

UHV I

Session 2

Exploring our Aspirations and Concerns

Document prepared by AICTE NCC-IP Sub-committee 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

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

Also note down why you are making that effort

What is your basic aspiration?

Example:

I am studying hard... so that I get a degree... so that...

I am working diligently... to earn a respectable living... 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**

Studying	Engineer	Get Money Earn Name, Fame Do Research, Innovation Take care of your parents Make your family/nation proud Gain Expertise in area of your choice Earn your living well Live with Self Respect Get Power in society Earn Respect Get Satisfaction And so on...
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**



**Expect to
BE
something**

Studying	Engineer	Get Money	 Happy and prosperous
Doing internship	Doctor	Earn Name, Fame Do Research, Innovation	
Practicing	Farmer	Take care of your parents Make your family/nation proud	
Attending coaching	IAS Officer	Gain Expertise in area of your choice	
Doing articleship	Lawyer	Earn your living well Live with Self Respect	
Doing MBA	Businessman	Get Power in society	
Researching	Scientist	Earn Respect Get Satisfaction	
Painting	Artist	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)?
(You can easily see the difference between basic aspiration and the steps)

Find out if you take any steps for being unhappy or deprived!

For the fulfilment of your basic aspiration, is it essential to choose steps that lead to the basic aspiration?

Check if your are choosing the steps with clarity?
(that the steps will definitely lead to happiness and prosperity?)



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**

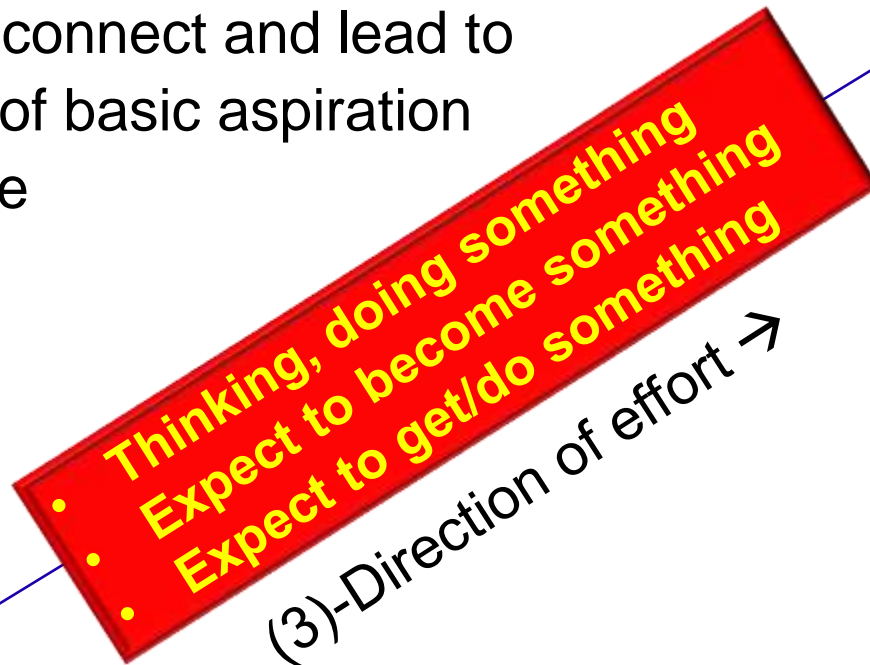
**Expect to
get/do
something**

- 1-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

(2)-Current State
(कभी खुशी, कभी ग़म)



(1)-Basic Aspiration
(निरंतर सुख)

Fulfilling life

To BE always happy and prosperous

Our basic aspiration is definite
It does not keep changing
(It seems to be the same for all human beings)

Many Paths or only One?

Now that we can distinguish between basic aspiration and the path to fulfill it, find out **what would be appropriate if your “favourite” path is closed:**

- **Be unhappy about it?**
- **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