

# **UHV I**

## **Session 2**

### **Exploring our Aspirations and Concerns**

Document prepared by UHV Team ([uhv.or.in](http://uhv.or.in)) and adopted by AICTE NCC-IP Subcommittee for Mentor Manual and related Materials for UHV-I

Suggestions for improvement are welcome

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# 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

# 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:**

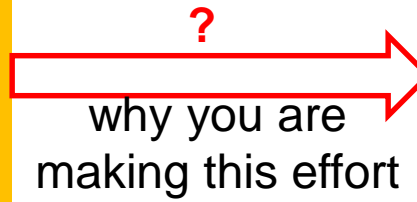
I am studying hard... so that I do well in class... and get a good job... so that...

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
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		Get Power in society
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		And so on...



**Effort for a fulfilling Life**



**Present effort**

**(1)**



**Expect to become something**

**(2)**



**Expect to get/do something**

**(3)**



**Expect to be happy and prosperous**

**(4)**

**These are steps toward our basic aspiration  
It is a path to fulfilling our basic aspiration**

**Basic Aspiration**

## **Fulfilling Life**

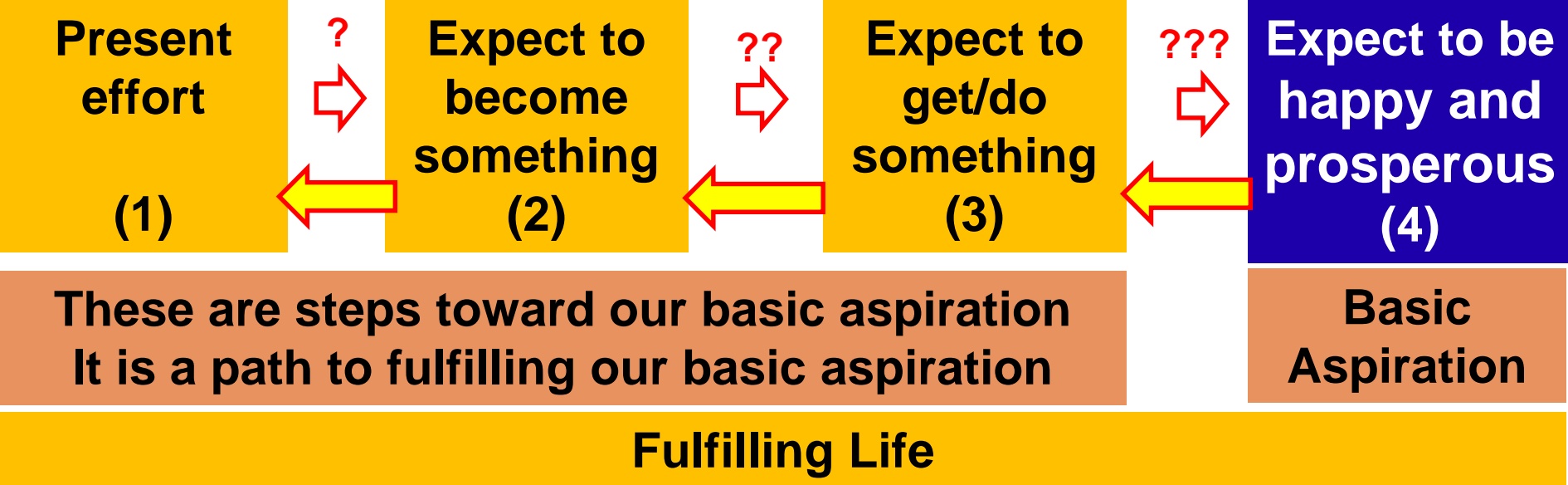
Which one is your basic aspiration (1 or 2 or 3 or 4)?

**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)

**Present effort**

**Expect to become something**

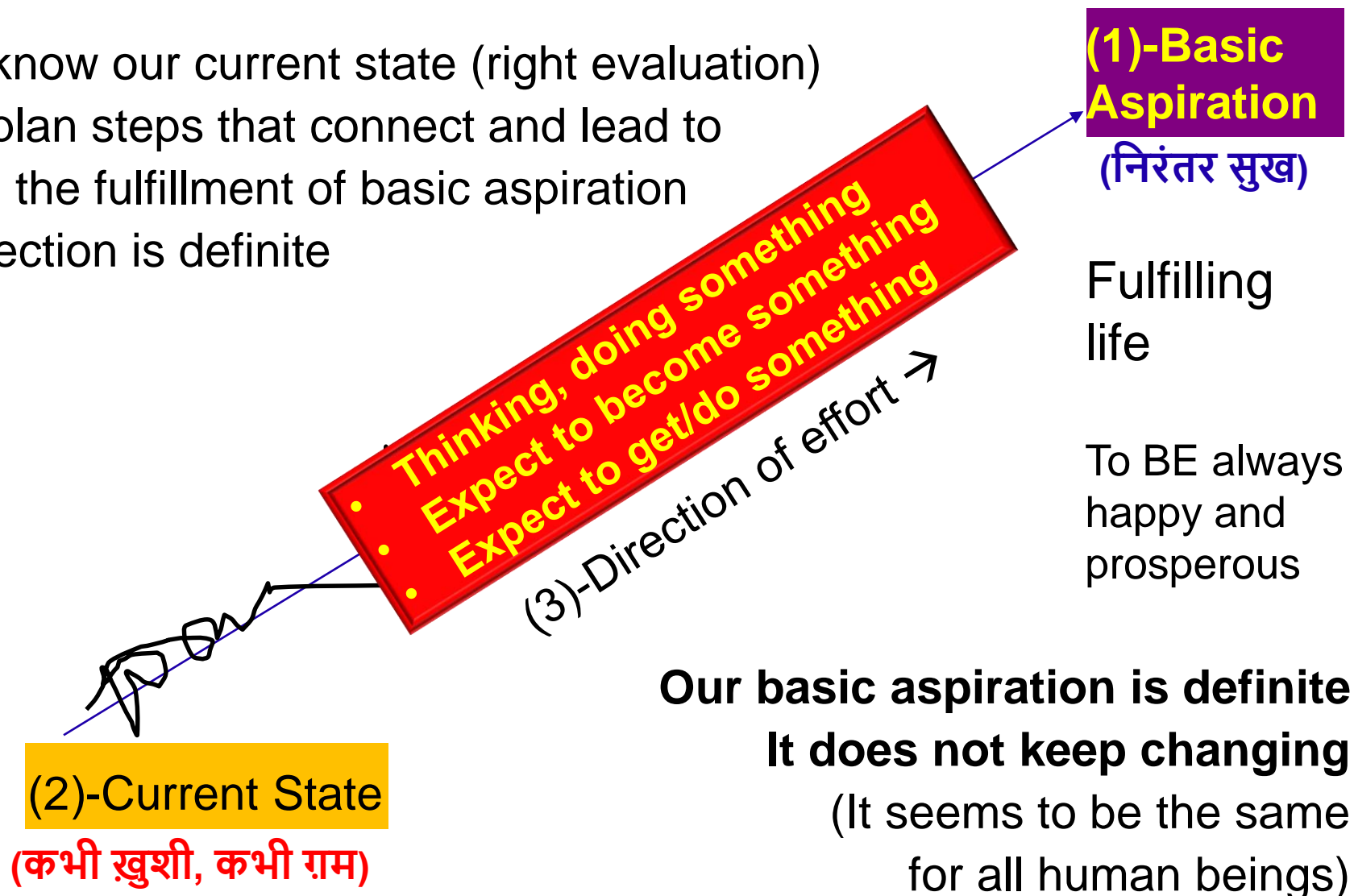
**Expect to get/do something**

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



# 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 the exploration in this session:

- Is your basic aspiration really happiness(सुख) and prosperity(समृद्धि)? What is your perspective about happiness? And about prosperity?
- Reflect on your response or reaction to situations where your favourite path to what you assumed to be your goal was closed. Write down one related incident

To be written in your UHV-I Notebook