



UHV-I

Session 3

Basic Human Aspirations and their Fulfilment

Document prepared by UHV Team (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

Home Assignment given in the last session

- 2.1. Write your key conclusions / takeaways
- 2.2. Is your basic aspiration really happiness (सुख) and prosperity (समृद्धि) or something else?
- 2.3. Situations where your favourite path to what you assumed to be your goal was closed
 - What did you feel, think, do in these situations?
 - Write down one of them in detail

Could you write this assignment in your UHV-I Notebook?



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Introduction

In the previous session, we saw that **our basic aspirations are happiness(सुख) and prosperity(समृद्धि) → Continuity.**

The home assignment was to check if this is true for you.

In this session we want to explore into two questions:

- Are happiness and prosperity really our basic aspirations?
- What is needed to fulfil these aspirations (चाहना)?

Through this exploration, we will also see what this UHV-I course is about. It will help to answer questions like:

- Why are we doing this course (UHV-I)?
- What do I need to do further to fulfil my basic aspirations and address my concerns?

We will Explore on our Own Right

Whatever is said is a **Proposal** (**Do not assume it to be true or false**)
Verify it on Your Own Right – on the basis of our **Natural Acceptance**

प्रस्ताव है (मानें नहीं)

जाँचें – स्वयं के अधिकार पर।

अपनी सहज स्वीकृति के आधार पर।

Aspiration, What We Want to Be

Do we want to be happy?

क्या हम सुखी होना चाहते हैं ?

Do we want to be prosperous?

क्या हम समृद्ध होना चाहते हैं ?

Do we want the continuity of happiness and prosperity?

क्या हम सुख, समृद्धि की निरंतरता चाहते हैं ?



Aspiration, What We Want to Be

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Do we want the continuity of happiness and prosperity?

क्या हम सुख, समृद्धि की निरंतरता चाहते हैं ?

State of Being, What We Are

Are we happy?

क्या हम सुखी हैं ?

Are we prosperous?

क्या हम समृद्ध हैं ?

Is there continuity of our happiness and prosperity?

क्या हमारे सुख, समृद्धि की निरंतरता है ?

Why this gap?

- between our aspiration and our state of being
- between what we really want to be and what we are

**What are we doing to fill this gap? Is it getting filled up or getting wider?
Should Education help us to bridge this gap?**

We will explore into this



Aspiration, What We Want to Be

Do we want to be happy?

क्या हम सुखी होना चाहते हैं ?

Do we want to be prosperous?

क्या हम समृद्ध होना चाहते हैं ?

Do we want the continuity of happiness and prosperity?

क्या हम सुख, समृद्धि की निरंतरता चाहते हैं ?

Our Effort

Is our effort (*हमारा प्रयास*):

– For continuity of happiness and prosperity?

सुख, समृद्धि की निरंतरता के अर्थ में है or या

– (Studying hard) only for earning money, ensuring physical facility and its accumulation ?

पढ़ लिख कर केवल धन कमाना, सुविधा जुटाना, और उसका संग्रह करने के अर्थ में ?

Have we assumed that happiness and prosperity will be ensured when we have enough physical facility?

What effort are we making, other than accumulation of physical facility?

Physical facility is necessary but is Something More Required?

Physical facility is necessary for human being
but

something more is also required....

What else? – Make a list here

Try to group responses into few categories including “relationship”

Although we may have Recognised the need for Relationship...

We do get into **arguments, opposition and fights**... even in the family, with close friends, with colleagues at work... in the marketplace...

Every time we have a fight, we want to resolve it...

We say sorry, patch up and promise not to fight in future but...

Even though we don't want to, a fight does take place once again

(we want the other to improve... and the other wants us to improve...)

Is this happening?

Are incidences of reaction... not speaking to the other... arguments... debates... divorce... increasing or decreasing?

Explore your close relationships – in the family, with friends, in the workplace, in the society

In spite of our acceptance for relationship, why is it happening?

Right Understanding is also Essential for Human Being

For fulfilment in relationship, it is necessary to have right understanding about relationship

i.e. **Right understanding is also necessary for human being**

Proposal: Three things are required for Human Being to be fulfilled

RIGHT UNDERSTANDING

(समझ)

in the self

RELATIONSHIP

(संबंध)

with human
being

PHYSICAL FACILITY

(सुविधा)

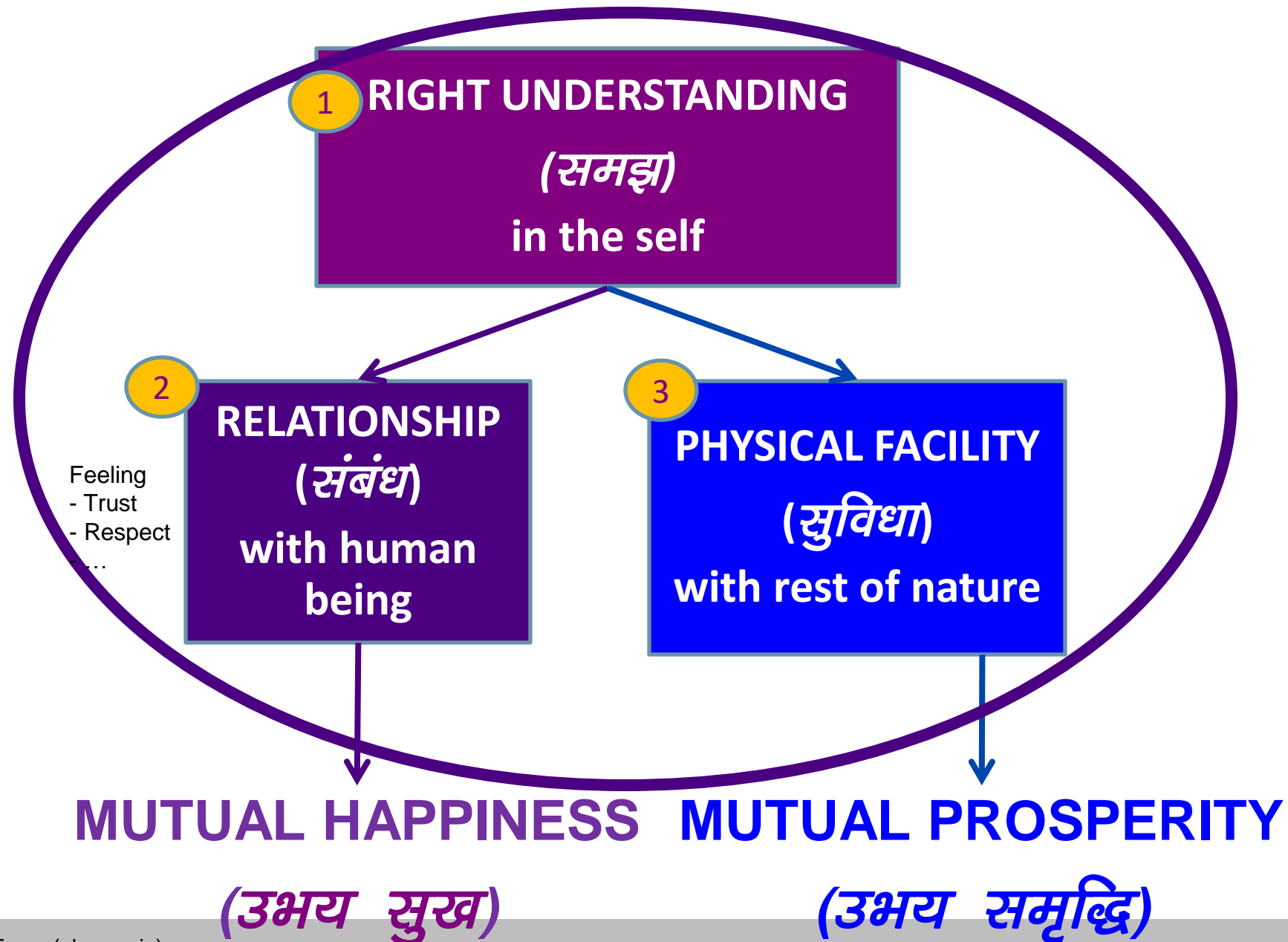
with rest of nature

Are all 3 required? Is something redundant? Is anything more required?

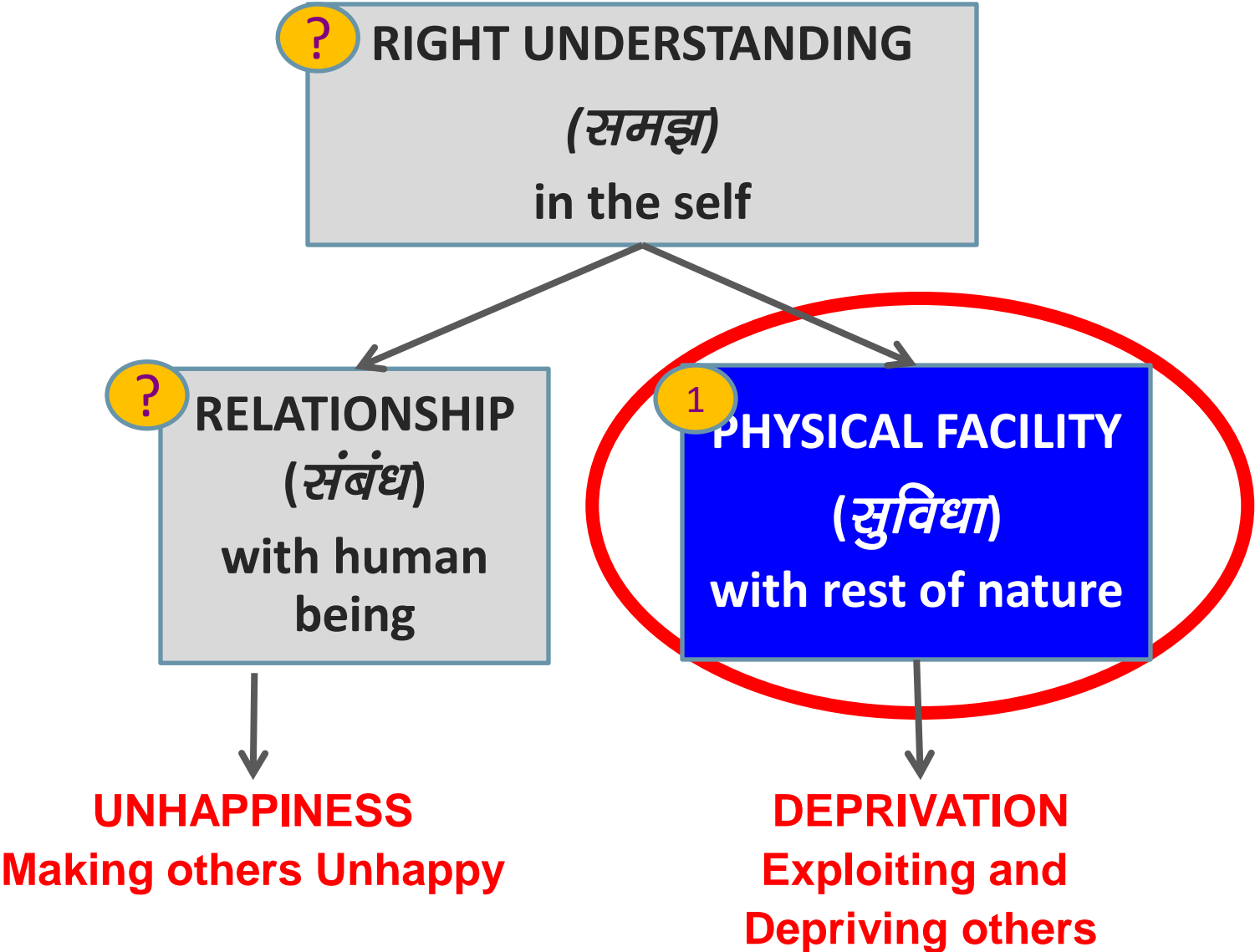
Are we working on all 3?



Requirement to fulfill Basic Aspiration



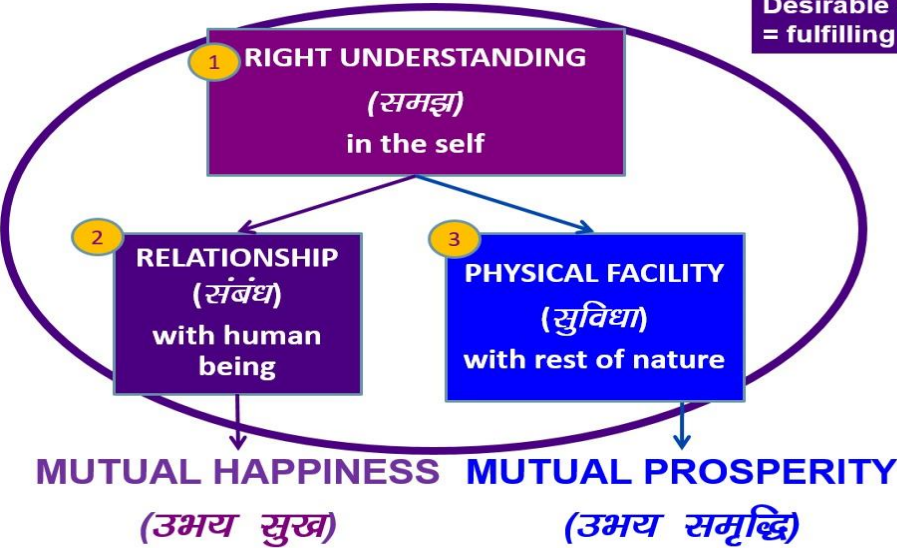
Ceck if this is the Current State



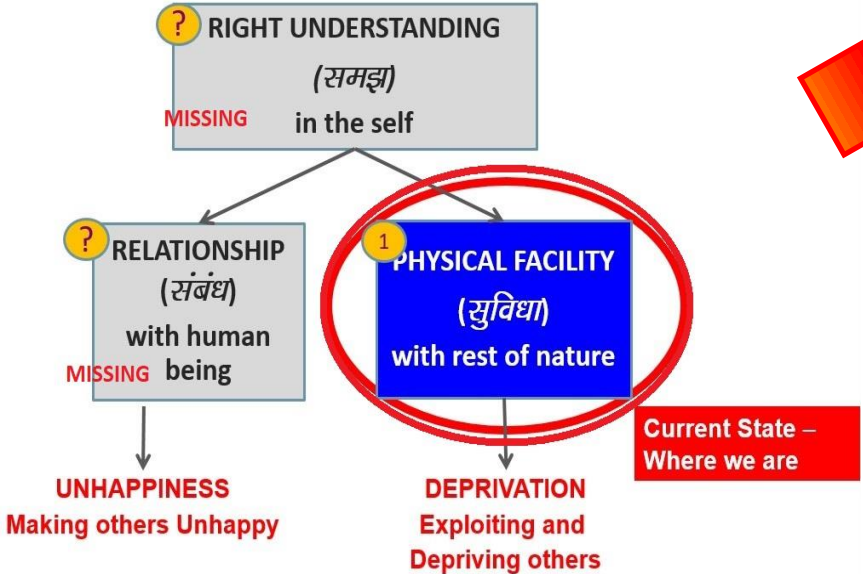
Transformation (संक्रमण) = Holistic Development (विकास)

Requirement to fulfill Basic Aspiration

Desirable State
= fulfilling life



Transformation - Progress
संक्रमण - विकास



Where do you want to be – on the left or on the right?
Is this transformation desirable for you?
Do you need to make effort for this transformation?
Do you need a holistic perspective to make this effort?
Should education help you to make this effort?



Conclusions

One purpose of UHV-I is for us to get a feel for the need to develop a holistic and humane world-vision, a holistic perspective

Holistic means we include all three (physical facility, relationship and right understanding) and in the full expanse of our real life

- Ourselves (individual human being)
- Our family, friends, classmates, seniors, teachers... (Human Relationships)
- Our society (including the workplace)
- Our natural environment

In this context, we will have the course UHV-II in next semester for Understanding Harmony and Ethical Human Conduct in more detail. It will further help us to develop a holistic and humane world-vision and live a fulfilling life

Would you be interested?

Poll – find out level of interest 1 (low)-5 (High)



Home Assignment

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

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

<u>eg.</u>		<u>right und</u>	<u>relationship</u>	<u>physical facility, body</u>
College work	10 hrs	1 hr	2 hrs (talking)	7 hrs (skills)
eating	2 hrs			2 hrs
sleeping	8 hrs			8 hrs
other activity	4 hrs	3 hrs (worship, TV)		1 hr (bath, gym etc.)
		4 hrs	2 hrs	18 hrs

Home Assignment 3.2

Take your list of aspirations. Classify the aspirations into four categories:

1. Aspirations at the individual level. E.g. you aspire to be happy within, to be healthy
2. Aspirations at the level of family. E.g. you aspire to be comfortable with everyone in your family and you want them to be assured of you
3. Aspirations at the level of society. E.g. You aspire for a good job
4. Aspirations at the level of nature. E.g. You aspire for natural resources to be readily available

Similarly, take your list of concerns. Classify the concerns also into these four categories:

1. Concerns at the individual level. E.g. you want to get rid of anger, tension, frustration and peer pressure
2. Concerns at the level of family. E.g. you want to overcome the pressure to conform to their norms
3. Concerns at the level of society. E.g. you wish that the domination, exploitation, differentiation and terrorism is resolved
4. Concerns at the level of nature. E.g. you'd like the pollution levels to reduce

In the next session, we will discuss the aspirations and concerns at the individual level.



Questions?

Animals living with
animal consciousness

they are in harmony

this is fine

Human being living with
human consciousness

they are in harmony

this is fine

Human being living with
animal consciousness

they are in disharmony

this is the
problem

Q1.

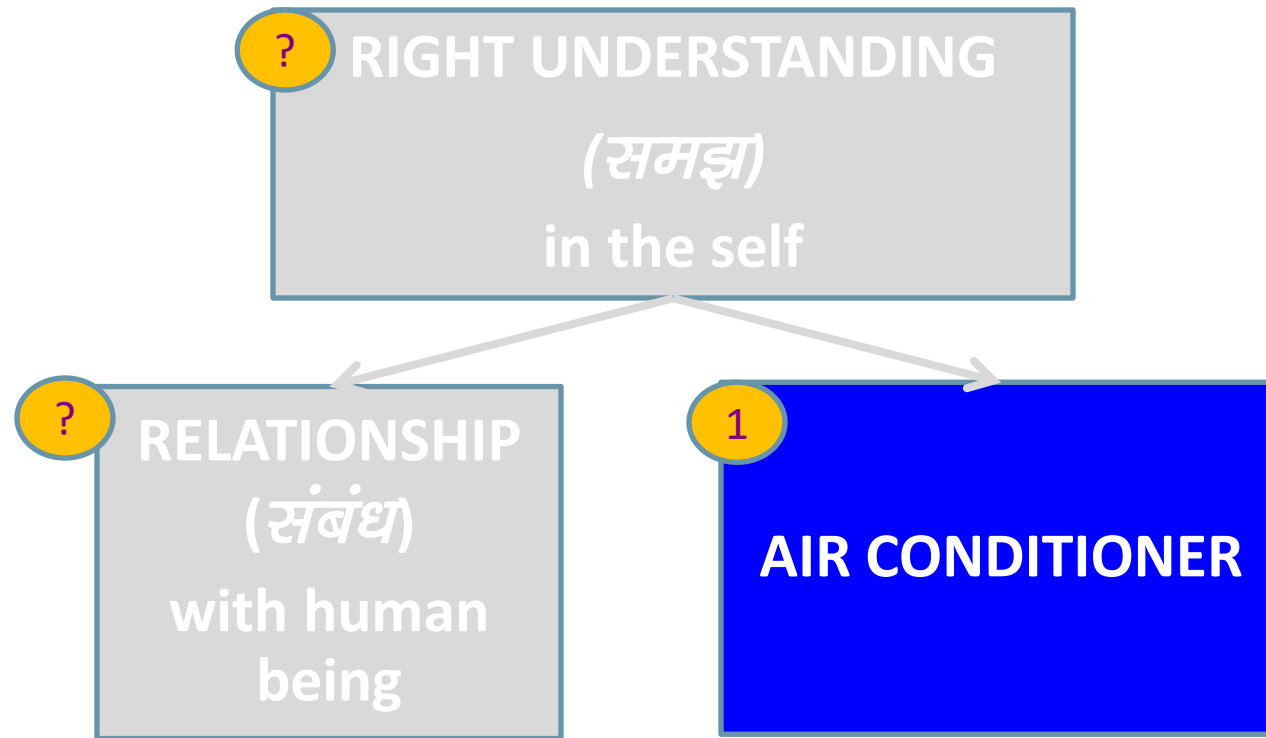
What is the difference between right understanding, relationship and physical facility?



These are two different types of needs
Let us explore if one type of need can be fulfilled by another

Ex: Sitting in a hot room... we are uncomfortable & unhappy

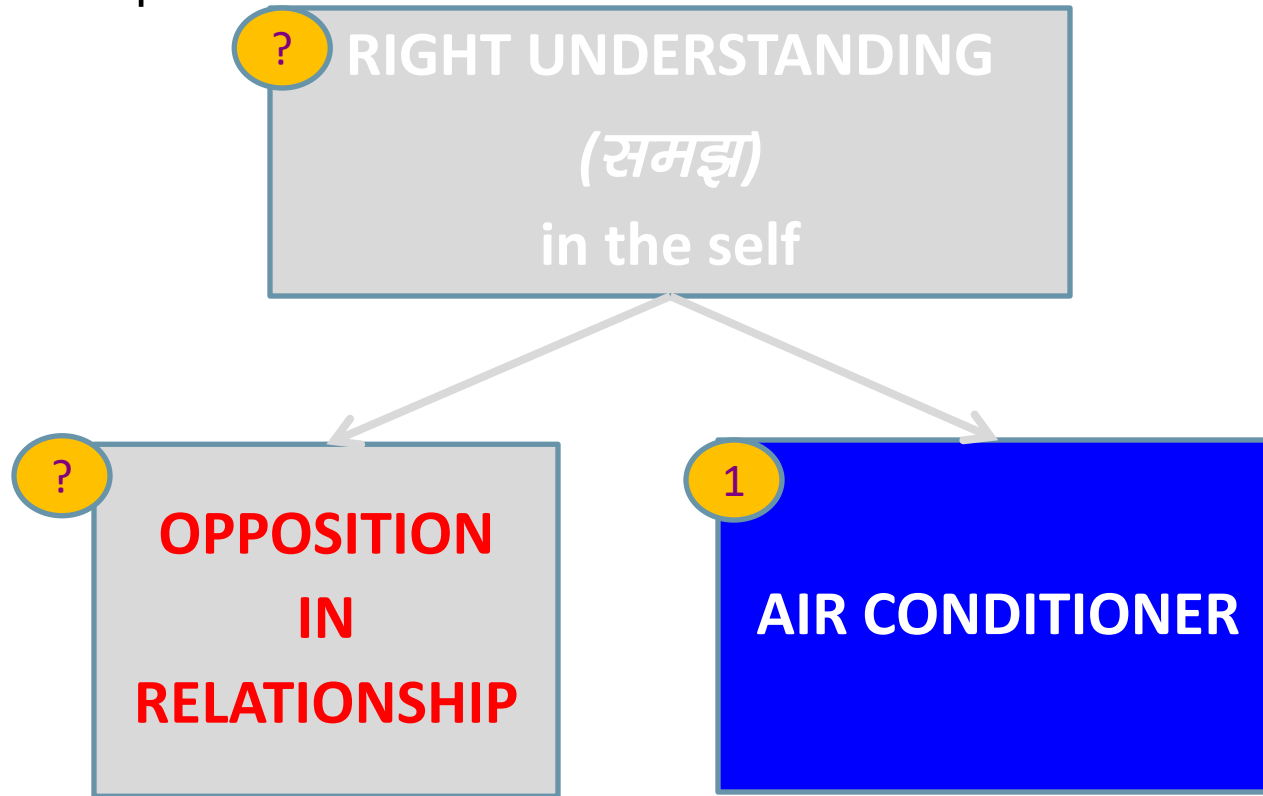
Q: Does an AC help us resolve our discomfort & unhappiness?



- An AC does help resolve the physical discomfort
- However, it is not clear that the AC provides any relief from unhappiness

Ex: Sitting in an AC room... with someone we are opposed to...

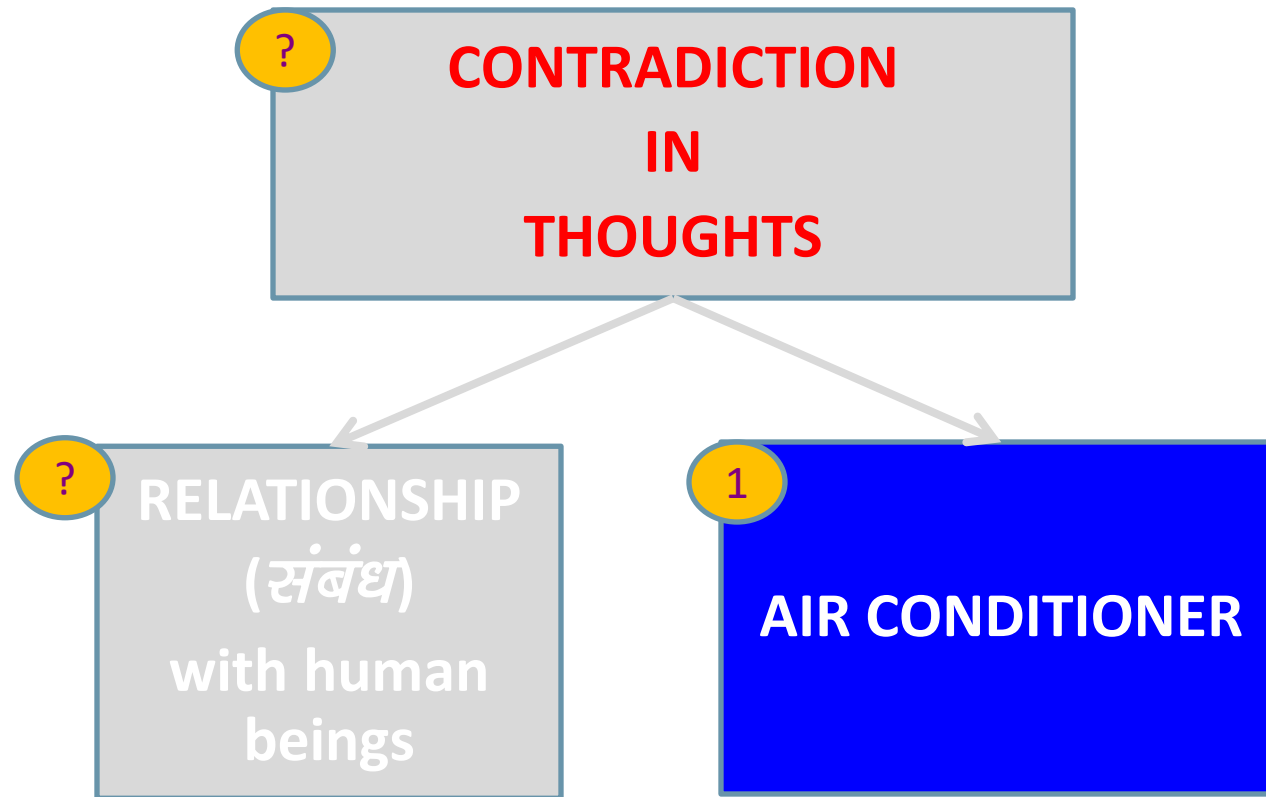
Q: Is the feeling of opposition naturally acceptable? Or do we want to get rid of the feeling of opposition, to resolve the relationship?



- We can see that an AC has no impact in resolving relationship
- Physical facility does not have any lasting impact in relationship. E.g. A gift can atmost distract attention for some time – it is not a solution
- Right understanding about relationship and right feeling in oneself is required for resolving the relationship

Ex: Sitting alone in an AC room... thinking about one we oppose...

Q: Does the AC help us resolve the contradiction in our thoughts?



- We can see that an AC has no impact in resolving contradiction in thoughts
- Right understanding is required to resolve contradiction in thoughts