

UHV-I

Sessions 1 & 2

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

All Rights Reserved

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.

1.3. Make a list of your achievements in your life

1.4 Make a list of your concerns (चिंता), fears (भय), confusions (भ्रम), questions (जिज्ञासा) etc.

Aspirations	Achievements	Concerns

To be written in your UHV-I Notebook

In the next session

We will explore further into our aspirations
and also discuss our concerns