



# UHV-I

## Session 3

# Basic Human Aspiration and its Fulfilment

Setting the correct priorities in life

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 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





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### Basic Human Aspiration and its Fulfilment

Setting the correct priorities in life

Document prepared by UHV Team ([uhv.org.in](http://uhv.org.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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# Introduction

In this session, we want to explore into two questions:

- Are happiness and prosperity really our basic aspiration?
- What is needed to fulfil these aspirations (चाहना)?

Through this exploration, we will also see what this UHV-I course is about. It will help to answer questions like:

- Why are we doing this course?
- What do I need to do further to fulfil my basic aspiration (and address my concerns)?

# We will Explore on our Own Right

Whatever is said is a **Proposal**

**Verify** it on Your Own Right – on the basis of our **Natural Acceptance**

**Do not assume it to be true or false**

प्रस्ताव है

जाँचें – स्वयं के अधिकार पर – अपनी सहज स्वीकृति के आधार पर

**मानें नहीं**

# Aspiration, What We Want to Be

Do we want to be happy?

*क्या हम सुखी होना चाहते हैं ?*

Do we want to be prosperous?

*क्या हम समृद्ध होना चाहते हैं ?*

Do we want the continuity of happiness and prosperity?

*क्या हम सुख, समृद्धि की निरंतरता चाहते हैं ?*



## Aspiration, What We Want to Be

Do we want to be happy?

*क्या हम सुखी होना चाहते हैं ?*

Do we want to be prosperous?

*क्या हम समृद्ध होना चाहते हैं ?*

Do we want the continuity of happiness and prosperity?

*क्या हम सुख, समृद्धि की निरंतरता चाहते हैं ?*

## State of Being, What We Are

Are we happy?

*क्या हम सुखी हैं ?*

Are we prosperous?

*क्या हम समृद्ध हैं ?*

Is there continuity of our happiness and prosperity?

*क्या हमारे सुख, समृद्धि की निरंतरता है ?*

**Why this gap?**

- between our aspiration and our state of being
- between what we really want to be and what we are

**What are we doing to fill this gap? Is it getting filled up or getting wider?**

**We will explore into this**





## Aspiration, What We Want to Be

Do we want to be happy?

*क्या हम सुखी होना चाहते हैं ?*

Do we want to be prosperous?

*क्या हम समृद्ध होना चाहते हैं ?*

Do we want the continuity of happiness and prosperity?

*क्या हम सुख, समृद्धि की निरंतरता चाहते हैं ?*

## Our Effort

Is our effort (*हमारा प्रयास*):

- For understanding the true meaning of happiness and prosperity, and making effort to ensure its continuity?

*सुख, समृद्धि की निरंतरता के अर्थ में है or या*

- (Studying hard) only for earning money, ensuring physical facility and its accumulation?

*पढ़ लिख कर केवल धन कमाना, सुविधा जुटाना, और उसका संग्रह करने के अर्थ में ?*

Have we assumed that happiness and prosperity will be ensured when we have enough physical facility?

What effort are we making, other than accumulation of physical facility?



## Physical facility is Required...

When an animal has lack of physical facility it becomes uncomfortable, when it gets physical facility it becomes comfortable

Eg. When a cow gets a stomach-full of grass, it becomes comfortable, sits and chews the cud

*पशु को सुविधा का अभाव होता है, तो वह परेशान होता है, सुविधा मिल जाए तो वह आराम में आ जाता है, (जैसे पेट भर घास मिल जाए तो गाय आराम से जुगाली करती है)।*

When a human being has lack of physical facility, he becomes uncomfortable and unhappy

But once he gets the physical facility, he forgets about it and starts thinking about hundred other things

*मनुष्य को सुविधा का अभाव होता है, तो वह परेशान व दुःखी होता है, परंतु सुविधा मिल जाए तो उसके बारे तो भूल ही जाता है, उसके अलावा सौ और चीजें सोचने लगता है।*



(E.g., Check for yourself if you feel happy every day that you are getting enough to eat?)

*(आप ही अपने में जांच कर देखें, क्या आप इस बात पर रोज खुश होते हैं कि आपको पेट भर भोजन मिल रहा है ?)*

## Something more is required (over and above physical facility)

Physical facility is necessary for human being  
but  
something more is also required



## To find out what else is required (over and above physical facility)

Check: Is the unhappiness in our families

- More due to lack of physical facility or
- More due to lack of fulfillment in relationship?

*आपके परिवार में जो दुःख है, वह सुविधा के अभाव में ज्यादा है या संबंध का निर्वाह न होने के कारण ज्यादा है ?*



## To find out what else is required (over and above physical facility)

How much time and effort are we investing:

- For physical facility
- For fulfillment in relationship

*आप सुविधा जुटाने के लिए कितना समय व प्रयास लगा रहे हैं और संबंध का निर्वाह के लिए कितना समय व प्रयास लगा रहे हैं ?*

The unhappiness is more due to lack of fulfillment in relationship

Most of the time and effort is spent for physical facility

*दुःख संबंध का निर्वाह न होने के कारण ज्यादा है; परन्तु, समय व प्रयास सुविधा के लिए ज्यादा लगाया जा रहा है*



## For Human Being, Relationship is also Necessary

For human being physical facility is necessary but relationship is also necessary

*मानव के लिए सुविधा आवश्यक है, परंतु संबंध भी आवश्यक है।*

On examining carefully, we find that this is a fundamental difference between animals and human being

*ध्यान से देखें तो मानव व पशु के बीच यह एक मूलभूत अंतर है।*

Physical facility is necessary for animals and necessary for human being also

*सुविधा पशु के लिए आवश्यक है, मनुष्य के लिए भी आवश्यक है।*

However, *परंतु,*

For animals physical facility is necessary as well as largely adequate

*पशु के लिए सुविधा आवश्यक भी है और पूर्ण भी है,*

For human being physical facility is necessary but not adequate

*मनुष्य के लिए भी सुविधा आवश्यक है पर पूर्ण नहीं है।*



# In Addition to Physical Facility, Relationship is Necessary for Human Being

For human beings physical facility is necessary but relationship is also necessary

*मानव के लिए सुविधा भी आवश्यक है, परंतु संबंध भी आवश्यक है।*

**RELATIONSHIP**  
*संबंध*  
**with human being**

**PHYSICAL FACILITY**  
*सुविधा*  
**With nature**

**For animals:**  
**necessary & largely**  
**adequate**

*पशु के लिए*  
*आवश्यक*  
*एवं पूर्ण*

**For human beings:**  
**necessary but not**  
**adequate**

*मानव के लिए*  
*आवश्यक*  
*परंतु पूर्ण नहीं*

## Although we may have Recognised the need for Relationship...

We do get into **arguments, opposition and fights**... even in the family, with close friends, with colleagues at work... in the marketplace...

Every time we have a fight, we want to resolve it...

We say sorry, patch up and promise not to fight in future but...

Even though we don't want to, a fight does take place once again

**(we want the other to improve... and the other wants us to improve...)**

Is this happening?

Are incidences of reaction... not speaking to the other... arguments... debates... divorce... increasing or decreasing?

Explore your close relationships – in the family, with friends, in the workplace, in the society

In spite of our acceptance for relationship, why is it happening?



# Right Understanding is also Essential for Human Being

**RIGHT UNDERSTANDING**  
(समझा)  
in the self

**RELATIONSHIP**  
(संबंध)  
with human  
being

**PHYSICAL FACILITY**  
(सुविधा)  
with rest of nature

**For animals:  
necessary & largely  
adequate**

**For human beings:  
necessary but not  
adequate**

Are all 3 required? Is something redundant? Is anything more required?

Are we working on all 3?

If all 3 are required, what would be the priority\*?

*\*Working on the high priority facilitates the realisation of the lower priority*





## 1 RIGHT UNDERSTANDING

(समझ)

in the self

2

## RELATIONSHIP

(संबंध)

with human  
being

Feeling  
- Trust  
- Respect  
- ...

3

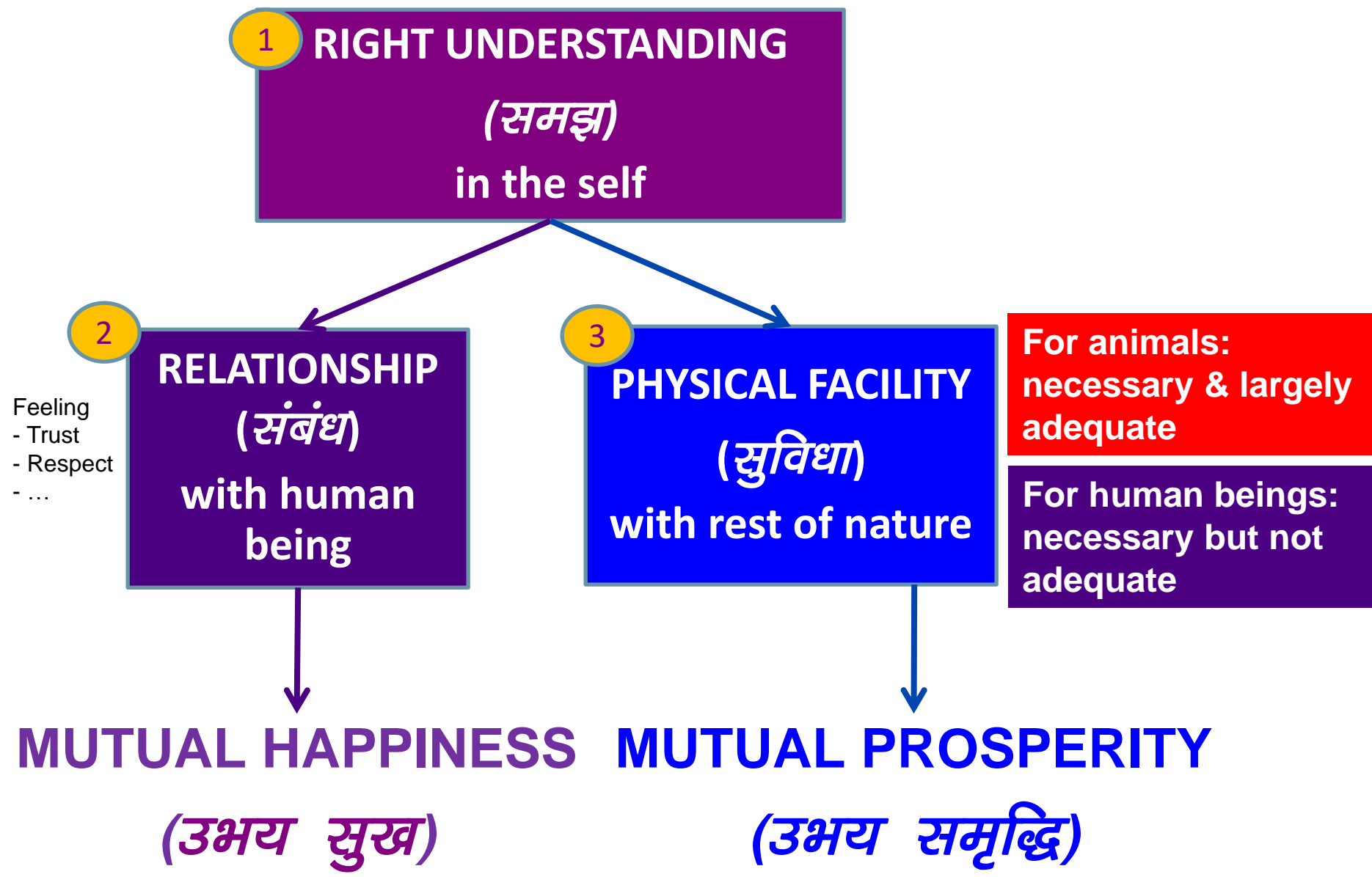
## PHYSICAL FACILITY

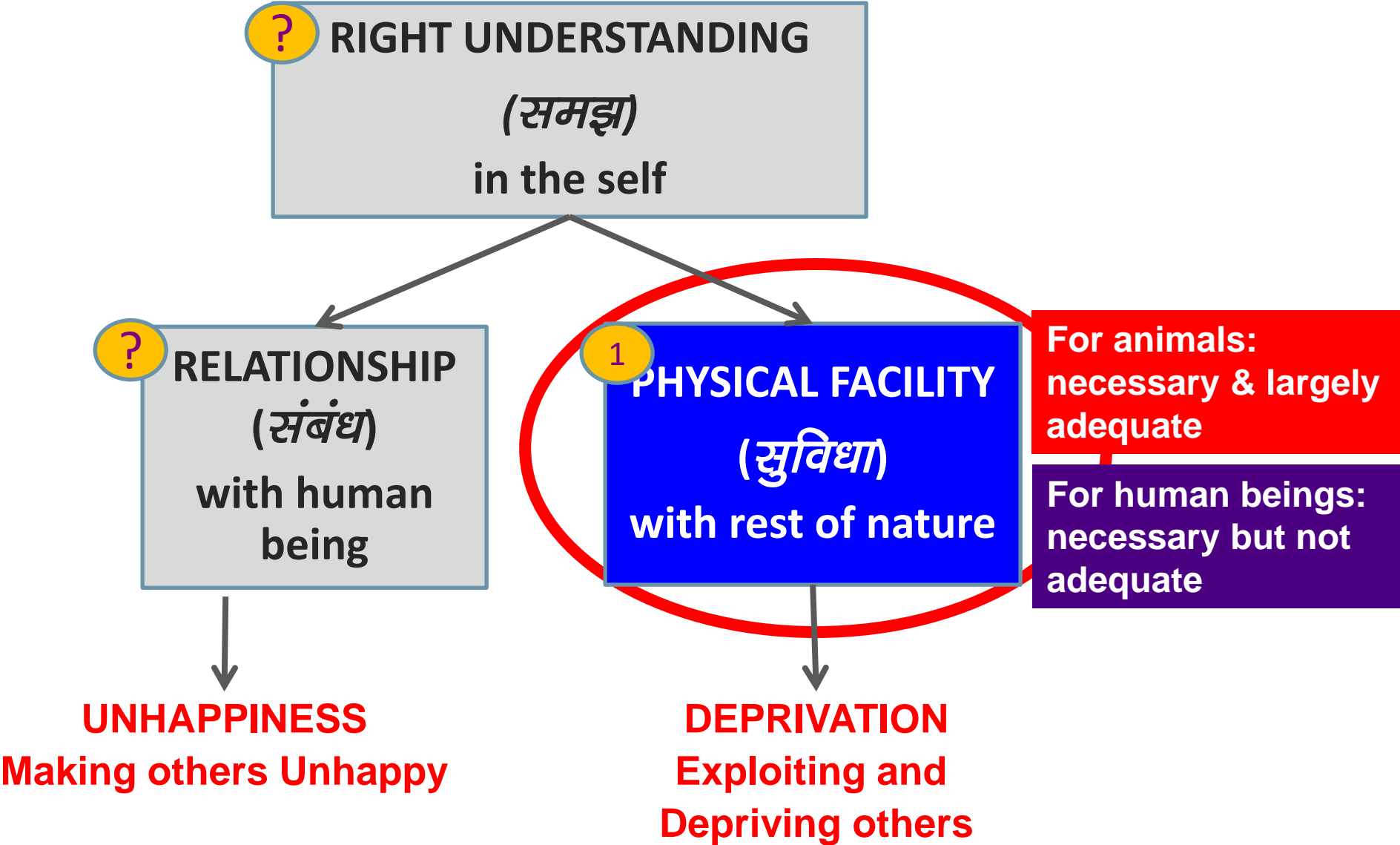
(सुविधा)

with rest of nature

For animals:  
necessary & largely  
adequate

For human beings:  
necessary but not  
adequate





# Since we generally don't have clarity about our physical needs...

In the society, we can observe two categories of human beings

*इसीलिए अभी दो तरह के मनुष्य दिखाई देते हैं-*

1. Lacking physical facility, unhappy deprived (*सुविधा विहीन दुखी दरिद्र*)
2. Having physical facility, unhappy deprived (*सुविधा संपन्न दुखी दरिद्र*)

While we want to be – *जबकि हम होना चाहते हैं-*

3. Having physical facility, happy prosperous (*सुविधा संपन्न सुखी समृद्ध*)

Find out

- Where are we now – at 1, 2 or 3 and
- Where do we want to be?

*अपने में जांच कर देखें-*

- *अभी हम कहाँ है ?- 1, 2 या 3 में और*
- *कहाँ होना चाहते हैं ?*





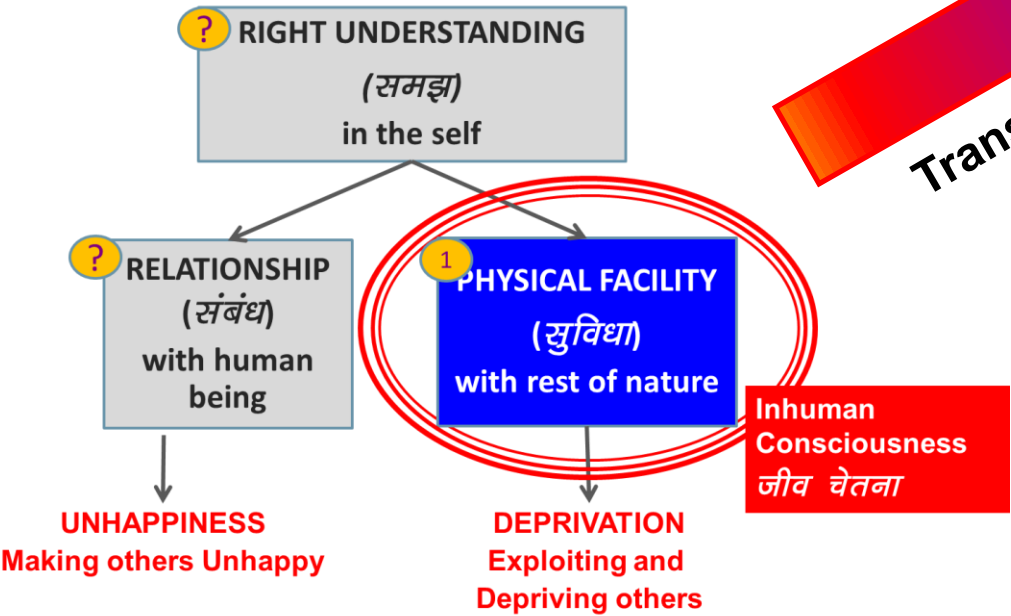
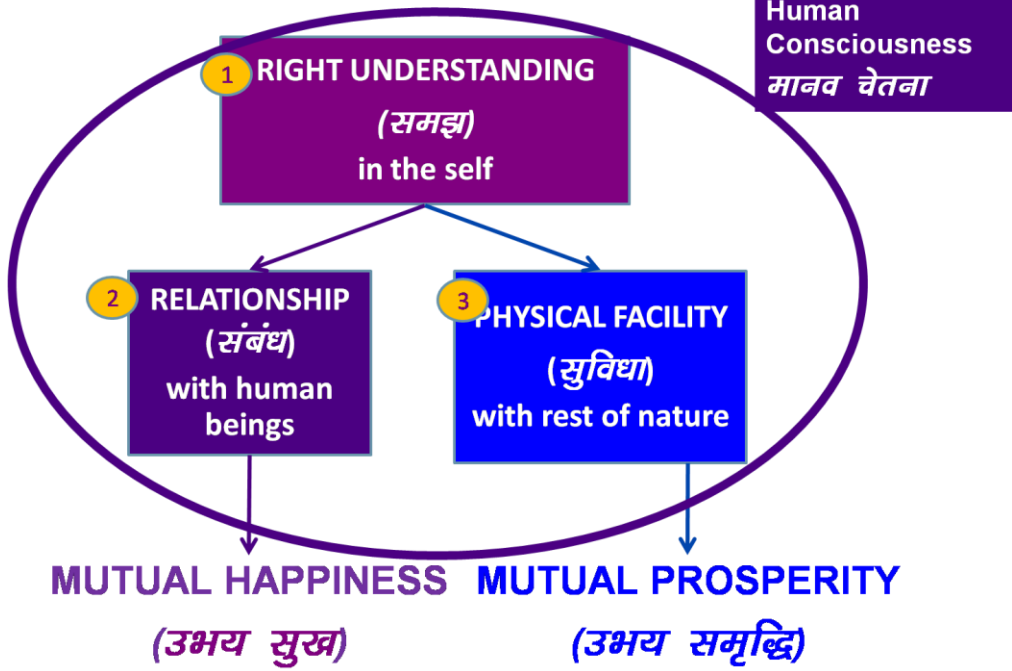
# Holistic Development (विकास)

Is development just in increasing physical facility or development is ensuring of all 3?

Where do you want to be – on the left or on the right?

Is this transformation desirable?

Are we making effort for it?



Do you need to make effort for it?

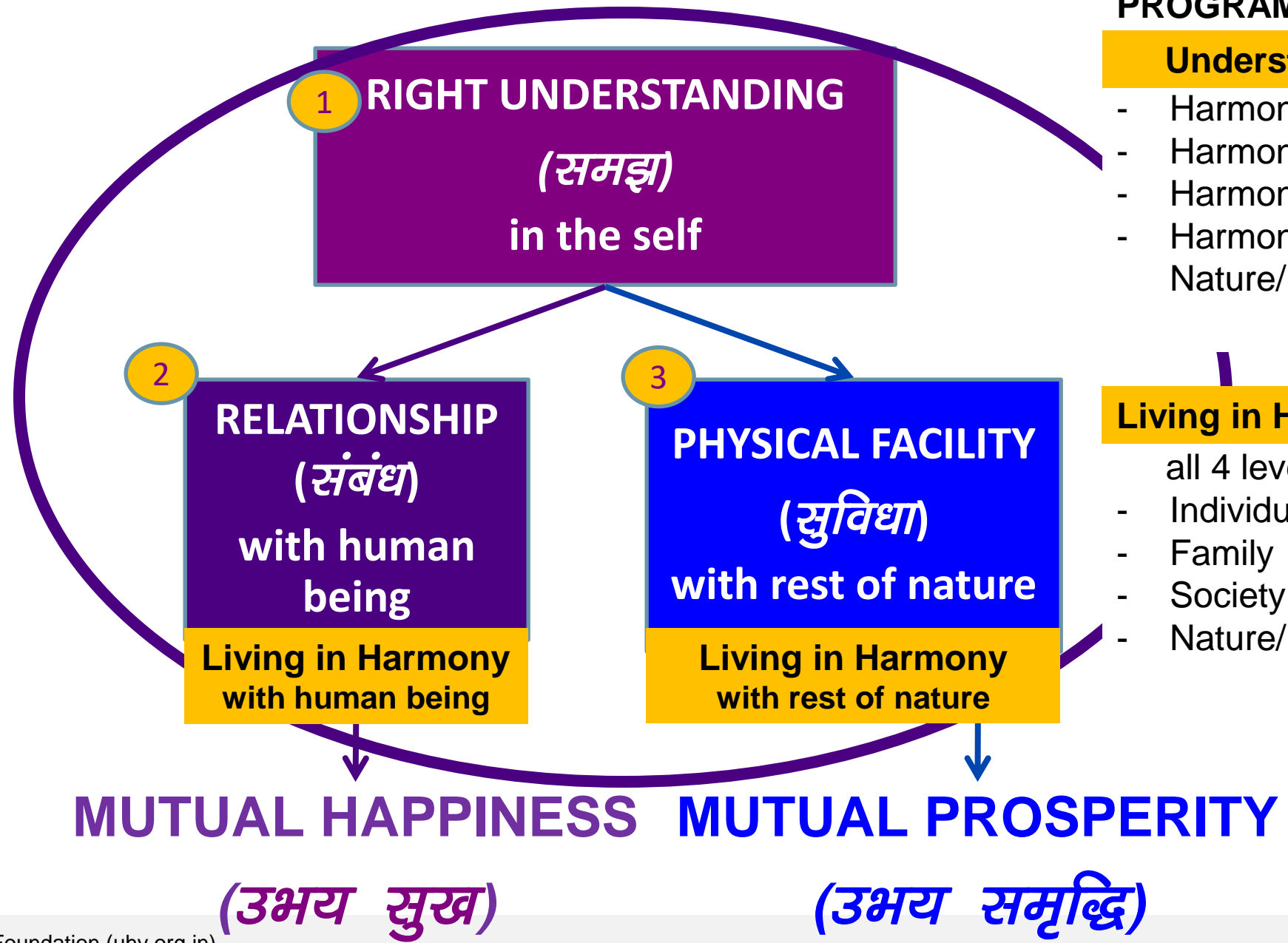
Should education help you to make this effort?



# Basic Human Aspiration and Program for its Fulfilment

Education –  
Understanding

Sanskar –  
Living



## PROGRAM:

### Understanding Harmony

- Harmony in Human Being
- Harmony in Family
- Harmony in Society
- Harmony in Nature/Existence

VALUES

### Living in Harmony

- all 4 levels:
- Individual
  - Family
  - Society
  - Nature/Existence

SKILLS

Basic aspiration of a human being is continuity of happiness and prosperity

Right understanding, relationship and physical facility, with the correct priority, are required for fulfilling the basic aspiration



# Home Assignment



# Home Assignment 3.1

Take your list of aspirations + concerns (from session 1 home assignment).

Find out what your aspiration or concern is closely related to:

- right understanding
- relationship (right feeling)
- physical facility (money, some real physical facility like food, clothes, shelter, mobile...)

<u>eg. Aspiration/Concern</u>	<u>Purpose</u>	<u>Right Und</u>	<u>Relationship</u>	<u>Physical facility</u>
Money				✓
Name, fame, attention			✓	
Food				✓
Latest bike	friendship		✓	
Peace of mind		✓		
Good health				✓

To be more clear, you may evaluate the purpose, i.e., why you want to fulfil that aspiration or resolve that concern



# Home Assignment 3.2

Find out how much time and effort you put in every day in these 3 areas

<u>Effort and Time</u>	<u>Purpose</u>	<u>Right Und</u>	<u>Relationship</u>	<u>Physical facility</u>
College work 10 hrs		1 hr	2 hrs (talking)	7 hrs (skills)
eating 2 hrs				2 hrs
other activity 4 hrs	TV for Edu	3 hrs		
	Gym, bath			1 hr
		4 hrs	2 hrs	10 hrs



Questions?