do well in college	Tension, peer pressure
Happiness in the family	Anger, not much time for family

Your Aspirations and Concerns (sample)

Aspirations	Concerns
To do well in college	Tension, peer pressure
Happiness in the family	Anger, not much time for family
Patent	Lack of Confidence
Good marks	Social Anxiety
Job with good package	Overthinking
Human values	Lack of discipline
Society	Time management
Make parents proud	Overwhelmed with work stress
Care for parents	Stage fear
Support family	Uncomfortable to express
Be happy	Lack of guidance
Full fill dreams	Overwhelmed want to do many things but unable to do them
Be a good human being	Lack of concentration

We want to live a fulfilling life... We are making effort for it

Make a list of all the efforts you are making
to fulfil your aspirations and to resolve your concerns/problems

e.g.,

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 smoking, playing video games... to get attention... so that...

Evaluation of Effort

Is your effort (प्रयास)

To understand your basic aspiration (चाहना) and fulfil them?

or

**To understand the root cause of your concerns (चिंता), problems (समस्याएं)
and resolve them?**

or

To escape, to run away from problems?

or

For something else?

But first, let us see if there is some basic aspiration we want to fulfill



Understanding Basic Aspiration

Present Effort
(1)

Why?

Studying
Doing Internship
Attending Coaching
Doing Articleship
Doing MBA
Researching
Painting...

to Become?
(2)



Why?

an engineer
a doctor
a farmer
an artist
a teacher...

to Get/Do?
(3)



Why?

Get Money
Earn Name, Fame
Do Research, Innovation
Take care of parents
Make family/nation proud
Get Power in society
Earn Respect...

to Be?
(4)

**To be happy and
prosperous**

In continuity!

Basic aspiration

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

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



Understanding Steps, Ways to fulfil Basic Aspiration

Present Effort
(1)

Why?

Studying
Doing Internship
Attending Coaching
Doing Articleship
Doing MBA
Researching
Painting...

to Become?
(2)

Why?

an engineer
a doctor
a farmer
an artist
a teacher...

to Get/Do?
(3)

Why?

Get Money
Earn Name, Fame
Do Research, Innovation
Take care of parents
Make family/nation proud
Get Power in society
Earn Respect...

to Be?
(4)

**To be happy and
prosperous**

In continuity!

These may be steps, ways to fulfill basic aspiration

Basic Aspiration

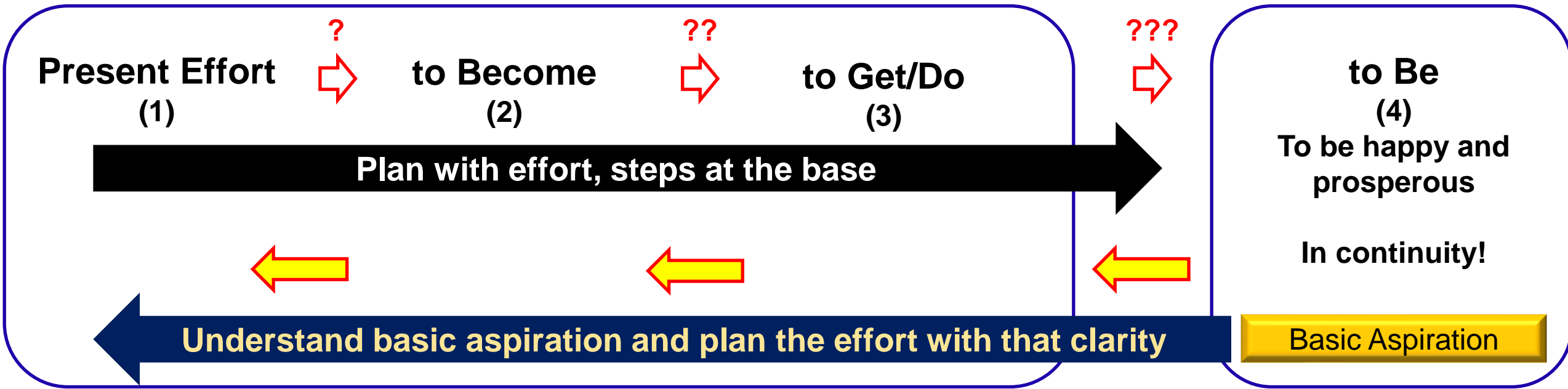
Then, what are these other things?

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

Would you like to make sure that the steps definitely add up to fulfil your basic aspiration?



How Would you Plan Your Life to Fulfil Your Basic Aspiration?



How would you like to plan your life?

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

or

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

How are you going about your life now?

Is the present program working for you?

Only one way of Fulfilling basic aspiration? Or Multiple ways?

Present Effort
(1)



to Become
(2)



to Get/Do
(3)



to Be
(4)

**To be happy and
prosperous**

In continuity!

Basic Aspiration

Now that we can distinguish between basic aspiration and the steps, ways to fulfill them, find out what would be appropriate if your “favourite” way is closed?

- **Be unhappy, depressed... try to escape from unhappiness, become inactive...?**
- **Find an alternate way, and make effort for it?**

Examples:

- I wanted to go to the best institute of the country for my degree, but I was forced to take admission here. My dreams are shattered
- I did not get the branch of my choice. My motivation to study is gone
- I did not get the roommate I wanted. I am unhappy



Multiple Ways to Fulfil Our Basic Aspiration

Present Effort
(1)



to Become
(2)



to Get/Do
(3)



to Be
(4)

To be happy and prosperous in continuity, there may be a definite program, which we need to explore

With that clarity, we may have multiple choices to get/do/become
And we can decide our effort accordingly

e.g., to ensure prosperity in the family, we may have multiple job options,
and various skills to learn

**To be happy and
prosperous**

In continuity!

Basic Aspiration

We will discuss the basic requirements to be happy and prosperous in the next session

The basic human aspiration is for the continuity of happiness and prosperity

We are making effort to realise our aspirations
(yet, there are problems, so we are trying to resolve them also)

Essential to fulfil our basic aspiration

- Understand our basic aspiration (continuous happiness and prosperity)
- Understand the program to fulfil our basic aspiration
- Make focused effort for it (plan the steps with clarity of our basic aspiration...)

UHV is intended to
help us with this

There are multiple steps, ways to fulfil our basic aspiration

If one way is closed, we can always pick another way

In due course of time, we will find that our concerns/problems get resolved naturally
when we focus on fulfilling basic aspiration!



Home Assignment

Home Assignment

- 2.1. Write your conclusions / takeaways from the exploration in this session
- 2.2. Is your basic aspiration really happiness(सुख) and prosperity(समृद्धि)? Only sometimes or every moment?
- 2.3. Is your effort fulfilling your basic aspiration?
- 2.4. Think about some of those situations where your favourite path 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



Questions?