

UHV-I

Session 8b

Video Discussion

Right Here Right Now

(Reaction and Response)

Document prepared by UHV Team (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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Right Here Right Now

Watch the video Right Here Right Now

A short film about human behavior and its propagation. It is directed by Anand Gandhi

Source:

Part 1: <https://www.youtube.com/watch?v=OVAokeqQuFM>

Part 2: <https://www.youtube.com/watch?v=glYJePEnvUY>

We will discuss your observations:

1. Interactions with each other – reaction or response
2. The basis of deciding
 - motivated by preconditioning
 - motivated by sensation
 - by self verification based on their natural acceptance
3. Are the actions indicating right understanding, trust?

Even a single happy person has an impact on others
Similarly an unhappy person has an impact on others

Response	Reaction
<p>You decide your feeling on your own right</p>	<p>You decide your feeling based on the behavior of the other</p>
<p>It is based on right understanding You always have the right feeling It is definite and unconditional The behavior of the other is only an indicator of the state of the other With that input you decide your behavior to ensure mutual happiness</p>	<p>It depends on whether you like or dislike the (taste of the) behavior of the other</p> <ul style="list-style-type: none"> - If the other behaves properly, you have a right feeling and may behave properly - If the other misbehaves, you have a wrong feeling and you may also misbehave
<p>You decide your own behaviour You are self-organised</p>	<p>Your “remote control” is with the others You are enslaved</p>
<p>Your conduct is definite</p>	<p>Your conduct is indefinite</p>

Self Reflection

In your own interactions, find out

- **the % time you are responding**
- **the % time you are reacting**

What is the effort required to progress from reaction to response?

- To develop the right understanding (at least about relationship)
- To stop reacting in future
- To “repair” the damage from past reactions

How are people deciding?

- **Decisions are motivated by preconditioning (दबाव)**
- **Decisions are motivated by sensation (प्रभाव)**
- **Decisions are on the basis of self verification based on their natural acceptance (स्वभाव)**

Eg.

How did the grandmother decide that it is OK for Shruti to marry the doctor?

Why did the boy say “I love you” to Chahat

Why did the doctor decide to pick up the accident victim, even though he was getting late to meet Shruti?

How do we decide?

Are our decisions motivated by preconditioning (दबाव)? What %?

Are our decisions motivated by sensation (प्रभाव)? What %

What % of our decisions are on the basis of self verification, based on our natural acceptance (स्वभाव)?