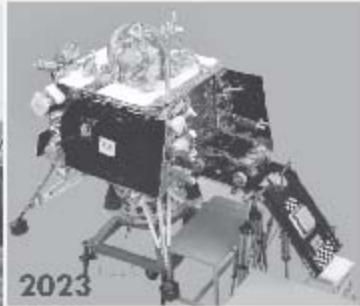




1963



1981



2023



**Dedicated**

to

Children & Youth of India

to

Lead New India

Vishwa Guru Bharat - 2047



# Aap Badho Desh Ko Badhao™

(Individual Development leads to National Development)

Ultimate solutions to individuals and national problems

Author & Propounder of "Acharya Kalam National Transformative Model"

Dr. Nalla Boina Sudershan Acharya, Ph.D (Human Values)

Email : acharya.leadindia2047@gmail.com

**Eleventh Edition : 5000 copies for SEMS OLYMPIAD FOUNDATION**

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This book is donated to

"I Lead India - Mission 2047" Global Leader - Vishwa Guru Bharat.

**Price : Invaluable (Not for Sale)**

**Be a proud member of  
"I Lead India - Mission 2047" – Vishwa Guru Bharath.**

## **Appeal for Mass enrolment of members**

Institutions / Associations / Trusts / Philanthropists to enroll minimum 1000 members so that we can print your photo / Advertisement matter of your school on back cover page. 1000 books will be sent to you.

**Readers suggestions are invited for reinforcement.**

## **Publications, Copies & for all Details :**

### **Lead India Foundation**

H.Q. & Training Centre :

LEAD INDIA BHAVAN,

Ammapally (Vill.) Narkuda Road,

Shamshabad, R.R.Dist, Telangana,

India-501 218. Cell : 8019946809

E-mail : info.leadindia2047@gmail.com

acharya.leadindia2047@gmail.com

web : [www.leadindiafoundation.org](http://www.leadindiafoundation.org)

### **Lead India Bharat Ratna School,**

Bandlaguda (V), Keesara (M),

Medchal-Malkajgiri (Dist),

Hyderabad - 501 301.

Cell : 9010325325

YouTube: @leadindia2047

Instagram: @leadindia2047

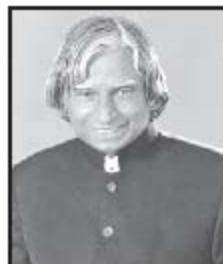
Twitter: @leadindia2047

Linkedin: @leadindia2047

Website : [www.libs.in](http://www.libs.in)

**A.P.J. Abdul Kalam**

Rashtrapati Bhavan,  
New Delhi - 110 004



## MESSAGE

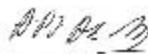
I am happy to learn that Lead India 2020 Foundation is bringing out a book titled "Aap Badho Desh ko Badhao" authored by Dr.N.B.Sudershan for spearheading 2nd National Youth Movement to Lead Youth to Lead India as the world leader.

I am sure that glimpses of our culture, history, science and the correlation of individual problems leading to national problems mentioned in this book will surely help "Lead India" trainees to transform "Developing India" into a "Developed India".

I am also delighted to note that Lead India National Clubs are enrolling 10 lakh students and teachers to wage a war against illiteracy and corruption, implementation of 10 point oath with the support of A.P.Edn. Dept. and NGOs. This book will serve as a resource book for this movement to awaken every Indian, particularly the youth.

I extend my warm greetings and felicitations to all those associated with the Lead India Movement and wish their efforts all success.



  
(A.P.J. Abdul Kalam)

Dr.N.B.Sudershan Acharya, Founder, explaining Acharya Kalam's National Transformative Model to President Dr.A.P.J. Abudl Kalam, at Rashtrapati Bhavan in 2004.

*Continuation of 2006 publication and improvements.*

## ACKNOWLEDGEMENT

I have no words to express except submitting myself to the lotus feet of His Holiness Bhagwan Sri Satya Sai Baba and revered Swami Vivekananda, Chinmayananda... who blessed every concept of this book in my meditation and experimentation as trainings and research on my life and service to the children and the nation.



My profound thanks to our 11<sup>th</sup> President of India APJ Abdul Kalam ji who inspired and supported me for this national cause, taken all the time to test it and scale up as a mass transformative model, also introduced me to the nation and said that this is a proven and tested mission oriented program, declared as "Lead India National Youth Movement".

I thank Prof Y. Arun Kumar who has rendered unconditional continuous support for more than 3 decades in conducting trainings and research from Bala Bharathi to Lead India 2020 and helped me to get Ph.D in Human Values Award.

I thank all the Lead India Foundation Trustees, Government Education Department, Corporations, Trainers and more than 18 lakh Trainees, Volunteers everyone who have supported me, in this long journey of mass transformation from 1982 till now.

I thank G.Pulla Reddy Charitable Trust and Oasis School and Lead India Bharat Ratna School and everyone those who supported these long mass trainings and research National Movement.

I also thank A.Ramaschandra Reddy (Convenor), S.N.Reddy (Co-ordinator), SEMS Olympaid Foundation for sponsoring publication of this edition. Prof.Dr.CVKK Chaitanya, Dr.S.Devika Rani, Associate Professor, Centurion University and Sri Durga Balaji, Chartered Accountant, Vizianagaram for their creative knocking the hearts of the readers and Sri P. Sampath for DTP and book printed by Raghavendra Graphics, Hyderabad.

I would like to thank people and organizations who have provided information through various means and publications in compiling this book and leading Lead India as a National Movement.

Author

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## Make your School as a Centre of Excellence

Dear Educationalists

**Lead India Greetings**

Are you ready to utilise a rare opportunity by being a part of a transformative journey shaping our nation's destiny? Introducing the "Aap Badho Desh Ko Badhao" training inculcating values and skills.



**S.N. Reddy with Dr. APJ Abdul Kalam**

**Legacy in Motion:** Since 2004, we've impacted over 18 lakh students, teachers, and principals. Nurturing values, unlocking potential, and fostering growth.

**Shaping Global Leaders :** India aims for global leadership. Our vision: empower 20 crore students by 2030. Now open for your students.

**Ignite Change:** Make your School as Centre of Excellence Teachers as Nation Builders, Students as Global Leaders.

**Let's Lead India as a Global Leader**

Redefine education, empower leaders, sculpt a brighter tomorrow.

**Connect with Us :**

**Dr. N.B. Sudershan Acharya**

Mobile : 9666661215

Email : acharya.leadindia2047@gmail.com

**S.N. Reddy, President**

**Lead India Private Schools Council**

Mobile : 9963546666

**Arukala Ramaschandra Reddy, Convenor  
SEMS OLYMPIAD FOUNDATION**

Email : acharya.leadindia2047@gmail.com

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## FOREWORD

### The Power of Words to Actions

A word from Swami Vivekananda inspired Jamshedji Nusserwanji Tata to establish Indian Institute of Science, Bangalore, transforming many world class Scientists.



A SEA VOYAGE THAT CHANGED INDIA

Few words from the book of "Life of Swami Vivekananda" asking for 100 dedicated men like him to make India No.1 in the world. This inspired Acharya to be one among that 100 at the age of 13. Today Acharya with ABDB Lead India movement transformed 18 lakhs students who speak fearlessly following mission of Swami Vivekananda. Now after reading book, you also can become one among that 100.

This book, "Aap Badho Desh Ko Badhao," encapsulates four decades of research exploration on the Inner Dimensions, Goals, Values and Skills – for physical, mental, intellectual, emotional, social, and spiritual development. It equips individuals fostering purposeful lives and transforming their families, communities, and the nation.

The book analyzes individual problems' links to national issues and addresses education and cultural deviations. It offers solutions through self-control and self-realization. Relevant to all ages, the book guides self-reflection, providing lifelong insights and solutions through carefully designed activities.

Embracing a "Think Global, Act Local" mind-set. This book enables youth, parents, teachers, and institutions to seize global opportunities, propelling India's leadership.

This is the Aap Badho Desh Ko Badhao (ABDB) Level-1 book, advance levels can be followed with the author.

Join the movement, contribute to India's global leadership, and remember : Your word shapes the future, influencing giving -

**Maximum Happiness to Maximum People for Maximum Time.**

– Dr. Nalla Boina Sudershan Acharya  
Founder and Executive Chairman  
Lead India Foundation &  
Lead India Bharat Ratna Schools

## What this book does for you ?

This book is an expression of deep concern for every individual as an Indian and the Nation at large. It gives inspiration of Swami Vivekananda's farsighted vision and patriotic mission to make India Vishwa Guru Bharath through "Acharya-Kalam's National Transformative Model" with **Aap Badhao Desh ko Badhao (ABDB)** is a tool. It awakens every Indian with amazing facts of past, present and future. The book provokes youth to examine their own lives thoughts, desires leading to the formation of their character for future generations. A scientific correlation and action plan is drawn for every individual and the Nation. This fills up invisible vast gaps in knowledge. This is a comprehensive research document serves as a resource book

- An instrument to learn and perfect life skills.
- A store house of statistical data to think and act.
- New age solutions for age old problems of individual to nation
- A guide to parent, teachers and Institutions
- Unites all Indians beyond all differences to work for Developed India - Vishwa Guru Bharat.
- Sets personal and national goals to Lead India as a Global Leader.
- Ignite hidden potential and patriotism in students

To reap full benefits of this book you may read in phases and carry out all the activities which will give a new direction. This will definitely help you to develop yourself, your family and develop the Nation.



– Lead India Foundation

**A rare platform for every Indian to create history during life time.**

## 1. YOU ARE THE GREAT TREASURE TO THE NATION

**Dear Friends,**

This book makes friendship with you as a life long close friend - Jaan Jigri Dost, in solving all of your problems and challenging situations and achieving your Goals.

Of course, in our life we may have many friends but there will be only a few friends who will be very close to our heart sharing our happiness and sorrows. So Lead India is such a life long close friend - Jaan Jigri Dost, which brings you the support of entire nation to fulfill your Goals.

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 the unique factors.

### **Self-friendship**

It's human nature to seek friendship with others, seek love from others, expect from others, share happy/sorrow things but do friendship with yourself also.. have unique experience and solutions as follows.

Have two WhatsApp numbers- open a group  
Daily send morning and good night greetings,

Keep sending as per day, long advices/inspirations/questions/ criticisms/find gaps/learn lessons/resolutions/appreciate/reward/chat/ you can do anything and everything. Realise you have come alone and will go alone. Love yourself. Talk to yourself. This is the key for your development and you are yourself an inner motivator, all others are temporary and external.



**Lead India**



**Jaan Jigri Dost**

## Advice to Adults

To be always happy, live like a Child,  
killing your EGO of achievements.

### 1.1 Smile - Smile the Energizer

- ☺ Smile unifies body, mind and soul/spirit
- ☺ Smile improves health and gives happiness
- ☺ Smile makes us Attractive
- ☺ Smile Changes our mind set
- ☺ Smile helps us to be stress free
- ☺ Smile is Amrutham-Divine nectar for all diseases
- ☺ Smile lifts the face and makes you look younger
- ☺ Smile helps you stay Positive
- ☺ Keep laughing naturally to be healthy.



#### Activity for Stress Relief

- ☺ Widen your lips – Keep smiling face, you will experience relief from stress, anger and evils. This is Hasya Yoga.
- ☺ Whenever you greet others, greet them with a smile.
- ☺ [Join Lead India Movement](#) “Greeting with a smile saying Lead India” which is the spirit of Lead India Smile Movement.



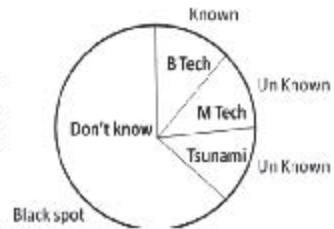
### 1.2. Open Mind – Learning Stimulant

You can enter the room, only when the doors are open. Likewise, if you keep your mind open just like the door, you can enter the world of knowledge. Life is limited but Knowledge is infinite. So in short time one should acquire maximum knowledge. But ego creates hurdles by assuming that I know everything. Then the mind closes the learning door.

*Greet even strangers also with a smiling face, saying “Lead India”.*

**Example :**

A B.Tech student knows the knowledge of B.Tech. But he does not know the knowledge of M.Tech. Similarly, one may know some names like Tsunami, Astronomy, but one may not know the subject knowledge about them. Similarly, there will be infinite areas where one will not have any knowledge, they are called as **Black Spots – Ignorant areas**.



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

**1.3. Be Truthful**

Our nation's motto is “*Satyameva Jayate*” – Truth always Triumphs.



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

Let us experiment or probe for the solution.

**Activity :** Recollect your experiences of “*Being Truthful*”, what happens in your mind.

**Truthfulness Develops**

Courage      Confidence      Conviction      Trust      Happiness

**Recollect Falsehood Experiences - Speaking Lies**

Lies multiplies      Tensions      Anxiety      Fear      Sorrowfulness

**Speak only Truth - which ignites Self-Confidence & Happiness**

### 1.4. Be Positive

For one's own development one may check effects of positive and negative impacts.

**1 negative can dissolve the impact of 1000 positives.** For example anger can kill all positive works. So always be positive and participate 100% in all your activities.

**Activity :**

Spend one day as an experiment day, don't allow any negative thoughts and persons, experience positivity impact results.

### 1.5. 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.

**Activity :**

Spend one day as an experiment day by encouraging others consciously, you will experience positivity and happiness.

### Clapping Techniques

Your health is in your hands. Your hands, palms are the nervous center of your body organs. Please see and correlate your organs in your hands with the given chart. Thus clapping your hands will create automatic pressure and prevents diseases and passes on positive energy into your body and mind.

Lead India Clapping

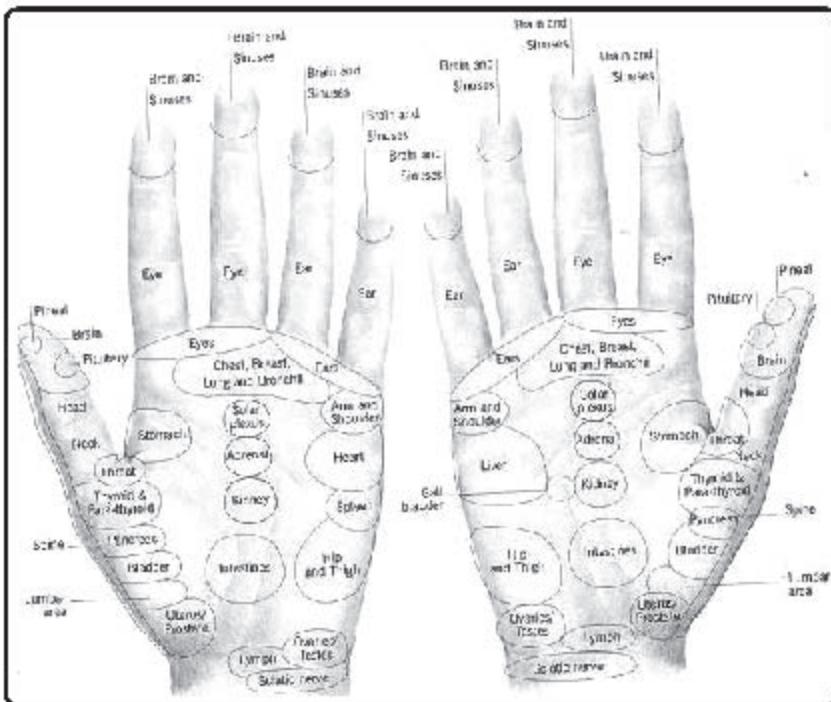


"Aap Badho Desh Ko Badhao" Individual development which leads to the family development/community development/national/humanity development.

---

*Be positive and encourage others*

---



Your Health is in your Hands

**Tips to do Lead India Friendship as a part of National Youth Movement**

*When you are in depression, stress, anger, mood off do as below*

1. Keep a Smiling face (Prasanna vadanan)
2. Keep Open Mind
3. Be Truthful
4. Be Positive
5. Be Encouraging

*Do Small individual changes solves social problems*

1. Follow Rules
2. Que System
3. Self-Discipline
4. Respect Others
5. Cultural Change

*Seed a cultural revolution by nurturing individual change.*

## 2. KALAM'S CALL TO THE NATION

*'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 said, "*I will work and sweat till I achieve Developed India.*" Even at the age of 83 he worked 16 hours a day. On 27th July, 2015 he left his body, leaving a task to IIM Shillong students to find out solutions to the nation (at that time Parliament was spending unreasonable time in discussing on party lines leaving discussions on solving people's problems).

Dr. Abdul Kalam said that, "*Ignited mind of the youth is the most powerful resource on the earth, above the earth and under the earth, no force on earth can stop when they decide to them in achieving Developed India*".

On 60<sup>th</sup> Independence Day 15-08-2007, after interacting with 50,000 Lead India trained students in Medak District of Telangana, he declared that, "Lead India 2020" is the 2<sup>nd</sup> National Movement. Again On 14-02-2013 in LB Stadium, Hyderabad, and on several other

---

*Let's set, "Developed India" as our National Goal like Independence*

---

occasions he said that, "Lead India – Aap Badho Desh Ko Badhao" is a proven, tested, mission oriented programme which should be imparted to all students of India to transform youth into Enlightened responsible citizens to achieve Developed India". Please listen to Dr APJ Abdul Kalam on link [www.apjkalam.com](http://www.apjkalam.com).....

He has also written a letter to Sri Kapil Sibal, the then Minister, Human Resource Development, Govt. of India.

Hyderabad Central University (HCU) from 10-12-2008 to 14-12-2008 with a special panel of 7 professors from different departments of HCU have done an impact analysis and recommended that "ABDB programme should be conducted all through the academic year and should be made an integral part of academic curriculum. This nation-wide movement is the only way of ensuring disciplined future generation and bring back the past glory of India".

#### Activity - 1 :

Readers may please read "Kalam's call to the Nation" authored by the same author Dr.N.B.Sudershan Acharya to know Dr.Kalam's Values, Development & Achievements. Be an Ambassador to carry Dr APJ Abdul Kalam's vision as a mission to students.



President HE Dr.Kalam presenting 'Kalam's call to the Nation' book to  
HE Governor Sri Surjit Singh Barnala, A.P.

*Unite to transform Dr.Kalam's vision into a resolute mission.*

### 3. FROM “*Quit India*” TO “*Lead India*” TO LEAD THE WORLD

Time revolves round making upside down and vice versa. Till 17<sup>th</sup>

Century India was a Global Leader. We became slaves.

Gandhiji led Indians for achieving Independence with “*Quit India*” Movement from 1942 to 1947.

Dr. APJ Abdul kalam with his “India 2020” Vision for New millennium (1998) brought vision for Developed India, Acharyaji Integrated “India 2020” with his “Lead Foundation” (1991) as Lead India 2020 Foundation” in 2004 which our 11<sup>th</sup> President Dr. APJ. Abdul Kalam declared, “Lead India 2020” as 2<sup>nd</sup> National Movement for Developed India in 2007, later declared as National Youth Movement in 2013. He continued his support till his death in 2015.

From 2014 onwards our Hon’ble Prime Minister Shri Narendra Modi took up the mission of Developed India with different names like Sab Ka Sath, Sab Ka Vikas Sab Ka Prayas. Further he declared that “21<sup>st</sup> Century is India’s Century”. Same has been said by our former President of India H.E. Ram Nath Kovind and Business Tycoons Amazon Leader Jeff Bezos, Reliance Industry, Mukesh Ambani.

Now Lead India – Aap Badho Desh Ko Badhao is a National Youth Movement to train 20 crores students in the class rooms of India. This is executed through “Acharya-Kalam’s National Transformative Model” giving knowledge, Values and Skills at inner dimensions namely Physical, Mental, Intellectual, Emotional, Social and Spiritual

## QUIT INDIA MOVEMENT: DO OR DIE



levels of the personality, finally to lead Youth to "Lead India" to lead the World by 2047. This fills the gaps in education and fulfills objectives of National Education Policy-2020.

Now India is travelling from 75<sup>th</sup> year of independence

"Azadi Ka Amrit Utsav to 100 years of independence Shathabdi Utsav. This amritkal, a divinity, is driving India as – Vishwa Guru Bharath by 2047 to establish universal peace and happiness with its Sanathana Dharma Vedic prayer – *Lokâ Samasthâ Sukhino Bhavantu*.

Acharya Human Transformative Model is the tool for the humanity to bring 21<sup>st</sup> Century "Human Transformation Revolution" like "IT Revolution in 20<sup>th</sup> Century", "Wheel Revolution in 19<sup>th</sup> Century".

To pull up strength to build tomorrow, we need to learn lessons from yesterday and take steps further as to what, how etc.?

Every human being is born to perform a duty – Dharma as per Kaala Dharma. Now so many changes are happening.



Dr. Acharya & Dr. Abdul Kalam

### How to build our Nation ?

Dr. Kalam says, "A nation is built with the struggles of its people to realize their ideas. One generation will transfer fruits of its struggle to the next generation. They add their dreams, aspirations and efforts to make a national goal. United achievement of people and their success takes the nation to the peak of the world".

### Activity :

Now read, experiment with activities given in the following topics, which will help you and your family and National Development.

## 4. PAST GLOBAL LEADERSHIP OF INDIA

### 4.1. 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 sort of pride is missing now? We are not aware of our own greatness. This ignorance is the root 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 calling the world as a "Global Village" originated from India.

- ❖ The basic tenets of their living were *Dharma, Artha, Kama* and *Moksha*. Quality of life is based on righteous wealth, righteous desires and aspiration for liberation.
- ❖ Leading life in 4 spells – *Ashrama Dharmas Brahmacharya, Gruhastha, Vanaprastha* and *Sanyasa Ashramas*.

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*Stand as a proud ambassador of India's rich cultural heritage.*

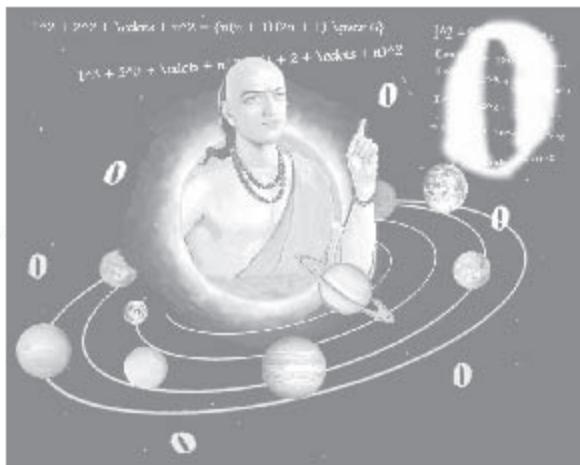
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- ❖ India has the world's largest, oldest and continuous civilization.
- ❖ Varanasi, also known as Benaras, was called "the ancient city" when Lord Buddha visited it in 500 B.C. and is the oldest, continuously inhabited city in the world today.
- ❖ Indian Culture respects women. Women like Gargyee Maitreyee were great orators and writers. Mandan mission wife argued with Adi Shankaracharya in 6th Century.
- ❖ Sanskrit is the mother of all the European languages. Now it is most suitable language for computer software.

## (ii) Global Scientific Leadership

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

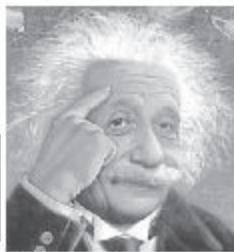
- ❖ When the rest of the world had not yet awakened to the light of learning, we mastered Science, Mathematics, Astronomy, Philosophy and Spirituality.
- ❖ Bhaskaracharya contributed the concept of 365 days in a year, to the world calendar in the fifth century.
- ❖ Aryabhatta contributed the concept of Zero.
- ❖ Charaka contributed to the field of Ayurveda 2500 years ago and wrote in his book, "Charaka Samhitha".



- ❖ Maharshi Sushruta practiced ayurvedic Surgery 2600 years ago and wrote in his book, "Sushruta Samhitha".
- ❖ 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, studied more than 60 subjects.
- ❖ University of Nalanda built in 5th Century.
- ❖ Navigation took place on the river Sindh 5000 years ago.
- ❖ The value of PIE was first calculated by Budhayana. Indians discovered the so-called Pythagoras Theorem even before Greeks.

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."*



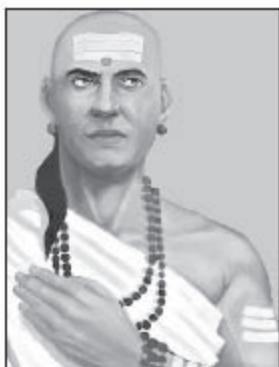
Albert Einstein

### (iii) Global Economic Leadership

India excelled in the past on the economic front and also as a global leader. Until 1896, India was the only country which dazzled the world with diamonds.

The famous economist Chanakya, the Prime Minister and king maker of Chandragupta Maurya presented "Artha Sastra" – the Science of Economics to the world. Even today it's well respected.

Chinese scholars like Fa Hein, Huien Tsang praised the glory of India, in their books.



*I will explore, Indian scientific contributions with modern sciences*

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

That was the greatness of India that always excelled itself not only spiritually but also scientifically which was recognized and acclaimed. Even on the economic front, India was a great leader. The historians spoke about the GOLDEN AGE OF GUPTAS. It is said that during the Gupta period pearls and diamonds were sold on the streets, like peanuts today. The Cholas, Pallavas, Pandya kings successfully carried on trade and established Indian colonies in Sri Lanka, Malaya, Java, Sumatra, Kampuchea, Vietnam and Burma. In fact, these places were known as "Greater India".

India attracted foreigners by virtue of its culture, education, tourism, business which finally lead to the greedy invasion on this peninsula. India was the richest country until Britishers invaded early in 17<sup>th</sup> century.

*"India is, the cradle of the human race, the birth place of human speech, the mother of history, the grandmother of legend, and the great grand mother of tradition. Our most valuable and most instructive materials in the history of man are treasured up in India only."*

– Mark Twain

#### **4.2 Dividedly we Fell – Unitedly we got Independence**

We had lost the glory of our past due to the self-destructive vices like internal fighting, disunity, anger and jealousy. These negative emotions made us lose our pride and position in the world. The weakness piled-up through the internal fights and disunity which provided an opportunity to the foreigners to invade this RATNA GARBHA –

the land of treasure. There are no invaders in the world who did not think of ruling India. Right from the 10<sup>th</sup> century, the invasions continued and Mughals continued the monopoly on the entire country. Then the British came initially for business, grew strong, established the "East India Company", and finally became the rulers.

#### 4.3. Incidents of our Own People Deceived our Rulers

##### HELPED FOREIGNERS TO RULE US

- ❖ Mohammed Ghori could defeat Prithvi Raj due to deceptiveness of his own brother in law, Jaya Chandra who helped Ghori.
- ❖ King Ambhi helped Alexander to invade India.
- ❖ Daulath khan, the governor of Punjab at that time proved a traitor, invited Babar to defeat Ibrahim Lodi. Thus, begun the Mughal rule in India in 1526 AD.
- ❖ Duplex has recorded that he was able to establish French rule in the then Karnataka region with the help of Nizam.
- ❖ Mir Jaffer helped Clive to conquer Bengal.
- ❖ Raghu Nath Rao Pesewa helped the foreigners to conquer Maharashtra.

Thus, foreign rule was established in India, with the help of Indians themselves. Inhabitants of an island, eleven thousand miles away, were able to conquer India sixteen times its size having eight times its population, and rule over it for One hundred and ninety years, because of one basic defect, disunity caused by mutual suspicion, selfishness, and jealousy.

Hence Proved 'Unity is strength and disunity brings disaster'.

Let us now summarize Indian history and its vision in the words of Dr.A.PJ Abdul Kalam who says...

"in the 3000 years of our history, people from all over the world have come and invaded us, captured our lands, conquered our minds. From Alexander onwards the Greeks, the Turks, the Mughals, the Portuguese, the British, the French, the Dutch, all of them came and looted us, took over what was ours, yet we have not done this to any other Nation. We have not conquered anyone, we have not grabbed their culture, their history or tried to enforce our way of life on them. Why? Because we respect the freedom of others."



*The fact that India never invaded any country during her 10000 years of recorded history reflects India's commitment to tolerance and peaceful co-existence.*

#### **4.4. Indians Realised and Unitedly Fought for Independence Beginning of Independence Movement**

The humiliations, insults and violent treatment meted out to Indians by foreign rulers brought the divided Indians under a single umbrella, uniting them slowly and steadily for a national cause. This cause was to free India from slavery and make her independent from foreign rule. The first revolt was triggered off in 1857 AD from Gwalior, which is mentioned as the first war of Independence. Let us see a few other great fighters of the first freedom movement.

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*Unity as Indians beyond differences is our strength.*

---



*In 1857, First Independence War was declared.*

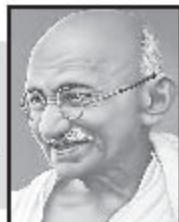
*"Khub ladi Mardhani, waha thi Jhansiwali Rani"*



*Subhash Chandra Bose, Founder of "Ajam Hind Fouz" gave us the slogan "Jai Hind".*



*Bhagat Singh uttered "Vande Mataram" and threw bomb on the Punjab Assembly and declared the freedom movement.*



*Gandhiji Declared "Do or Die" "Quit India" movement in 1942.*

*Those 5 years 1942 to 1947 united fight of Indians brought us freedom.*

#### 4.5. Broad recapitulation of Indian History

Let's recapitulate the entire Indian history which falls into :

- ❖ Vedic Civilization – 5000 years ago
- ❖ Sindhu Valley Civilization. Sindhu "Si" is pronounced as "Hi" – Hindu to Hindusthan.
- ❖ Indus Valley Civilization. (Thus Indus became India)
- ❖ Birth of Jainism and Buddhism
- ❖ Golden age – Gupta Period
- ❖ Muslim Invasions – Mughal Empire.
- ❖ Portuguese and Dutch Invasions.
- ❖ British East India Company – established British Rule in India.

**Activity :**

Please collect such heroic deeds of Indian History and freedom struggle.

**4.6. Do you know the biggest Conspiracy against India?**

**Why? Where we were diverted from our education & culture?**

*"I have travelled across the length and breadth of India and I have not seen one who is a beggar, who is a thief. Such wealth I have seen in this country, Such high moral values, people of such caliber, that I do not think we would ever conquer this country, unless we break the backbone of this nation, which is her spiritual and cultural heritage, therefore, I propose that we : 1) replace ancient Indian education system, Education = Certificates = Jobs*

*2) Indian cultural heritage.*

*So that, Indians think that all that foreign and English is good and greater than their own, they will lose their self-esteem, their native self-culture and they will become what we want them, a truly dominated nation" Mummy = Egypt Dead body*

— Lord Macaulay (Speech in British Parliament in 1835)

- ⦿ Gandhi's "Quit India" freedom Movement – Independence in 1947.
- ⦿ Dr. Abdul Kalam's "Lead India" another historic Youth Movement for Developed India.
- ⦿ Now "Acharya-Kalam National Transformative Model" taken up to transform to Lead, "I LEAD INDIA-MISSION 2047" to lead the world – National Youth Movement" – fulfil the dream of Swami Vivekananda. Now, our Hon'ble Prime Minister Narendra Modi ji also called for Viswa Guru Bharat by 2047.

**Activity :**

Please collect recent Anti Nationalists, Extremists, Terrorists Movements in India and abroad.

#### 4.7. Corelate Ancient Indian Education System with Modern Education

Bridge Ancient Rishi's Scientific Contributions with Modern Sciences as **Acharya Varasatvam**

The legacy of ancient Indian Rishis - Acharyas like



Vishvamitra, Agastya, Kapila, Kanada Maharsis, continued by the scientists of Takshashila and Nalanda, like Varahamiheer, Arya Bhatta, Bhaskaracharya who gave ZERO to mathematics, Calendar to the world etc., should be remembered and revered.

But today's students don't know about Bhaskaracharya who has calculated 365 days a year, they only know Gregorian as the inventor of Calendar, they know only Wright brothers as inventors of Aeroplanes, they don't know Atharvana Veda explains aviation, and they don't correlate with PushpakaVimanam mentioned in Ramayana, similarly in Mathematics they know Pythagoras, Pie value but not Buddayana who invented the same in 7<sup>th</sup> Century.

It is Dr. APJ Abdul Kalam, who correlated aeronautical engineering with Athrvana Veda, aeronautical Engineering and Historic Tippu Sultan's Rackets and invented Prithvi, Akash, Nag, Trishul, and Brahmos etc. He also has changed the names and called satellite vehicles as PanchBhutas.

As such there is a need to educate our students to carry on the legacy of Rishi Paramparaas, Acharya Varasatvam by correlating ancient sciences with modern sciences, mathematics, arts to explore great work of ancient Acharyas for the future generations for the welfare of the humanity.

**Ancient Indian Cultural Traditions Values**, Principles of Matru Devo Bhava, Pitru Devo Bhava, Acharya devo Bhava, Athidhi Devo Bhava, Satyam Vada, Dharmam Chara etc are our cardinal practices to carry

on our Acharya Varasatvam to our students. These principles are essential to carry on our ancient philosophies of Vasudaiva Kutumbakam – Entire World as One Family.

### Lead India Foundation

1. Providing a Common Platform bringing all the worldwide researches information for the academic education department of all Governments and Universities and school Board of studies.
2. Provides technology as a platform to connect and carry on the mission unitedly for the welfare of the humanity.
3. Inviting all parents/teachers and head of Institutions to encourage their students to correlate ancient sciences with modern sciences by sending their research articles in yearly online/offline competitions of Acharya Varasatvam- Rishi Parampara Dinotsavam on every year to be conducted on December 28 to [www.leadindiafoundation.org](http://www.leadindiafoundation.org). Lead India Foundation will send online certificates to the winners, participants and to the institutions.

Please find examples of ancient scientific topics in Annexure I, that can serve as inspiration for research articles to be submitted and Annexure II contains guidelines and schedules to aid your teams in this enlightening journey.

Let us unite and practice Sanatan Bharat spirit of "VishwaGuru Bharat" for "Loka Samastha Sukhino Bhavantu".

- ⦿ Write some more Indian Rishi Scientific contributions to the world.
  1. \_\_\_\_\_
  2. \_\_\_\_\_
- ⦿ What will you do to bring back our past glory of India ?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
- ⦿ What will you do to get back "Sanskrit" as a National Language
  1. \_\_\_\_\_
  2. \_\_\_\_\_

## 5. WHERE IS INDIA @75 YEARS OF INDEPENDENCE

Before moving ahead to set a national goal, let us have a clear picture of the present status of our country in comparison with other countries.

On one hand, it is heartening to note that India has made its mark as a global leader in production of milk, rice, wheat, vegetables, fruits, pharma, vaccines, cement, films, diamonds etc. The other major high-end technologies like satellite, missiles, nuclear power, computer and information technologies also add feathers to the cap of India. But on the other hand, it is not so encouraging to note that, despite such progress, India lags behind in maintaining decent social and economic standards for all the people. The basic values are disappearing; disunity is growing in the name of region, religion, caste, language, etc. Violence, anarchy and atrocities are on the rise. All this give a very disheartening picture of our beloved mother India.

Where does India stand today in comparison with USA & Japan?



Country	Living Standard Rank	Quality of Life Rank	Per capita Income Rank	Giving Aid/ Help Rank
USA	3rd	4th	2nd	1st
Japan	4th	9th	13th	2nd
India	No rank	No rank	156	World's 2nd Highest recipient.

## Economic and Human Developments:

### Economic Development

Field	Satellite, Space Diamonds and Films	Agriculture & Dairy	IT, Communications and Missiles	Purchasing Power
World Rank	1	2	4	4

### Human Development

Field	Poverty	Illiteracy	Corruption	Purchasing power
World Rank	131	30% of world's population	3	Nil

- ❖ Global Hunger Index – India ranks at 111 out of 125 countries.
- ❖ In world Happiness Index, India ranks at 126

### Heart Breaking Situations of poor children of India, whose potency we need to take care.

India has made great strides in improving access to quality education, increasing elementary school enrolment and reducing the number of out-of-school children and reducing the poverty line families etc. Ground situations still remain unimaginable.



- ❖ India's Economic development rank is 5<sup>th</sup> in the world but UNO Human Development rank Index is 131/191. It says though Indian economy is progressing fast but its fruits are not reaching the common man.
- ❖ As per UNDP Report 2023, in India we have 23 crores people in multi-dimensional poverty of India.

*Nurture children as the global architects of tomorrow.*

- ❖ 40% of adolescent girls in the age group of 15-18 years are not attending school while 30% of girls from poorest families have never set foot in a classroom as per Times of India dated 25-01-2020.

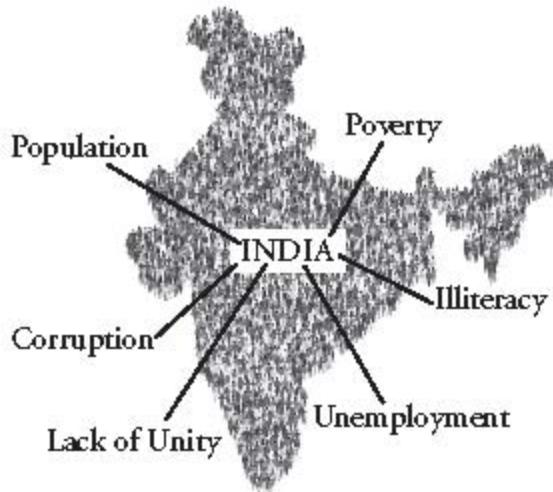
In spite of nearing 76 years of independence, the quality of life of our masses has not improved much. Why? Why is it our development unable to remove backwardness?

India with 142 crore population it has wide diversity. One percent highly rich people rule 99% population. Middle class is almost equal to total USA population. Below poverty people 3.5/10 house to come out of BPL status.

The big gap between the Economic and Human Developments.

The below chart displays the present position of India on different fronts in which the nation as a whole faces problems. As we are aware of these problems, we should also think about seeking solutions for them. As intelligent citizens, let us think independently about each problem and find some possible solutions.

## 5.1 Common Problems of Nation




---

*National Problems germinate from individual problems*

---

### 5.1.1. Convert Population as Human Resource Cadre

For instance, let us take the issue of population. In a discussion on population one is inevitably reminded of our neighbor, China, which has the highest population in the world till recently. Despite this feature, China has achieved the following :

- ❶ China on war footing made its masses literates and numerates around 1970-72. Later they were trained and employed for mass production of cars, cells, etc. That is how they converted over population as human resources. Now they are topping manufacturing sector in the world.

The problem of population can be encountered from two sides.

- 1) Making productive human resources as a patriotic cadre.
- 2) Family planning as one.

Economic Development is the only solution for eradicating poverty, unemployment and illiteracy. Now as the majority of our population is youth, we can solve all problems by training students and reforming education.

#### **Crisis in School Education-Needs dynamic reforms**

As younger generation is growing, parents interest towards their children education also is growing irrespective of their economic status. Even poor are working hard to educate their children. But the unfortunate part is, Government - Focus on Education, right from allocation of budget to providing basic infrastructure and basic education, syllabus framing to execution is not matching with the changing times and needs.

Pratham in their survey has clarified that standard of education is not matching with the class appropriate. Example VIII class students are not able to read Vth class English or solve Mathematic Problems. National Education Policy also has mentioned this substandard

situation and clarified that teachers are not be able to improve these substandard academics. This is going to create a great liability to the nation as they will not be able to get jobs or useful to the nation. Hence they appealed to NGO's to develop Community Volunteers to fill this gap. Lead India Foundation has successfully done an experiment on Foundational Literacy and Numeracy in Khammam in partnership with District Collector, which has been recommended to replicate state wide in Telangana state.

India is at the lowest rank in International PISA survey where it is revealed that Indian students are not using their IQ in common sense aspects, not applying math's and science knowledge in solving day to day problems, languages are not enabling students to express their inner feelings etc.,

There is a big disparity among Government and private schools. Unfortunately, a section of Private schools have made education purely as a business and government have no control. There is no rationality among students and teachers. On the whole Indian education system should accelerate growing intelligence of students and make them useful to the society as active citizens.

Political parties are focusing on giving subsidies and further attracting votes. Even people are not realizing and demanding their rights for radical reformation in education as a priority sector on par with international standards with dynamic utilization of Internet, software and integration of value systems and social responsibility.

### **Warning**

- ✿ Swami Vivekananda says "Every educated person is a sinner as long as he does not try to uplift the poor illiterate masses at whose cost he/she educates."

---

*Empower the underprivileged as boundless potential lies in them.*

---

### Do you know what is the cost of your education?

Estimation of indirect expenditure on education (as per a private estimation):  
(Rupees in lakhs for infrastructure, services and support etc.)

Matriculation/X class	Graduates	Engineers	Doctors
1 lakh	3 Lakhs	8 lakhs	15 lakhs

So behind every educated person so much of indirect money is spent besides whatever parents are paying as academic feeses. How many educated persons are aware of society's support for their growth. Thus everyone should seriously feel their social responsibility. In fact everyone can practically do many things to solve national problems. For example, you can declare a war against illiteracy.

#### Activity :

- ❖ What can you do ?

Develop Human Resource Cadre



- ❖ Start Lead India Vidya Dana Kendras run with local volunteers.
- ❖ Reach illiterate children, youth and dropouts and bring them back to local schools.
- ❖ Teach them to read and write that will be useful for improving their lives.
- ❖ Persuade them to be productive citizens to the nation.
- ❖ Remove the gender discrimination by encouraging girls.
- ❖ Why can't we make it mandatory for every educated youth with the slogan of "Each one, Teach Ten".
- ❖ We should also make it as a project to all the college & university students.

By doing so, we can solve perennial problems of illiteracy. In turn literacy can also solve the problems of unemployment and poverty. It is also a great contribution as we would be creating human resources

*Reform educational value systems at your individual level.*

for developed India. If China could successfully do this, why can't we? Each one of us in our schools takes daily oath during the school assembly that "India is my Country. All Indians are my brothers and sisters..". What is the value of Oath? What are we doing?

Everyday as we see some unfortunate brothers and sisters taking food along the roadside surrounded by dogs/pigs.

Looking at the lakhs of people who are living on footpaths/huts our heart should be melting.



What is the use of our education without human values & ethics? What do we carry after this life? When can we realise that education without character is useless?

### Activity :

- ⦿ Explore some more heart melting realities and do your bit.
  1. \_\_\_\_\_
  2. \_\_\_\_\_
- ⦿ What are other major national problems and suggest possible solutions.
  1. \_\_\_\_\_
  2. \_\_\_\_\_
- ⦿ Write your plan to solve illiteracy and develop human resources
  1. \_\_\_\_\_
  2. \_\_\_\_\_

*Acknowledge unseen investment in your education from the society.*

### Immediate Solutions :

- ⦿ Adopt Lead India change agent.
  1. \_\_\_\_\_
  2. \_\_\_\_\_
- ⦿ Adopt Govt. School to impart ABDB Trainings.
  1. \_\_\_\_\_
  2. \_\_\_\_\_

#### 5.1.2. Corruption is Disruption of Development

Let us now examine heinous problem of corruption, which has not only been continuing but is increasing day by day and has become a potential destructive force in trapping people and curbing the development of India.

##### Causes for Corruption

- ⦿ Degradation in value system
- ⦿ Increased greediness than real needs
- ⦿ Lack of honesty, choosing short cut cheating methods
- ⦿ Votes are being sold for notes
- ⦿ Lack of Patriotism



##### Reasons for such deterioration of values?

"Selfishness is the root cause of corruption", it distances them from values like truth, honesty and righteousness.

**Indiscipline** in eating, drinking, enjoyment and a craving for luxurious life. All these develop selfishness which transforms into corrupt attitude.

*Implement your school oath; uplift the less fortunate as your pledge.*

### **Lack of Sympathy for others :**

Self-centered individuals mind do not allow anything beyond their own desires. So, they lack any concern for others. Neither kindness nor social responsibility bothers them.

### Lack of Patriotism :

Lack of love for the mother land makes individuals, to cheat government, abstain from paying taxes, Govt. expenditure, pilfer nation's treasury and go to any extent to satisfy their selfish desires and reach their goals. They are the real betrayers who spread corrupt attitudes around. This attitude wipes away all the values of human life.

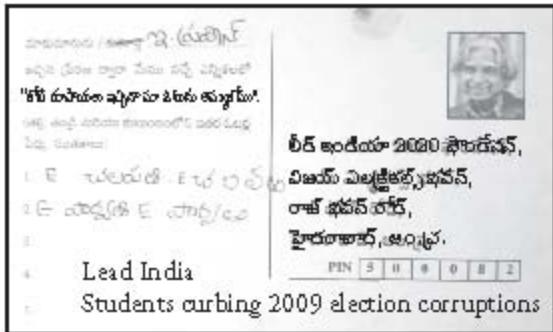
Corruption has the potential to ruin personal lives, destroy social values and curb the development of the nation. Dr.Kalam says "corruption can be controlled only by students, teachers and parents".

Dr.Kalam gave an oath to students that, "I will not give bribe or take bribe, instead fight against corruption and make India, a Corruption free country".

Curbing election corruption is the urgent need of the hour.

Lead India Foundation – A Case Study 1

Lead India Foundation during 2009 general elections has trained all Government school students of Chittoor District with the then Collector, Chittoor district, Sri Muddada Ravi Chandra, IAS, and Executive Officer, TTD; Dr.K.V.Ramana Chary, IAS (Retd.).



educated their parents and neighbourhood and presented a garland of post cards signed by their parents that they will not "Sell Votes for Notes".

*I will fight corruption, as it stops Nations Development.*

## Lead India Foundation – A Case Study 2

Lead India Foundation during 2019 general elections has continued its experiment to curb election corruption through students/youth in Khammam district where district collector reported that, in 135 villages, the villagers have not accepted any kind of bribes by any political parties. (Reports with the author.)

### Activity :

- ❖ Write the root causes for corruption ?

1. \_\_\_\_\_
2. \_\_\_\_\_

- ❖ How do you and your family and friends, plan to fight against corruption?

1. \_\_\_\_\_

### 5.1.3. Disunity weakening India's Strength

**Disunity :** Absence of unity in a multi-cultured nation like India poses a threat to the very existence of the people. Let us analyse why the Indians are not united like the Japanese or the Americans. Why are Indians not united as they were in the ancient India or during the Independence Movement? Today, disunity has become an important national problem. What are the causes of this disunity?

Remember : United we stand, divided we fall.

#### Causes for Disunity :

The following are the causes of our disunity. We have developed affinity based on caste, region, religion, language, professions, affiliations, etc instead of oneness of our soul as per Indian scriptures. These affinities are formed into groups which are creating differences

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*I will follow Rules- Don't give bribe or take bribe.*

---

among us. Importantly our political leaders are still dividing us even today for their selfish political ends which Voters also are not realising and demanding.

*janmana jayate sudrah  
samskarat dwij uchchite*

Skanda Purana Chapter 239 , Verse 31-34

*catur-varnyam maya srstam  
guna-karma-vibhagasah |  
tasya kartaram api mam viddhy  
akartaram aryayam BG 4-13*



Means the are born with flesh and blood, thus all are born Kshudras by birth but by karma actions we become Brahmins, Vysya, Kshatriya, Kshudra

### What is your caste?

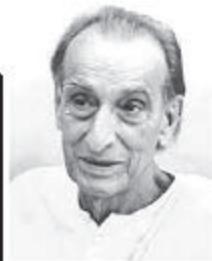
Once Acharya Krupalani was asked what was his caste? he replied

"When I think to do good for the society I am a Brahmin."

"When I account my money, I am a Vysya."

"When I protect myself, I am a Kshatriya",

"When I wash my clothes, I am a washer man-Shudra."



Affinity of Caste, Region, Religion, Groupisms create disunity among Indians.

So it's our character and action that decides our caste but not our birth.

By refining oneself and improving one's knowledge, one can earn any caste he would like to. Similarly, many languages of India give multiple abilities to people and should not become a point of

---

*Disunity among our Indians destroys our strength.*

---

differences. All regions put together make India a sub-continent and it is the unity among these regions that would make India the strongest nation. In the same way religions are also made by man and the highest religion is humanism. So, anyone who genuinely believes in any religion should neither disrespect others faiths nor create conflict in the society. The class conflict between the rich and the poor should be minimized by rich people gracefully helping the poor. Otherwise this imbalance will lead for class conflicts which creates insecurity and tensions, etc...

All these factors mentioned above are purely personal which should not interfere in the national and patriotic feelings. Unfortunately, in India at present, they are the sources of internal politics, communal riots and create bad blood among different groups. By this groupisms Indian Unity and Indian Productivity is badly damaged and is weakening the nation. If only Indians could diffuse all the superficial differences and develop patriotism, taking the example of Japan, our country can become one of the strongest in the world. Japan which was totally destroyed during the Second World War has become one of the most powerful nations competing with America today. What is the secret behind its progress and power?

### **How Japan became a donor and India a recipient ?**

Japan is a small Country. It cannot stand in comparison with India either in human resources or natural resources; but now it is a world leader. At present, while Japan is a world No.6 donor, India is No.12 recipient in taking aid/help. Is it not a shameful fact for us with our enormous human and natural resources? The opinion of many foreign countries about India is that, it is a beggar country. What is the reason for this miserable state despite the availability of excellent human and natural resources?



### What is the secret of Japanese development?

The secret of the rise of Japan is unity and patriotic spirit of the Japanese. If asked about his identity a man would say "I am a Japanese" If asked about his work, a teacher, a worker, an officer or a politician, would say "I am working for the development of Japan." Their work ethics also demands that, once they take up a work, they complete it. It is said, The expression

"I will try" doesn't exist in their dictionary. It is always "I will do," and it is done.

This is the secret of Japan's enormous progress within a short span of time.

It is heartening to see that some other small countries like Korea, Taiwan, Malaysia, Singapore, etc., have developed enormously and 80% of their citizens own individual houses and cars. Each of these countries is smaller than some of the states of India. Then, what stops us from achieving this kind of progress. Is it not lack of unity and patriotism?



Once a Buddhist monk travelled through the length and breadth of India for several years and returned to Japan. His master asked his opinion about India. Then the monk replied that India is a great country with



natural beauty, historical monuments, cultural centers, and a glorious past. The next part of the conversation should serve as an eye opener to every Indian. It is as follows:

"Who are Indians?" "How are Indians?"

"I did not find any Indians."

---

*Development is my Caste - India is my Religion.*

---

**"You did not find Indians in India? How can it be?"**

"When I went to Bengal, they said they were Bengalis; when I went to Gujarat, they said they were Gujaratis; when I went to Kerala, they said they were Keralites; when I went to Andhra, they said they were Andhras; when I went to Karnataka, they said they were Kannadigas; but no one said "I am an Indian."

This is how outsiders find us; We identify ourselves not with nationality but with a narrow caste, regional, cultural and religious feelings. Let us root out this disunity from our minds. Let us create a new mindset to remove prefixes or suffixes to our names indicating caste or religion.

**So let us make a solemn pledge to always say "I am an Indian."**

**How should an Indian be?**

Look what Swami Ramananda Tirtha said: "I am India, I am the whole of India, When I walk, I feel it is India walking. When I speak, I feel it is India speaking. When I breathe, I feel it is India breathing. I am India". Thus Indians unitedly need to say We are Indians First". Then we can root out any perennial problems like illiteracy and corruption. Look what young minds are planning?



"A girl from Orissa told the President that she wants to be a Political Leader to remove corruption. A Delhi student wants to join I.A.S. to fight corruption". Lead India student leaders are planning to start a big movement against illiteracy and corruption.

Dr. Kalam said "**It may take time to start a movement. Everyone of you is a member of a family and have a responsibility. If 640 million**

---

*Patriotism is in my blood. Let me put in action.*

---

young people say "*I want a corruption free India, whatever happens I will not help corruption or become corrupt. You can change the world. You must realize we are a nation of a billion people*". Further Dr.Kalam says "*corruption can be controlled by students, teachers and parents.*" Now, what do you say?

Is it not a great opportunity for every Indian to join with Dr. Kalam and make a movement to unite all Indians?

Nobody can solve these problems if everybody thinks it is government or somebody else would do it.

Look at this funny story : "*There was a work that anyone could do. Everyone expected that someone would do it. Finally, no one has done it and everyone was blaming the other one*".

Unlike the people in this story, let us take a strong resolution and make our contribution for the development of our nation without expecting somebody else to solve our problems.

### **Important**

Everyone is pointing towards Politicians are struggling to retain the power at any cost. People also are selling votes for notes and find fault with political leaders, administration and judiciary etc.

As nation is being taken over by the younger population, education need to be changed as per changing times and need to achieve Developed nation. It is not only Governments but people in large must think and solve this crisis.

### **You Watch and Catch to Stop Corruption**

Lawyers who are practicing to make false money.

Doctors indulging in medical mafia looting money.

Politicians, Administrators, Government departments and people who are not following rules and bribing authorities.

## Why to Stop Pointing Others

For individual transformation, Acharya Transformation model suggests to observe the following pointing fingers.



While pointing someone 3 fingers are pointing towards the individual and thumb is pointing towards upside ie divinity where at the end of the life each one has to answer. It is said in Indian scriptures that "Swavimarsho Mokshaha-Para Vimarsho Patakaha" means, self-criticism will improve the person, criticizing others will create differences and tensions.

### Activity :

Stop criticizing others and start criticizing self "What I can do" that will improve me ?

### Activity - 1 :

#### Sure Solution to root out Corruption and bring unity among all Indians

##### Self-Declaration

"I am an Indian first "beyond all differences  
Development is my caste - India is my region.  
I will not give bribe nor - will I take bribe.

I will follow rules

I will not sell Vote for Note

I Lead India corruption free India.

I will redefine Indian politics for service rather than positions.



I AM INDIAN FIRST

### Activity - 2 :

I will educate my family, friends and relatives to stop corruption, stop electing criminals and making them Heroes, stop family members inheritance in politics

*Lead by example, inspiring a generation through your actions.*

### Activity – 3

An exercise for you to do – a must



A teacher explained how individual problems are becoming national problems. See, here is India map of the people. Because of the problems whole India is torn into different pieces.

Now the teacher asks for a solution from the students that how whole India can be rearranged. It was a big puzzle and a challenge for everybody but a clever student

took the pieces and reformed India map and submitted to teacher within a minute. It was a great surprise. Teacher asked how he could do it. Student showed the human face behind the India map with which he could reassemble all the parts of the human face and gave the solution of rearranging the map of India. This kind of intellectual mindset should be there to change India.

### Activity – 4

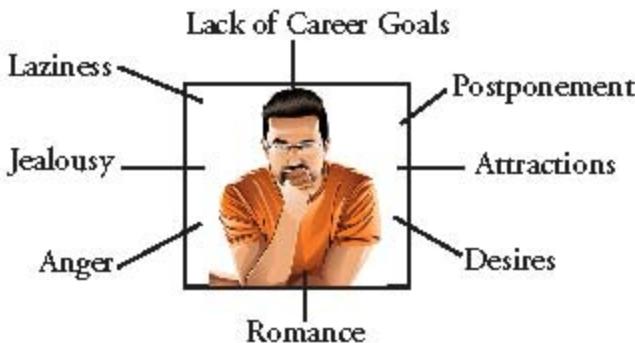
When asked "Who are you?" Practice to say that "I am an Indian First" Remove prefixes & suffixes of your name, caste, etc..

When you are asked where from you are? Can you practice to say, I am from India.

*I will write all Indians*

## 5.2. Problems of the Youth

Nation means its people. For India now it is "Youth". So let us first analyse the problems that our youth faces. The following are some of the common problems noticed.



### Career Problems and opportunities:

Every youth desires to have a bright career. But what are the problems that obstruct the career growth of youth? As per one of the past reports, India produces 20,00,000 graduates every year out of which 3,80,000 are engineers whereas America produces only 1,00,000 and Europe produces 70,000 Engineers per annum. 90% of the Americans and 80% of Europeans specialize in their disciplines and develop technology for their nations. But, in India only 5-10% of our engineering graduates are employable. Where does the problem lie? Why are they not suitable to the needs of the industry? What are the elements that the industry is looking for in this youth?

The paradoxical fact is that the gigantic companies like Microsoft, BELL, Oracle, HP and GE are establishing their branches in India. About 10,00,000 employees are working in the IT Sector in India. By 2030 the requirement is expected to be more? So huge opportunities are awaiting our youth. But to meet the industrial requirement our students should develop particular skills.

India is one of the major engineering countries in the world, producing more than 15 lakhs (1,500,000) engineering graduates every year, but only 2.5 lakhs are getting jobs in the core Engineering industry, barely 15% to 18% of graduates as per NASSCOM 2019 survey.

By 2030 Indian IT industry is likely to create 20 - 30 lakh jobs, as per Government predictions.

### **The Challenges for Skills Development**

With growing competition, very stringent screening methods are employed to select personnel for jobs. The experts on committees and commissions recommend that the students should develop the following skills :



1. Good command on fundamental concepts of their subjects, rather than marks and its utilization in daily life skills.
2. Ability for self-learning to develop core competency, excell in work and in experimental knowledge.
3. Collection & analysis of latest information related to their course.
4. A comprehensive approach & ability for interdisciplinary studies.
5. Soft skills, communication skills and advanced skills of spoken and written English.
6. Practical knowledge which is the basis of American Education.
7. Ability to work in teams. The youth need to be good team players and leaders and work with total coordination.
8. Innovative ideas and ability to invent new self-employment – Entrepreneurial Skills.

The students, the teachers and the parents need to realize the importance of possessing and improving each of the above skills which would make our youth employable and assure bright careers and global leadership. But to achieve these, our children and youth have to give up laziness, postponement, attractions, unwanted desires, anger and other negative vices. Let us see how laziness affects individuals.

### **Laziness :**

It is the natural tendency of the physical body to be lazy and it needs to be controlled with Will-power and determination. The first activity that the students must decide to drive out laziness is to follow a definite schedule.



They should take up time-based tasks. Lack of proper goals, lack of direction, lack of encouragement, lack of a sense of responsibility, ignorance and parental pampering, taking things easy, not knowing the value of money etc. leads them to laziness and apathy towards time management.

This laziness forces them to postpone every action till it becomes absolutely necessary. Ultimately, it destroys the capacity for hard work and creates stressful situations. Under those circumstances, anyone would become tensed-up and would not be in a position to use their intelligence. They become indifferent & lose self-confidence.

### **Attractions and Desires :**

Human mind is attracted towards anything that impresses our senses viz eyes, ears, taste, touch and smell. They create desires. As the attractions become stronger, so desires become stronger. They drive for actions.

Innumerable temptations lead to unending desires. The desire has a complex nature.

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*Laziness is the greatest enemy, hard work is the dearest friend.*

---

Unwanted desires beyond needs leads to merry making, eating, drinking, dressing, outings, luxuries, comforts, etc. which sows negative seeds of indiscipline, untruthfulness, greediness etc.

If disciplined and directed with high goals it takes a person to the pinnacle of achievement and if support they become slave to desires, the person gets destroyed completely.

Greedy Desires leads to selfishness  
 Selfishness leads to Indisciplined desires  
 Indiscipline leads Man to Animalistic man.

If so, is it not a fly on sweets, a bed bug on luxurious beds enjoying. What is this enjoyment for and what is the purpose of such find of life?

Actions lead to attitudes and character, which leads to destiny... fate. Thus it is very important to note that individual attractions/desires are creating one's own FATE ultimately.

#### Today's threats to be controlled

Today, India is being taken over by growing number of young adults. But they are under the influence of modern attractions like mobile/laptops/cinemas/internet/drugs/romance etc that are creating negatives effects in their minds.



Neither the parents nor the teachers are able to control them. If their expectations are not met, the children are threatening to commit suicides/leaving the house etc. Suicide rates among students are increasing, divorce rates are also increasing among young couples. Divorce is not there in scriptures and Indian way of life. It is a western borrowing.

*Fate links unlinks; unlink links the things that no man thinks.*

Every year, in India about 2 crores of youth are crossing the age of 17 years and are getting eligibility to Vote. These young generations lives and careers are ruined by the politicians by attracting them with money/alcohol., for their election vote purpose. How to correct ? Who has to correct ?

The Fate of youth and the nation is in our hands.

### **Anger Jealousy - Disunity**

Anger emerges as desires are not fulfilled. As said in Bhagavad Gita

*krodhad bhavati sammohah sammohat smriti-vibhramah  
smriti-bhranshad buddhi-nasho buddhi-nashat pranashyati* 2-63

The anger clouds our Intelligence- power of discrimination. Then the individual loses control on his thoughts, speech and actions. As a result, his interpersonal relations are strained. This creates disharmony in his life.

Jealousy with comparisons between people and their positions, richness, cars, buildings, dresses, assets etc., automatically generates hatredness. Jealousy and anger are twin brothers. They lead to disharmony and disunity among the individuals.

Disunity is the primitive feeling in the minds of even educated civilized people. An affinity on account of the same caste, language, region or religion creates groupism in the minds of people. More than creating unity among them, the groupism generates comparisons, disunity and then hatred against one group and another group and among the same group also.

Then the individual's negative emotions like anger and jealousy characterize the group. This results in group politics, group clashes and communal riots. This groupism affects the productivity of the Institutions and Industries. Even among well educated, corporate, government offices also these groups are formed. All this ultimately

---

*Negative habits make us slaves.*

---

causes disunity among Indians and damages the productivity and the strength of the nation. The above negative emotions affect not only the individuals progress but also the progress of the nation as a whole.

Generally, people think that solving the national problems is a duty of the government and the individual problems are purely personal. But, here is a report which reveals that individual problems ultimately leads to national problems.

**Laziness leads to postponement :** Postponement spoils any working environment. Lack of working attitude fails commitment. Failure of commitment leads to reduction in production. This leads to continued poverty and unemployment.

**How under-development of human beings is leading to the under development of economies :**



The above mentioned negative emotions may begin at the individual level, but their manifestation destroys the social harmony.

**"Aap Ghar Rahe Aur Desh Ko Ghara Rahe. Kaun Badlega Yeh Stithi?"** means : by nurturing the negative emotions the individual is not only obstructing progress but also causing perennial problems to the nation.

Who will change this situation? Now, let us know about positive qualities that help us to build the nation. You are going to read and transform scientific method to change individual from negatives to positive potential for Individual Development leading to National Development – Aap Badho Desh Ko Badhao.



Laziness leads to Postponement  
 Postponement leads to Loss of commitment  
 Loss of commitment leads to Poverty,  
 unemployment Poverty leads to Economic  
 under development

### ATTRACTI0NS LEADS TO DESIRES

Greed → Luxuries → Comforts → Indiscipline → Corruption → Sorrowfulness

### Activity - 1

**How do you change youth and the nation?**

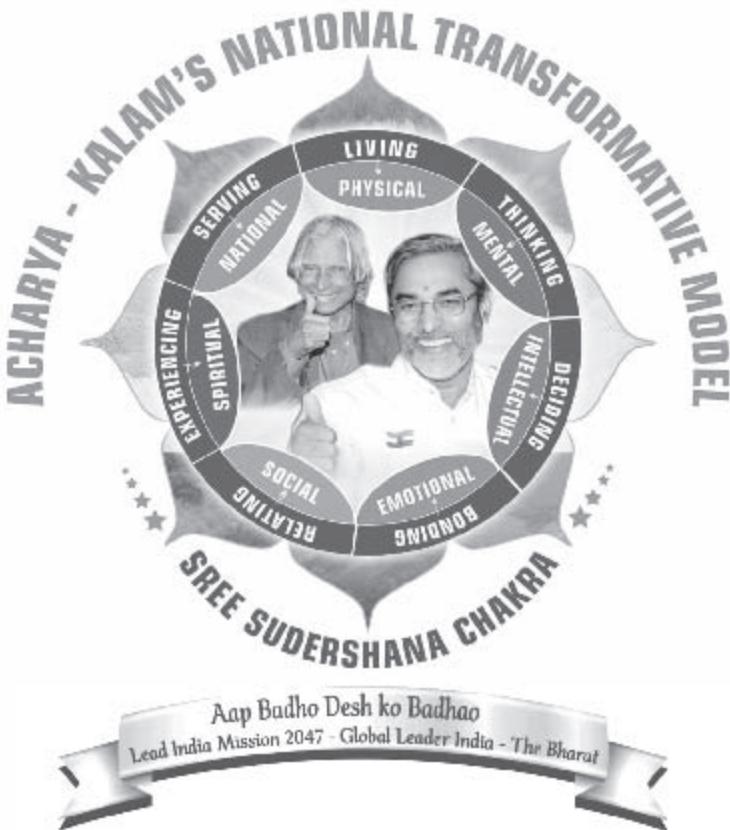
How to Channelize their intelligence and *technological* capabilities to grab growing global opportunities ?

### MEASURES TO TAKE

Acquire Knowledge with experts      Discussion      Controlling Sex emotions      Celibacy till Marriage      Faithful to Spouse      Precautionary Measures

*My transformation is my nation's transformation.*

## 6. ACHARYA-KALAM'S NATIONAL TRANSFORMATIVE MODEL



### Guaranteed Health & Happiness

Is in healthy maintenance of Physical-living, Mental-thinking, Intellectual-deciding, Emotional-bonding, Social-relating and Spiritual-experiencing, finally serving for National Development.

The following explains further what values and skills are inculcated in individual development – App Badho and National Development – Desh Ko Badho.

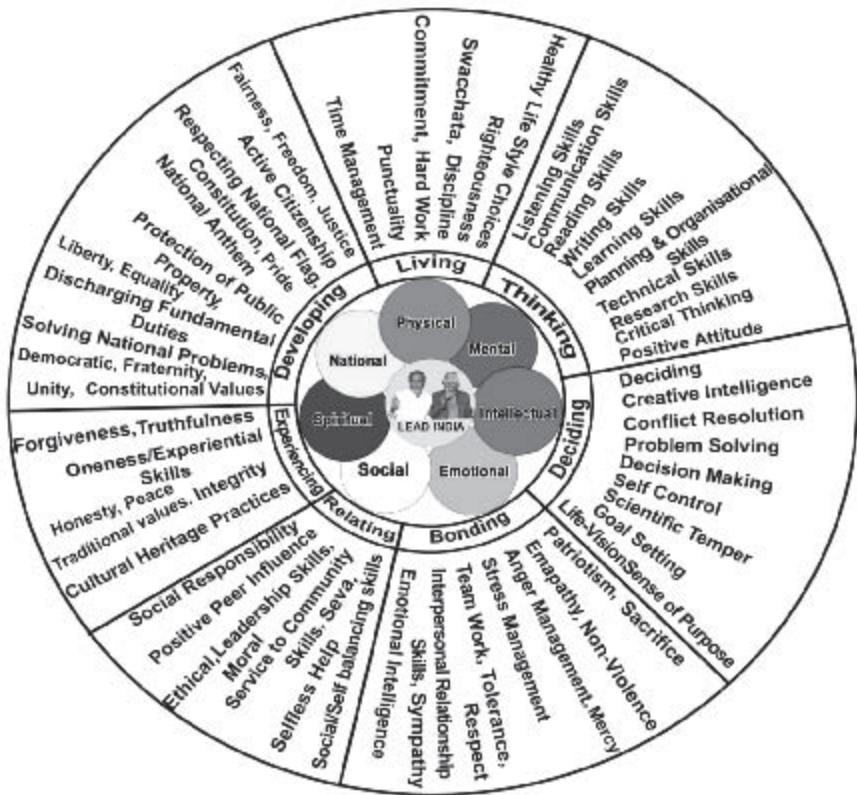
*Ignite your inner dimensions - they steer your life's journey.*

## Acharya Human Transformative Model

### Aap Bodho Desh Ka Bodho - आप बढ़ो देश को बढ़ाओ



#### Wheel of Inner Dimension With Human Values and Skills for Holistic Development Program



Inculcates 70 ethical-moral values and skills initiated by UNO, UNICEF, WHO, Indian constitutional values, 12th Five Years Plan goals and National Educational Policy-2020 to make enlightened empowered responsible citizens.

Now examine each of the above inner dimensions of human personality, explained as different topics in this book as below for your development and national development which is very much relevant. Let us read & understand.

**“Aap Badho” – Various aspects of Individual Development.**

- a) Life and vision
- b) Career Development
- c) Physical Development
- d) Mental Development
- e) Character Development
- g) Social Development
- h) Human Values for human excellence
- f) Spiritual Development
- i) National Development

**Important to Note :**

Each of the following topic is very much related. They give extra knowledge for you and your family's holistic development.

**Activity – 1 :**

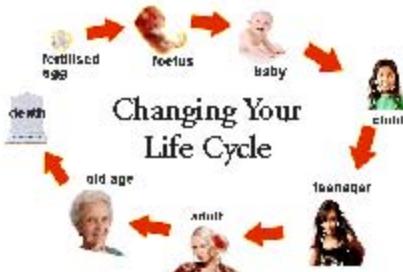
Check your practices and make yours and your family action plan home chart to develop each of the dimensions for your holistic development, in a scale of 1 to 5. Review, Replan on every New year Day.

Physical development	1	2	3	4	5	Emotional balancing	1	2	3	4	5
Mental development						Social development					
Intellectual development						Spiritual development					

*Map your inner dimensions, as a course for holistic growth.*

## 7. LIFE VISION – MISSION – GOALS AND ACTION PLANS

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 life, but all are not 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. You will get lot of points to 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, the purpose of life, the goals for life and the way of life have to be determined. What are the life skills required to lead a successful life?

### 7.1. 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, situations are

***Plan your life with purpose; let every moment drive you forward.***

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 to success”**

## 7.2 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.

Every life has its own joys and sorrows, ups and downs.

We have come alone with empty hands at the time of 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 alongwith us when we are gone;

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*Life comes only once – realise purpose of life.*

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Our knowledge is limited inspite of any amount of education and experiences.

### What comes & Goes in Your life

During life three things come and go

(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

They accompany life

(i) Good Deeds (ii) Bad Deeds (iii) Shadow

## What Money can do ?

"Dhana-Mūlam Idham Jagath" means to acquire anything in this world money is required. So, everyone is in the 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

(i) Money should be to the extent of your goals and (ii) earn money righteously. (iii) Charity will get you more money and it will give you happiness also.

---

**Activity :**

## Goal – Money required – Righteous Plan of Earning – Timelines

*Earn ethically; let wealth serve your life's purpose.*

### 7.3. Purpose and Goal of Life

Every minute lakhs of people are born and die in this 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 realize the purpose of life.

Every part of the creation lives and serves for others. Take a tree it sacrifices its roots, flowers, fruits everything for the welfare of humanity.

Like wise every part of the universe and all animals serve the other leaving beings. Human beings should learn from them that the purpose of life is "**Paropakarartham Idam Shariram**" means purpose of life is to serve others and to protect nature.

To understand and save ourself from birth and death cycles.

What actions (Karmas) you do, how much money you earn, How many people you helped is not important.

How many men you transform as selfless workers as is what is in our scriptures say "*Paropakarartham idam Shariram*".

What is important for you, where you are is not important but what you are is important,

what you are is not important, but

what you do is important

what you do is not important, but

how you do is importnat

how you do is not importnat, but

what you do must reach those for you do is very important.

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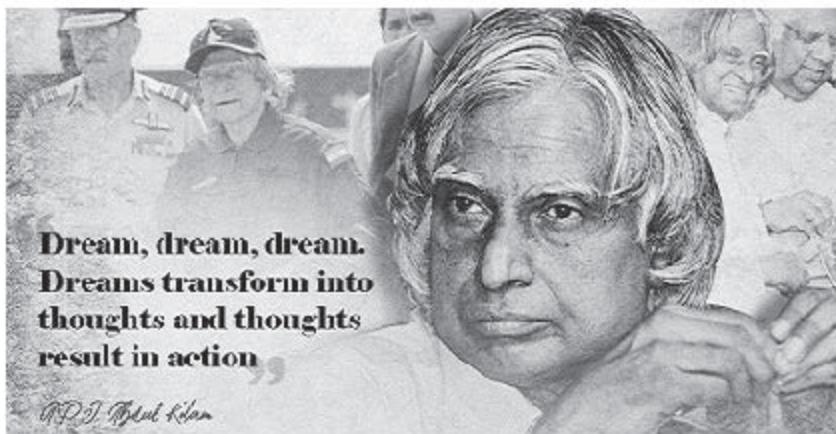
*Realization is the real Goal of my LIFE – Swami Vivekananda.*

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God gifted you the power of intelligence to discriminate, to find out the purpose of life.

Your money, family assets nothing comes with you when you die. What is the purpose of your life?

**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 ship without a rudder”. If your goal is a star, at least you can reach the moon. Many of our great grandparents lived and died. But we may not know anyone. But all of us 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.

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*Celebrate your birthday by serving the needy.*

---

### 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.

### 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. Chase your Goals as per given chart, by comparing & competing with self by doing self introspection daily before bed.

### Activity :

#### How to celebrate your Birthday?

Birthdays are celebrated with lot of parties etc. Happiness lies only for that day. But how to achieve year long happiness.

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.

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 your goal.

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*Remember, "Low aim is a crime"- Dr.A.PJ Abdul Kalam*

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:-

- Self-confidence** : Self-confidence is the tool to face ups and downs till success is achieved.
- Attitude of Learning** : Knowledge is infinite. Knowledge is also Power. So, we should have an attitude to learn new things. Develop these attitudes by learning continuously, which will increase interest and intuition.
- 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 and thinking.

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

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*Time is a limited resource - invest it in meaningful pursuits.*

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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. Inner passion development will lead to the development of career with money, service and satisfaction. It will be a greater contribution to the society.

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.

#### 7.4. 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 failed 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 to success.



### *Chase Your Immediate Goal*

1. Write your long term Goal.....IAS/IPS/Scientist/Passion
2. Paste it on your mirror/note books to see daily
3. Compare and Compete with yourself as per your plan
4. Procure your requirements for preparation
5. Hard work with smart work, till targets are achieved.

#### **Activity :**

- ❖ Write about your next 10 years goals, plans (age, qualifications, Jobs, income, marriage, family, nation, globe) developments.
- ❖ Write how will you contribute for transforming India as a global leader - Viswa Guru Bharath, 2047.

### **Next 10 years My Dream Plan**

Years	1	2	3	4	5	6	7	8	9	10
<b>Developments</b>										
<b>Age</b>										
<b>Qualifications</b>										
<b>Job or owner</b>										
<b>Income</b>										
<b>Family</b>										
<b>Others</b>										

**Plans to Lead India as Global Leader**

*Recollect your Goals. Rejuvenate your Energies.*

## 8. CAREER DEVELOPMENT - Global Leadership Skills

### What are we Doing ?

India has become the third potential country in the world for employment generation, but ironically we have got unemployment as a national problem. Why and How?

Lead India 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 branded 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 to inculcate human values and global skills. Particular focus is being made on students of rural government schools and village youth as most of the problems like poverty, illiteracy, unemployment are found in villages, so as to enable them to grab global opportunities. Then only all these problems related to economic development will be solved.



### 8.1 Gaps in Education

Education is the base for the development of students and the nation. But our education system has got its own gaps which are as follows.

#### (i) Gaps in Methodology to Impart Knowledge

Today's education system is knowledge-oriented. But as for Indian education system, as said in the following Sanskrit Sloka

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*Revitalize education, making it a dynamic vehicle for progress.*

---

acharyat padamadatte, padam sisyah swamedhaya |  
sabrahmacharibhyah padam, padam kalakramena cha

Means, 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.

### Gaps in Education and Employment

In spite of this philosophy believed in India there is a big gap between education and employment. Out of 100 higher education students coming out with certificates only 5 per cent are going into the discipline which they have studied like electronic graduates going into electronics but 25% are going into civil constructions or as a school teachers and other odd jobs, balance 75% are added to the unemployment group every year.

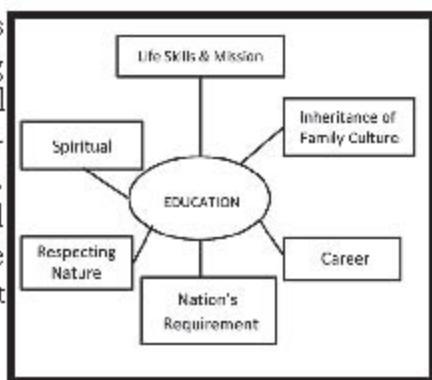
#### (ii) Gaps in Skills Development

These 75 per cent graduates possess all the required educational qualifications and subject knowledge but they lack employable skills which are widely called as global skills.

State and Central governments have appointed expert committees to suggest ways of how to impart global skills.

## 8.2. 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.



*Think Global - Act Local and be Vocal for Local.*

**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.

Hence it is important to focus on one's own goal's and strive to achieve them so as to posses a comprehensive sustainable development.

### **8.3. Career Development - Global Leadership 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
- (ii) Leadership skills development
- (iii) Entrepreneurial skills
- (iv) Comprehensive approach
- (v) Communication skills
- (vi) Practical Education
- (vii) Scientific Temper as a mission for life
- (viii) English Language
- (ix) Computer Skills
- (x) Team Work



### 8.3.1. 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.

#### Tips to develop positive attitude.

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

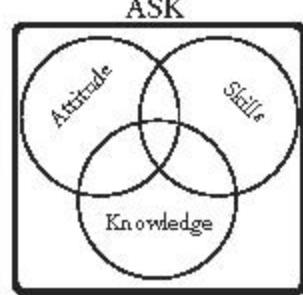
Please read mental development in the following pages :

#### 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 studies is only a drop in the ocean. So for self development, knowledge should be acquired throughout one's life.

This implies that even experts in an area of specialisation know only a drop in the ocean of knowledge. So knowledge of infinite - the soul is the fountain of knowledge.

We can gain knowledge through the following methods :

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



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

### 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 changes;
- ❖ As suggested in Japanese Self development "Kaizen" technique, by doing very small changes in daily life will bring big changes.
- ❖ 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.

### 8.3.2. 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 one's own self and should have a goal. Understand others and influence them to follow with the following qualities.

- ❖ always be able to overcome a problem and be a solution to it.
- ❖ have a far sighted vision.
- ❖ 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.




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*Leadership is Action- not a position.*

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- ❖ 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 your passion and work in any condition anywhere.
- ❖ always have patience and maintain happiness.

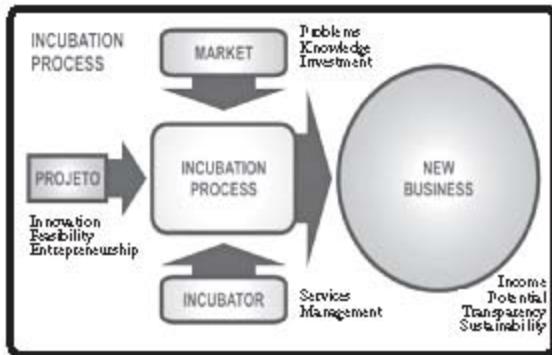
### Activity

- ❖ Write down some local Problems where you can initiate solutions as a leader.
- ❖ Select your own passion or interest in vocational/technical shall and develop as a career.

### 8.3.3. 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, (e) Self employment technical skills,
- (f) Pursue passion of your own.



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

You will have freedom and also earning as much time you spend. It will give more satisfaction of service. Youth is growing more in

*Employment is limited, entrepreneurship is unlimited*

number, but that much employment can't be created. Hence youth should decide for entrepreneurship.

### 8.3.4. Comprehensive Approach

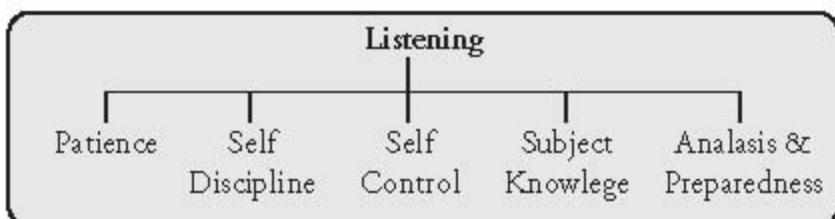
Science	Maths	Social	Languages	Computers
Nation	Industries	Nature	Environment	
Knowledge is one				
Break Barriers of Subjects				

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 are isolated and independent. A little thought makes all the subjects we study related and complementary to each other, and all are related to life, career, industries, nation, environment and nature.

Comprehensive approach increases common sense, capabilities, knowledge, languages, feelings in turn over all enhances personality beyond education.

#### 8.3.4.a. Listening Skill :

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




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*Comprehensive approach increases Common Sense.*

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"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, continuously and convincingly. Unproductive arguments can be avoided.



By listening we remember 45 per cent of the subject matter.

### How to listen with interest ?

Listening (Sravanam), should be followed by Maranam – recapitulation then Nidhi Dyasam - Intellectually internalising the knowledge is an ancient Indian Education system of Sruthi and Snuthi.

Practice writing notes and revise everything listened;  
Note down doubts and get them clarified.

### 8.3.4.b. Reading Skill:

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

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*Pages of knowledge turn into the power of action.*

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### 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 down 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;
- ❖ Removes loneliness;
- ❖ Gives 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.

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*Books are beacons of knowledge, guiding your journey.*

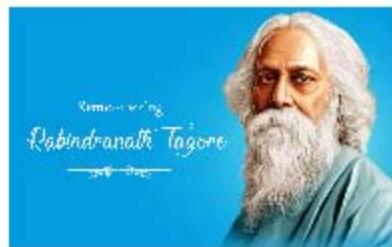
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### 8.3.4.c. Communication Skills:

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.

#### Effective Writing Skills:

Writing is a continuous process to convey thoughts and deeds to others. Writing should be neat and clean, with easy words and 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.
- ⦿ While writing, keep your fingers and your hand on the paper.
- ⦿ Write your letters neither small nor big, it should be clear and visible.
- ⦿ Hold your pen to forty five degrees while writing;
- ⦿ Leave some space between the words and lines;
- ⦿ Practise diary writing, writing on unknown things, writing briefly and poetry writing etc.

Human beings are intellectuals. God has gifted equal intelligence to everyone. Emotions are expressed in poetic writings. Just you need to have passion for language Every one with emotional feelings can start writing poems.

#### Activity :

**How can you become a POET, hidden in you ?**

Write a poem with a selected theme - write important points - words - arrange them in a rythm - tune it.

*Ignite your inner poet, crafting your creativity.*

## 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.

- S** - Simple language
- I** - Impressive presentation
- M** - Modulation of voice
- P** - Perfect Pronunciation
- L** - Loud (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 a long sustained motivation;
- ⦿ Some will escape with some reasons;
- ⦿ Some will be waiting for an opportunity to speak.

Following are few reasons why most of the people are scared to speak before audience :

- ⦿ Feeling shy;
- ⦿ Inferiority complex;
- ⦿ Lack of self-confidence;

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*Fear and Shyness to speak, suppresses all other strengths.*

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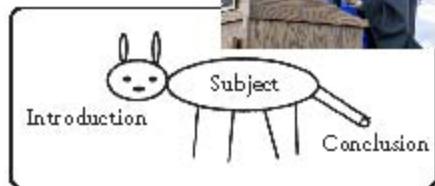
- ❖ Lack of practice in speaking in groups;
- ❖ Fear of speaking wrong.

### 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 to speak - tension will go;
- ❖ Adopt the principle of 3Ps : Practice, Perfection and Purpose;
- ❖ Make your body free, breathe freely and free your arms & hands & relax;
- ❖ Say a loud "Lead India" thrice, tension will go confidence will grow;
- ❖ Introduce yourself first, feel you are important. Say confidently;
- ❖ Write the things you want to speak in an order on a small paper;
- ❖ Practice in such a way that your speech is brief and meaningful;
- ❖ Give live and real examples;
- ❖ Don't follow others, speak in your own way;
- ❖ Use proper body language;

### In public speaking there are three steps :

- (i) Introduction with a story or proverb or an incident etc., can be included to create interest or surprise to keep attention of the audience.
- (ii) Purposeful Subject presentation;
- (iii) Conclude with action items.



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.

### **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 confidently 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.



**Lead India - Group Discussion**

### **8.3.5. 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.

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*Knowledge of Practical Education experience remains lifelong.*

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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.



### 8.3.6. Scientific Temper 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 discover nature to some extent with the evolution of new ideas only.



#### For Example :

- Newton, by observing an apple falling from the tree, got curiosity and questioned, 'why it is falling down?' Imagined whether earth has gravitational force? Further, with observation, investigation and persistence he discovered law of gravitation.
- 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, questioning, innovative ideas and persuasiveness that ignite scientific temper. Thus scientific temper makes science as a mission for life.

#### 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

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*Science is not just a subject, it is life - Observe.*

---

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?



*You can learn any subject – can solve any problem*

#### Observe - Question ? - Pursue - Willpower

You can ignite a SCIENTIST hidden in you.

Keep Observing HOW things happen around you like Newton or any other scientists.

WHAT were their questions, WHY it happened like that, pursue WHERE, WHEN, WHO experimented till the discovery to become a scientist.

#### 8.3.7. 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 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.

*Questioning paves the path to profound understanding & Knowledge*

Britishers praised Indian leaders like Gandhiji, Sardar Vallabhai Patel and Subhash Chandra Bose that their English was much better than Britishers.

**Activity :**

"Daily learn five or ten new words and write sentences to improve vocabulary. Always practice and make it a habit to speak only in English". You can speak and become best.

### 8.3.8. 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 as per new innovations like Artificial Intelligence and Machine Languages, etc., Further, it's also essential to possess individual email IDs, Social Media Accounts for networking in this digital world.



**Activity :**

- ❖ List out your goals and write your plans to achieve them.
  1. \_\_\_\_\_
  2. \_\_\_\_\_
- ❖ Mail your goals and periodical achievements to Lead India change info.leadindia2047@gmail.com
  1. \_\_\_\_\_
  2. \_\_\_\_\_

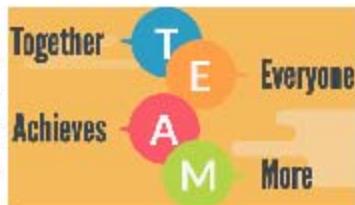
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*Today's literacy is digital literacy.*

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### 8.3.9. 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.



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, if 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 the Tortoise on the Rabbit's 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 destination successfully.



Work in team to achieve good results.

### 8.3.10. Summary of Your Global Leadership

World is looking towards Indians for their knowledge capabilities with values and skills, hard work and intelligence. See now our Indians have taken up global leadership.

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.

Dynamic changes are happening in this digital world, they have to be acquired by constant watching & learning and improving capabilities to grab global opportunities. As India is developing as a global leader, opportunities for dynamic leaders are opening new doors. Please observe how Indian young leaders are becoming global CEO/COOs. With you now growing you will be making India as a global leader soon.



India on Moon

### Scientific and Technology Global Leadership



*Time is leading India as a Global Leader*

## 9. 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 and happiness cannot be achieved?**

All other factors of success revolve around this key single factor like our axle to the wheel. 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 Mulum Uttamam*" – means for doing anything for pleasure or righteousness or for spiritual salvation or for anything, health is the fundamental key factor. Without health students or teachers or anyone cannot 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.



### 9.1. What is health?

World Health Organization (WHO) has defined health as "*Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity*".

Wellness is commonly viewed as having seven dimensions "Physical, Mental, Social, Financial, Spiritual, Environmental, and Vocational. These dimensions are independent and influence each other as illustrated in "Acharya Kalam National Transformative Model".

### How individual health is related to Nation's health?

Healthy individuals make healthy families. Healthy families make

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*Health is the Key for Success and Happiness.*

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healthy society. Healthy societies make healthy nation and healthy world. Thus, individual's health leads to national health. What we have experienced during Covid-19.

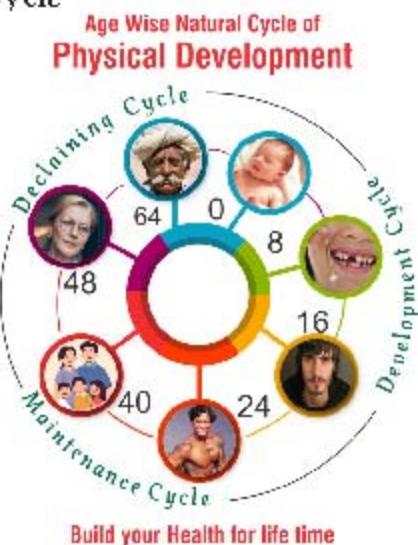
## 9.2. Physical Development Cycle

Observe that there will be natural changes in human body hormones functioning for every eight years. From 0-8 years of childhood formation of organs takes final shape for example, replacing milk teeth with permanent teeth. Next 8-16 years is an early adolescent age in which male, female genetic hormonal growth rapidly manifests.

From 16-24 years bones, nerves, muscles and internal immunity build youth into an adult. At this stage development cycle completes for a life time. Then maintenance cycle starts from 24 years to 40 years now a days, earlier it was 48 years. Thereafter decline cycle starts till death. This cycle is very important where female menstrual cycle stops. Nature gives hints like eyes may get eye sight, hearing ability may become weak, skin starts wrinkling and body gets prone to several diseases.

Hence, youth in the age group 12-24 years is very important to build lifelong health. Girls health is also very important. To focus on good health do the following :

- ❖ 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.
- ❖ Do yoga and pranayama



- ❖ Youth should know their physical goals required to increase their height, weight, chest, muscles, etc. accordingly select specific yogasans, gym exercises etc.

#### CAUTION :

Girls should be careful while selecting the gyms as some unsocial elements are mishandling with fraudulent practices as some religious conversion agents are trapping girls and trafficking them. So, girls should be very careful.



#### Principles of Good Health

Principle of Air	Principle of Water	Principle of Food	Principle of Exercise	Principle of Rest/Sleep	Principle of Excretion
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What is the element without which living beings can't live for few minutes?

##### 9.3.1. 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 Shakti* – Energy. All other elements like water, food, etc., ultimately convert into energy, so air is the instant energy. Energy is derived from *Prana Vayu* (oxygen). Pranayama enables intake of more *pranavayu* which gives more *Prana Shakti* 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.

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*As you follow Principles, so you will be Successful.*

---

### Secret of Living for 100 years

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

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

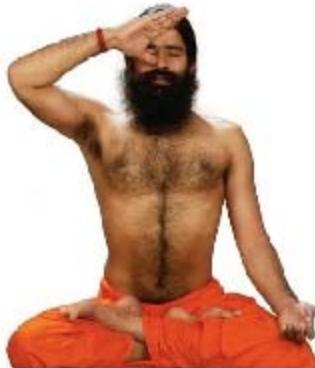
From the above table it can be inferred that, as the number of breathes per minute decreases, the longevity increases substantially! A tortoise goes on to live for 200 years. So, for long life breathe slowly and fully and decrease the number of breaths per minute.

### Advantages of Pranayama

Pranayama is a scientific process that helps individuals to decrease the number of breaths per minute to increase the life span.

It unifies body, mind and soul which is called yoga and it gives peace to mind and relieves all tensions.

Just like wiping off a black board, it wipes out all mental tensions.



**What is the basic element without which living beings can't sustain even for an hour ?**

#### Activity :

- ❖ Observe your breathing rate - Breath Long practice to Live Long
- ❖ Use Pranayama to get relief from any disease or pains.

---

*Breath Long - Live Long - Do Pranayama.*

---

### 9.3.2. Principle of Drinking Water

What is the basic requirement for living being to live, without which one cannot live even for a few days ?

#### What is the Nature of Water

- Water has got a wonderful natural character of cleansing. We clean external body, external environments with plenty of water. We clean bathrooms with phenol and acids. How to clean our internal system ?
- Normally, our body contains 80 per cent of water and 20 percent 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 most of the waste materials in the body are soluble in water, it removes the 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*, mentioned in his book 'Charaka Samhitha' that one should take enough of water daily before sun rise. It is prescribed that we may take 37ml of water for 1 kilo weight of the body of a person.

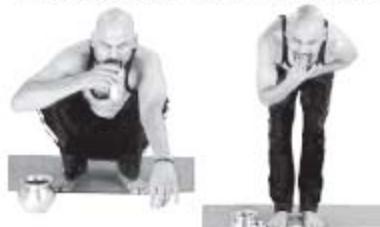
Accordingly, one may take enough water. Now it is widely followed in Germany and other European countries. It cleans internal system by facilitating free motion. Drink a glass of water before 30 minutes to each meal.

- Do not drink water while eating as it dilutes gastric juices and decreases the efficiency of digestion. After one hour, digestion takes place and natural thirst develops. Drink water as per natural



Internal cleaning is most important

#### Drinking Water Cleaning stomach



Shankha Prakshalana Kriya

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*Internal cleaning is more important than external.*

---

thirst after 40 minutes of each meal. This would give good digestion and energy for good health, decreasing 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.

**Water is a basic sustenance element for living beings, without which one cannot survive even for a few weeks.**

### 9.3.3. Principle of Food

- ❖ Food is the basic element on which all living beings live. Without food we cannot survive even for a few weeks. Let us examine the principles of food. Hunger in living beings demand for food;
- ❖ The Bhagavad 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 havishi...*" (IV:24) means, food is God and it is 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. Therefore, it is advisable to pray before consuming food which will be thanking the nature. Mindful silent eating helps in experiencing the divinity and getting more energy.
- ❖ By chanting these slokas we express our gratitude before taking meals. "*Annam Parabrahma Swarupam*", food is valued as God, we have no right to criticise food. "*Annam na Nindyath Tadvratam*". So many people on this earth are suffering from hunger. To help them let us pledge "I will 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.




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*As is Food- so is Mind.*

---

## Benefits of 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.



Lead Indian Trainees  
prayer before meals

## 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"  
"Shareenamâdyam Khalu Dharma Sâdhanam"

## What happens to food after eating?

*"Rasad rakta m tato mamsam mamsanmedah prajayate,  
medasosthi tat omajja, majja shukrasya sambhavah"*

Susruta 14-10.

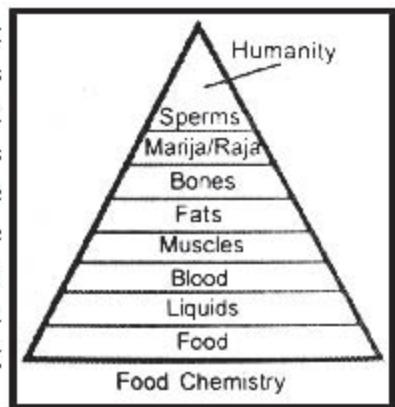
Food converts into liquids (rasam), liquids into blood, blood into muscles, muscles into fats, fats into bones, bones into marija (mooluga), marija into sperms (veeryam in men, rajas in women). Thus these elements become powerful as they go on converting from

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*Understand your body's nature and Suitable food.*

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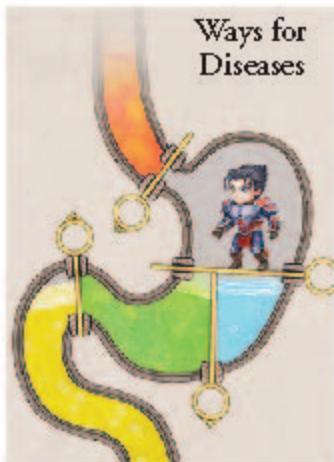
one form into another. So, the most important thing is that food is converted to sperms or rajas in Annamayya Kosha. This carries genes DNA of individuals and this gives rise to births. This will also improve internal resistance of the body. So, youth have to be very careful in preserving this vital 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 the stomach functions well our appetite will be good and to maintain good health follow the below tips :

- Stop tea, coffee which stimulate nervous system;
- Stop cool drinks;
- Do not eat fast food. Rather, eat natural food and seasonal fruits.



### Good Food 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. So develop the habit of consuming the right food in right quantities at right time.

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*Stomach is the root cause of all diseases.*

---

### 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 the junk food you eat and make a pledge to reduce and protect your health.
- ❖ Youth choose the best food 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”

#### 9.3.4. 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 all the time. 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.



#### Activity :

Make time table of doing suitable exercises daily to be fit.

*Fitness isn't a choice; it's a commitment to your wellness.*

### 9.3.5. 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*.



### 9.3.6. 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 leads to disorder. Excretion depends upon the type of food we eat as explained in the principle of food. Drinking 1.26 liters of water early morning will help in free motion and cleanses the intestines.

#### Activity :

- ❖ Eat vegetables and fruits more and drink plenty of water.
- ❖ Ensure to excrete daily once at a fixed time to enjoy the day.

### 9.4. How Body Works in a Day

- ❖ Lungs respire 23,045 times.
- ❖ Blood flows 16,80,00,000 meters.
- ❖ We speak 25,000 to 30,000 words.
- ❖ We breath 438 cubic feet of air.
- ❖ We eat 1.4625 kgs of food.
- ❖ We drink 5 liters of water
- ❖ We think with 7,00,00,000 of brain cells.

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*Sleep and Excretion Balances Health.*

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- ❖ Nails grow 0.00066 inches/day.
- ❖ We use our important muscles 750 times/day.
- ❖ Hair grows 0.01714 inches/day.
- ❖ Heart beats 1,03,689 times/day.

Doing exercise on a regular basis helps to be healthy and fit. A healthy body would have a healthy mind –

### Know Your Ministers

Every Organ of the body has a purpose, they do their natural jobs without interfearing with each other but as a team. They are independant and inter dependent. We should observe and learn from them working as a team.

Brain – Prime Minister; Eyes – Law Minister

Nose – Health Minister; Tooth – Industries Minister

Longs – Home Minister; Heart – Fitness Minister

Stomach – Agriculture & Food Minister

## SECRETS OF YOUR HEALTH PLAN

Activity – Tick (✓) (✗)

Physical Development	Mon	Tue	Wed	Thu	Fri	Sat	Sun Total Ticks
Pranayama							
Yoga							
Drink more Water							
Balanced Food							
Exercises							
Sleep							
Excretion							

*Your Health is in implementation of your Health Plan.*

## Protect your Stomach for long healthy life

### Activity – Tick (✓) (\*)

Physical Development	Mon	Tue	Wed	Thu	Fri	Sat	Sun Total Ticks
Early Dinner							
Avoid Fast Food							
Avoid over Eating							
Avoid Wasting Food							
Avoid Packed Food							
Avoid Animal Fat							
Reduce Screen Time							
Avoid Bad Habits							

### Important Note :

Allopathy medicines are only to subside sufferings in emergencies. Prevention is better than cure. Naturopathy prevents Ayurveda cures. The Medical services have now become a big maphia business. Nature is our Teacher - Chek yourself and maintain good health.

### Self-Diagnosis by observing within yourself

Glowing Face	Radiance in the face
Bright Eyes	Gases with out smell
Nails with blood	Regular / Timely
Urine without color	Food, Sleep

Letus Promote Fit India – Olympics from Villages

*Nature gifted Self-Diagnosis. Understanding and utilise.*

## 10. MENTAL DEVELOPMENT

Mental development is the process of developing mind powers and creative intelligence on one side and controlling anxieties, tensions, worries and emotions on the other side, thereby managing the mind to develop to achieve the goal of life. In this context mind plays a vital role.

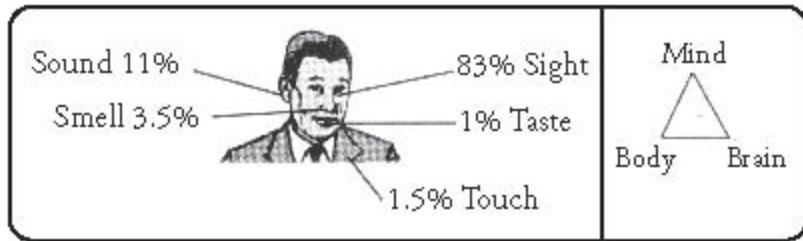


Got an Idea

### 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.

Where from do we get thoughts? What are the doors for thoughts? The sensory organs are the doors for thoughts. Please see below how sense organs contributes it's share of percentages in forwarding its impressions to the mind.



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 Goal. These thoughts of mind are transmitted to the brain which is the central nervous system so that actions are initiated. Now let us understand the basic differences between Mind and Brain as follow.

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*Mould your mind - Shape your destiny.*

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### 10.1. Differences between Brain and Mind

Brain	Mind
<ul style="list-style-type: none"> <li>❖ It is physical organ, It can be seen. Can be operated (physically).</li> </ul>	 <ul style="list-style-type: none"> <li>❖ It is not an organ. Cannot be seen.</li> </ul>
<ul style="list-style-type: none"> <li>❖ Mortal, comes with the body, goes with death of the body</li> </ul>	<ul style="list-style-type: none"> <li>❖ It cannot be operated.</li> </ul>
<ul style="list-style-type: none"> <li>❖ Hardware</li> </ul>	<ul style="list-style-type: none"> <li>❖ Beyond birth and death cycle.</li> <li>❖ Immortal</li> <li>❖ Software</li> </ul>

### 10.2. Nature of Mind

- (i) **Unique** : No two minds in the universe think identically. So, each human being is unique.
- (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 in the present actions that make a big difference in the future.

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

#### Activity :

Think - Analyse and write about the nature of your mind.

### 10.3. Powers of Mind

Thinking ability of mind is infinite, which psychologists could not identify powers and process of mind, where ordinary persons become

*Locate address of your Mind. Identity your Nature.*

extraordinary persons. Physical work can be measured in calories whereas mental work cannot be measured. Unwanted thoughts, mental tensions, 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.

### Ignite Hidden Powers in Your Mind :

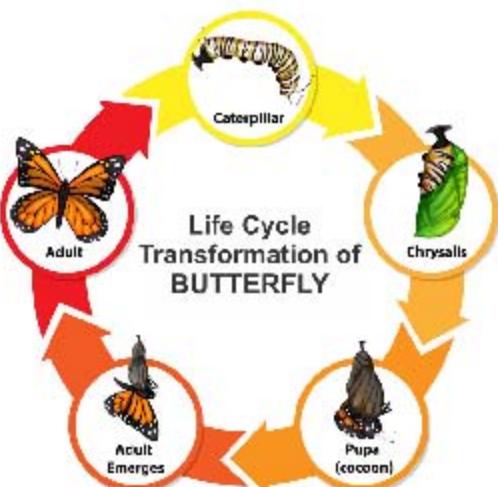
- \* Power of Thinking – Can think infinitely
- \* Power of Understanding – Can understand any subject/problem
- \* Power of Memory – Can remember and recollect age old issues.
- \* Power of Imagination – Can imagine anything infinitely.
- \* Power of Creativity – Can create innovative things.

"Realise all powers are within you. You can do anything and everything. Nothing is impossible" said Swami Vivekananda.

### 10.4. Process of Mind

The process of mind is unique. Any thought that comes to mind, starts its process.

Dream big, have vision for life, so that world will remember you forever.



*All Powers are within you. Ignite.*

## 11. CHARACTER DEVELOPMENT

"Education is for formation of the character, controlling the senses, sharpening the intelligence and to stand on ones own feet" says Swami Vivekananda. To develop positive characters and remove negative characters, please observe **process of mind** and can change **any ordinary person as a great person** by understanding and following:

**Secret – Ordinary can become Extraordinary Person**

Faculty	Actions needs to be Done
Thought ↓	Think big to achieve your desired goals 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.
Words ↓	Think and Talk with love, truthfully, harmonizing hearts be simple, clear, specific positive asserting that "I will do".
Actions ↓	Ensure righteous actions related to your goal, time table and Study Plan. To utilise time properly.
Habits ↓	Learn to smile and work with dedication. Complete the work taken up. Visualize "what next" say "So what" for challenges.
Attitudes ↓	Develop positive attitudes, problem solving, decision-making, analyzing questioning - Self Enquiry.
Character ↓	Develop core values like truth, righteousness self-discipline, will power, concentration, commitment and courage.
Destination	The above listed actions will transform an ordinary person into an extraordinary person.

*Make Mind Mapping Flow Chart for your Goal.*

Thus repeated thoughts, desires, words, actions, habits, attitudes form as characters. This process will be creating happiness or sorrowfulness during the life and are carried beyond life of an individual as the mind has no death. It is only by self-inquiry, self-control, self-discipline, self-confidence with determination characters can be changed towards self-development.

### 11.1. Nature as a Teacher for Human being - Observe

Please observe how animals are attracted towards pleasure due to their senses and also observe the consequences they are facing:

#### How Deer's get caught?

Hunters spread a net and play melodious music. As deer's are fond of music, they stop running and is trapped and caught in the net.



#### How Elephants are caught?

Hunters dig a pit and cover it with leaves and bushes and tie an elephant nearer to the pit. Opposite sex Elephants run to have the pleasure of touch by rubbing the elephant and fall into the pit and they are caught. Pleasure of Skin touch is the root cause.



#### How Insects are caught?

Insects get attracted towards the brightness of fire. They fall in fire and die. Eye sight attraction is the cause for their death.



### How Fish are caught?

Fishermen tie earthworms as bait to the hook and throw it in the water. Fishes get attracted to eat earthworm and lose their life.



### How Honey bees die?

Attracted with Honey smell they fall into the honey pot and die.



Living Being	Sense Effects	Sense Organ
Deers	Sound	Ears
Elephants	Touch	Skin
Insects	Sight	Eyes
Fish	Taste	Tounge
Honeybees	Smell	Nose

So far we have observed how insects and animals lose their lives with natural hidden temptations.

Now let us observe the universal natural sensory temptations inside human beings and how our hidden sensory temptations drive us without our knowledge.

### What are the Internal Enemies within you?

Following are the six internal hidden enemies which create human temptations, urges, impulses, stimulations, emotions of the mind and create all the problems and tilt human being towards animalistic nature and stop progress.

Lust



Kama

Anger



Krodha

Greed



Lobha

Attachment



Moha

Arrogance



Mada

Jealousy



Matsara

The nature of these negative qualities is linked in a vicious cycle - one leads to the other. These qualities have the potential to make the mind lose its balance and also to dissolve the good qualities.

*Internal Enemies are more dangerous than External Enemies.*

## You are changing DNA with temptations

Indian Style or Western Style



whom you are Imitating



which dress is stimulating your mind



What habits of girls are building DNA



Which music rocks / gives peace to your mind



Which food is healthy for you?



Mobiles exhausting your mind & eyes



### 11.2. Universal characteristics that hamper Individual progress:

Human mind is one of the most mysterious things that individuals are creating good and bad emotions within unknowingly. One can practice and create divine qualities like truth, righteousness, love, etc. and also animalistic qualities like lust, anger, greed and jealousy. Man is placed between God and animals. It is for him/her to decide. Man is different from the animals with the gifted power of discrimination. Man has to choose between the two natures, and rise either to the heights of the divine or fall below human level.

Let us analyze the nature of these universal negative characteristics in order to control them and progress in life.

*Kill inner animalistic intuitions - they make you animal.*

### 11.3. Use your Discrimination - Set your Characters

God gifted human beings with power of thinking and discrimination. Some people use the power of discrimination for killing the animals and enjoying, teasing people and enjoying, searching for shortcuts for enriching and seeking the pleasures as a goal of life. For all this one has to apply the newton's law of equal and opposite reaction and also apply law of cause and effect -

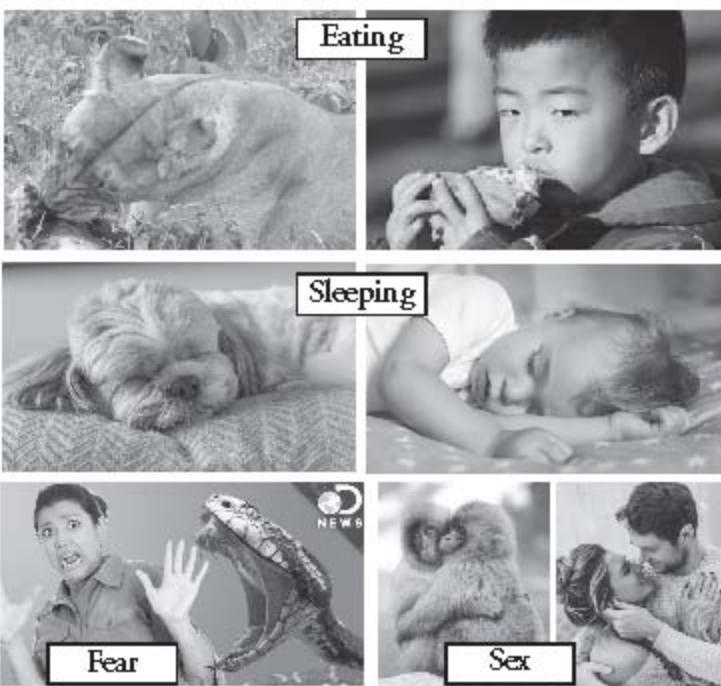
Differentiate between animals and human beings.

ahāra-nidrā-bhaya-maithunañcha;  
samānam\_ etat\_pashubhir\_narāñām |  
dharmaḥ hi teṣāmadhikovisheṣho;  
dharmañahināḥ pashubhiḥ samānāḥ ||

A Sanskrit Sloka

Use intelligence to practice best ways.

Without the Dharma, they are similar to the animals.



*Strength is Life - Weakness is Death.*

Negative qualities in nature lead human being towards animalistic nature. Positive qualities make divine man. As a student Narendra feared for life with monkeys, later he became a courageous Swami Vivekananda. Later during his visit to USA a girl was attracted to his handsome personality, hugged him in lonely situation and wanted to have a son with him. He instantly replied to take him as her son. That was the control of senses and will power of his mind. That control has made ordinary Narendra to Swamy Vivekananda – a great monk of India. Similarly, Shivaji Maharaj denied gift of a beautiful girl by Aurangazeb.

It is for every human being to choose between the right and the wrong ways. Even if one has some negative qualities, it is not too late to strive to change these negative qualities into positive qualities. But the sad fact is that in spite of education, knowledge and experience, they become slaves to bad habits and gain negative traits. Those people who change their negative traits into positive, they alone can become great. No one is born great but everyone can become great by their deeds only. The choice is one's own.

*Character is the prime factor to become a great person.*

#### **11.4. Life Time Important caution for the Youth**

You have right for your enjoyment but be cautious that you don't have the right to spoil the future of your children. Because of your enjoyment, temptations for sexual desires and provocative actions which turn as habits leading to corrupt practices spoiling health and nervousness, distracting concentration and dissipating your potential energies deviate you from your goals. Each of these will be formulating into attitudes and characters finally which incorporate into your DNA which drives your next 7 generations of your future families. For example, in families we observe that good and bad physical, mental,

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*You are both sculptor and masterpiece.*

---

spiritual attitudes and characters are compared with family members (children's behaviour is compared with grandparents, maternal / paternal uncle & aunts)

Swami Vivekananda said 'Strong & Disciplined mind is a friend, weak & uncontrolled mind is an enemy', 'Strength is life, weakness is death'. Character is very precious in life. You can change negative characters by keeping a WATCH on your thought, words, actions and emotions.

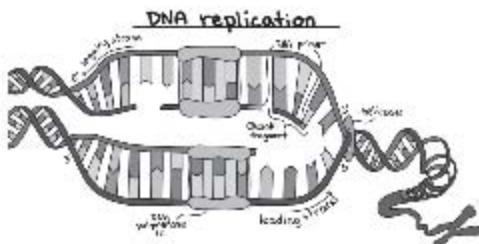
You are the creator of not only your destiny, but also your future generations. You can become great, make your family great.

### 11.5. Youth can Change your Future

Save Potential Energy - Observe and learn from Nature.

Nature allows a bud to become a flower and finally into a fruit. If the bud is nipped early it cannot become a fruit. In the same way, youth is the right age to mould themselves into useful human

#### Your Habits are Changing Your DNA for Your Next Generations



You carry DNA of 7 Generations of your Mother side

You carry DNA of 7 Generations of your Father side

beings. During youth age (up to 24 years) your physical height, muscles, nerves, immunity and accordingly DNA is developed.

Now a day's teenagers are attracted towards western culture, unethical practices with opposite sex, tempted towards entertainment, browsing internet and sharing of ugly scenes leading to sexual thoughts and dreams. A simple look, talk, touch between opposite sex can kindle

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*Design your children's future through ancient wisdom.*

---

fire of sexual thoughts and actions. Bad emotions act very strongly on the mind.

All these stimulations lead to increase desires for sexual activity which is a natural instinct for all living beings. All creatures have control on sex, except human beings. Dogs indulge in sex in a particular season only. Some animals like monkeys, elephants and lions are very faithful to their mates. Neither this is the age, nor is the youth prepared for family life both physically and mentally. They don't have the required mental maturity and emotional balance, and are financially dependent with career goals unfulfilled. If the attitude for free sex is developed the power of youth is lost before real family life and responsibilities begin.

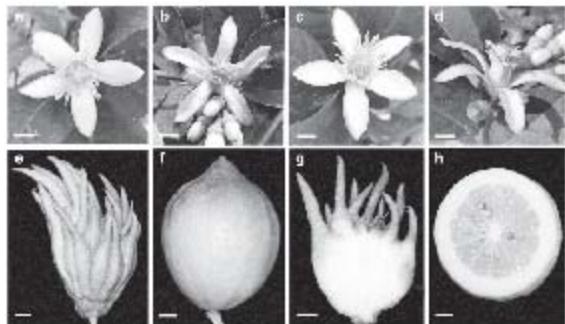
Human being is gifted with discriminative intelligence. Observing and learning from nature, as the bud grows and ripens into a sweet fruit, youth should control their negative thoughts of indulging in sex till 24 years, achieve their goals and enjoy the sweetness of success.

So, students should concentrate only on achieving their goals till then they must follow Celibacy-Brahmacharya, which was practiced in our ancient Indian Cultural heritage. They should prepare well for family life with financial strength and then go for marriage – GruhastaAsramam, to maintain wife and children with decent dignity. One should be faithful to her/his counterparts. One should take precautions to fulfil the aims of life. Legally also all Indians marry only once. Both wife and husband live with mutual trust on each other. Besides culture and legality let us read what our masters say.

If the freedom of intelligence is misused against the principles of nature, the nature will react in its own way eg. Covid bringing Old-age in Young age.

### 11.5.1. Build potential DNA for your Next Generation

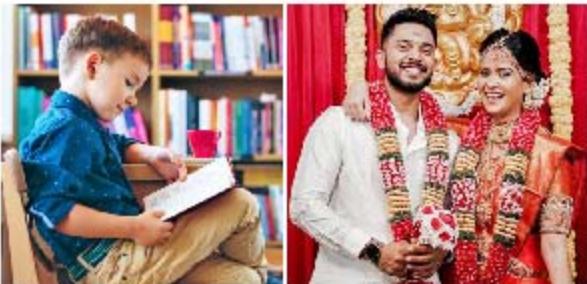
In ancient India, after education is completed by the age of 24 years, then only they were considered to be ready to take up family/kingdom responsibilities and till then they follow Brahmacharya



Bud to Flower to Fruit

Asram. Then they will enter family life-Gruhastha Asram to take up social responsibilities.

So, students should concentrate only on achieving their goals till then they must follow Celibacy-Brahmacharya.



Today

Tomorrow

They should prepare well for family life with financial strength to maintain wife and children with decent dignity then go for marriage. We should be faithful to her/his counterparts. One should take precautions to fulfill the aims of life.

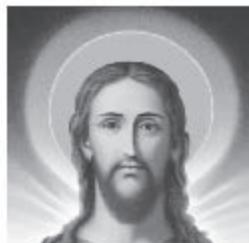
Legally also all Indians marry only once. Both wife and husband live with mutual trust on each other. Besides culture and legality let us read what our masters say.

### 11.5.2. Know the Sense of Vital Energy

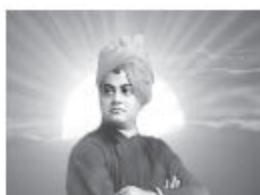
Bhagawan Bhuddha said : "Better, with red-hot irons bore out both your eyes, than encourage in yourself sensual thoughts, or look up on a woman's form with lustful desires".



Jesus Christ said, "Do not commit adultery, anyone who looks at other with a desire to possess, it is guilty of adultery".



Swami Vivekananda said, "Observance of Brahmacharya improves, tremendous learning capacity and unfailing memory, it is indispensable for every youth".



Mahatma Gandhi said, "All the strength of body and mind that has taken long to acquire is lost all at once by a single dissipation of the vital energy".



#### Brahmacharya - Celebacy



*Temptations makes you slave.*

## Life Time Warning

Once a bad habit sets as a style in life, indulging in sex or any corrupt practices, they become life time habits, later convert as attitudes, and attitudes never die. You will lose your character which only adds Values and Trust to your life.

Hence Control your sight first then control your thoughts, desires and actions, making your mind strong like a diamond and you will be improving your concentration and will have a bright future.



Swami Vivekananda said 'Strong & Disciplined mind is a friend, weak & uncontrolled mind is an enemy', 'Strength is life, weakness is death'. Attitude of the mind hardly dies. But still attitudes can be made good by keeping a WATCH on your thought, words, actions and emotions.

You are the creator of not only your destiny, but your future family. You can become great, make your family great. Now you can make India as Great Global Leader and it is all in your hands.

**Every minute, WATCH your :**

- W : Words
- A : Actions
- T : Thoughts
- C : Character
- H : Heart




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*Strong Mind is your Life long best Friend.*

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### Individual Change Management Model

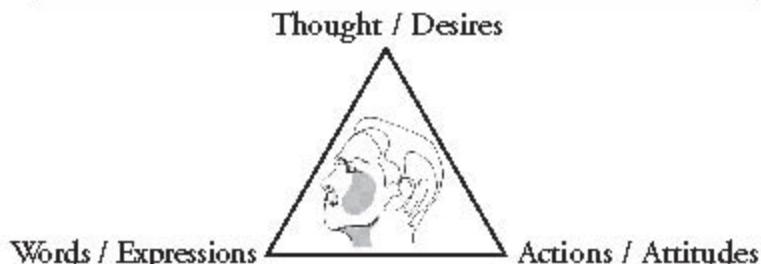
Every Individual is unique. Individual is a composition of previous lives and its baggage of good and bad attitudes and characters. Unfulfilled desires and causes of previous lives, which have to happen we may call it as Fate. That is why we call,

**“Fate links a unlinks, that no man thinks.”**

Thus no one can change anyone, as no one knows their self or residues of their past deeds. Hence, CHANGE is not possible unless the individual investigates into oneself, “Who am I” and “What am I”. Answers are clearly explained in, “Acharya Human Transformative Model” where the individual concern for his or her Change Management, one has to understand each of the seven inner dimensions inside namely Physical, Mental, Intellectual, Emotional, Social and Spiritual. Relate every transaction undergoing with other persons, in every transaction, in every situation, every minute with the reflections of hidden attitudes and characters popping up without individual knowledge. Spiritual enlightenment is the key for the functionality of each of the dimensions. Hence it is most essential to get competency and capability to dissolve each dimension and live in the spiritual plane which will be the ultimate enabler to change oneself.

Easy way to acquire these capabilities is to read each topic and do activities and attend ABDB trainings with a seriousness to experience each of the dimension functionality in real life transactions, relationships in day to day life.

#### Change Management for Character Formation DNA




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*Self-Discipline is key for Self-Development.*

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*Manah Eva Manushyanam Kananam Bandha Mokshayo*

The mind is the cause of bondage and liberation of Human Being.

— *Amrita-bindu Upanishad 2*

### Activity

As discussed previously about strengths, weakness analysis, let us consider the same for doing the following activity.

#### Identify your strengths and weaknesses:

S.No.	Strengths - Positive Attitudes	Weaknesses - Negative Attitudes
1.		1.
2.		2.
3.		3.
4.		4.

### Solve your Problems

When MIND is weak, situation is a PROBLEM.

When MIND is balanced, situation is a CHALLENGE.

But, when MIND is strong, situation is an OPPORTUNITY.

### Activity :

Please see and read carefully chase your Goal chart given below and daily before going to bed plan for tomorrow truthfully.

*Changing Your attitude is in changing your Thoughts & Desires*

### 11.5. My resolutions to change myself:

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

Invisible Cycle of Desires Creating your Internal Enemies					
Unfulfilled Desires → Anger			Attachments → Desires		
Comparisons → Jealousy			More Desires → Greediness		
Jealousy → Hatred			Greediness → Arrogance		
Hatred → Anger					

Check - Are you in control of your Internal enemies in a scale of 1 to 5

Kama Desires	1	2	3	4	5	Moha - Attachments	1	2	3	4	5
Krodha - Anger						Madah - Arrogance					
Lobha - Greediness						Matsara - Jealousy					

### Innovative Birthday Celebration for lifelong happiness

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 as per daily action plan Chase your Goal topic.

*Make every day as Happy Birth Day.*

## 12. Chase Your GOAL

(Acharya's 40 years research-Ph.D Human Drive)

**"Aap Badho Desh Ko Badhao"**

Daily Action Plan



Build your identity DNA &  
Create Crase for your Autograph



Name of the Student.....

Class..... (Immediate Goal)

Long term Life Goal.....

"Low Aim is Crime" said Dr.A.PJ Abdul Kalam

No one is born great - An ordinary person can become a great person.

"You are the creator of your own destiny.

"You are potentially divine. By manifesting the divinity within, you can do anything and everything. Nothing is impossible. All Powers are within you", said Swami Vivekananda.

Secret Tool : Compare and Compete with your daily plans.

Believe in Yourself and God. (Caution..... don't allow negative thoughts and people around you)

Test yourself: Power will be more in your invisible "Mind" than in your "Physical Body".

Daily take Sankalpa- burning desire to achieve your Goal

Human Values: practice daily will be adding unseen power of desire  
- Sankalpa Shakthi

Fix  
your  
Photo

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*Chase your Goal - to Change your FATE*

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**Take Blessings** of your Parents & Teachers "Matru Devo Bhava, Pitru Devo Bhava, Acharya Devo Bhava, "Sathyam vada; Dharmam chara" - Speak only Truth, Do Righteously with Will Power, Concentration and Hard Work in a Smart Way.

**Life skills** to make your Life Successful: Swachta

- Ensure that your Thought, Words and Actions are same. Daily cleanliness of your clothes, place, things, bathing, meditation, rituals for inner power.

**Give back** to the nation daily donate Rs.1/5/10.. in **Lead India Nitya Prerana Nidhi saving Box** seeking blessings of Bharat Mata/National Flag to help BPL students.

**LEAD INDIA**



**Nitya Prerana  
Nidhi**

**Meditation** : Sit comfortably with relaxed body and mind and daily do meditation as per Atma (Su) Darshan Technique to invoke Infinite powers within you given at Page No.130.

**Just A Minute (JAM)** : Meditation for every one hour/period like your teachers rubs out writings on the board, JAM removes your mental stress, makes you fresh.

### **12.1. Smruthivardhini – Self-Introspection**

Smruthi means Memory, Vardhini means development. Smruthivardhini means development of memory. It will be an exercise to the mind, thereby memory power increases. It is like exercise to the physical body, arresting weaknesses by doing Self-Introspection

– It is a powerful tool going inward towards his/her goal. You have to ask for yourself about what you have planned to study, what values you wanted to practice, what skills you wanted to develop, how much you have achieved and what you wish to plan for the next day.

### **12.2. About Chase Your Goal**

Time is God. Plan and use TIME with WORK to do, as you can't

*Compare and Compete with yourself - Gives you dynamic growth*

waste time. Daily fill the Chase Your Goal format truthfully. Please daily tick (9) if you have practiced set values/skills/subject's/ home works/assignments/projects, if you have not practiced (8). Consolidate all (9) or (8) tick on every Sunday, every last Sunday of the month and every quarterly, half yearly and yearly.

Write in your dairy daily mentioning the following

1. How was the day happy/sad/achieved
2. Learning points/changes to be made if any
3. Next day action plan.

Prepare your study/action plan and arrange your books, requirements for the next day and keep them at particular place.

While chasing your goal, please ask your doubts/suggestions to your parents/teachers/well-wishers.

At the end of the year please send this Chase Your Goal Chart with your school Progress Report signed by your parents, to - [info.leadindia2047@gmail.com](mailto:info.leadindia2047@gmail.com) and you will get Lead India Social Credits and Certificate automatically.

Your belief, your positive great thoughts, your continuous hard work and success will realize you that you are great and you will become great. Once you achieve your goals people will know your secret of success and ask for your autograph.

Please don't forget "Lead India" is your life time close friend that will help you, mentor you and do all things required including financial help and connecting you with your Goal. But remember 2 things after doing all the above 1. Keep going - never stop your education and efforts. Remember Swami Vivekananda's words, "Stop not till the Goal is reached" (2) Keep mailing your progress and needs to e-mail : [info.leadindia2047@gmail.com](mailto:info.leadindia2047@gmail.com)



**Goal Chart**

### 12.3. Chase my Goal

I Can Do....I will do....

Daily Compare and Compete with self...



Your Study Plan – Tick (✓) (✗)

Subjects	Mon	Tue	Wed	Thu	Fri	Sat	Sun
English							
Maths							
Science							
Social							
Telugu							
Hindi							
Computers							

Skills – Tick (✓) (✗)

Skills	Mon	Tue	Wed	Thu	Fri	Sat	Sun Total Ticks
Reading							
Writing							
Digital							
English New Words							

Practice – Tick (✓) (✗)

Abhyasa	Mon	Tue	Wed	Thu	Fri	Sat	Sun Total Ticks
Yoga							
Pranayama							
Meditation							
Chase Goal							
Daily Writing							
Assignments							

*Practice makes you Perfect.*

## Human Values – Tick (✓) (✗)

Subjects	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Truth							
Righteousness							
Discipline							
Respect to parents							
Giving back							
Nitya Prema-Nidhi							
Leadership actions							
Questioning : What/why/Where/ When/Who/How							

## Student Daily Self Assement – Development of Inner Dimensions

Compare and Compete with Self - for 41 days		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Physical Living	Healthy lifestyle choices							
	Discipline							
	Time management							
Mental Thinking	LSWHD							
	Attitudes							
	Research Skills							
Intellectual Decoding	Scientific Temper							
	Goal Setting							
	Problem Solving							
Emotional Bonding	Patriotism							
	Team Work							
	Anger Management							
Social Relating	Leadership							
	Peer Group Influence							
	Self Balancing Skills							
Spiritual Experiencing	Truth							
	Oneness							
	Cultural Heritage							
National Developing	Equality							

---

Identify the fractions of inner dimensions.

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### 13. SOCIAL DEVELOPMENT

Man is a social animal. No one can develop on his own and no one can live alone.

Faculty	Actions needs to be Done
Individual ↓	No Individual can live alone. Born to parents - Requires Family Support.
Family ↓	No Family can sustain without Teachers, Doctors etc. Needs the support of the society.
Society ↓	No Society can sustain without the support of the Govt businesses, education, infrastructure and cultural heritage and proud history.
Nation ↓	No Nation sustain without the support of world of Nations for Economic, science & technology, calculation, defence, etc.
World ↓	World cannot exist without the support of the Nature Earth, Water, Fire, Air and Space.
Nature ↓	World is existing because of the creation of the nature by God
God	God is all pervading "Omni Present", "Omni cien" - Fountain of knowledge, "Omni Potent" - Infinite powers are with God.



*Trace your roots; grow with their protection.*

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. How so ever strong the family may be, with lot of money, power, authority, still it needs support of teachers for education, doctors for health, farmers for food, businessmen for provisions, engineers for constructions, etc. All these units make us a society, corporations, NGO's and the people communities.

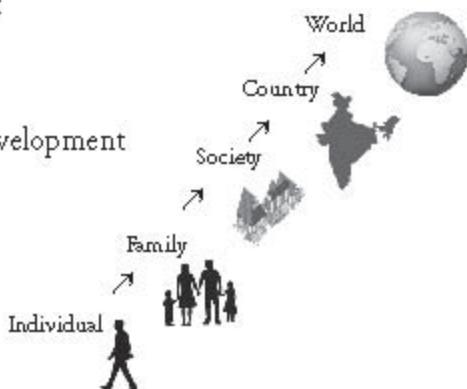
Our own friends and relatives also are part of this society. These societies need the support of governments for amenities like roads, transportation, street lights, maintenance services, welfare facilities etc.

Nations need the support of other nations of the world for business, development, science & technology, 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.

For individual development all the following developments are a must:

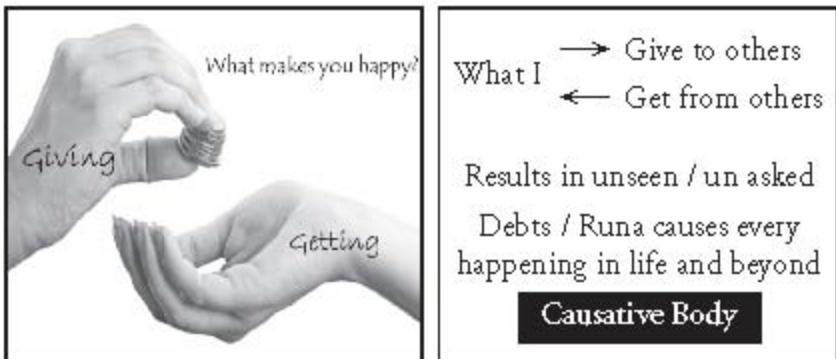
- (i) Individual Development
- (ii) Family Development
- (iii) Village/Community Development
- (iv) Social Development
- (v) National Development
- (vi) World Development



Thus an individual is the basic unit of the family to the world. Every minute, some transactions of giving and taking takes place among individuals, families, communities, institutions and nations.

In the present society, everyone will do their best to take more from others in the smartest possible means and enjoy happiness. But think a while where does the real happiness lie in giving or taking?

## Secret of Happiness



Explore - How giving gets you back thousand folds

### Activity

In true sense for a moment, analyze your experiences when you will be truly happiness. Suppose you have fed a hungry person or helped a real needy person who is in acute need, when you have given timely help to a blind person, you will feel real happiness. Means in giving real happiness is there.

Human beings are divided into 3 types based on giving or taking things from others.

Now you recollect your experiences of the above nature where you have sacrificed money or time or something to a very needy person and felt very happy. Thus real happiness will be in giving/sacrificing something to others. While taking we get only temporary happiness.

*Give back, magnify your inner joy.*

Activity think whether you have freedom in giving or taking ?

Based on this true happiness, human beings are divided into categories.



**Prof.Y.Arjun Kumar Acharya - Propounder of Human Values**

Understanding true happiness you will be happy to sing a song

Thyne is then, Mine is mine..... Human-Man

Mine is mine Thyen is also mine..... Devilish Man

Thyne is Thyne, mine also is thyne..... Divine Man

Meaning {" Mine is mine and yours is yours... Human man

Mine is mine and yours is also mine is a devilish person

Yours is yours and mine also is yours is a divine man.

Now lets see in our real life what sort of person you are.

What is being received from others and what is being paid back will be accounted. If received more it is a debt which has to be paid back, it is credit. In real life you may make your own balance sheet of accounts. In our real life is done, in a divine way which we don't know in life time, but afterwards philosophy says balance to be paid is called as RUNA to be paid back. Let us see what is happening with debts or credits.

---

*Giving Back Maximum. It comes Back with Thousand Folds.*

---

### 13.1. Unknown Debts carried over in LIFE

When we are 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 ownself". 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 the dearest friend of the earth.



**Pitru Runa-Tarpana**

### (ii) Teacher's Debt :

The knowledge what we get from the Teachers is immeasurable, beyond the value of health is key for success and happiness of fee we pay. The concern, counseling, 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 run a can be cleared by means of practicing the values and 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 helps and facilitates to grow, give advices, and gives whatever possible help without expecting anything. Native cultural practices penetrate the person as impressions, habits, beliefs, etc. and remain lifelong. The beautiful surrounding environment where one learns and grows will create 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 to the development of the native place. This could be a way to clear the native debt.

### Janma Bhumi Runa

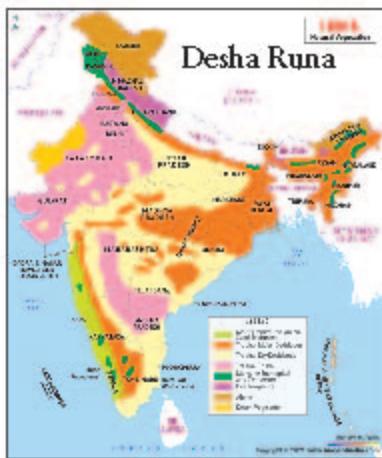


### (iv) Nations Debt :

Nation is mother of mothers, that is why we address it as motherland. Our motherland is India. Ancient Indian cultural heritage, traditions and values are our family traditions and vary 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 you repay this nation's debt? Give a thought, have a group discussion with your friends and derive action plans to give back.

### Action Plan :

We have to respect our nation, our national anthem, our national flag, and our Constitution. We should practice, propagate our cultural heritage and value systems by celebrating national festivals, protect our monuments and nation's properties and dedicate 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 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 2047.

### (v) Nature's Debt :

Our body and the entire nature is made up of *Panchabutus* 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

*Nation is my Mother's Mother - I will Give back my best.*

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 Nature Environment around.*

**Activity :**

Design your action plan to clear Nature's Debt.

We can repay these by protecting the nature, environment including the *Panchabuthas* 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 goats, hen, sheep, etc. Like wise, plantation of saplings will 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) Save Water :**

Bring awareness on the 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 a solid cover to collect the rain water.



**Save Water – Save Nature**

**(b) Protection of Environment :**

Every student should feel responsible to plant saplings, keep the environment neat and clean and perform social duties like :

- plant ten saplings and take continuous care of them;
- plant saplings near their houses and schools.
- If a school has a ground, divide it into several parts and allot each part to a group of children and encourage them to develop a garden.

**(c) Clean and Green surroundings :**

Provide wet and dry dustbins 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. Each one should always think of what is their role in keeping the surroundings, school premises, class rooms, houses, etc clean and green.



**(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 electricity 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.



*Saving is Earning.*

- (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.

---

*Generosity compounds, yielding boundless returns.*

---

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 to each of our real family supporter, native person who helped us without expecting anything have to be accounted for, similar to that of any commercial accounting system. These debt dues 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 and put them in chart in terms of human values and other concepts as narrated below:

### 13.2. 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 :

**Individual Development Balance Sheet**

Factors for Development	Debits (Taken)	Credits (given)	Balance Sheet Dr/Cr	Action Plan to Clear Debt
Parents	Birth		Parents Debt	
Teachers	Education		Teachers Debt	
Native Place	Growth		Native Debt	
Nation	Jobs - Culture		Nation's Debt	
Nature	Air, Water, Food		Nature's Debt	
Creator	Universe		Creator's Debt	

It can be observed from the above self-analysis table we have been getting more and giving less, creating debt in our life, which we can't escape, though not in this life but in next life one has to pay, as accounting is accounting.

Further – As said in Padma Purana

*"Runanubhanda Rupena Pashu Patni Suta  
Aalaya*

*Runakshaye Kshyayaanthi Tantra Parivedana."*

**Meaning :** Every Relations are the result of previous birth bondage. Once the debt is annihilated there is no relationship and hence end of suffering in this Samsara worldly affairs.

Similar to a bank account every human being will also have his/her individual debts which will effect their development.



#### **Activity :**

Please check up your own account of what you have received from your parents/family/society/nation/nature for your own development.

Now, after development what you have paid back to your parents/family/society/nation and the nature. If balance is due to be paid it will be outstanding in your account as debt/runa.

**Debts/Fate:** A civilized individual 'thanks' immediately after receiving even a small favor from others and says 'sorry' for a mistake made. Else, the individual is considered manner less. So, in such a case the debts outstanding with Parents who gave us life, Teachers-Acharyas who gave us knowledge to earn our livelihood, native place, nation and nature debts will have some effect for not clearing these debts. What will be their effect after the LIFE is a very important education which our education has not provided. But, ancient Indian education has defined this as Causative Body – Karana Janma which will be causing birth and death cycles of this mundane universe.

In order to clear our debts and relieve from birth and death cycle of causative Body living with Human Values as a Divine man is essential. Let us examine in detail about Human Values.

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*Fate is wrapping around the Head, without your Knowledge.*

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## 14. HUMAN VALUES FOR HUMAN EXCELLENCE

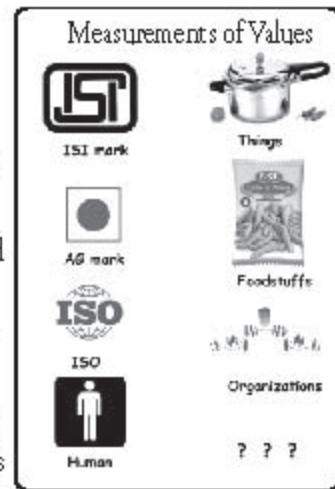
### 14.1. What is Human Value ?

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".

We have got measurement of values and systems for all the things in the world but not for Human Values, please look into the following

### 14.2. Core Human Values & Sub Values

Human value is nothing but One's personal value system and their Professional Ethics. Human Values have got core human values. By practicing them, they give rise to sub value systems, like if we produce sugar from sugar cane, it produces other sub products like...cane tops, bagasse, filter muds and molasses etc., So also sub values are outcomes of practicing Core values. Let us see five core values as follows.



The five core human values which can be found in all cultures, all societies and in all religions, are



Satya  
-Truthful



Dharma  
- Being ethical  
Righteous Conduct



Prem-  
- Love  
Affectionate



Dhairyा  
- Clemency  
- Patience  
- Courage



Ahimsa  
- Non-Violence

Satya-Truth is the core value which gives rise to Conviction, Confidence, Commitment self-discipline. We can see all these in Gandhiji who practiced Truth and led whole country with sub values.

Dharma-Righteousness gives rise to Discipline, Commitment, Conviction, Impartiality etc., We can see in Maryada Purushotham

*Human Values adds Value to your LIFE.*

Sri Ramachandra Prabhu. Similarly, each core Value will give rise to sub value systems.

### 14.3. Types of Human Values

- ❖ Core human Values
- ❖ Social Values
- ❖ Moral Values
- ❖ Aesthetic Value
- ❖ Ethical Values
- ❖ Psychological Values
- ❖ Professional Values

### 14.4. How Human Values are inculcated?

A stone lying on the roadside has no use and it has no value. But the same stone when carved into the shape of a 'Murthy' (deity) it 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 living happily and peacefully. For this reason, we must live with values in our own interest to become great and powerful.

#### 14.4.1. How to inculcate the value 'Truth'?

How to inculcate the value 'Truth'.

- ❖ Values are not taught; they are caught.
- ❖ Practice and propagate.
- ❖ Inculcate good – Remove bad.
- ❖ Live as an example.
- ❖ Compare & compete with self.
- ❖ Practise silence and Meditation.

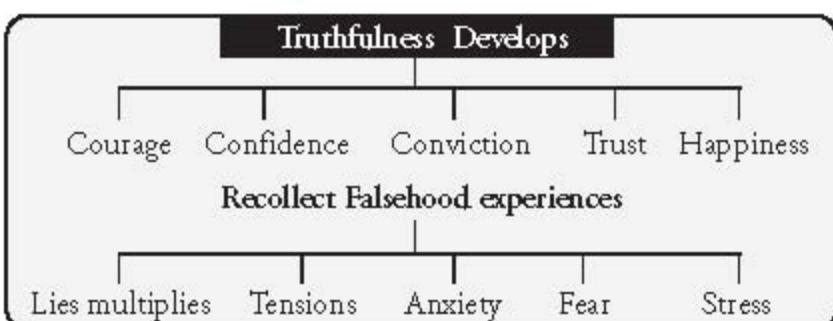
"Telling facts as it is" is called Truth.

#### Why are we not following Truth?

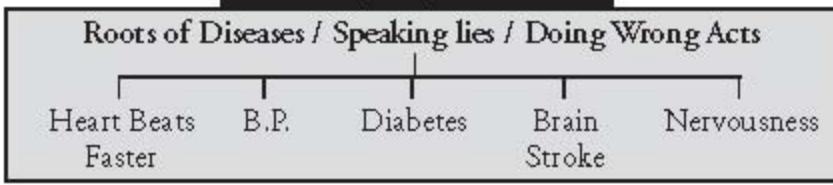
We do not follow truth due to

- ❖ selfishness; to escape from punishment;
- ❖ for temporary benefits; for name and fame;
- ❖ to safeguard properties etc.

Without expecting temporary benefits, follow TRUTH



#### How Truth cures Diseases?



*Truth yields divine Power; Makes you Fearless.*

## Do-Experience & Decide for life time

### Activity :

1. For one day speak only truth and you will experience peacefulness and happiness.
2. Oneday speak only lies - you will experience lot of tensions, worries, anxieties in mind. Immediately you will also experience increase in heartbeat, BP, sweating and shaking of legs/hands and dysfunction of the body organs. They create ill health and diseases.

So speak truth only. *Sathyameva Jayathe...*

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 make India Global Leader by 2047 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.

### 14.5. Techniques of inculcation of 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.

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*Experience is ultimate knowledge of Values.*

---

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 while living with values.

Now, observe how in a simple way in day to day life, Human Values can be practiced from the following pictures.

List out Values you are practicing daily with a sense for human Values for Human Excellence. Daily, small changes like arranging books and other things needed the previous night, arranging your room and house neat and clean, will bring clean thoughts and make you Swachata in your life, in your home, school and surrounding environment giving your own definition of Swach Bharat.

### How to Add Value to your Life



who is adding value to self



Help Handicapped



Protect Nature



Clear Traffic Jam

---

*Helping others will Help You More.*

---

### 14.6. Find out - do you stand in your Value System

The important reason for not following Value system in life is Value system for individual self will be different from others. When we work in an office your reason for your late or absence will be different from your house servant maid. If she comes late or fall absent how will you ask her ? Thus we expect to get more from others and give less to others. This split in the individual is the root cause for most of the problems and difficulty in practicing Human values in real LIFE.



Servant in House



In Office with boss

Are you following same values with servant maid and with office boss

#### Check Your Values in Your Daily Life

What do you expect from your Servant Maid	What do you expect from your Office Boss
Regularity	
Hardwork	
Extra work on occasions	
Less wages	

Remove Duality for Practising human values in life

### 14.7. Human Values Clears Our Lifetime Debts/Runas

Values are the driving force that help both individuals and societies to discriminate between good and bad and lead them in the right

*Internal Self-Motivation will last long - External Motivation evaporates.*

direction. Righteousness helps to add value to life and become excellent. Shortcuts, falsehood and greediness devalue life and lead to misery. By practicing these Human Values bring our Human Excellence within and more importantly brings out the Causative Body-Birth and death cycles.

### Activity Sheet :

Write your own Value Inventory

Values Inventory : The Exercise shared will help you determine what values important to you and will likely guide your decision-making.

Include any values to the list you think are missing.

Take a moment to self-evaluate your values on a scale of 1-5 :

1 - no importance; 2 - very little importance; 3 - average importance;

4 - high importance; 5 - very high importance

Truthful	1	2	3	4	5	Respect - Parents / Nation	1	2	3	4	5
Righteousness						Love					
Discipline						Courage					

### 14.8. 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.

*Fate catches your dual value systems - Values are equal for all.*

## 15. WHAT TODAY'S EDUCATION IS MISSING WHAT HUMANITY NEED

### Our Present Education

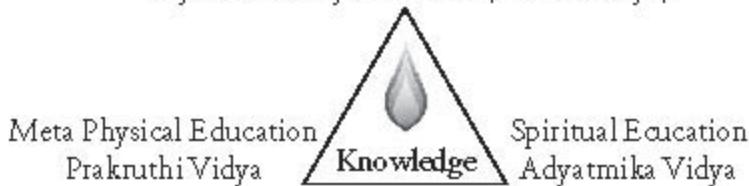
Giving Worldly knowledge about the world – Physical World – in Institutions

Our today's education is only the exploration of the NATURE-explained in sciences, maths, social and languages. The ultimate goal of the present day academics is only so as to gain physical worldly knowledge complete the course, gain certificates and to earn money and enjoy life in the world. In this universal education system students are basically studying the discoveries of scientists and their knowledge is getting confined. Beyond this knowledge students thinking is limited. But God has gifted the power of thinking, so that humans have to become Human scientists to explore beyond physical education into the PanchButas- five basic elements of the universe namely Earth-Water-Fire-Air-and space.

**Basic Gaps in Present education and Ancient Indian education.**

**Be a Human Scientist - Explore**

Physical worldly education (loukika vidya)



**Prakri Vidya – AdiBhoutika Vidya - Meta Physical Education-  
Individual to research as a Human Scientist**

Education about the Prakriti- Nature-AdiBouthik - Meta Physical Education - Individuals to acquire. Secondly the whole nature is existing because of the God or Infinity. So Nature is the physical plane of the existence of the universe which is seen but God or the Infinity is the plane of basic creation which is unseen. In between

these two planes of existence there is another plane of existence with which Human being is thinking is the Meta Physical plane. Every Human being with their own beliefs and power of thinking, experience some things happening now and then beyond their thinking, which we call sixth sense. All the religious, prayers, rituals, Mantras, Tantra, Yantras, black magic etc., are done to full fill desires, and experience some things, sometimes to someone beyond human effort are all called as PrakrithikaVidya.

*Daily be thankful to Earth, Jal, Agni, Vayu, Akash as follows:*

SwargLok Mein Shanti Ho

Antariksh Mein Shanti Ho

Pruthvi Mein Shanti Ho

Jal Mein Shanti Ho

Aushadhiyan Shanti Ho

Vanaspattiya (Vrukshaadi) Shanti Ho,

Vishwake Dev Shanti Ho

Bramhadev Shanti Ho

Sarvatra Shanti Ho

Shanti hi Shanti Ho

SHANTI Peace in Bhoutik - Physical world

SHANTI in AdiBhoutik – Meta Physical World

SHANTI Peace in Adyathmic – Spiritual World.



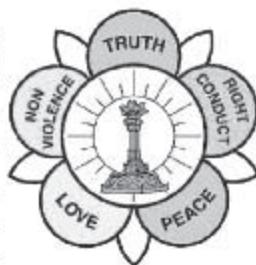

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*Peace prevails in your thoughts*

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## 16. SPIRITUAL DEVELOPMENT

"Spirituality normally means God. Some atheists do not believe God. But some among them say there is some spirit or super power. Those who believe God, do some rituals to their own beloved forms of God. Some do rituals to formless God. For instance Islam Muslims believe Mohammed is the messenger of God, similarly Christians believe Jesus is the Son of God. Buddhists believe human desires are causes for suffering. By and large mostly believe their rituals will take them to HEAVEN for their good deeds and bad deeds will take them to HELL. So in conclusion God is somewhere away in higher plane and we will reach him after DEATH.



To explain reality to the human beings across the universe from time immemorial great saints, sages, atheists, non atheists have been experimenting and with their experiences they established their own RELIGIONS/THEORIES.

Swami Vivekananda 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."*



Acharya with this inquisitiveness from last 4 decades studied some religions basic text books and practiced several school of practices, found every thing is inside us, and one has to find out in this life only, whatever we call as per our own understanding, in our own language still it remains the same thing.

Now the question is how to manifest the divinity within? Spirituality is the only way to realise. The Universe is the manifestations of the Infinity. So, to understand this we have to go from known to unknown, external to internal. We all live on the earth. Within earth, there is water which is not seen. Within water, fire is not seen. Within

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*Spirituality only gives infinite Power within. Explore and Experience.*

---

fire, there is air which is not seen. In air, space is not seen. Likewise, our BODY (Gross Body) which runs the whole life is seen but the MIND (Subtle Body) which has no death and that runs our life with the vehicle of body which is not seen. Beyond mind again INTELLECT (Buddhi) is not seen. Our invisible HEART which invokes emotions of Desires, Anger, Greediness, Attachments, Arrogance, Jealousy are not seen. Similarly, Ego, the factor associating with the life and the worldly things is not seen, Chitta the higher intelligence which makes the unseen minute to minute accounting debts of each and every transaction, relationships forming into Causative Body is not seen. These are our real internal enemies which one has to conquer.



The ultimate the Infinity-or soul or Atman is not seen, but every dimension of life as mentioned above are functioning only because of the power of Infinity.

We call water as "Paani" in Hindi, "Neenu" in Telugu, "Tanni" in Tamil. We call in any language water is water, it does its purpose, it is unaffected, so also infinity



Ghee comes from butter that is present in the milk. But butter is invisible. To get ghee we have to heat the butter and butter is obtained from churning the curd. 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.

## True Education

### Brahma Gnana - Samyak Gnana - Adyatma Vidya

As much as we dive deep inside we lose our body (physical) consciousness, mind instinctual - Manomaya Aksha, Heartful Bhawakasha - Spiritual Heart Hri = Give, Da = Take, Ya = Balance dissolving all dimensions of Causative Body (Chidakasha) consciousness becoming one with the "Self" experiencing stillness oneness. Everything in "Self" - Samyak Gnana - Brahma Gnana. This is the "True Education" "Adhyatma Vidya - Vidyam" (B.G. 10-32). This is self-realisation very purpose of every Human Being. In Lead India "Aap Badho" it is the Eternal Goal of Life. This experience merges whole universe as a family - "Vasudhaika Kutumbakam" – experience the ancient prayer, "Loka Samasta Sukhino Bhavantu" – Let the whole world be happy.

As every human being is unique one has to find out a suitable spiritual technique by which one can realise that he/she is not the Body (Gross Body), nor the Mind (Subtle Body) nor the Intellect (Buddhi), nor the Heart, nor the Ego, nor the Causative Body (Chitta) and dissolving each of them experiencing that "I am the Soul/Atman - "Aham Brahmasmi" Vedic Mahavakya which **Jagadguru Adi Shankaracharya** propounded Advaita - Non duality Philosophy.



All the powers of the universe come from this soul - the infinity and that is why it is called "Omni Potent – Sarva Sakthiman".

It is the whole knowledge thus it is called "Omni Scient – Sarvajna", It is the existence of the universe as all pervading part of the infinity, thus it is called as "Omni Present – Sarva Vyapta".

Thus I am the Satchitananda Swarupa.

Sat – State of being or existence.

Chit – State of knowingness and Ananda – blissfulness

That is the experience of Satchitananda.

**Activity : Technic to clean and dissolve all dimensions & REALISE SELF**

Daily twice do Sankalpa and Ultimate Prayer – Atma (Su) Darshanam

Let my external "I" become one with internal "I" - remember your beloved name of the God/Guru. Experience you are the soul - Atmam - Su - good Darshan (Look) of yourself, whatever you see outside names, forms can find inside - SU-DARSHANAM.

Go into silence observing, questioning that each dimensions as "Who I am", I am I the Body,

No, I am not the Body.

No, I am not the Mind.

No, I am not the Intellect.

No, I am not the Heart.

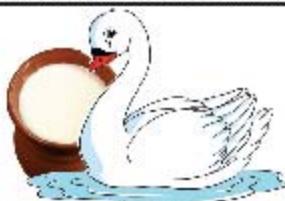
No, I am not the Ego.

No, I am not Causative Body.

"I am the Atman – "SOUL".

I am the Satchitananda Swarupa.

NEERA KSHEERA VIVEKA



What we need to do is, just to understand the presence of Hamsa (Atman) in ourself. Which means "Looking inside" instead searching for the truth "outside".

Stay...Stay open your eyes being in the same consciousness. Experience whatever you are seeing outside, your family members and things around objects/persons/nature realise - whole world is myth (Asathy - Tamas). Generated, Organised and distrusted, which we call as GOD or created as part of the INFINITY - Satyam - Gnanam - Anantham - Brahma.

Now, keeping the mind in the same state doing your works, living in the world in a non-doing state of mind (Immortal Swarupa) experiencing peace... peace... peace...

*Om Asato Ma Sad-Gamaya |  
Tamaso Ma Jyotir-Gamaya |  
Mrtyor-Maa Amritam Gamaya |  
Om Shaantib Shaantib Shaantib ||*

– Bhadaranyaka Upanishad

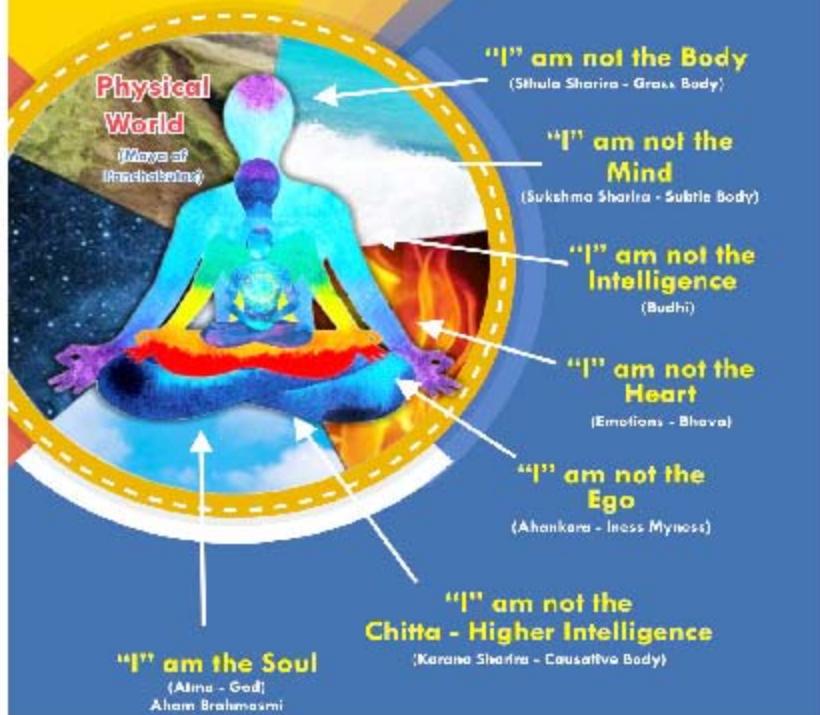
This itself is the liberations - Moksha during the life itself -

Rama Nee Daya - Allah Teri Meharbani - Jesus Your Kindness.

*World is myth - Your Soul - Spirit is Eternal.*

# JOURNEY EXTERNAL TO INTERNAL

Atma Sakshatkara - Nirvana Shatakham



*Om Purnamadah Purnamidam Purnat Purnamudachyate |*

*Purnasya Purnamadaya Purnnam-Eva-Avashissyate ||*

*Om Shantih Shantih Shantih ||* – Ishopanishad

Acharya is your service to answer & guide in your Self Realisation Journey e-mail : acharya.leadindia2047@gmail.com

Satyam - Truth : Gnanam - Knowledge : Anantham - Endless : Brahma - Infinity.

## 17. NATIONAL DEVELOPMENT

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

### 17.1. Five Core Areas for Developed India

- Agriculture and Food Processing.
- Healthcare and Education.
- Power Sector.
- I.T and Communication.
- 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.

### 17.2. PURA – A Rural Development Program

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 :

- Transport Connectivity
- Power Connectivity are most important connectivities alongwith it is.
- Electronic Connectivity :** This will facilitate outsourcing of IT services to rural areas and e-commerce for marketing goods there.

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*Agricultural Technology fuels our journey to a Developed India.*

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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.

4. **Knowledge Connectivity** : Good education for children and training for farmers will help to improve literacy.
5. **Market Connectivity** : With the above developments, farmers will get best price for their crops and better access to markets. This connectivity will enable other artisans and craftsmen also to improve their business.
6. **Youth Connectivity** : Dr. APJ Abdul Kalam added “**Youth Connectivity**” after connecting with Acharya and Lead India Movement.

In addition to abundant natural resources, India is gifted with young human resource. 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 – Aap Badho Desh Ko Badhao

### **Strategy for New India @75 – Niti Ayog**

#### **Drivers**

1. Growth
2. Employment and Labour Reforms
3. Technology and Innovation
4. Industry
5. Doubling Farmers' Income (I): Modernizing Agriculture
6. Doubling Farmers' Income (II): Policy & Governance

7. Doubling Farmers' Income (III): Value Chain & Rural Infrastructure
8. Financial Inclusion
9. Housing for All
10. Travel, Tourism and Hospitality
11. Minerals Infrastructure
12. Energy
13. Surface Transport
14. Railways
15. Civil Aviation
16. Ports, Shipping and Inland Waterways
17. Logistics
18. Digital Connectivity
19. Smart Cities for Urban Transformation
20. Swachh Bharat Mission
21. Water Resources
22. Sustainable Environment

### **Inclusion**

23. School Education
24. Higher Education
25. Teacher Education and Training
26. Skill Development
27. Public Health Management and Action
28. Comprehensive Primary Health Care
29. Human Resources for Health
30. Universal Health Coverage
31. Nutrition

32. Gender
33. Senior Citizens, Persons with Disability and Transgender Persons
34. Scheduled Castes (SCs), Scheduled Tribes (STs), Other Backward Classes (OBCs), Other Tribal Groups and Minorities

## **Governance**

35. Balanced Regional Development : Transforming Aspirational Districts
36. The North-East Region
37. Legal, Judicial and Police Reforms
38. Civil Services Reforms
39. Modernizing City Governance for Urban Transformation
40. Optimizing the Use of Land Resources
41. Data Led Governance and Policy Making

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## **Aap Badhao Desh Ko Badhao Book**

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### 17.3. Dr. Kalam's 10 Point Oath to Students :

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

S. No.	Oath	Individual Development	National Development
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 brethren.	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 truthful will not take bribe or give bribe - Fight corruption.	Honesty, Truthfulness.	Truthful & Corruption free Nation.
8.	I will work to become 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.

... The process of mind is unique. Any thought that comes to mind, starts its process.



### Kalam's Best Teachers Awards.

Teachers whomsoever submit implementation reports on the following oath will be given certificates & Best Teacher Award.



The ten-point oath for teachers conducted by Dr.A.PJ Abdul Kalam on "Teachers' Day" (September 5, 2006).

1.	First and foremost, I love teaching. Teaching will be my soul.
2.	I realise that I am responsible not just for shaping students but for igniting the minds of youth who are the most powerful resources under the Earth, on the Earth and above the Earth. I will be fully committed to the great mission of teaching.
3.	I will consider myself to be a great teacher only when I am capable of elevating the average student to a high performance.
4.	I will organize and conduct my life in such a way that my life itself will be a message for my students.
5.	I will encourage my students and children to ask questions and develop the spirit of enquiry, so that they blossom into creative, enlightened citizens.
6.	I will treat all the students equally and will not support any differentiation on account of religion, community or language.
7.	I will continuously build capacities in teaching so that I can impart quality education to my students.
8.	I realize, by being a teacher, I am making an important contribution to the efforts of national development.
9.	I will constantly endeavor to fill my mind with great thoughts and spread nobility in thinking and action among my students.
10.	I will always celebrate the success of my students.

## 18. LEAD INDIA NATIONAL CLUBS (LINC)

### National Development Efforts by Lead India

Towards achieving developed India by 2020, the research wing of Lead India has formulated a unique process by establishing Lead India National Clubs (LINCS) as a common platform to unite Indians to become united strength.

Lead India is using trained students/youth as resource persons to eradicate illiteracy, unemployment, corruption, etc. From village level to global level people interested in solving specific problems, form LINCS which are connected through Internet. Requirements of LINCS are conveyed and supplies are made to meet the requirements. Contributions and progress are kept transparent.

### Lead India National Clubs (LINCS)

A highly effective way to solve most of the national problems by transforming youth as vibrant change agents and as great human resource and asset for the nation. Students and educational institutions are the two central focal points considered in this movement. Teachers, parents and the society should join together to mould the children according to the needs and this can be achieved through establishing Lead India National Clubs. These clubs will be formed in institutions, villages/communities/mandals/districts, statewide and country wide.

### How to Open Lead India National Clubs (LINCS)?

Lead India trainers will train unemployed youth in villages to form LINCS in their villages/communities.

Depending upon their needs and problems they may establish specific LINCS. Thus individually everyone will have relationship through LINC from village level to international level to solve local social problems.

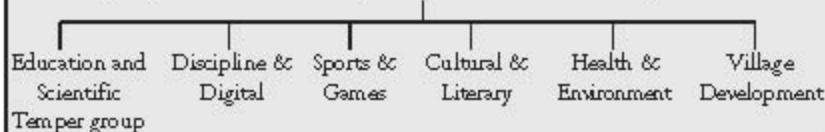
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*India needs Common Platform to integrate Government and people.*

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**LINCS in Institutions :** The Principal will form a LINC under his/her Chairmanship with two Lead India-trained Teachers as Vice-Chairmen and 12 students as members (3 from each of VII to X classes and in case of a college, three from each year, each department), who will undergo training as Change Agents. The LINC will have 6 group activities, viz.

#### Lead India National Club of the School - Group Activities



Please read LINC - Guide for detailed implementation of LINC across the country.

#### National Common Platform to Solve National Problems from Village Level

Central and State governments, lakhs of NGOs, Corporations, millions of NRIs are doing their best to solve national problems, but each effort is remaining as a patch work. So, Dr.Kalam said Lead India National clubs (LINC)<sup>TM</sup> will unite all Institutions to Individuals to share network, resource, plan's to solve specific problems.

#### Communities LINC's



# LEAD INDIA NATIONAL CLUB<sup>TM</sup>

## LINC

### REGISTRATION FORM



Name of the School : _____ Address : _____ Pin: _____ Tel. No. _____ Email: _____ Principal/Correspondent Name _____ Tel. No. _____ (M) _____ (R) _____ (O) Fax: _____ Email: _____		<i>For Lead India Office Use</i> Code Number _____ CHARTER SIGNED ON _____ YEAR OF FORMATION _____ SPONSORED BY _____ CATEGORY _____
<b>STRENGTH OF THE STUDENTS</b> English Medium      Telugu Medium 7th Class      _____      _____ 8th Class      _____      _____ 9th Class      _____      _____ 10th Class      _____      _____ Total:      _____ No. of Teachers:      _____		
<b>COMMITMENT OF THE OFFICE BEARERS</b> <p>We fully understand the procedure, obligations of a club and perform to the best of our abilities.</p> <p>We also abide our duties to make India a global leader (see back cover page)</p> Chairman      _____ Vice Chairman      _____ President      _____ Vice President      _____ Secretary      _____ Jt. Secretary      _____ Treasurer      _____ Jt. Treasurer      _____ Directors      _____		
Signature Encl : DD in f/o Lead India Foundation for an amount of Rs. _____ payable at Hyderabad.		

## Parents Shape Children and the Nation

Children are shaped as per their parent's domestic beliefs, customs and practices and the environment in which children live.

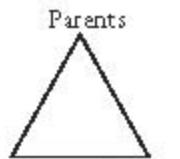
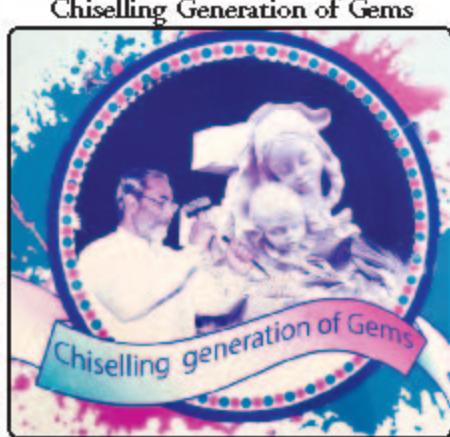
As "Values are not Taught, Values are Caught", as children watch the mother, father every movement of their talking, walking parents behaviors, actions and reactions of everything will be imprinted in the magnetic minds of the children and they imitate and follow them and their values, behavior follows intrinsically. Thus parents harmonious or otherwise interactions are casted as impressions, values, behavior shaping not only their future responses and future but also changing their inner invisible DNA for their family future generations and the nation.

Teachers in schools with their behavior, walk and talk, the way they interact is observed in their tiny minds and they are internalized.

Similarly, society is another very important informal component where children grow with people, places, situations and environment.

Eventually it is shaping the Nation and Humanity

Lead India after its "Aap Badhao Desh Ko Badhao" Teachers Trainings gives



"Teacher Empowerment to the Nation Building' program to the Teachers and similarly

Parents Orientation on the day of installation of "Lead India National Council" (LINC) of the School/College

Parents are orientated on the different inner dimensions of the Human Personality as per "Acharya kalam's national Transformative Model" and topics of Aap Badhao Desh Badhao.



## “I LEAD INDIA MISSION 2047” Global Leader – Vishwa Guru Bharat

India is travelling from 75<sup>th</sup> to 100 years of Independence – Amritkaal. It is a rare transition which was never before, observe TIME is changing, ancient India as Young India to Lead India as a Global Leader - Vishwa Guru Bharat.

### Why the “I Lead India Mission 2047 - Vikasith Bharat”

1. India is missing a National goal like Independence to unite Indians for Development.
2. Economic Development (India ranks 5th), Human Development (UNDP Rank 131/199) has to be bridged
3. Global opportunities should be grabbed by our youth to solve unemployment, poverty, corruption and other local problems which are acting as hurdles for India's development.
4. Gaps in the present education system and the needs of the Nation should be bridged.
5. India has 50% of population below 25 years. 20 crores students of India and their juniors are going to take over India in the next 5-10 years. They are going to be the voters, solve all problems of the nation including deaning up of politics, governance and new cultural -revolution for Human Transformation can be achieved right from the village level.



**Vision :** Indian youth will Lead India as Global Leader as well Teacher - Vishwa Guru Bharat

**Mission :** Transform youth of India by igniting, training and nurturing the minds of youth of India to become vibrant Change Agents to change their families, communities and the Nation as a Global Leader.



**Tool :** Acharya Kalam National Transformative Model.

## **National Transformative Training Programme**

"Aap Badho Desh Ko Badhao" provides

**Philosophy:** Teach how to fish rather than giving a fish to eat.

## **Dr.APJ Abdul Kalam's declaration of National Youth Movement**

"I declare Lead India 2020 movement is a proven youth movement, tested in Andhra Pradesh. Lead India 2020 can create youth with integrity, youth with responsibility, and youth with high moral values. Certainly this youth movement should spread across all the states of India, so that it can touch 640 million youth and children, and make the nation recover from deep rooted wounds."

How India can be built

*"A nation is built with the struggles of its people to realize their ideas. One generation will transfer fruits of its struggle to the next generation. They add their dreams, aspirations and efforts to make a national goal. United achievement of people and their success takes the nation to the peak of the world".*

Who are the Leaders of "I Lead India Mission 2047"?

You are the Right Leader. This is the right TIME. This is the right CAUSE.

**You can Sponsor :**

A Change Agent

A Government School

A Mandal or a District

for conducting "Aap Badho Desh Ko Badhao" trainings and sustenance programs for 3 years.

Website :

<http://www.leadindiafoundation.org>

E-mail : [info.leadindia2047@gmail.com](mailto:info.leadindia2047@gmail.com)





## Young Indians Leading the Globe



Look at the companies led by Indians with total market value of 5 trillion dollars, more than the current Indian GDP.  
A proud moment for all Indians.

---

*Indians are leading the World.*

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## Code of Conduct of I Lead India Mission 2047 Members

Japan Liberated with 2<sup>nd</sup> World war has practiced "kaizen", making small small changes observed in day to day life brought a great change in japan as a developed nation. Let us

"I Lead India – Mission 2047 - Global Leader - Vishwa Guru Bharat National Youth Movement. Daily Practices

1. Greet strangers also with smiling face greeting "Lead India". You are bringing smiling as a culture in India.
2. Follow Que system, respecting others "Aap Pahlaap Pahle", you are bringing discipline and respect as a role model.
3. Follow Law and Order-Rules. Do not give bribe and take bribe. You are making Corruption Free India.
4. Help Police in clearing Traffic Jams - You will be saving environment.
5. Avoid use of plastics bottles/bags.....Separate electronic waste
6. Save Power/Water/Fuel /Natural resources, Protect environment - Plant Trees.
7. Use dust bins- keep public utility places and things clean
8. Make swatchta as Life with SwachMaan-Pure Thoughts- SwachBaat-loving truthful words, SwacthKaal-Helping actions, Swacth Griha-Clean house, Swatch Vidyalaya/Work place- Clean place, Swatch Paryavaran-keep surroundings clean-you are making Swatch Bharat
9. Giving back to parents/teachers/Native place/nation and nature- You are clearing your unseen debts.
10. I will practice and propagate ancient India cultural heritage.
11. I am Indian First, beyond all differences
12. Development is my Caste- India is my Religion





**I LEAD INDIA MISSION 2047**  
**Global Leader – Vishwa Guru Bharat**  
**MEMBERSHIP FORM**



1. Name : .....
2. Qualification : .....
3. School/College : .....
4. Address (Res) : .....

..... Pin .....

Ph. No. : Res: ..... School: .....

E-mail ID: .....

5. I Would like to carry on "Lead India" movement in schools and colleges? Yes/No

If yes, at what level you would like to serve?  
(School/college/Village/Mandal/District/State)

6. Promise in your own words about your strengths and plans to participate in Developed India programmes/movement.

I intend to join this movement and work whole-heartedly with my time, talent and treasure. I am hereby enclosing a DD for Rs. \_\_\_\_\_ in favour of "Lead India Foundation, Hyderabad".

I will practice and propagate the code of conduct of Lead India 2020 as My Duty to make India a Global Leader.

Date :

Signature

Contact us :

E-mail : [info.leadindia2047@gmail.com](mailto:info.leadindia2047@gmail.com)

Visit us at : [www.leadindiafoundation.org](http://www.leadindiafoundation.org)

Lead India Bhavan, Ammapally (Vill.), Nadikuda Road,  
Shamshabad (Mdl.), Rangareddy Dist., Telangana, India-501 218.

