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Subject: UHV

- ① What is your family goal?
→ As an joint family, we have many goals in common:
- ① Eat dinner together at least four times a week. As it can help to:
- Strengthen family bond
 - Help everyone eat healthier.
 - Relieve stress from the day.
- ② Put the phones away
It can be really good habit of putting the phones away and spend the quality time together.
- ③ Improve Work / Life Balance.
Work / Life balance is very important aspect in one's life. Now-a-days as an online student, the workload on students has quite

increased over time. Steep deadlines and overloaded class schedules make it difficult for students to spend time with the family.

Q.2. Do you sit together and discuss:

① The family goal:
Family goals are very integral part of our life. So, yes we sit and discuss our family goals occasionally in my family.

② The program for its fulfillment:
Every person needs to take some time out and needs to spend it with the family.

③ The role / participation of each of the family members in its fulfillment:
It is responsibility of each and every ~~man~~ family member to respect and give time

for the family goal.

④ The state of the fulfillment of the goal :
~~Let~~ At the end of every week we ensure that as a family how did we spend our week. And were we able complete our family goals.

Q.3. What is the common societal goal ?

→ The ultimate common societal goal is to do some kind of social work. The society needs to be enriched. The effect will be reduction of bear and building of harmony in the society.

Q.4. How are you and your family participating in the fulfillment of the family goal ?

→ The best way to participate is volunteering in every social case in every way possible.

Q.5 How is the organisation you are working for 1 in contributing in the fulfillment of the social goal?

→ My family has done many contributions towards the society through JCI. We have been part of JCI since many years. Many programs were taken for the benefit of society through JCI.