

Activity 2.2

1.)

→ a) From this reflection, how many people are there with whom you have a feeling of trust or intension? Is the feeling conditional and continuous...?

→ With almost every person in the list I have a feeling of trust or intentions. We feel assured of the other person when we are sure that the other wants to work for our happiness and prosperity. We may give an easy 'Yes' to questions. So I want to make myself happy. We might become choosy and tend to say that we want to make some people unhappy or we might say that we want to make only those people from whom we desire happiness but won't give an easy Yes in the beginning.

→ b) What you have understood about intension and competence?

→ Both intension and competence are to be explored separately. Intension is what one desires for our natural acceptance, competence is the ability to fulfill the aspiration. We trust our own intension while we are not ready to trust the other intension. We actually see others competence and misunderstand it with their intension.

c) How you evaluate yourself and how you evaluate others?

→ Nowadays, we are judging ourself on basis of our intension whereas we are judging the other person on basis of their competence. We are not ready to trust others intension while we trust ours. If we have trust in intension we have a feeling of being related to the others and we start helping others to improve his competence if they do not have enough.

d) What would be the result if you evaluate intention and competence separately?

→ If we would evaluate the intention and competence separately, then we won't end up feeling any opposition to the person since we won't doubt their intension. We want to be related to other person and vice versa. Intentions are always correct. It is only the competence that is lacking which can be improved by right understanding.

e) Reflect on some instances where you got irritated with someone? ...

→ There are many instances where I got irritated by someone. One of the example was my little brother troubling me during my exams where I became angry. As a result, we had a major fight. No, I never had any doubt on his intention as he was doing just for fun.



→ 2) Personal goals are short or long term goals that can apply to your work, family-life or lifestyle. They are meant to achieve what you want in life. Some of my personal goals are:

- (1) Improve my growth mindset.
- (2) Be more proactive.
- (3) Learn how to make effective decisions.
- (4) Stay open minded to new opportunities.
- (5) Recreate my work-life balance.
- (6) Avoid negativity in the surrounding.

After discussing with my family, I found out that even my parents have many dreams and expectations from me. Some of their goals are to achieve harmony in the family, give their children a good peaceful life, stay healthy, etc.

Yes, there is a common goal between us. We all want to avoid negativity in the family and work hard for the betterment of the next generation.

There are many goals which are pursued by my educational institution. The most important is awareness of how competitive is the world and the realisation of amount of hardwork required in order to cope up with the others.

My role in fulfillment of these three set of goals is vital. Along with living a good social life, I also need to balance it with desire and needs of my family. I need to always make them proud and never let them down at any point of time.

9)

→ a) The four human goals that I would relate my model of human society are:

- (1) Right understanding: It is necessary for human being.
- (2) Prosperity: The family is able to identify its needs and is able to produce more than achievements.
- (3) Trust in society means every member of society feels related to everyone.
- (4) Co-existence in nature means there is a relationship and complementarity among all the entities in nature including human beings.

→ (b) We need to re-align our focus towards ensuring the right understanding and relationship. For this we have to understand the harmony at all levels of our living.

- (1) Right understanding can be fulfilled by education - right living.
- (2) Prosperity can be achieved by health.
- (3) Fearlessness / Trust can be achieved by justice.
- (4) Co-existence can be achieved by maintaining health.