**Brief introduction**

I'm **Shrinjita Paul**, a graduate in **Artificial Intelligence** from **SRM Institute of Science and Technology, Kattankulathur**. Passionate about exploring the realms of AI and its applications, I'm driven by a curiosity to understand and innovate in this dynamic field. My journey in AI has been fueled by a desire to contribute positively to society and harness the power of technology for the greater good. With a strong foundation in AI and a dedication to continuous learning, I'm excited about the possibilities that lie ahead in shaping the future with intelligent systems.

Before delving into UHV and self-development efforts, my understanding of life was perhaps more superficial. I operated based on assumptions and societal norms, often without questioning their validity. Sanskar, or deeply ingrained cultural conditioning, influenced my thoughts and actions more profoundly.

**My questions about life and my efforts for self-development (including UHV)**

1. **What is the purpose of my life?**

**> Continuous learning** and education: Seeking knowledge and skills that empower personal and professional growth.

1. **What values do I hold dear, and how do they guide my actions?**

**> Self-reflection** and introspection: Understanding one's strengths, weaknesses, and areas for improvement.

1. **How can I cultivate happiness and fulfilment?**

**>** Setting and **achieving goals**: Working towards objectives that align with personal values and aspirations.

1. **What steps can I take to reach my full potential?**

**>** Practising **mindfulness** and **self-care**: Cultivating habits that promote mental, emotional, and physical well-being.

1. **How can I contribute positively to the world around me?**

**>** Engaging in **meaningful relationships**: Nurturing connections with others that support personal growth and mutual flourishing.

**Understanding/assumptions/sanskar, feelings and thoughts before UHV and after UHV**

**Before UHV,** understanding relied on assumptions and cultural conditioning (sanskar), leading to a surface-level approach to life. Feelings oscillated between fleeting happiness and material pursuits.

**After UHV,** deeper introspection replaced assumptions, fostering empathy and compassion. Thoughts now prioritise service and integrity, leading to a more profound sense of fulfilment and connection with others.

**Shifts in living before UHV and after UHV (Mention few Incidents)**

**Before UHV** : life centred on material pursuits and societal expectations, often leading to a sense of emptiness. One incident was when I prioritised work over spending time with loved ones, realising the importance of genuine connections.

**After UHV** : there was a shift towards prioritising relationships and meaningful experiences. Another incident was volunteering for a community service project, where the joy of helping others outweighed any material success. This highlighted the importance of altruism and service in achieving true fulfilment. Overall, life became more meaningful and fulfilling, guided by principles of compassion, empathy, and service to others.

**Future plans and Commitment**

My future plans are deeply intertwined with my commitment to the UHV proposal. I aim to continue my journey of self-discovery and personal growth, prioritising principles such as compassion, empathy, and integrity in all aspects of my life. This entails actively participating in initiatives that promote human values and environmental sustainability, both locally and globally. I am committed to fostering positive change in society, contributing to a world where compassion and understanding prevail. Through continuous learning and meaningful action, I strive to make a lasting impact on the well-being of individuals and the planet as a whole.

**My Thoughts**

**My state of being**

As I embark on the journey of self-exploration and delve into the realm of Ultimate Human Values (UHV), I find myself reflecting on various aspects of my life and purpose. My understanding of self, purpose, and state of being has evolved over time, shaped by experiences, relationships, and personal growth.

**Happiness**

At the core of my existence lies a deep-seated desire to lead a purposeful life, driven by values that transcend material pursuits. My purpose is not merely to achieve success or accumulate wealth but to make a meaningful impact on the world around me. Happiness, to me, is not derived solely from external accomplishments but from inner contentment and fulfilment. It is found in moments of connection, service, and personal growth.

**Prosperity**

Prosperity, in my view, encompasses more than just financial wealth. It includes overall well-being, including physical, mental, and emotional health, as well as meaningful relationships and a sense of purpose. The formula for life, therefore, lies in finding a balance between pursuing personal goals and contributing to the welfare of others and the planet.

**Formula for life**

Family and friends play a significant role in shaping my journey and outlook on life. Their support, love, and guidance provide a strong foundation upon which I build my aspirations and values. My peers serve as both companions and mirrors, challenging me to grow and evolve.

**My family and friends**

Teachers have been invaluable mentors on my path of learning and growth. Their guidance, encouragement, and wisdom have shaped not only my academic pursuits but also my outlook on life. My learning habits reflect a commitment to continuous improvement, curiosity, and a willingness to explore new ideas and perspectives.

**My teachers and my learning habits**

Participation in family affairs, events, and initiatives of the institution, community, and society is a reflection of my belief in the importance of collective action and community engagement. I approach these opportunities with enthusiasm, recognizing the value of collaboration and shared responsibility in fostering positive change.

**My attitude**

Engagement in the preservation and utilization of our environment is a responsibility I hold dear. I recognize the importance of protecting and enriching our natural resources for future generations. Through conscious actions and advocacy, I strive to contribute to environmental sustainability and conservation efforts.

**My engagement in the preservation (enrichment, protection and right utilisation) of our environment**

Exploring UHV proposals and interactions opens doors to deeper understanding and growth. It provides an opportunity to examine fundamental human values such as compassion, empathy, integrity, and service. Through introspection and dialogue, I seek to align my actions with these values, fostering personal and collective well-being.

In conclusion, my journey of self-discovery and exploration of UHV is guided by a commitment to personal growth, meaningful relationships, and positive impact. By embracing principles of compassion, integrity, and service, I aspire to lead a purposeful life and contribute to a more compassionate and harmonious world.