

# **UHV-I**

## **Session 4**

### **Aspirations and Concerns at the Individual level**

Document prepared by UHV Team ([uhv.or.in](http://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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# Review of Home Assignment

You must have completed your home assignment – to classify your aspirations and concerns into 4 categories:

1. At the individual level (स्वयं के स्तर पर)
2. At the level of family (परिवार के स्तर पर)
3. At the level of society (समाज के स्तर पर)
4. At the level of nature (प्रकृति के स्तर पर)

Let us get some of them on the board

We will focus on the aspirations and concerns at the individual level in this session

# Aspirations and Concerns at the Individual Level

To be happy (सुखी होना)  
To be healthy (स्वस्थ होना)  
To be prosperous (समृद्ध होना)  
Knowledge – quest for knowledge  
(ज्ञान – सही जानने की कोशिश करना)  
Ability to decide properly on my  
own, independently  
(अपने अधिकार पर स्वतंत्र होकर निर्णय  
ले पाने के काबिल होना)  
Purification of the mind (मन की  
शुद्धता)  
Controlling the mind (मन को नियंत्रित  
करना)  
Self confidence (आत्म विश्वास)

Coming out of stress  
Managing pressure of academics  
Time management  
Time lost due to illness  
Entertainment  
Sensual desires  
Domination of females by males  
Pressure of placement  
Overcoming –ve thinking  
Attending classes  
Peer pressure  
Temptations  
Anger  
Depression  
Suicidal thoughts

# Aspirations

To be happy

To be healthy

To be prosperous

Knowledge – quest for knowledge

Ability to decide properly on my own, independently

Clarity in thoughts

Self confidence...etc

**We want to fulfil our aspirations**



# Fulfilment of Aspirations

Our basic aspirations are fulfilled by

1. **Right understanding(सही समझ)** in the self
2. Living with fulfilment in **relationship(सम्बन्ध)** with human beings and
3. Ensuring more than required **physical facility(सुविधा)** with rest of nature

Should education help us to ensure right understanding?

Should education help us to ensure right skills?

# Concerns

Coming out of stress  
Managing pressure of academics  
Time management  
Time lost due to illness  
Entertainment  
Sensual desires  
Domination of females by males  
Pressure of placement  
Overcoming –ve thinking  
Attending classes  
Peer pressure  
Temptations  
Anger  
Depression  
**We want to resolve our concerns**

# Resolution of Concerns

Generally, we try to address these piecemeal. We make effort for personality development, stress management, memory enhancement, anger management and so on.



**Are these concerns independent issues or they are interlinked?**

**Are there many issues or is there a basic root issue?**

## Basic Issue / Root Cause

**Proposal (प्रस्ताव):** The basic issue is “lack of right understanding”

When we do not understand a reality, we are not able to live with fulfilment with that reality. So, if we do not understand human being, we are not able to live with fulfilment within.

We want to explore the outcome of understanding the reality “human being”:

- Will we be able to live with fulfilment within?
- Will our concerns at the individual level get resolved?

**So, let us try to understand human being**  
(and then find out if our concerns can be resolved)

# Understanding Human Being

Human Being  
**Ekkuo**

Self (I)  
**eSa**

← **Co-existence** →  
**IgvfLrRo**

Body  
**“kjhj**

**Who makes decisions?**

Who enjoys food, music, movies...?

Who feels high, elated, low, depressed...?



Human Being <b>Ekkuo</b>	Self (I) <b>eSa</b>	Body <b>“kjhj</b>
<b>Need</b> <b>vko';drk</b>	<b>Happiness (e.g. Respect)</b> <b>Iq[k ¼tSIs IEeku½</b>	<b>Physical Facility (e.g. Food)</b> <b>Iqfo/kk ¼tSIs Hkkstu½</b>
<b>In Time</b> <b>dky esa</b>	<b>Continuous</b> <b>fujUrj</b>	<b>Temporary</b> <b>Ikef;d</b>
<b>In Quantity</b> <b>ek=k esa</b>	<b>Qualitative (is Feeling)</b> <b>xq.kkRed ¼Hkko gS½</b>	<b>Quantitative (Required in Limited Quantity)</b> <b>Ekk=kRed ¼lhfer ek=k esa½</b>



Are these needs of different types or of same type?

Are both types of needs important / Do we want fulfillment of both types of needs?

Are we working to fulfill both types of needs?

What is the priority between the needs of the Self (I) & the needs of the Body?



Human Being <b>Ekkuo</b>	Self (I) <b>eSa</b>	Co-existence <b>IgvfLrRo</b>	Body <b>“kjhj</b>
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<b>Fulfilled By</b> <b>iwfrZ ds fy,</b>	<b>Right Understanding &amp; Right Feeling</b> <b>Igh le&gt;] Igh Hkko</b>		<b>Physio-chemical Things</b> <b>HkkSfrd&amp;jklk;fud oLrq</b>

The needs of the Body can not be fulfilled by Right Understanding, Right Feelings alone  
 The needs of the Self can not be fulfilled by Physio-Chemical Things

Both type of needs have to be understood separately  
 Both type of needs have to be fulfilled separately

In living, what is the priority?

How much time & effort is spent for right understanding & right feelings?

How much time & effort is spent for physical facility?

Human Being  
**Ekkuo**

Self (I)  
**eSa**

← **Co-existence** →  
**IgvfLrRo**

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<b>Fulfilled By</b> iwfrZ ds fy,	<b>Right Understanding &amp; Right Feeling</b> Igh le>] Igh Hkko	<b>Physio-chemical Things</b> HkkSfrd&jklk;fud oLrq
<b>Activity</b> fØ;k	<b>Imagination (Desire, Thought, Expectation), ...</b> dYiuk”khyrk ¼bPNk] fopkj] vk”kk½] ---	<b>Eating, Walking...</b> [kkuk] pyuk---
<b>In Time</b> dky esa	<b>Continuous</b> fujUrj	<b>Temporary</b> Ikef;d

# Does understanding human being make a difference in living?

While selecting and eating food, what is desirable?

- Body is nourished + Self is happy
- Body is nourished + Self is unhappy
- Body is not nourished + Self is happy
- Body is not nourished + Self is unhappy



Find out what happens at the level of Self and Body, when:

- Someone is forcing you to eat when you are not hungry
- You are eating “junk food”
- You select nutritious and tasty food to eat
- While serving, the plate is pushed to you “take – eat (ले – खा)”

# Does understanding human being make a difference in living?

When do you tend to make more mistakes ?

- when you (Self) are disturbed within ?  
or
- when you (Self) are comfortable within ?

Does a small child also need respect?

What about - an old woman? A rich man? A sweeper? A well-dressed person? A begger? Someone who speaks fluent English? . . . Everyone?

Do we interact with respect in all cases or is it conditional?

What is the outcome?



- Are the needs same for all human beings or are they different for different people?
- Is the program for fulfilment of needs the same for all human beings or is it different for different people?
- For men-women, young-old, students-teachers, Indians-Americans, rich-poor etc.?

## **Human being is the co-existence of the Self and the Body**

The Body needs physical facility

It is fulfilled by physio chemical things from rest of nature

Happiness is the need of the Self

It is fulfilled by right understanding and right feeling in the Self

(It can not be fulfilled by physical facility)

(it can not be fulfilled by getting feelings from others)

# Home Assignment

# Home Assignments

**4.1.** From your exploration of human being as the co-existence of Self and Body, could you see that you have two types of needs:

- A continuous need (like need for respect)
- A temporary need, which is required from time to time (like the need for food)

Make a list of your needs. Mark those that are required continuously and those that are needed from time to time.

**4.2.** If you feel happy when someone pays attention to how you look, your clothes, your way of speaking etc., **find out if you can get continuous happiness from the attention of others.**

**4.3.** Do an experiment to find out if you can get continuous happiness from eating food. Take a large quantity of your favourite sweet. Start eating the sweets one by one and keep observing how you feel. **What is your conclusion from this experiment?**

Note: you could take any sensation that you consider as a source of happiness for you instead of tasty food for this experiment



**Questions?**

1 RIGHT UNDERSTANDING  
(le>)  
in the self

2 RELATIONSHIP  
(laca/k)  
with human  
beings

Feelings  
- Trust  
- Respect  
- ...

MUTUAL HAPPINESS  
(mHk; lq[k)

Both needs must be satisfied for  
human-being to be fulfilled

3 PHYSICAL FACILITY  
(lqfo/kk)  
with rest of nature

MUTUAL PROSPERITY  
(mHk; le`f)