UHV-I Sessions 1 & 2

Welcome and Introductions

Let's get to know each other!

Document prepared by AICTE NCC-IP Sub-committee for Mentor Manual and related

Materials for UHV-I

Suggestions for improvement are welcome

All Rights Reserved

Introduction of the Faculty – Facilitator / Mentor

Name:

Place to which I belong (root):

Educational background:

Role in the college / university:

Family background: parents, siblings, spouse, children:

Share an incident from your life or something you have understood which will connect to why you volunteered to facilitate the UHV session as a co-explorer:

I will be your faculty co-explorer for this UHV orientation / I will be your mentor starting now till you leave the college (and maybe beyond that)

Introduction of Students

Please speak to the person sitting on your left and introduce him/her

Name:

Place from where s(he) belongs (root):

Department s(he) has joined:

One hobby or interest:

Family background: parents, siblings...

How s(he) relates to family and society:

Aspiration in life:

Expectation from education:

Please be specific (try not to use adjectives)

Home Assignment

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), the expectations (अपेक्षा) of your family and friends and the hopes (आशा), you see, the nation has from you.
- 1.3. Make a list of your achievements in your life
- 1.4 Make a list of your concerns (चिंता), fears (भय), confusions (भ्रम), questions (जिज्ञासा) etc.

Aspirations	Achievements	Concerns

To be written in your UHV-I Notebook

In the next session

We will explore further into our aspirations and also discuss our concerns