

22/2/23

IP

Tutorial 1

Shashwat Shah

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Comp 03

→ Activity 1

Hey guys, I'm Shashwat Shah, an enthusiastic person who lives in a joint family with 13 people, including my grandmother, 5 cousins and my parents. My mother is a housewife and a tuition teacher whereas my father runs the family business of photography continued from my grandfather. Personally, everything new interests me, at first photography, then acting, then cycling and so on. Eventually over a period with new beginnings we^T have achieved being a national level Artistic Skater and have been an avid cyclist. I am a part of an eco friendly cycling club which supports the green environment. I have given movie auditions and have taken part in multiple stage shows. Yet many more achievements to cover, there is always a failure factor that leads to the change within us. Cultural Events, fitness, etc was always something I made sure of. I^{have} done my diploma in CSE from Bhagubhai Mafotkar and there is something I learnt, It's not always about the marks or the regular college studies. It also includes the skillset, the skills like those which you have achieved not by any college but by yourself by your own will. This is something I personally made sure and understand. It taught me how I differentiated between the right and wrong. And yet there are many more aspirations that need to be achieved, but looking at the current stages of life, it's better to let accept the life the way it is and

continue with the flow. One thing to make sure is that I personally should give my best and ofcourse, it's not always about how much I did, it's also about how well you did.

~ 4th Comps

Shashwat Shah

DJ Sanghvi

→ Activity 2

- 1 Story of Stuff is basically a documentary that is created by a set of concerned people from the USA in order to show the actual scenario of the working economy and hence these activists have tried to provide enough awareness by this document to show the actual behind the scene working and the actual harm that is caused due to those toxic chemicals and directly or indirectly showing us the reason for the excess buying of consumer goods whereas we can control the same. Hence we can reduce the large number of environmentally social issues by protecting our precious resources.
- 2 The outcome of these efforts vary, according to the video and the viewers perspective. All these efforts may not be able to bring change on the spot, but eventually, it can help change the mindset of the people and can be used as a long term solution for these problems. These can also show us that we have to make sure of the resource management and also, The main impact that should lead to great difference as an outcome is basically that we take care of the global environment.
- 3 Human activities are definitely motivated and promoted by more, hereby showing more shopping physical facts = more happiness and joy. The notion of happiness is definitely programmed by advertisement, marketed by company and mainly constantly changing fashion. The notion needs to be made sure that all the activities that take place must be done under the ~~ex~~ control in order to stop the cycle that is going on and on. It is agreed that more shopping leads to more physical facilities and these are indirectly related to happiness but when we take care of the cycle, then this is something that has been created and can be restricted and

in fact it should be restricted. Some of these activities have been hyped up in such a way that they are done even by show business and other ways which is not actually necessary.

4 When it comes on reflecting on my own notion of happiness then it helps in fulfilling the motive related to the next important scenario. To accomplish big or small tasks which generally lead to becoming a better personality. Therefore I would say that, my notion for the same is similar to the general things but can be made sure of improving the current scenarios and making sure of betterment as much as possible.

→ Activity 3

	Desires	Fulfilled by		
		Right Understanding	Fulfillment in Relationship	Physical Faculty
1	Mental & Physical Health	✓ 1	3	2 ✓
2	Love & Affection	✓ 2	✓ 1	3
3	Success in Life	✓ 1	2	3
4	Fitness	✓ 1	3	✓ 2
5	Wealthiness	✓ 1	3	✓ 2
6	Good Job Placement	✓ 2	3	✓ 1
7	Happiness	✓ 2	✓ 1	3
8	Empathy & Compassion	✓ 1	✓ 2	3
9	Friends & family	✓ 2	✓ 1	3

② 1, 2, 3 is the priority.

Conclusion: we can hereby improve the lack of understanding by increasing the understanding and improving the right feelings.

5/05/23

PP

Tutorial 2

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B Comps B

PS3

1)

a) Yes, I want to live in relationship (harmony) with others. Being good to others is better than having opposition with the others.

b) When living in a relationship, having the feeling of respect is the most, we can have respect for the others, and make it better.

c) Yes, I want to nurture others and in fact why exploit others weaknesses,

Yes my living in accordance is similar to the natural acceptance and generally I personally feel it is necessary for this to match because, this accordance makes it better and relaxing. Also when there exists a match, we can genuinely see that our mindset is positive and there is no negative aspect that is present that can lead to any contradiction.

2) Each and every family that exists have lots of problems. Multiple people, each with different opinions genuinely lead to family problems. Someone wants something, whereas some don't. Many times the generation gap also lead to mindset problems. We also see that brothers fight, sisters fight, parents fight. It is obviously not okay to have fights but after a point according to me family fight also increase the bond between the members. Atleast all the members can openly express

themselves. Other than all that, my family too has multiple issues

① Digitalisation - Due to this we are all more on those gadgets than talking with each other. This is caused due to excessive presence of physical facilities

② Difference of Opinions - Everyone has their own ideas which are generally different. These can be taken care of with right understandings.

③ Financial Issues - Most of the times worthless spend of money needs to be controlled and this needs to be made sure by right understanding too.

For each of the members of the family, I have personally taken out time to talk with each member personally and also tried to know how their day was, what was going on in their lives and many other things.

3

PS4

1	Desires	Need of self	Need of Body	Both
→	Mental & Physical health	✓	X	X
→	Love & affection	X	X	✓
→	Wealth	X	✓	X
→	Success	X	✓	X
→	Happiness	✓	✓	✓
→	Fitness	X	✓	X
→	Empathy & Companions	X	X	✓

a) Need of Self

Need of Body

→ Need of Self is continuous and

Whereas need of body is not continuous but temporary.

→ Need of Self is not physical but qualitative.

Need of body is a physical facility

b) According to my condition I would say

45% - Need of Self.

55% - Need of body.

2	Activity	In self	In body	Involves both.
	→ Going to temple			Thinking of going and going
	→ Cycling		Body is ready	
	→ Eating			Eating for self and for body
	→ College		For betterment	
	→ Thinking			For improvement
	→ Learning	Learning manners for self.		
	→ Externment			For fulfillment & enjoyment
	→ Gyming.		For body growth	
	→ Sleeping	For self	For rest	For both.

2)

a) Yes, I can see that these activities are continuous as they include the quality and happiness.

b) Yes, I can see, it includes the need of the body, the heart, the blood vessels, the muscles, etc. These activities are generally cyclic as these go up and down according to the condition.

c) The ones that include both, we can identify the role of sense organs like, will, eyes, etc. These are generally playing a very important role.

more members can openly express