



# UHV-I

## Session 4

### Aspirations and Concerns at the Individual level

Document prepared by UHV Team ([uhv.org.in](http://uhv.org.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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# Interaction Before Main Session

Hear from participants about their exploration from previous day(s)

Q&A

Place some expected conclusions, find out if they also came to these/similar conclusions

# Sharing Home Assignment 3.1

Take your list of aspirations + concerns (from session 1 home assignment).  
Find out what is needed to fulfill your aspirations + address your concerns

- right understanding (clarity)
- relationship (right feeling)
- physical facility (money, some real physical facility like food, clothes, shelter, mobile...)

<u>e.g., Aspiration/Concern</u>	<u>right und</u>	<u>relationship</u>	<u>physical facility</u>
Money	?	?	✓ (salary...)
Name, fame, attention	✓	✓	✓
good food	?	?	✓ (food)
latest bike	?	?	✓ (bike)
peace of mind	✓	✓ (family and friends)	
good health	✓	✓ (with body)	✓

Also find out approximately how much time and effort you put in every day in these 3 areas

# Sharing Home Assignment 3.1 – Conclusions (Could you also conclude this?)

- 1. For the fulfilment of any aspiration or for addressing any concern, right understanding and relationship are definitely required. Physical facility may or may not be required
- 2. In general, our effort is mostly for physical facility (maybe because we have assumed that it is the main thing required for a fulfilling life),  
so more effort is required on developing right understanding

## Example

### Aspiration

<u>/Concern</u>	1 <u>right understanding</u>	2 <u>relationship (right feeling)</u>	3 <u>physical facility</u>
Money	✓	✓	✓ (salary...)
Good friends	✓	✓	✓
Peace of mind	✓	✓ (within!)	may not be required!

All the three are required  
The base is right understanding  
On that basis the feeling of relationship (within)  
And with that, physical facility



# UHV-I

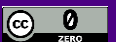
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## From Your Home Assignment

Classification of 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 your classified aspirations and concerns on the board

From these 4 lists, today we will focus on the aspirations and concerns at the individual level

# 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

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 happiness or 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 any of our concerns can be resolved)



# Understanding Human Being

**Human Being**

**मानव**

**Self (I)**

**मैं**

**Co-existence**

**सहअस्तित्व**

**Body**

**शरीर**

Who makes decisions?

Who enjoys food, music, movies...?

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

Human Being मानव		Self (I) मैं	← Co-existence सहअस्तित्व →	Body शरीर
<b>Need</b> आवश्यकता	<b>Happiness (e.g. Respect)</b> सुख (जैसे सम्मान)			<b>Physical Facility (e.g. Food)</b> सुविधा (जैसे भोजन)
<b>In Time</b> काल में	<b>Continuous</b> निरन्तर			<b>Temporary</b> सामयिक
<b>In Quantity</b> मात्रा में	<b>Qualitative (is Feeling)</b> गुणात्मक (भाव है)			<b>Quantitative (Required in Limited Quantity)</b> मात्रात्मक (सीमित मात्रा में)

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 मानव		Self (I) मैं	← Co-existence सहअस्तित्व →	Body शरीर
<b>Need</b> आवश्यकता	<b>Happiness (e.g. Respect)</b> सुख (जैसे सम्मान)	<b>Physical Facility (e.g. Food)</b> सुविधा (जैसे भोजन)		
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<b>Fulfilled By</b> पूर्ति के लिए	<b>Right Understanding &amp; Right Feeling</b> सही समझ, सही भाव	<b>Physio-chemical Things</b> भौतिक-रासायनिक वस्तु		

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?

# Exploration 1

While selecting and eating food, what is desirable?

Selecting nutritious and tasty food	Body is nourished + Self is happy
Selecting nutritious, but not tasty food	Body is nourished + Self is unhappy
Selecting not nutritious, but tasty (Junk food)	Body is not nourished + Self is happy
Selecting not nutritious and not tasty food	Body is not nourished + Self is unhappy

Who is selecting what to eat, how much to eat, when to eat...? Self or Body?

**Who am I?**  
**Why am I here?**

**I want to be happy!**

**What to do?**  
**How to do?**

**What is my role in this situation?**

**My aspirations,  
concerns**

**My feelings**

**My desires, thoughts,  
expectations**

**What I am**

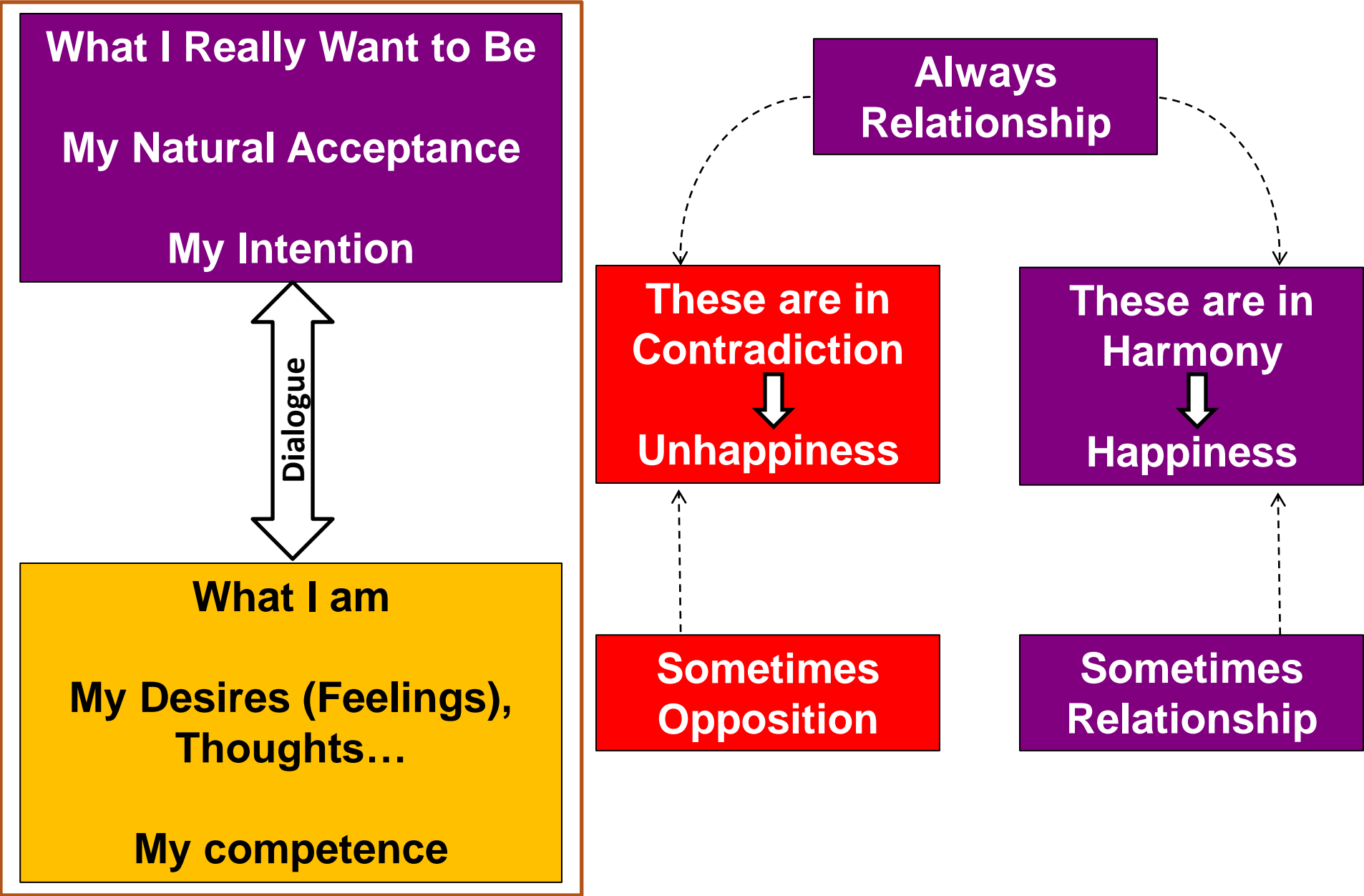
**My competence**

**My likes, dislikes...**

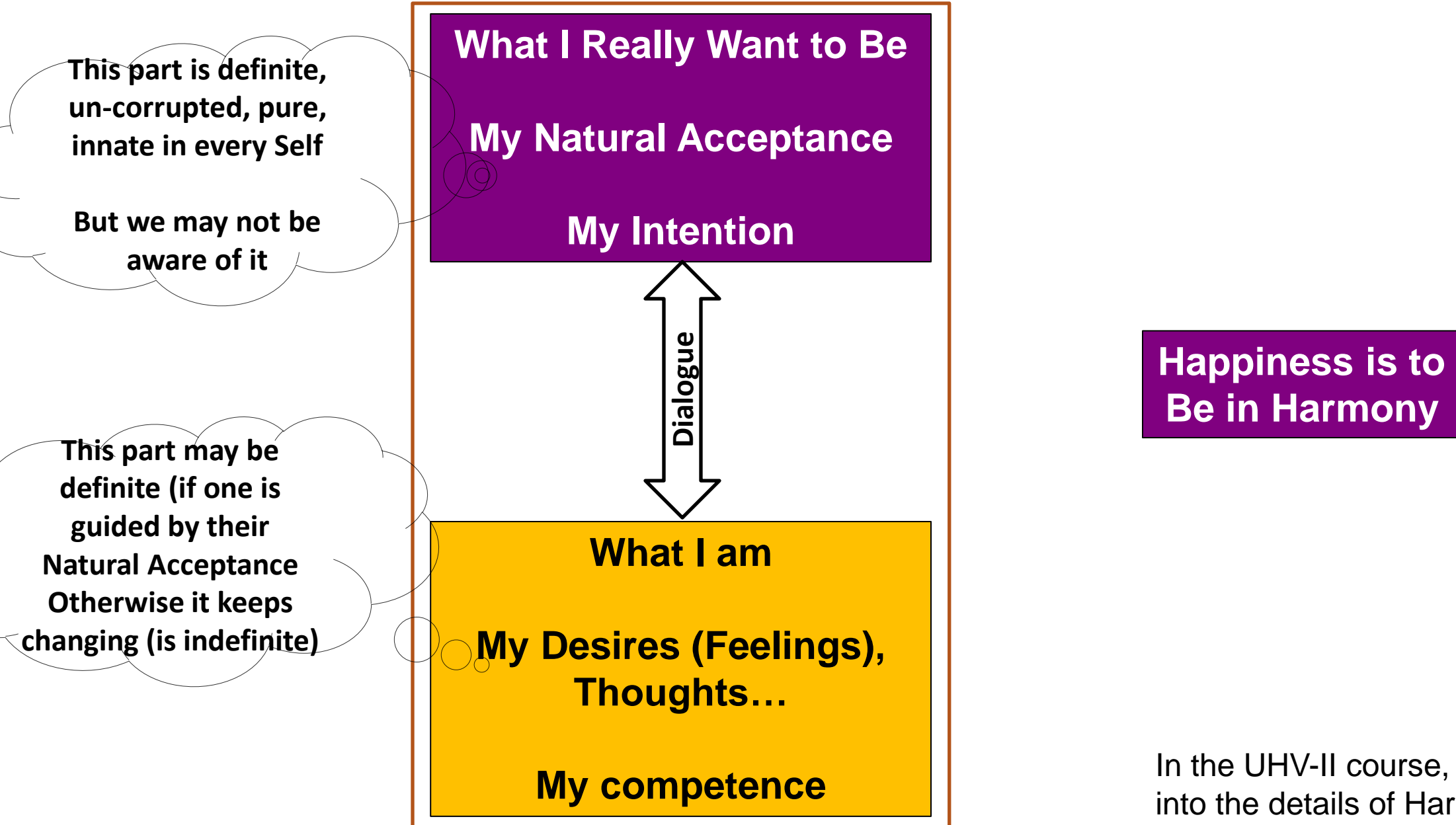
**My assumptions...  
How to be happy?**

**My formula for life**





# Happiness to Be in Harmony



## Exploration 2

What is naturally acceptable to you – feeling of respect or disrespect?

When do you feel happy?

- When you have a feeling of respect or
- When you have a feeling of disrespect

Find out if it will make a difference in your life by

- understanding human being as it is
- assuming that human being is just a body (or something else)
- seeing that you have an uncorrupted “internal compass” (your “Natural Acceptance”)
- Understanding harmony as your basic aspiration
- Assuming something else your aspiration



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

**Every human being is endowed with the faculty of “Natural Acceptance”**

The Body needs physical facility

This need is temporary (required from time to time)

It is fulfilled by physio chemical things from rest of nature

Happiness is my need (i.e. need of the Self)

This need is continuous in me (required all the time)

Happiness is to be in harmony

between what I am and what I really want to be (my Natural Acceptance)

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.



# Questions?

