



UHV-I

Session 1

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

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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
 - achievements in your life
 - concerns (चिंता), fears (भय), confusions (भ्रम), questions (जिज्ञासा) etc.

Aspirations (what you really want to be)	Achievements	Concerns

To be written in your UHV-I Notebook. We will discuss further in the next session



Note to the Faculty

Note to Faculty

In the SIP, the main points we want to highlight are:

1. Every student has the possibility to reach to their full potential as a human being
2. For this, we have to understand
 - Ourselves (our aspirations, concerns...), other people, other things around with which we interact...
 - Our relationships – with oneself, with other people, other things around us...
3. It is possible to understand – because
 - The need to understand is innate in every human being and
 - The potential to understand is intrinsic to human being
 - The essential things to understand are definite
4. We will use a process of self-exploration for this... we simply have to pay attention, and explore into the proposals... Let the time in this institution be a time of intense and joyous exploration!

UHV is an exploration into it, so that the student can discover their full human potential, develop a holistic plan for realising it and take some steps towards it

For this we will try to

1. Discover our aspirations and articulate our concerns
2. We can slowly realise that
 - We all have the same basic aspirations
 - We have to understand to fulfil our aspirations
 - We all have some concerns, some problems, These can be different for different students
 - To resolve any problem or concern also, we need to understand
3. The process to understand is simply to pay attention. We can easily do that. We can understand, realise our aspirations and resolve our concerns
 - E.g, Find out if it is true that “whatever you have paid attention to has revealed itself to you”. E.g. maths seemed so difficult, but now you know it... because you paid attention to it
4. In this UHV module, we will go over this process at four levels
 - Individual, family, society and nature

Aspirations (what you want to achieve)

- Regarding self, as an individual
- About family, friends, other people
- Related to society, societal systems
- In the natural environment



Concerns (what you want to get rid of)

- Regarding self, as an individual
- About family, friends, other people
- Related to society, societal systems
- In the natural environment



Explore
Understand
Realise
Your Full Potential

uhv
Universal Human Values

English: https://www.youtube.com/watch?v=OgdNx0X923I&list=PLYwzG2fd7hzer-n_sVjmtFnuSs_Mph4Bi

Hindi: <https://www.youtube.com/watch?v=nBdLaFUlO8E&list=PLYwzG2fd7hzeSdsr3W9-8B6mFlx-FlsgB>