

# **LEAD INDIA 2020**

***Ultimate solutions to individuals and national problems***

*This book is the 3 decades research on human values by the author. It is meant for training youth as vibrant change agents to change their families, institutions, communities and the nation.*

***Principals, teachers and parents may train their children and use as reference guide.***

***Research publication of :***

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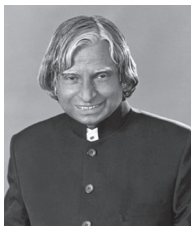
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## MESSAGE



I am happy that Prof. N.B. Sudershan Acharya is bringing out a resource book for Aap Badho Desh ko Bhadao trainings with an objective of igniting the minds of its readers, particularly youth, to become world leaders by 2020.

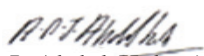
“Lead India 2020 is the 2<sup>nd</sup> National Movement, a mission-oriented programme for transforming youth of the country. I am confident, this movement will transform developing India into a developed nation by 2020.

India has to be transformed into an economically developed nation before 2020. Hence every citizen and every constituent of the country has to participate in this movement.

Lead India 2020 Movement is training thousands of students in many districts of Andhra Pradesh. I happened to know the transformation that has taken place among the students after undergoing the “*Aap Badho Desh Ko Badhao*” training. Lead India training programmes have created confidence in me that the youth of our country trained by them are on the right path and the spirit of “We Can Do It” is radiating everywhere.

I am sure that glimpses of our history, culture, science and their relation to the present individual problems leading to national problems mentioned in this book will surely motivate “Lead India” trainees to work hard for transforming “Developing India” into a “Developed India”.

I extend my warm greetings and felicitations to all those who are associated with Lead India 2020 Movement and wish their efforts for the movement all success. Lead India National Clubs (LINC)s will unite all educational institutions, corporations and other institutions to share networks and resources to strengthen efforts to solve our nation’s problems.

  
(A.P.J. Abdul Kalam)

Chief Mentor,  
Lead India 2020

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## **FOREWORD**

"LEAD" is the key for leadership. This Lead or spark or fire is within the person. It burns any thing that comes in its way. For such an ignited mind nothing is impossible. This book ignites the traits of LEAD and leadership with values and skills. It sets vision and mission for life and goals for career, family, community and nation. It changes the mind set and gives new direction to the effect that "I CAN DO IT".

This book gives solutions for personal, family, organizational and national problems. It creates awareness about global career development and ignites sense of responsibility towards parents, teachers and Mother India. This book is a practical guide to ignite scientific temper among the academics, life and thinking skills, attitudes and values for individual and institutions.

This book also enlightens the importance of life skills assessment through CCE in all the CBSE schools. It transforms the schools as centres of excellence and teachers as nation builders. It is a tool for parents to change the behavior of their children. It provides a platform to every citizen to give back to the nation. It is a resource material for teachers and parents for youth empowerment leading to National empowerment. This book brings change in the reader and to experience the change one has to read this book with concentration.

**N.B. Sudershan Acharya,**

Founder and National Coordinator.

Lead India 2020.



## **You are the great Treasure**

Dear Friends,

This book makes friendship with you as a lifelong friend in good and bad times. Of course in our life we will have many friends but there will be only few friends who will be very close to our heart sharing our happiness and sorrows. So Lead India is such a close friend, it brings to you the support of whole of the nation.



Lead India respects you as a great treasure to the nation. Your age, education, experience or expertise, concern for the community and the nation are unique factors. Hence you are treated as a great resource or asset to the nation.

Hence we offer our shake hand as our Jaan Jigri Dost / Life time friend to share to counsel and to help you in realizing your vision. This book brings Lead India Movement as a great support for your /family and the nation's development.

To experience please experiment on your mind the following friendship tips to lead yourself and your family happiness. Adults may live with adult wisdom of education and experience but to kill ego and live with happiness they should live like a child as follows:

### **1. Smile:**

#### **Smile the Energizer:**

- Smile unifies body, mind and soul;
- Smile improves health and gives happiness;

- Smile makes us Attractive;
- Smile Changes Our mind set;
- Smile Relieves Stress;
- Smile reduces diseases like Blood Pressure/ diabetes etc;
- Smile is Amrutham-Divine nector for all time and all ages.
- Smile lifts the face and makes you look younger;
- Smile helps you stay Positive;
- Smile makes you Successful;
- "Smile a True 'Sign of Enjoyment'";
- "Widen your lips and keep smiling always";
- When Indians look to each other they see strangely but in foreign countries they smile and greet each other;
- Lead India 2020 taking greeting with '**smile**' as a movement;
- Keep laughing naturally to be healthy.



## **2. Open Mind – Learning Stimulant:**

You can enter into the room, if doors are open, so also mind is a door, if you keep it open we can enter into the world of knowledge. Life is limited but Knowledge is infinite. So in short time one should acquire maximum knowledge. But ego creates hurdle that I know everything. Then the mind closes the learning door.

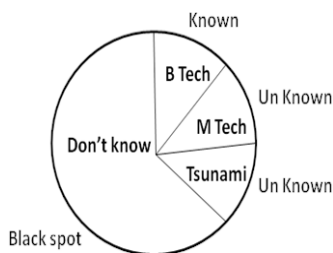
### **Example:**

A B.Tech student knows the knowledge of B.Tech. But he does not know the knowledge of M.Tech. Similarly knowledge of Tsunami, Astronomy etc one may know some names but we does not have the subject knowledge. Similarly there will be infinite



areas where one will not have any knowledge of many things which will be a black spot ignorant area.

So open mindedness alone is the only way to acquire life time knowledge.



### **3. Be Truthful:**

Our nations motto is “**Satyameva Jayate**”

Truth always Triumphs.

But today nation is spread with cancer of corruption, leadership without patriotism and values.



Let us experiment or probe for the solution.

**Experiment: Review your experiences of "Being Truthful",** what happens in your mind.

Truthfulness develops courage, confidence, conviction, commitment, trust and gives happiness.

**Review your falsehood experiences** and each lie multiplies, develops tensions, anxiety, fear which will cause many diseases like diabetes, BP etc and landing into sorrowfulness.

### **4. Be Positive :**

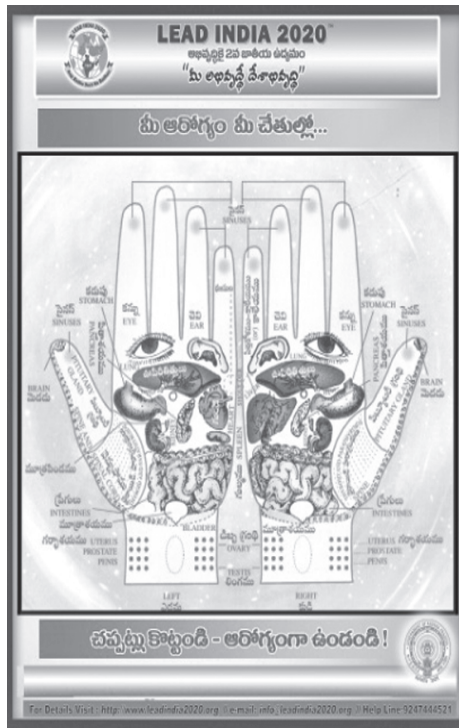
For one's own development one may checkup effects of positive and negative impacts. One negative can dissolve the impact of 1000 positives. Example anger can kill impact of positive works. So always be positive and participate 100% in all your activities.

**5. Encourage Others:** By encouraging others one will feel happy and will become very dear to others. So let us encourage all our family and community members etc. Encouragement gives self satisfaction. Encouragement is a tool for recognition and rewarding others.

### **Clapping Techniques:**

Your health is in your hands. Your hands, palms have nervous centres of your body organs. Please see and correlate your organs in your hands with the given chart. As per Chinese acupressure theory. If pressure is created on a particular part nervous center of that part will activate the connected organ. Thus clapping your hands will create automatic pressure and prevents diseases and passes on positive energy into your body and mind.

These are all some tips for individual development which leads to the family development/community development/national humanity development. Which can be also called as "Aap Badho Desh Ko Badhao" means individual development leads to national development.



## What India needs today -An introduction

*“A century back all Indians struggled for the first Vision of Independence. Such a vision is missing now in free India. So, we need to initiate an agenda for the nation for transforming India into a “Developed Nation.” Government alone cannot realise this vision. Now, we need a national movement in the country. This is the time to ignite the minds of the young people for this movement. We will work for it”.*

Every Indian needs to think seriously about strengthening the country, and imbibe Dr.Abdul Kalam’s vision and initiate the process of setting a National Goal – Uniting all Indians and striving hard to achieve Developed India”. He says, **“I will work and sweat till I achieve Developed India.”** Even at the age of 80 he works 16 hours a day, serving as a role model for the country. Again, his wisdom as a scholar and as a premier scientist points at the power of the youth. Children and youth consist 55 per cent of our population. He desires to ignite their minds with a Mission to develop themselves and to develop the Nation by 2020. When a great visionary carved a comprehensive plan for us to make the country as a leader of the world, is it not our moral responsibility to join him to set the national goal and ignite the young minds to “Lead India to lead the world by 2020”

Dr. Kalam declared **“Lead India 2020”** as a Second National Movement for development (the first national movement being the Independence Movement), that has adopted the principle of “Individual Development leads to National Development” or , “Aap Badho Desh Ko Badhao” in order to achieve “Developed India” .**I. Past Global Leadership of India:**

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## 1. PROUD AMBASSADOR OF INDIA.

When Swami Vivekananda propagated ancient Indian philosophy, the western world bowed to him. He was invited to deliver a series of lectures for 4 years and he was felicitated everywhere. He returned to India, after being a successful ambassador to spread awareness in the world about the great Indian values. He landed in Madras seaport, and offered his respects to the mother land by sprinkling Indian soil on his head. He said, ***"I am proud to be an Indian"***. Today, how many Indians are ready to say so? Why this pride is missing now? We are not aware of our greatness. This ignorance is the cause of all troubles. Progress comes from confidence, which is rooted in the pride, born out of knowledge. Let us see real glory of India.

### (i) *Global Cultural Leadership:*

Ancient Indians believed in the Vedic principle of "*Vasudhaika Kutumbakam- the entire world as one family.*" The latest concept of the third millennium of calling the world as "Global village" originated from India.

Their prayer was "*Lokâ Samasthâ Sukhino Bhavantu*" – May the whole world be flourished with happiness.

The basic tenets of their living were *Dharma, Artha, Kâma*, and *Moksha*. Quality of life is based on righteous wealth, righteous desires and aspiration of liberation.

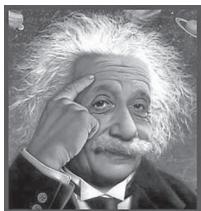


## (ii) *Global Scientific leadership*

Let us consider a few facts about our past contributions to the world in the field of science.



- When the rest of the world had not yet awakened to the light of learning, we mastered Science, Mathematics, Astronomy, Philosophy and Spirituality.
- Bhaskaracharya contributed the concept of 365 days in a year to the world calendar in the fifth century.
- Aryabhatta contributed the concept of “Zero”.
- Charaka contributed to the field of Ayurveda 2500 years ago.
- Maharshi Sushruta practiced ayurvedic Surgery 2600 years ago.
- Rishi Kanada was the first to expound the concept of *kana*-the atom.
- World’s first university was at Takshasila in 700 BC with 10,500 students from all over the world.



None less than Albert Einstein, one of the greatest scientists of the world paid tribute to the ancient Indians as follows:



***"We owe a lot to the Indians, who taught us how to count, without which no worthwhile scientific discovery could have been made."***

### ***(iii) Global Economic Leadership***



India excelled in the past on the economic front also as a global leader.

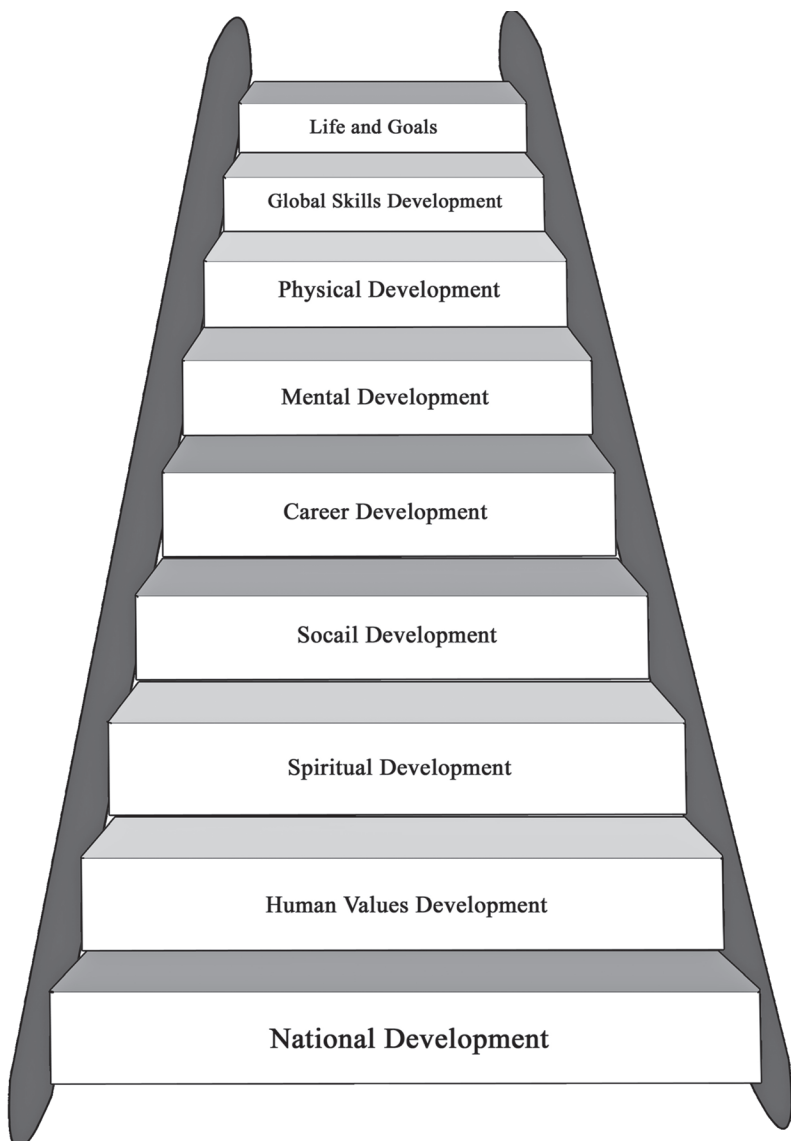
Historians spoke about the Golden age of the Guptas. It is said that during the Gupta period, pearls, gems and diamonds were sold on the streets, like peanuts today.



- The famous economist Chanakya, the Prime Minister and king maker of Chandragupta Mourya presented “Artha Sastra”- Science of Economics to the world. Even today it’s well respected.
- The Cholas, Pallavas, Pandya kings successfully carried on trade with Sri Lanka, Malaysia, Java, Sumatra, Kampuchea, Vietnam and Burma.
- Chinese scholars like Fa Hein, Huiien Tsang praised the glory of India, in their books.

Thus, till the seventeenth century, India was a global leader in several sectors. India attracted foreigners for education, business, tourism, etc.



**“Aap Badho”- ASPECTS OF INDIVIDUAL DEVELOPMENT**

**Life is an Unknown Journey to Know Life**

If an individual develops in all the above aspects, it will lead to his holistic development that will further lead to the development of the family and thereafter his/her relatives, friends, society and villages thus leading to development of the nation. Now let us examine each of the above aspects in detail.

## I. LIFE, VISION, MISSION AND GOALS

A journey from birth to death is called Life. Many such definitions are given about life, but for every individual in this cosmic world the most important thing is one's own "Life". Everyone wants to be successful and become great in his/her life, but not all are successful. Why is it so? What is the secret behind success? We try to carry out all our works with perfect planning in our life to the best of our ability. Even for small things we plan. For example, to see a movie, one plans where to see, when to see, with whom to see. ***Do you have any planS for your life?***

Life is invaluable. Use it meaningfully and purposefully.

Failing to plan is planning to fail.

### **Activity:**

Enquire how many have planned for their entire life? (It will be funny but a very interesting exercise. Do it, experience it and plan for your life)



Why everyone is not able to plan for the entire life? If one has to plan for the entire life, in-depth knowledge about life and realities of life should be understood. Then, purpose of life, goals for life and the way for life have to be determined. What are the life skills required to lead a successful life?

### **Nature of Life:**

Life is a combination of both good and bad, success and failure, loss and profit. Everyone's life is unique. Every moment, situation are also unique. Life is full of uncertainties and unknown. Then, how to know all these and how to plan entire life, is a life-time investigation. Let us investigate definition of life with our own experiences. So, understand the life from the following definitions and accordingly prepare and plan, be ever ready for everything and acquire

### **Life Skills:**

Life is a Game	- Play and Win - Sportive Skill
Life is a Journey	- Reach Destination - Performing Skill
Life is a Battle	- Fight and Win - Fighting Skill
Life is a Gift	- Accept and Preserve - Preserving Skill
Life is a Secret	- Investigate and Share - Sharing Skill
Life is a Drama	- Play your Role - Playing skill
Life is a Challenge	- Face it courageously - Willing Skill
Life is a Spirit	- Realise it. - Realising Skill
Life is a beauty	- Praise it. - Praising Skill
Life is a Puzzle	- Solve it. - Solving Skill

**“Every failure is a stepping stone for success”**

### ***Think deeply and Realise Realities of Life:***

- Life comes only once. It cannot live beyond its last breath.
- It is like a water bubble and no one can predict when it will burst.

**Purposeful life is a boon, purposeless life is a bane.**

- Every life has its own joys and sorrows, ups and downs.
- We have come alone with empty hands by birth and we go alone with empty hands at the time of death.
- We can eat to the extent of hunger. We can sleep to the extent of rest required to the body. It is equal for all living beings.
- What will happen next moment is not known.
- In between birth and death we struggle for many desires like education, family, money, power, name and fame, etc., but nothing comes with us when we are gone;
- Our knowledge is limited inspite of any amount of education and experinces.
- During life three things come and go and they are:
  - (i) money            (ii) diseases            (iii) sorrows/happiness
- Once they come, they will not go
  - (i) Knowledge    (ii) wisdom            (iii) morality
- If they go, they will not come
  - (i) time                    (ii) youth                    (iii) character
- They accompany life
  - (i) good deeds                    (ii) bad deeds            (iii) shadow

### ***Power of Money:***

“*Dhana-Mûlam Idham Jagath*” means to acquire anything in this world money is required. So, everyone is in race for acquiring as much money as possible. But what is the real power of money?

*Money can help to acquire many things, but not everything.*

We can buy food through money; can we buy hunger?

We can buy beds to sleep; can we buy sleep?

We can buy good books; can we buy knowledge?

Another reality is whatever money and assets one may acquire no one can carry anything while leaving this world. It does not mean that we should not have financial goal for acquiring money. We should



have high goals but it should be: (i) to the extent of your vision and (ii) to earn money righteously for righteous cause. Then it will give you happiness .

### ***Purpose and Goal of Life***

Every minute lakhs of people are born and die in the world like animals and insects. They too live with food, sleep, children etc., what is the difference? As per crime records Bureau 2010, per hour 15 persons are committing "Suicide". What is the use if, one cannot realise purpose of life a distinguished mark as a gifted human being with power of thinking and discrimination. So, we have to set an ultimate purpose for life by which one should be remembered by the world.

### **Dare to dream - Care to achieve:**

Everybody should have a big goal for his/her life and should strive to achieve it, and then the purpose of one's life will be fruitful. "Life without goal is like a boat without destiny". If your goal is a star, at least you can reach the moon. Many of our great grand parents lived and died. But we do not know anyone. But there is no one who does not know 'father of our nation' Mahatma Gandhiji. So, everybody should have a goal for which the whole world would remember us like Gandhiji is remembered. Gandhi was also an ordinary person, speaking lies, doing naughty things, but when once he decided to be truthful, he practiced till the end of his life. Thus he became the Mahatma. Everybody can change his / her life like the Mahatma.

### ***Goal gives meaning and purpose to life***

Your goal should not be like a 'dry leaf' which will go into the dust bin. Your goal should be like a 'pointed arrow', like where to hit and how to achieve. Dream big and dare to face all the difficulties with self-confidence to achieve your goal.

**Failing to Plan is Planning to Fail**

### ***How to decide goal?***

Plan for your life time goals:

- (i) Your immediate goal.
- (ii) Your intermediate goal.
- (iii) Your long term goal.
- (iv) Your eternal goal.



If you decide your goal, the achievement of the same is your own responsibility.

### **Activity:**

Write your goal neatly in bold letters on a chart and stick it in your study room/class room. Write the same on the first page of all your books. By seeing the same repeatedly you will have a strong desire to achieve it.

Remember, ***“Low aim is a crime”- Dr A P J Abdul Kalam***

On every birthday analyse your previous year’s achievements vis-a-vis your goal and reset your plan for the next birthday. Thus, you can convert your happy birthday to a happy year of your life.

Your Goal should be SMARTY which is as follows:



S = Specific

M = Measurable

A = Attainable

R = Realistic

T = Time-Bound

Y = Your own

***“Dare to Dream – Care to Achieve”***

*“Dream is not what you see in sleep – Dream is the thing that does not allow you to sleep” - Dr. Kalam.*

***Three factors to be successful in life:-***

- (i) **Self-confidence:** Self-confidence is the tool to face ups and downs till success is achieved.
- (ii) **Attitude of Learning:** Knowledge is infinite and is the power, so, we should have an attitude to learn new things. Develop attitudes by learning continuously and then you will acquire interest, continuous working attitude.
- (iii) **Team work:** A single person cannot do all the work. We should therefore cultivate team spirit. Co-operate with others

**Note:** It is believed that the development of an individual stops when he/she stops learning.

Development means not just education and money. If any one questions, what your goal in life is, normally students say that they intend to become doctors/engineers, etc., that is not all.




There are many other avenues that can be pursued. It may be employment in any field of expertise, business or profession. Each individual is capable of acquiring multiple skills and excel in performance by diligent pursuit.

Life is an art of keeping oneself in a state of constant growth. The one who stops growing, decays; and decay is damnation and desperation.

Value of Time: ***“Time is God” - “Time and Tide Wait for None”***

Time is very precious. To know the value of:-

A Year:                Ask a student who failed in the examination;

A Month:	Ask an employee when he takes his salary;	
A Week:	Ask an editor of a weekly magazine;	
A Day:	Ask a daily labourer who works;	
An Hour:	Ask a student who is writing examination;	
A Minute:	Ask a person who missed the train or bus;	
A Second:	Ask a person who escaped from a major accident;	
A Millisecond:	Ask an athlete who lost the Olympic medal.	

Every individual desires to be successful. The secret of success is the optimal utilization of the available time. Both successful and failure persons have equal amount of time; it is only the way the time is utilized. None on the earth is successful without failures, since failures are the stepping stones for success.

## **MAKE INDIA A GLOBAL LEADER**

As time is favouring India to bring back its past glory of global leadership, the question is: What should students, youth, teachers, parents and every Indian do?

### **What are we Doing?**

India has become the third potential country in the world for employment generation but surprisingly we have got unemployment as a national problem. Why and How? Similarly, India's economic development is at the fourth place but human development is at 134 out of 177 countries. What is to be done to improve the situation?

- Lead India 2020 movement has taken up the responsibility of imparting global skills with values at school/College and at village levels.



Teachers are being trained to integrate global skills with academics; Teachers are encouraged as “community research scholars” to correlate human values in subjects and give community service projects to students. So, now we have to train all the students in our schools and colleges by inculcating human values and global skills.

- Particular focus is being made on students of rural government institutions and village youth. Rural youth is on a mass scale and all problems like poverty, illiteracy, unemployment are mostly found in villages.
- Hence, effort must be made to impart global skills to these rural youth to enable them to grab global opportunities. Then only all these problems related to economic development will be solved.

### **Gaps in Education**

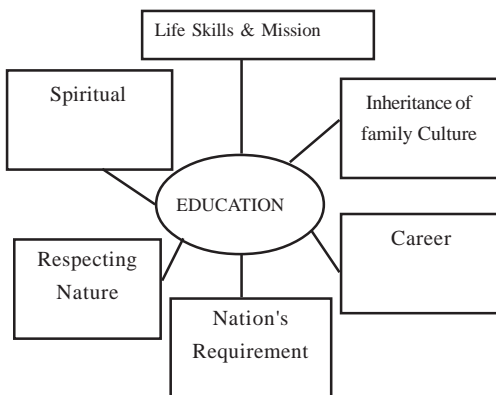
Education is the base for the development of the people and the nation. But our education system has got it's own gaps which are as follows.

- (i) Today's education system is knowledge-oriented. But this knowledge is practically useful to an extent of only 25 per cent in real life, career or business. 25% knowledge is acquired by self thinking, 25% through friends and balance 25% time will teach lessons. Besides this philosophy there is a big gap between education and employment. For instance, in Hyderabad and Vishakhapatnam multinational companies organized “*Udyog Mela*” to offer jobs for competent graduates. But number of PG's like MBAs, M.Techs, MCAs also attended the interviews. But only 5 per cent were selected, 95 per cent were rejected. These 95 per cent graduates posses all the required educational qualifications and subject knowledge but they lack employable skills which are widely called as global skills.
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- (ii) State and central governments have appointed expert committees to suggest ways of how to impart global skills.

### ***Plan to make Global Leaders***

The objective is to expand concepts of “Thinking Global and Acting Local” so that local problems will be solved by facilitating development of individuals and villages i.e. from grass root levels, which will eradicate perennial problems like poverty, illiteracy, unemployment etc.,



### **Activity:**

Write your initiatives that you want to start off for your individual development. Also, mention the roles and responsibilities that you intend to take up for the development of our nation by 2020.

## **II. CAREER DEVELOPMENT AND GLOBAL SKILLS**

Due to communication revolution, the entire world has become a small village. As we have got growing mass youth force we need to possess and acquire global skills which include entrepreneurial skills and employable skills to compete and excel at global level and use them as resource cadre from village level to global level. The various global skills that are considered to be essential and important for every youth are as follows:-

(i) Self-Development

(vi) Practical Education



- (ii) Leadership Qualities
- (vii) Scientific Temper
- (iii) Entrepreneurial skills
- (viii) Team Work
- (iv) Comprehensive approach
- (ix) English Language
- (v) Communication skills
- (x) Computer Skills



### (i) *Self-Development*

Development of one's own life is called 'self-development'. It depends upon individual's attitudes, skills, knowledge, and the practical works they do. To be a winner and leader one needs to encounter various challenges which is possible only through self-confidence.

Small or big, every action/work will have its own skill. Skill brings precision/perfection and adds values to the work. Reading, writing, speaking and soft skills, technical skills, professional skills are important for self development.

### **Key for Self - Development:**

Self development depends on three basic things viz (i) Attitude (ii) Skills and (iii) Knowledge. Remember easily as ASK.

### **Attitudes:**

Individuals work is based on attitudes. To develop, one should have positive attitude, learning attitude etc., eliminate negative attitudes as one negative attitude kills the impact of 1000 positive attitudes.

**Dreams, Vision, Missions, make Lives Great.**

### Tips to develop positive attitude

Practice reading good books, listening to inspirational songs, speeches, doing exercises, yoga, meditation etc.,



### **Skills:**

By doing work repeatedly acquiring precision to get the desired result accurately and effectively is called the skill.

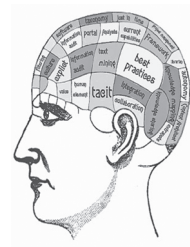
### **How do we teach a new skill?**

The teaching of a new skill can be achieved by various methods; which include:

- Verbal instructions;
- Demonstration;
- Observation;
- Video;
- Diagrams;
- Photo sequences;
- By means of practicing with passion.

### **Knowledge:**

Knowledge is power and is infinite. Whatever one may study, it is only a drop in the ocean. So for self-development knowledge should be acquired throughout one's life. What about the knowledge we possess? For instance, graduates of B.Sc/ B.Tech have knowledge about their degree alone. They do not have knowledge of M.Sc./M.Tech./ Ph.d., or subjects like oecology, Astronomy etc. Even names of the rest of the subjects are



**Time is GOD, Time is Money**

unknown. This implies that even experts in an area of specialisation know only a drop in the ocean of knowledge.

### **Things to be followed for self-development:**

- Observe the development happening around you and develop good qualities within you;
- Be courageous for making changes. Good changes will bring great change;
- If you make continuous small changes in your daily life, you can achieve great results;
- Accept unfavourable conditions with happiness and dare to make it a favourable condition for your development;
- Act timely. Action appropriate to the situation can help to overcome obstacles;
- Have farsighted vision and make continuous efforts to achieve your own goals;
- Have new thoughts and plan in advance every time. Ask yourself what needs to be done.

### ***(ii) Leadership skills Development***

Every Indian is an uncut diamond waiting to be polished and ready to shine and throw all the colours into the surroundings.

A leader should

- understand his/her own self and should have a goal.
- understand his/her own work and other related works.



**Gaps in Education are creating Problems for Indian Youth**

- always be able to overcome a problem and be a solution to it.
- take an initiative whenever there is a need or problem.
- take up work with total responsibility and complete it.
- give inspiration and serve others as a role model.
- know that leadership is about accepting responsibility.
- have human values and helping nature.
- always be cheerful and work for success.
- have the zeal to take up the job of his passion and work in any condition any where.
- always have patience and maintain happiness.

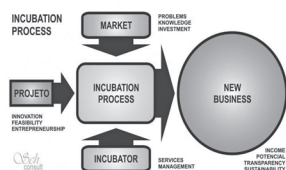
**(iii) *Entrepreneurial Skills Development:***

Entrepreneurial student leaders can experience the thrill of earning while learning through (a) Waste-to-wealth

(b) Saving power, water, fuel, etc. (c) Creative craftsmanship

(d) Making scientific kits etc.

Learning vocational skills and making a decision to be a job giver would be more thrilling rather than being a job seeker.



**Activity:**

Write down some situations where you noticed problems and you have shown your leadership initiated and solved problems. Write a few steps you intend to take in the near future and exhibit leadership skills.

Ex: I supervised my class /my house/ when my teacher/ father was absent.

Ex: 1. 2. 3. 4.

**(iv) *Comprehensive Approach***

**Think Globally and Act Locally**

To have a complete understanding of all the connected factors of the subject, compile subject knowledge with full concentration. Move towards your goal with comprehensive knowledge. We think that each subject like Mathematics, Science, Social and languages is isolated and independent. A little thought makes studies subject is related and complementary to each other, and all are related to life, career and nature.

### **Basic approaches for Comprehensive development**

(i) Listening (ii) Reading (iii) Group Discussions (iv) Seminars etc.,

#### **(i) Listening Skill:**

#### **Listening is the crux for effective communication.**

“A person who listens carefully would speak fluently” So by listening attentively, you will understand deeply and gain more knowledge. By listening more we are exhausting the speaker. This will help us speak fluently and continuously and convincingly and arguments can be avoided. Through listening we remember 45 per cent of the subject matter. To listen attentively self-discipline and self-analysis are essential.



#### **How to listen with interest?**

- Practice writing notes of important points and revise everything listened;
- Note down doubts and get them clarified.

#### **(ii) Reading Skill:**

Reading is a good habit. A person who reads well can speak well. Read the subjects meaningfully and comprehensively to understand completely. Discuss the subject matter with others. Write

the important points of what you read in a note book. Make a habit of reading books, biographies, magazines, story books, poetry, songs, newspapers and other reference books which are useful to us.

There is a saying: 'A good book is a good friend'. So, 'Wear a torn shirt, it does not matter but purchase a good book'. By reading books we gain a lot of knowledge. Every student should make a habit of reading one good book every week.



It will give happiness and satisfaction that we have learnt something new. Always make a good habit of carrying a book in your hand. It will be like an ornament, Wherever time permits you can read. Reading gives knowledge, information, skills and self-confidence.

### **Methods of effective learning by reading**

- Read in comfortable places;
- Identify important information from each paragraph;
- You should have a pen and a piece of paper while reading, to note the important points;
- Plan for reading each subject;
- Avoid diversions and read with complete concentration.

***'Teach me. I forget - Involve me, I remember'***

Reading ten times equals writing once, but writing ten times equals doing one time practically. So, perform to the extent possible practically, experience and learn extensively.

### **Benefits of reading books:**

- Books impart worldly knowledge;
- They teach many unknown things;
- Remove loneliness;
- Give inspiration to us;



- Pave a path to realise our thought and achieve goals;
- Develop thinking capacity;  
To develop higher competitive calibre, read, grasp fast and retain more.

### **Good books for reading:**

Philosophies, turning points, good habits, memorable incidents of great personalities, Indian History, biographies of patriotic persons, scientific discoveries, truthful stories and many other informative books are available in the libraries.

Reading directly adds to the quantum of your knowledge.

### **Group Discussion:**

The main intention of group discussion is to bring complete and comprehensive understanding to the students on the subject and provide full liberty to express their views confidentially and assimilate others new ideas and knowledge. Group discussions improve understanding and adjustment with others, negotiation skills and convincing power etc.,

### **Seminars**

Develop ability to collect and organize subject knowledge. By participating in seminars communication and presentation skills, self-confidence and competitiveness of the students will improve.



### ***(v) Communication Skills:***

To express our views and to share knowledge with others we should have good communication skills. If we have good

communication skills, others can understand our ability, knowledge and ideas etc.

### **Skills required for good communication:**

(i) Listening (ii) Speaking and (iii) Writing

### **Effective Writing Skills:**

Writing is a continuous process to convey thoughts and deeds to others. Writing should be neat and clean, with easy words without any mistakes. Practice makes a man perfect. By means of practice one can improve handwriting.



### **How to write neatly:-**

- Sit comfortably while writing.
- Ensure that while writing, note book or paper does not shake.
- On the paper keep your fingers and your hand while writing.
- Write your letters neither small nor big, it should be clear and visible.
- Bend your pen to fortyfive degrees while writing;
- Leave some space between the words and lines;
- Practise diary writing, writing on unknown things, writing briefly, poetry writing, etc;
- Human beings are intellectuals. God has gifted equal intelligence to everyone. We are not able to understand this fact. If we write with confidence that I too can write, everyone can write.

### **Effective Speaking Skills:**

To share your knowledge, experiences and thoughts speaking skill plays a vital role. You should have good knowledge of the subject on which you want to speak. Your voice and body language should be clear and SIMPLE to be understood by everyone.

**Leadership is Action, not Position. Be a Leader by Service.**

- S** - Simple language
- I** - Impressive presentation
- M** - Modulation of voice
- P** - Perfect Pronunciation
- L** - Loudness (Audible)
- E** - Enthusiastic body language

Speaking fluently is an important global skill for leadership. Whoever listens carefully can speak fluently. But we observe the following qualities in many speakers who fear to speak:

- Fear
- Sweating
- Feeling thirsty
- Legs shake
- Fast Breathing
- Fast heart beat

Many people refuse to give speeches in meetings. In this situation we can see four types of people.

- However you motivate, they will not be ready to speak;
- A few will be ready to speak after long sustained motivation;
- Some will escape with some reasons;
- Some will be waiting for an opportunity to speak.

Most of the people are scared to speak before audience. What are the reasons for this? Do you know? They are:

- Feeling shy;
- Inferiority complex;
- Lack of self-confidence;
- Lack of practice in speaking in groups;
- Fear of speaking wrong.

**Every Person is the Architect of His/Her own Future.**

### **How to overcome the above hurdles?**

- Prepare cue cards/short notes;
  - Prepare and speak on your own topics;
  - Be bold and fearless, fill yourself with positive energy;
  - Be the first one to pick up the opportunity to get relieved from the tension;
  - Adopt the principle of 3Ps: Practice, Perfection and Purpose;
  - Make your body free, breathe freely and make your arms and hands free;
  - Say a loud "Lead India" thrice, tension will be released and confidence will grow;
  - Introduce yourself first, feel that you are important. Say it confidently;
  - Write the things you want to speak, on a small paper in an orderly manner;
  - Practice in such a way that your speech is brief and meaningful;
  - Give live and real examples;
  - Don't follow others, practice to speak in your own way;
  - Use proper body language;
  - In public speaking there are three steps:
    - (i) Sweet Introduction;
    - (ii) Purposeful Subject presentation;
    - (iii) Concluding with action items.
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- In between, give chance for audience to ask questions;
- At the end, thank the people who gave you the opportunity and ask them to excuse for any mistakes.

#### **(vi) Practical Education:**

People say that our education system is more theory-oriented, whereas the US educational system is more practical- oriented. The present education system in India is based on lecture method. Practical education is more knowledge-oriented than reading and writing. In developed countries 85 per cent of the teaching methodology is based on practical observations. By using the available resources, by studying subject matter and by observation we can perform practically and learn many new things by applying the concepts.

While conducting an experiment a student should be aware of the aim of the experiment, required material and instruments, procedure, observations, results etc. Doing small experiments develops creativity, thinking power and creates interest in the subject matter and one can gain hands-on experience. Which will be well retained.



#### **(vii) *Science as a Mission for Life***

An important ingredient for societal transformation mainly comes from science. Science is all pervading. Infact, everything in life and in the nature happens scientifically. Scientists, with their scientific observations and persuasiveness, are able to investigate and invent nature to some extent with the evolution of new ideas only.

#### **For example:**



a) Newton, by observing an apple falling from the tree, got an idea as a question why it is falling down? Imagined whether earth has gravitational force? Further, with observation, investigation and persistence he discovered gravitation.

b) Dr. Kalam, when he understood from his school teacher how birds fly, it made him to dream and further persuasion of it led him to become a missile scientist and invent missiles. Thus, it is observation, innovative ideas and persuasiveness that ignite scientific temper.

### **Learn any Subject by Igniting Scientific Temper:**

Science flies on two wings, Inquisitiveness (curiosity) and Observation. We are not learning the subject matter meaningfully. So, we are failing in examinations and in employment. By developing scientific temper, we can develop and excel in education. Scientific temper develops questioning attitude by asking questions like what, where, why, who, when and how?

*Teaching is a very important technique that helps an individual to excel.*

How much knowledge can we gain through the following methods?

Reading	- 10% Learning by reading
Discussion	- 50% Learning by expressing
Practice	- 75% Learning by doing
Teaching	- 90% Learning by teaching

### **(viii) Team Work**

Working together for a cause is called Teamwork. To achieve good results through teamwork, we have to make some preparations. First, plan and discuss - What is suitable for everyone. One either a



leader or a member he/she should co-operate. Then only the team can achieve its goal. Every member of the team should work unitedly as the organs of the body. If we get good results, everyone will feel happy. Suppose there are any failures, individual feelings should not be there. But again, we will get an opportunity to discuss and work together to achieve success.

### **A small story:-**

One day a rabbit and tortoise have started their journey to see an exhibition. On the way there was a big ground and a river across the road. As rabbit cannot swim in water and tortoise cannot walk on the ground, after trying two days both have failed to reach the destiny. Third day they have decided to cross the river anyhow, and they planned to first carry tortoise by rabbit on its back while walking on the ground and while going in the water the tortoise should carry the rabbit on its back. They did so and reached their destiny successfully.

**Together Everyone Achieves More.**

Work in team to achieve good results.

### **(ix) *English Language***

English is as an international language. Due to globalization, the usage of English has reached nook and corner of every country. In this context, it is very important to develop and excel in all aspects of communicating in English such as listening, writing, and speaking. An individual with good command on English will definitely have an advantage over others. It's unfortunate that even today the percentage of Indians who are good in using English language is very meagre.

Among all the countries of the globe 2/3<sup>rd</sup> countries transact business in English language. But only 19% of our population knows English. Among them only 1% is having good command and 4% are able to speak fluently. Speaking and writing skills gives an edge to every person

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in this competitive world. So to become global leaders one should realize that English plays a vital role and it is very important and essential qualification. At the same time, we should respect our mother tongue too.

**Activity:**

*“Learn new words and write sentences to improve vocabulary. Always practice and make it a habit to speak only in English”.*

**(x) Computer Skills:**

Irrespective of one's education, one without computer skills is considered to be an illiterate in the modern society. Hence, it is very essential for everyone to be acquainted with the basic components of MS Office, Internet and their applications and to keep expanding and updating computer skills. Further, it's also essential to possess individual e-mail IDs.

**Activity:**

List out your goals and write your plans to achieve them.



Mail your goals and periodical achievements to [leadindiachangeagents@leadindia2020.org](mailto:leadindiachangeagents@leadindia2020.org)

**Summary:**

The prime responsibility of a student is to focus on education. Education does not merely mean mugging up the contents of the text books. It is beyond that. Students are expected to enhance their skills of reading,

writing, listening and presentation which complete the process of effective communication. The three most important factors that determine the success of an individual are: attitudes, skills and knowledge. In this context, one needs to introspect and analyze one's own potential based on which one should decide his/her goals of life and strive hard to achieve them. Opportunities are plenty in the present society, one has only to grab them with need- based skills, for which one should develop global skills as explained above.

### III. PHYSICAL DEVELOPMENT

Everyone wants to be successful in life. But can anyone be successful always? Probably no.

What is the fundamental single factor without which success cannot be achieved?

All other factors of success revolve around this key factor .Everyone knows it but very few identify it and develop it. Can you think what it is? A vedic principle answers this as “*Dharmaartha Kama Mokshanam Arogyam Mulam Uttamam*” - means for doing anything for pleasure or righteousness or for spiritual salvation or for anything health is the fundamental key factor. Without health we can not do any work and cannot be successful and happy. We may have confidence, concentration, intelligence or hard working nature, etc, but without health none of such factors can bring us success or happiness.

#### **What is health?**

World Health Organization (WHO) has defined health as “*The complete physical, mental, intellectual, social, financial, moral, ethical well being of an individual*”.

**How individual health is related to nation's health?**



Healthy individuals make healthy families. Healthy families make healthy society. Healthy societies make healthy nation and healthy world. Thus, individual's health leads to national health.

### **Physical Development Cycle**

- Human body with its muscles, bones, height and weight builds its final structure and they all develop up to the age of 24 years only.
- The hormones bring about 'natural' changes in the human body for every eight years. In the body, during the first eight years, final formation of organs takes place like the permanent teeth replacing milk teeth.
- During the next eight years i.e. from 8-16 reproductive hormonal growth manifests in boys and girls. Later from 16-24 years the youth turns into an adult. Students can build muscles of iron and nerves of steel and increase internal resistance immunity for a happy living during this period by doing regular exercises.
- Youth should not only do yoga and pranayama but also go to gym to develop physical personality. It is the right time to develop internal resistance for one's entire life. The body starts to decline after 48 years.

It is a natural principle of the body to fulfill our needs and it is our individual responsibility to fulfill the needs of the body. The following are the six main principles for maintaining a sound health:

#### ***(i) Principle of Air***

Air is the most important element for survival of all living beings. Without air we can't survive even for a few minutes. The body works with *prana shakthi* – energy. All other elements like water, food, etc., ultimately convert into energy, so air is the instant energy. Energy

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is derived from *Prana Vayu* (oxygen). Pranayama enables intake of more *pranavayu* which gives more *Prana Shakthi* for sustained life and more energetic functioning of the body and mind.

Each inhalation and exhalation of breath is a unit. Real span of life is measured in terms of number of breaths that we take rather than number of years we live as we commonly feel. Thus, the secret of longevity depends upon the number of breaths we take.

### **Note:**

Dog breathes fast and lives short. Tortoise breathes slow and lives long.

### **Secret of Longevity**

The following table explains the life span of different living beings based on their breathing process.

<b>Living being</b>	<b>No. of breaths/min</b>	<b>Life span in years</b>
Dog	50 - 80	13
Horse	30 - 40	25
Man	12 - 20	100
Tortoise	05 - 08	200

From the above table it can be inferred that, as the number of breathes per minute decreases, the longevity increases substantially! A tortoise goes on to live for 200 years. So, for long life breathe slowly and fully and decrease the number of breaths.

### ***Advantages of Pranayama***

- Pranayama is a scientific process that helps individuals to decrease the number of breaths per minute and so, increase the life span.
- It unifies body, mind and soul which is called yoga and it gives tranquility to mind and relieves all tensions.
- Just like wiping off a black board, it wipes out all mental

## (ii) *Principle of Drinking Water*

Water is a basic sustained element for living beings. Without water one can not survive even for a few days.

### Wonders of water

- Water has got a wonderful natural character of cleansing. We clean external body, external things with plenty of water. We clean bathrooms with phenol and acids. Do we clean our internal system?
  - Normally, our body contains 80 per cent of water and 20 per cent of muscles, nerves, bones, etc. The universe also contains three parts of water, one part of earth. So, we have to maintain this natural proportion. As waste materials are easily soluble in water, it takes out waste material from all parts of the body in the form of sweat, urine and stool.
  - Three thousand years ago the Ayurveda treatise *Charaka Samhitha*, prescribed that one should take 5 liters of water daily. 1.26 liters should be taken before sun rise. Now it is widely followed in Germany and other European countries. It cleans internal system by facilitating free motion. Drink a glass of water before 30 minutes to each meal.
  - Do not drink water while eating as it dilutes gastric juices, acids etc, and decreases the efficiency of digestion. After one hour, digestion takes place and natural thirst develops. Drink water as per natural thirst after each meal. This would give good digestion and energy for good health.
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worries and anxieties.

- It supplies more oxygen to mind and circulates it to the entire body in a controlled way and thereby keeps every one with bubbling energy.



### (iii) Principle of Food

- Food is the basic element on which all living beings live. Without food we can not survive even for a few weeks. Let us examine the principles of food. Hunger in living beings demands food;
- The Gita, says, “I am living in all living beings as *Vaiswanara - Jatharagni* (hunger)” (XV:14). Thus hunger is God. In another sloka it says, “*Brahmarpanam brahma havihi...*”(IV:24 ) means, food is God and it offered to God. We have to thank not only the people serving food, cooking food but all people directly or indirectly involved in providing food including earth, water, sun, etc.
- By chanting these slokas we express our gratitude before partaking meals. “*Annam Parabrahma Swarupam*”, food is valued as God, we have no right to criticise food. “*Annam na Nindyath Tadvratham*”. So many people on this earth are suffering from hunger. To help them let us resolve never waste food'.

### **Merits of natural food**

All creatures in the universe eat natural food. Vegetables and fruits make the body light, peaceful and comfortable. Food with fiber like papaya, sapota, etc, cleans the intestines.

### **Natural Food**

- Increases resistance power of the body to a greater extent;
- Balances the body's requirement in a natural way;
- Makes blood circulate and flow constantly;
- Helps bones to grow strong;
- Makes muscles grow stronger and their capacity will enhance without fatigue;
- Reduces joint frictions, wear and tear and joint pains.



### **Demerits of cooked food**

It is only human beings who cook food. By cooking

- (a) Enzymes and vitamins are lost.
- (b) Natural energy, prana shakthi reduces.
- (c) Easy way of digestion changes by cooking.
- (d) Meat and fats become burden to the digestive system.

“If you take care of your body, the body will take care of you”

“Shareeramâdyam Khalu Dharma Sâdhanam”

### **What happens to food after eating?**

“Rasadruktam Tato Manam, Mamsam medhaha

Prajayathe Maedasoosthitato maija Maijaha Shkrantu ayate”

Susruta 14-10.

Food converts into liquids (rasam), rasam into blood, blood into muscles, muscles into fats, fats into bones, bones into marija (mooluga), marija into sperms (veeryam in men, rajas in women). Thus these elements become powerful as they go on converting from

one form into another. Our ancient scientist *Sushruta* in *Sushruta Samhitha* has revealed this process in Ayurveda. So, the most important thing is that food is converted to sperms or rajas. This carries genes of individuals and this gives rise to births. This will also improve internal resistance of the body. So, youth have to be very careful in preserving this vital energy of making a healthy generation.

### **The effects of negative food (tasty and fast food)**

In general, the fast food items do not carry fiber and they will stick to the intestines and create constipation. If stomach functions well, appetite will be good. To maintain good health

- (i) Stop tea, coffee which stimulate nervous system;
- (ii) Stop cool drinks;
- (iii) Do not eat fast (out side) food. Rather, eat natural food and seasonal fruits.

### ***Good habits for Good Health***

Good food habits lead to good physical health and ultimately to a sound mind and physical development. Body functions as per natural process like producing enzymes at proper time. So, one must observe proper timings for eating. Clean the intestines on day-to-day basis. Otherwise it becomes a dustbin.

### **Benefits of having an early dinner**

If there is a gap of two hours between dinner and sleep, the benefits will be as follows:-

- Internal resistance power increases;
- Blood, glucose consumed will be in the normal limits;
- Proper digestion takes place;
- Frequency of exposure to diseases decreases;
- Gets good sleep and regenerates the body;
- Reduces stomach size and weight.

### **Activity:**

List out your food habits and choose the best to build iron-like muscles and steel-like nerves. Eat food like medicine otherwise you have to eat medicines like food. "Eat Balanced Food - Balance Your Body"

#### **(iv) Principle of exercise**

Food builds up body muscles and nerves. But we can eat food only when we feel good hunger. How can good hunger be

developed? When we do exercise, play games or do a lot of physical activity, then we feel hungry. Not only for hunger, exercise is essential for all people in general. Without exercise mobility of limbs, joints, muscles etc., will become stiff. So, exercise in some form is essential for keeping up good health right from new born baby to old man. So, do exercise on regular basis to lead a happy life.

#### **(v) Principle of Rest/Sleep**

Sleep/Rest is the natural process which activates cells and rejuvenates whole body for functioning normally for the next day. It is a natural element for sustenance of body like food. The number of hours of sleep varies according to the age. We see small babies sleep for long hours and old people sleep less. On an average, youth should have a minimum sound sleep of 6 hours a day. But, too much of rest is not good for health.



#### **(vi) Principle of Excretion**

Stomach is the root cause of all diseases. We should keep the stomach clean. We normally eat three times a day; at least once a day we should excrete otherwise, stomach will be upset and cause disorder. Excretion depends upon the type of food we eat as explained in the principle of food. Drinking 1.26 litres of water early morning will help in free motion and cleanses the intestines.

#### **How does the Body Work in a Day?**

- Heart beats 1,03,689 times.



- Lungs respire 23,045 times.
- Blood flows 16,80,00,000 meters.
- We speak 25,000 to 30,000 words.
- We intake 438 cubic feet of air.
- We intake 1.4625 kgs of food.
- We intake 5 liters of water
- We think with 7,00,00,000 of brain cells.
- Nails grow 0.00066 inches.
- We use our important muscles for 750 times.
- Hair grows 0.01714 inches.

## **Daily Activity Report for Physical Development:**

### **Physical exercises:-**

Exercise on regular basis helps to be healthy. A healthy body would have a healthy mind.

*“Do exercises regularly! Build strong body”  
“Follow the principles of health – Live healthy”*

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Yoga/Pranayama							
Intake of 1 liter water early in the morning							
Drinking 5 liters of water every day							
Consumption of healthy food							
Physical exercises							

## **IV. MENTAL DEVELOPMENT**

Mental development is the process of developing mind power and creative intelligence on one side and controlling anxieties, tensions, worries and emotions on the other side, managing mind to develop

individually and to achieve the goal of life. In this context mind plays a vital role.

### ***What is Mind?***

Mind is a bundle of thoughts. Like waves in the sea, thoughts keep coming and going in the mind. Everyone gets different thoughts and thoughts are unique. Everyone gets thoughts constantly. Where from do we get thoughts? What are the doors for thoughts? The sensory organs are the doors for thoughts. Each sense organ contributes its share in forwarding its impressions to the mind.

#### **MIND**

Ear	Skin	Eyes	Tongue	
Nose				
Sound	Touch	Sight	Taste	Smell



Eyes are the main door for thoughts. Hence, take care of every thought that comes out of your eyes for concentrating or for disturbing our thoughts. These thoughts only make an ordinary person a great person.

### **Differences between Brain and Mind**

Brain	Mind
● It is physical, can be seen. Can be operated (physically).	● It is functional, cannot be seen.
● Mortal, comes with the body, goes with the body.	● Immortal, beyond birth and death.

### **Nature of Mind**

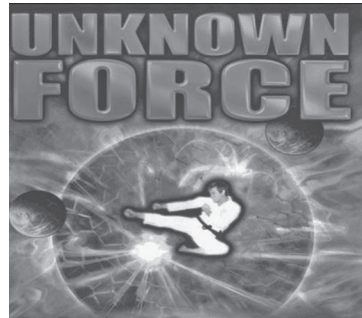
- (i) ***Unique:*** No two minds in the universe think identically. So, thinking of each human being is unique.
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- (ii) **Unstable:** Mind is unstable. It seeks change either by thinking about the past or future. But, it is to be remembered that none can get any benefit either by thinking of the past or future. It is only the present actions that make a big difference in the future.

Past is a cancelled cheque. Future is an empty hand like a blank cheque and the present is hard cash. By working in the present, with principle of **“Do it Now and New”**, one can fill the blank cheque of the future with his/her desired figure.

### **Powers of Mind**

Thinking ability of mind is infinite. Even world famous psychologists could not identify the complete process of mind. Great thoughts make an ordinary person as an extraordinary person. Ordinary thoughts make persons ordinary. Physical work can be measured in calories whereas mental work cannot be measured. Unwanted thoughts, continuous mental tensions, disturbances, worries, anxieties consume more energy and would destroy creative powers of mind and disturb natural functioning of different systems of the body and lead to different diseases like diabetes, blood pressure, heart attacks etc.



### **The efficiencies of a healthy mind are:-**

- Power of Thinking – Can think infinitely
  - Power of Understanding – Can understand any subject.
  - Power of Memory –Can remember and recollect age old issues.
  - Power of Imagination –Can imagine anything infinitely.
  - Power of Creativity – Can create innovative things.
- 
-



- Learn from mistakes and adhere to planned actions in time.

The above suggested actions will help an individual to excel and become great. None is born great.

Every individual is born with equal abilities; you need to remember that this country has given many eminent personalities who have contributed for the development of the world. What we all have to do is to focus on our thoughts, words and actions to empower youth with our positive attitude and pro-activeness. We can become great and create history. By coordinating all of them for a purpose with well defined goals, vision and mission.

### **How an ordinary person can become a great person?**

#### **Faculty**

#### **Actions needs to be Done**

<i>Mind</i> -	Dream big, have vision for life, so that world will remember you forever.
Thought-	Think to achieve your visions in your own way, be creative and positive with farsighted thoughts. Never entertain negative thoughts.
Desire-	Develop a burning desire to achieve your goal. Acquire knowledge, skills to expand your abilities. (80% of mental energy is dissipated by seeing unnecessary things, entertaining distractive desires.)
Expression-	Think positively and talk truthfully, express love without lust, harmonising heart. Expressions should be simple, clear and specific and positively asserting your goals.
<i>Actions</i> -	Do specific actions to achieve goals as per time table and plan. Discuss your ideas and improve speaking, reading and writing skills. Ensure righteous actions to keep your head high which makes your parents, teachers and everyone happy.

**Reading Great Books makes you Great**

- Habits -* Learn to smile and work with dedication. Love the work that you do. Complete the work taken up. You yourself visualize "what next" and plan tomorrow's work as a leader.
- Attitudes -* Develop a positive attitude and skills in questioning, problem solving, decision-making, analysing and observing. Ask What, why, when, where, who and how. Develop an attitude of doing things with self consciousness. Continuous learning and a zeal to achieve your goal.
- Character -* Develop self discipline, concentration, commitment, courage, truthfulness, righteousness and love and respect for all.
- Destination-* The above listed faculties and actions transform an ordinary person into an extraordinary person.

**"A Good Change is Symbol for Development"**

**Process of Thought into Desire**

Dr. Kalam and his teacher were walking on the beach. Dr. Kalam saw a bird flying. He got a thought in his mind - Why can't I fly like a bird? He shared his thought with his teacher. The teacher then told him how a bird could fly. Then Dr. Kalam decided to become a pilot in future and fly in the sky like a bird. This idea changed the destiny of Dr. Kalam and made him a missile man of India, though not a pilot.

**How desire became an Action**

Dr. Kalam did not feel happy with just having thoughts and dreams. He put them into action. He started working to achieve his goal. His education also proceeded in the same way. Though he did not become a pilot, he became the Father of Missile Technology.

**Listening, Speaking, Reading and Writing Skills help for  
Development**

## **Habits**

Dr.Kalam always used to speak about his goal. He always repeatedly works on the things which are useful to achieve his goals. His habit of working hard with dedication towards achievement of his goal made him a distinguished scientist.

## **Thought – Practice**

Your thoughts should always be directed towards achieving your goal. Till then, dream it and sleep with it till you achieve. If any difficulty arises, do not drop it. Always think high. These thoughts should come like good words. These words are more powerful than any weapons. Whatever you speak, you should strive to make success.

Let us see how the thoughts convert as destiny in every individual.

## **Mind Flow Chart: (Example)**

<b>Example:</b>	If you want to become doctor .....
<b>Mind:</b>	Set a goal to become a doctor.
<b>Thoughts:</b>	To become a doctor, I will think what to study and how. I will also think about the frequently spreading diseases, their symptoms, and remedies to cure them and about helping poor and the needy.
<b>Words:</b>	I will ask doctors / teachers or any other intellectuals about what to read and what to do to become a doctor. I will inform all my friends, parents, relatives, teachers etc., that after becoming doctor I will give free services to all the poor people. I will ask the doctor about the diseases spreading in my area, their symptoms and medicines to cure them.
<b>Actions:</b>	I will prepare well for the medical entrance examination. I will read books which are related to Medicine. I will visit doctors and hospitals around and collect paper clippings on great doctors and

prepare an album for inspiration. In our village if anybody is suffering from any disease, I will take them to the hospital.

**Habits:** I will do the above said actions repeatedly and make them into a habit. I will adopt good habits like having smiling face, love and affection, service motto, etc., which a good doctor should have.

**Attitudes:** I will leave bad attitudes like anger, laziness, irritation, etc. Adopt good attitude and service orientation.

**Character:** I will inculcate good qualities and practices which are very essential to complete my Medicine, like concentration, discipline, courage, truthfulness and working according to the plan., I will discard negative characters within me.

**Destiny:** I will follow all the above, acquire admission in a medical college, complete the course successfully, become a doctor and serve the poor and needy.

### **Smruthivardhini – Diary writing**

*Smruthi* means Memory, *Vardhini* means Development. *Smruthivardhini* means development of memory. During olden days saints use to learn Vedas through *Smruthivardhini*. by recollecting day long activities at the end of the day before sleeping it will be an exercise to the mind, thereby memory power increases. It is like excersies to develop physical body. *Smruthivardhini* also will be helpful to improve strength and arrest weaknessess from SWOT analysis. This will also help in self introspection of value systems. This will help to plan for the next day. This is an action which gives an opportunity for an individual to understand himself. It is a powerful tool which drives a person towards his/her goal.

**Activity:**

1. Practise the habit of writing diary on regular basis and analyse your successes and failures. Plan further steps to be taken to reach your goal.
2. As discussed previously about strengths, weaknesses, opportunities and threats (SWOT) analysis, let us consider the same for doing the following activity.

(SWOT analysis is a management technique for evaluating an activity by measuring the Strengths, Weaknesses, Opportunities and Threats for an organization).

**Identify your strengths and weaknesses:**

S.No.	Strengths	Weaknesses
1.		
2.		
3.		
4.		

Birthday to birthday review and re-plan for the next year. Continue till your goal is achieved. Review and re-plan weekly (Say, on every Sunday) and monthly.

Realise!

Observe and Practice

When MIND is weak, situation is a PROBLEM

When MIND is balanced, situation is a CHALLENGE

When MIND is strong, situation is an OPPORTUNITY.

***My resolutions to change myself:-***

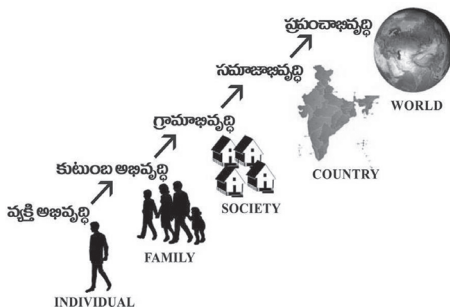
- i. I will think creatively with far-sighted vision.
- ii. I will always think positively.
- iii. My thoughts always follow my goal.

<b>Scientific Temper Expands Intelligence.</b>
--

- iv. I will speak clearly, simply and politely with love.
- v. I will do works which are useful to my goal.
- vi. I will complete works regularly on day- to -day basis.
- vii. I will practice values like truth, righteousness, love, discipline etc.
- viii. I will discriminate good and bad deeds and develop good habits.
- ix. I will develop the ability of questioning - What? Why? When? Where? Who ? and How? I will always be courageous, never lose self-confidence and feel that "I will become a great person".

## V. SOCIAL DEVELOPMENT

- Man is a social animal. No one can develop on his own and no one can live alone. Everyone needs the support of others. Thus family is the first unit of support to individuals. One also needs the support of parents, grandparents, brothers, sisters and other family members.
- Again, this family also cannot sustain on its own. However strong the family may be with lot of money, power, authority and people's power, it needs support of teachers for education, doctors for health, farmers for food, businessmen for provisions, engineers for planning, etc. All these units make us a society. Our own friends and relatives also are part of this society.
- These societies need the support of government and non- government organizations (NGOs) for amenities like roads streetlights, maintenance services, welfare facilities etc., and of other organizations for social and welfare services.



**No one can do everything but everything can be done by everyone.**

- Nations need the support of corporations, NGO's and the people, communities of other nations of the world for business, development, security and peaceful co-existence etc.,
- The world needs the support of the nature and the creator for natural, healthy, happy living in the world.

Thus, every human being in the world develops with the support from his/her own parents, family members, the world at large. For individual development all the following developments are a must:-

- (i) Individual Development      (ii) Institution Development
- (iii) Family development      (iv) Village/Community development
- (v) Social development      (vi) National development
- (vii) World Development.

All these developments are independent yet they are interdependent for certain requirements. Each development is equally important in its own way. So, each individual, for his/her own development, what is being received from each unit and what is being paid back to each unit have to be accounted for, similar to that of any commercial accounting system. This accounting is called as social accounting. If receiving is more than what is being given, it will be outstanding as a social debt which is also called as 'runa or balance' due. Let us understand the accounting process what we received and what we have given chart in terms of human values and other concepts narrated below:

### **Self-Analysis Activity:**

Do the following small analysis honestly. List out what you have received from others and given to others in the following table:

### **Self Analysis Account:**

**One who doesn't Know computers is an Illiterate**

	What you have received (Debt)	What you have given_(Credit)	Balance sheet (Liability)
Parents		Parents Debt	
Teachers			Teachers Debt
Native Place			Native Debt
Nation			Nation's Debt
Nature			Nature's Debt
Creator			Creator's Debt

### **Activity**

Similar to a bank account every human being will also have his/her individual debts which will effect their development. Please check up your own account of what you have received from your parents/family/village/society/nation/world for your own development. Now, after development what you have paid to your parents/family/village/society/nation and the world. If balance is due to be paid it will be outstanding in your account as debt . Whatever we receive or pay, we must count and write.

The reality is that no one will count or write his/her social credits and debts and expect settlement. Though one may not ask, it is in one's own interest to pay because as per accounting principles, debt will be outstanding until it is cleared. Persons/institutions who have given money may ask but our mother will not ask. So also mother of mothers - mother land - mother nature may not ask but account is an account whether it is to mother or to father - or mother land/nature. Though we intelligently decide and do things for profits or success, but sometimes losses or failures occur. Why is intelligence failing sometimes? Discuss, study and analyse the impact of these debts.

**Debts/Fate:** A civilised individual 'thanks' immediately after receiving even a small favour from others and says 'sorry' for a mistake made. Else, the individual is considered mannerless. So, when we are

**Computers enabled connectvity to make globe as one family**

receiving a lot of services and materials from our own parents, society and nation, shouldn't we be grateful to all these people? Does it not stand as an outstanding liability as a debt to repay? All these debts together are called social debts. Debts remain as outstanding dues until they are cleared. These debts are unseen. They tilt our plans which we ignorantly call as luck/unluck. In fact they create our own fate. That is why Swami Vivekananda said " You are the creator of your own self" Hence clearing of one's debts is a social responsibility for one's own social development. Let us examine and analyze various debts that an individual needs to repay to alter his/her fate:-



### **(i) Parental / Ancestral Debt:**

The services and sacrifices of our parents, grand parents, great grand parents and ancestors are more valuable. We are grateful to them and the debt can be cleared by means of serving our parents, following the customs and traditions and leading the life as per the aspirations of the parents and grand parents and up keeping the tradition of the family.

Make SWOT analysis for yourself and recollect the services of your mother. Heaven lies below the feet of parents.

Mother, is the greatest treasure on this earth. There is no other literature that can equally explain the greatness of a mother. She is the one responsible for your life on this earth. Mother is dearest friend on the earth.



### **(ii)Teacher's Debt:** The knowledge

**Health is key for success and Happiness**

fee we pay. The concern, counselling, care, love and direction of the teachers cannot be measured by means of money. Thus they have to be respected as living gods 'Acharya Devobhava'. This runa can be cleared by means of practicing the values, applying and propagating the knowledge received.

**(iii) Native Debt:** Apart from parents every person is loved and helped by everyone in the native community. When a person takes birth the whole of the community will help the mother. When a tiny tot goes to school every one kisses with love and encourages him/her to go to school. Everyone help and facilitate to grow, give advices, give whatever possible help without expecting anything. Native cultural practices penetrate into the person as impressions, habits, beliefs etc. and remain lifelong. The beautiful surrounding environment where one learns and grows will create a strong bondage. All these cumulatively accumulate as native debt. No one may ask anything or expect anything but still it becomes a duty to contribute for the development of the native place. This could be a way to clear the native debt.

**(iv) Nations Debt:** Nation is mother of mothers, that is why we address as mother land. Our motherland is India. Ancient Indian cultural heritage, traditions and values are our family traditions and values from Kashmir to Kanyakumari, Arunachal Pradesh to Mumbai with slight variations. Indian history is our ancestors' history. Nation's resources are our resources. Safety, security, opportunities or threats to the nation are to the people as well.

As such our education, employment, business well being, everything is from mother India. Hence it is not what a nation gives to its citizens, it is what the citizens give to their country. So, take the lead and contribute your best.

**Activity:-**

How can we repay this nation's debt? Give a thought, have a group discussion with your friends and derive action plans.

**Action Plan:** We have to respect the nation, the national anthem, the national flag, our constitution, practicing and propagating our cultural heritage and value systems, celebrating national festivals, protecting our monuments and nation's properties and dedicated service to mother India. Our country has its own unique great glory. So, every Indian's duty is to bring back its past glory of global leadership. Prior to 1947, the only goal was independence. India achieved the goal. Now it is the duty of every Indian to set the second national goal of development to lead India to lead the world by 2020.

**(v) Nature's Debt**

Our body and the entire nature is made up of *Panchabhutas* viz., Earth, Water, Fire, Air and Space. Everything in the world is born or made out of these five basic elements. Various animals, birds, insects, plants, trees, rivers, oceans, etc., support our existence. Also various other natural systems like astronomy, environment, etc., support the existence of the universe. They do not demand anything but without them we cannot exist. A small imbalance in nature can create a lot of hazards in our lives. The services offered by nature thus are phenomenal. In a nutshell, without nature, no living thing can survive. So, we are indebted to the nature.

*Take an oath, to protect the environment by all means.*

**Activity**

Give a thought, have a group discussion with your friends and derive action plans.

We can repay to the nature by protecting the nature, environment including the *Panchabhutas* and other living beings. One suggestion can be adopting the habit of consuming vegetarian food which will

protect the life of other living beings like goat, hen, sheep, etc. Like wise, plantation of saplings can protect the environment.

India is full of natural resources. Respecting nature means respecting resources i.e., using them as per the need without wasting. So, students should perform the following:-

**(a) Water:**

Bring awareness on scarcity of water and educate on saving water.

Example:

- (i) While brushing and washing, some people keep taps open, thereby lots of water is wasted. So, we must open taps only when required;
- (ii) The drain water during bathing must be used for plantations;
- (iii) Stop leakage of water from the taps;
- (iv) Construct the water pits with solid cover to collect the rain water.

**(b) Protection of Environment**

Every student should feel responsible to plant saplings, keep environment neat and clean and other such social duties, like.

- (i) plant ten saplings and take constant care of them;
- (ii) plant saplings near their houses and schools.
- (iii) If a school has a ground, divide it into a number of parts and allot each part to a group of children and encourage them to maintain gardening.

**(c) Clean and Green surroundings**

Provide dust bin containers inscribing 'use me' on them and ask students to throw waste into them. When they are full dispose the contents at a proper place. Students can perform these activities in shifts. Eachone should always think of what is their role in keeping the surroundings, school premises, class rooms, houses, etc clean and green.



**Pranayama gives pranashakthi for long life**

**(d) Save Power**

Bring awareness on shortage of electricity. Farmers are committing suicides since they are not able to cultivate crops and repay debts. Everyone cannot produce power but everyone can save it. Then, saving is earning. We can save at home, school and other places.

**Activity for Saving power**

Saving power is in another sense generating power. When not required, please switch off lights, fans, air conditioners and other electrical gadgets. In this way we can save power. Use bulbs which consume less power. Compare previous month electricity consumption amount with that of the present month; calculate how much you have saved.

- (i) What is the present electric consumption bill?
- (ii) How many units were used in the current month?
- (iii) Can we reduce the consumption? if so how?

**Example:**

- (i) Switch off fans and lights when not in use.
- (ii) Switch on fans and lights only when required.

**Conclusion:**

By this time, you are well aware that we are all living with the support of various stake-holders such as parents, teachers, society and the nature, so as to maintain a state of equilibrium. As social animals it is our prime and minimum responsibility to ensure that we live with humility towards each stakeholder.



### **(vi) Creator's Debt:**

The world with all human beings and other living beings exists under the aegis of some divine force. The force is the Creator or Soul or Brahman or Atman or the holy Spirit that enables us to live, to sleep, to speak and to do everything. We owe all our existence and happiness to this Force/Spirit, and it is Creator's debt. This force is infinite in its power; it makes everything powerful. We all are indebted to the Creator.



### **Activity**

How can we repay this Creator's debt? Give a thought, have a group discussion with your friends and derive action plans.

### **Hints**

By being in conscious state, realise real nature of the infinity which is all pervading and experience oneness and Infinite Power with Spiritual Development.

Every human being is unique. Each one is blessed with unique qualities and characteristics. These qualities need to be utilised for the development of humanity which is possible only through spiritual development.

### **VI.Spiritual Development:**

Swami Vivekananda said "Infinite power is within you". He also said, "Every soul is potentially divine". The goal is to manifest the divinity within by internal or external control. Reading books, doing rituals, etc., are secondary. How to ignite the hidden potential? Spirituality is the way to ignite the infinity. The spirit which governs everyone and the whole cosmos is invisible and unknown. So, to understand this we have to go from known to unknown, external to internal.



**Good Habits keep Good Health**

We all live on the earth. Within earth, there is water which is not seen. Within water, fire is not seen. Within fire, there is air which is not seen. In air, space is not seen. Likewise our body is seen but the mind that runs our body is not seen. Beyond mind again intellect is not seen. Beyond intellect it is something unknown affecting intellect is present which we may call spirit, soul, infinity or whatever it is. When we analyse, the body is on the grosser side. Mind, intellect and infinite soul are subtle, subtler and the subtlest respectively.

Let us consider any small particle that is known to us. If it is broken down into smallest pieces it will be broken into molecules and further into atoms and electrons. The particle is fundamental to us but it is constituted by molecules and atoms which are subtler and the subtlest respectively. Thus, the subtlest is infinite and powerful. So, the concept to be understood is that the smallest of the smallest is powerful. So, the infinite soul has infinite powers.



Swami Vivekananda says, “Realisation is the real goal of life, i.e., the purpose of life is the eternal goal of realisation”. As Shirdi Sai Baba says, “*Sab ka Malik Ek Hai*”, i.e., God is one. All religions preach same spirituality, though names, forms and practices may differ. Our Indian philosophy says “*Vasudhaika Kutumbakam*” – the entire globe is one big family. We pray “*Loka Samastha Sukhino Bhavanthu*” – Let the whole world be happy.

Every human being has to find out a spiritual technique by which one can experience unification of body, mind and soul. This spiritual development will be the foundation for human development. Human values spring out of these spiritual practices. They ultimately give human excellence. So, it is the technique by which we internalise our mind and experience that the infinity is the most important part of the

**Build Iron-like Muscles, Steel-like Nerves**

life. Ghee is contained in milk. But it is invisible. To get ghee we have to take a certain quantity of curd, churn it to make butter from it, then heat the butter to get ghee. This is the process. To internalise our mind and perform inward journey into the infinity by means of prayers, devotion, meditation, etc., we have to experience thoughtlessness. Then deep devotion – unexplainable bliss. As much as we dive deep inside we lose our body consciousness, mind consciousness and experience spiritual consciousness. With these, we experience presence of whole universe within our self which in spiritual terminology it is said – 'Omnipresence'. Similarly, we experience 'Omniscience' – flowing the knowledge of everything within. So also we experience infinite potency which is called 'Omnipotence'. As we go beyond mind, we keep experiencing infinity.

***Satchitananda:***

Sat - State of being or existence.

Chit – State of knowingness.

Ananda –blissfulness

That is the experience of *satchitananda*.

**Activity:**

Practice doing meditation regularly preferably before sunrise as appropriate to your age. For instance if you are fifteen years old then you need to meditate for 15 minutes every day. It will be better if you record your experiences during meditation which will help you to analyze your spiritual development. After certain stage it goes beyond time.

**Note:**

Meditation is a scientific process that helps inward journey and paves path for spiritual enrichment. It is not confined to any religion or any other domain. It's only objective is to empower mankind to identify the purpose of the life and lead their life as per their pre- defined objective. Science ends where spirituality begins. So also Human values begin from spiritual enlightenment for human excellence. Let us examine how values are inculcated.

## VII. Human Values

*“Inculcate Human Values for Human Excellence”*

### What is Human Value?

According to dictionary, value is “the belief people have about what is right and wrong and what is most important in life, which controls their behavior”.

A stone lying on the roadside has no use and it has no value. But the same stone carved in a shape of a ‘Murthy’ (deity) becomes an idol and is valued as God. Refinement brings in value. Such a transformation is not easy. It is very difficult and demands a lot of determination, patience and effort. For ordinary goods, we have ISI mark, which assures the quality of the goods. Agmark for food stuff, ISO for manufactured products of various organisations, companies and institutions. All these objects created by man have a value assurance, but what about man? The Indian philosophy talks of three levels on which a human being operates. It also demands that the human being be pure on all the three levels.



People who operate with a perfect coordination among the three levels - *Manasa, Vacha and Karmana* - are bound to be successful. Success on the part of every individual automatically makes a nation prosperous and powerful. To achieve this we should follow a strong value system. We are valued as per our own thoughts, words and actions. Values must be practiced not only for the sake of giving back to parents, teachers, society, nation and nature but also for the fact that we need a good healthy home, system, institution, society/action and nature for

**Physical Discipline leads to Mental Discipline**

living happily and peacefully. For this reason, we must live with values in our own interest to become great and powerful.



### **How to inculcate the value 'Truth'?**



- Let us research how to inculcate the value 'Truth'.
  - Values are not taught; they are caught.
  - Practice and propagate.
  - Inculcate good – Remove bad.
- 
- Be the role model
  - Encourage the people who implement values.
  - Encourage internal competition.
  - Question yourself.
  - Practise silence for some time everyday. (Meditation).

### **What is Truth?**

“Telling facts as it is” is called Truth.

### **What are the benefits of telling Truth?**

Practicing truth gives sub values like confidence, courage, fearlessness, happiness and also you will have recognition /respect and your credibility the society will grow. Truth always triumphs.

### **Why are we not following Truth?**

We do not follow truth due to selfishness; to escape from punishment; for temporary benefits; for name and fame; to safeguard properties

**Yadha Annam Thadha Manaha - As is the Food, so is the Mind.**

etc. Without expecting temporary benefits and sacrificing self-respect, if we follow truth, everyone can live happily.



**To be truthful every minute,**  
**'WATCH' your self:**

W: Words

A: Actions

T: Thoughts

C: Character

H: Heart

By doing so, thoughts, actions and deeds can be coordinated with which individuals can lead a happy and meaningful life. When the number of such individuals increases, they lead to the establishment of good families, good society and in turn a good nation. Thus the glory of our nation can be restored and we can lead India by 2020 or even earlier.



**Inculcation of values:** (some guidelines for the teachers and Parents)

**Values are caught, not taught** means the students by nature observe, imitate and learn from the behaviour of the parents and teachers. The persons who live with values radiate their influence on others and bring the desired changes in the individuals. The need of the hour is to produce the role models

living with values. Our three decades of research in this field proved that the teachers who serve as role models and the peer groups are the most effective media to inculcate human values.

1. Identify and recognize even the smallest positive action.
2. Appreciate the act repeatedly at different forums to reinforce the value in the person.
3. Ignore all negative actions.
4. Make everybody feel like a hero and satisfy ego.
5. Highlight the importance of purity in thought, word and deed.
6. Encourage internal competitiveness (comparing with one's own performance) to bring out the best in every individual. External competitiveness will develop ill-feeling about others. By developing inner competitiveness students habituate not to expect anything from external agencies, which will control corruption.
7. Identify the values in family members, friends and relatives to find out the role models.
8. Conduct brainstorming sessions to highlight (i) advantages and disadvantages of living with values, (ii) importance of values, and (iii) difficulties faced in living with values.

### **My resolutions:**

1. By developing the attitude of giving, I will become great.
2. I will practice Truth – Follow Righteousness.
3. I will love everyone with Courtesy.
4. I will help the poor and the needy.
5. I will practice giving – Avoid taking – travel from Humanity to Divinity.
6. I will do every work by practising oneness in thought, word and deed.

7. I will practice and propagate values. Now onwards, I will always speak only truth.

**Conclusion:** Values are the driving force that help both individuals and societies to discriminate between good and bad and lead them in the right direction. Righteousness helps to add value to life and become excellent. Shortcuts, falsehood and greediness devalue life and lead to misery. So far various aspects of individual developments are analysed, now let us analyse national developmental aspects.

### **VIII.National Development:**

India is gifted with abundant natural resources. Dr. A.P.J. Abdul Kalam, out of his 12 years research identified five core areas to transform developing India into developed India by 2020.

#### ***Five Core Areas for Developed India***

- |                                     |                              |
|-------------------------------------|------------------------------|
| a. Agriculture and Food Processing. | b. Healthcare and Education. |
| c. Power Sector.                    | d. I.T and Communication.    |
| e. Strategic Sectors.               |                              |

Mass awareness of these core areas must be integrated with academic curriculum so that new inventions will come out with better understanding under each core area. They can be further developed into industrial production for rural development. In this connection, Lead India 2020 Foundation conducts competitions and helps selected new inventions to develop into working models.

#### ***(a) Agriculture and Food Processing***

- Improvements in agriculture and agro food processing would bring prosperity to the rural people leading to economic development.
- India is poised for the second green revolution using the advantages of biotechnology, seed selection, soil characterisation, post harvest management, food processing and marketing techniques.
- India is the largest milk producer in the world having

**Thoughts can make or break the life of an individual**

a production of 78 million MT generating a business of \$ 13.6 billion per year.

**(b) *Education and Health Care***

- Education is the pillar of a strong and developed nation. Therefore, education must become a thrust area, aiming at hundred per cent literacy. This is the key for employment and development.
- Women's education is particularly important to bring social transformation and health care for children.
- Education and healthcare are interrelated. Many diseases can be brought under control by the adoption of proper practices of health and hygiene, preventive healthcare systems like inoculation, vaccination, immunization, periodic health checks and medical treatment.

**(c) *Information and Communication Technology***

- IT is one of the core areas where India has an expertise and a competitive edge.
- Rural information networks can facilitate and promote knowledge services for information security, e- governance, software development, entertainment, education, hardware development, etc.
- The industry is also expected to generate a total employment of four million people.

**(d) *Power Sector***

- Power sector is a vital sector for socioeconomic development of a nation.
- It has been estimated that the soaring demand for power will necessitate a tripling of the installed generation capacity from 100,000 MW to 300,000 MW over the next two decades.

- 80,000 villages are yet to get electricity and quite a few of them are in remote areas where conventional electricity grid may not be feasible.
- Therefore, in rural areas, non conventional energy sources like biomass; wind and solar power need to be adopted.

(e) *Strategic Sector*

- India has emerged as a strong nation in strategic sectors inspite of the sanctions and control regimes like Missile Technology Control Regime.
- Achievements have come in the form of space missions like Geosynchronous Satellite Launch Vehicle (GSLV), Strategic and Cruise Missiles, aeronautical systems like Light Combat Aircraft (Tejas), Intermediate Jet Trainer (IJT) and Advanced Light Helicopter (ALH).

Major programmes were undertaken during the past decade by Defence Research and Development Organization named the Main Battle Tank (MBT) (Arjun) and missiles like Prithvi, Agni and BRAHMOS and many others.

Dr. Kalam has also set a Technology Vision for the next 50 years. He says that lives of people will be enriched significantly by information and communication technology, nano technology, biotechnology and space technology in the near future.

**PURA – A Rural Development Programme**

As an extension of core areas, Dr. Abdul Kalam proposed PURA on 54th Republic Day. This programme aims at Providing Urban Amenities to Rural Areas (PURA), a cluster-based approach to achieve uniform development of rural areas. The programme will create the following infrastructure and connectivity to rural areas:



- (a) Transport Connectivity.
- (b) Power Connectivity.
- (c) Electronic (IT, Telecom) Connectivity.
- (d) Knowledge Connectivity ( Educational Training Institutes).
- (e) Market Connectivity.

**Electronic Connectivity:** This will facilitate outsourcing of IT services to rural areas and e-commerce for marketing goods there. It can also help to reduce a lot of time-wastage due to bureaucracy. IIT Roorkee is co-ordinating with government agencies to develop the e-connectivity.

**Knowledge Connectivity:** Good education for children and training for farmers will help to improve literacy.

**Market Connectivity:** With the above developments, farmers will get best price for their crops by better access to markets. This connectivity will enable other artisans and craftsmen also to improve their business.

***(f) Youth Connectivity:***

In addition to abundant natural resources, India is gifted with young human resource. Hence Dr. Kalam with his far-sighted vision gave a 10-point oath to students/youth to develop them as Human Resource Cadre to connect and achieve development in all the above core areas. The research wing of Lead India has analysed how each point of the oath can help in individual's development leading to national development.

**Dr. Kalam's 10 point Oath to Students:**

**Individual Development leads to National Development  
"Aap Badho Desh Ko Badhao"**

**Regulate Your Life, as an Inspiring Role Model**

<b>S. No.</b>	<b><i>Oath</i></b>	<b><i>Individual Development</i></b>	<b><i>National Development</i></b>
1.	Excel in education and work with dedication.	Dedication and Excellence.	Excellent Nation.
2.	Each one teach ten.	Communication Skills, Teamwork, Leadership.	Literate Nation.
3.	Each one plant at least 10 saplings	Care, Discipline, Sense of Clean Environment.	Pollution-free Nation.
4.	Each one stop bad habits of 5 persons.	Aversion to Bad Habits.	Healthy Nation.
5.	I will constantly endeavour to remove the pain of my suffering breathern.	Helping Nature, Compassion, Service oriented Leadership.	Happy Nation.
6.	I will say “I am Indian First”.	Patriotism, Unity, Oneness.	Integrated Nation.
7.	I will be honest and truthful.	Honesty, Truthfulness.	Truthful Nation.
8.	I will work for becoming an enlightened citizen and make my family righteous.	Righteousness, Enlightened Citizen.	Righteous Nation.
9.	I will always be a friend of the mentally and physically challenged and will work hard to make them feel normal, like the rest of us.	Care, Kindness, Courtesy.	Compassionate Nation.
10.	I will proudly celebrate the success of my country and my people.	Patriotic Fervour.	Patriotic Nation.