

## **Foreword**

I'm extremely delighted to bring this book to the students, teachers and the institution of India which is sure to ignite the spark of Leadership from within. for such an ignited mind nothing is impossible. This book is based on a concept that was shared with Dr. APJ who believed strongly in the man & that it lays for life and goals, of career firmly and the nation at large this the world needs leaders with a mindset of 'I can do it' and we dedicate the book to those leaders who are have to bring a great transformation in the lives of Indian citizens.

This book offers education for personal, domestic and national problems. It is intended to create awareness about required global skills and leading to personal growth. The book also leaves as a practical guide to bring about a transformation in terms of scientific temperament among those in academics while having then life skills, thinking skills, attitudes and values.

This life changing book handcrafted carefully unfolds various aspects of life skills that can be assessed through the CCE in all CBSE schools. We are certain that the students would accomplish excellent results transforming the schools into centres of excellence and teachers into nation builder. The book has a formula for parents to

# **Aap Badho Desh Ko Badhao**

## ***Ultimate solutions to individual issues and national Challenges***

*This book is a three decade research on human values by the author. It is meant for training youth as vibrant leaders to transform themselves, their families, institutions, communities and the nation.*

*Institutions, teachers and parents can use this as a guide.*

***Research publication of :***

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

***Price: Rs.50/- (for students, teachers, parents and institutions)***

***Proceed dedicated to the Lead India 2020 Movement***

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I am happy that Dr. N.B. Sudershan Acharya is bringing out a book "Aap Badho Desh Ko Badhao" with an objective of igniting the minds of its readers and training youth, to become world leaders by 2020.

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

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

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

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

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

  
(A.P.J. Abdul Kalam)  
Chairman,  
Lead India 2020

## **FOREWORD**

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

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

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

**Dr. N.B. Sudershan Acharya,**  
Founder and Chairman  
Lead India 2020 Movement &  
Lead India Bharat Ratnas Chain of Schools

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

This book will be your lifelong friend in good and bad times. Of course in our life we will have many friends but there will be only a few friends who will be very close to share our happiness and sorrow. So Lead India is such a friend. It brings you the support of all Indians.



Lead India respects you as a great treasure to the nation. Your age, education, experience, expertise, service and concern for the community and the nation are unique factors. Lead India considers you a great treasure to the nation.

Hence we offer a hand shake of love as our Jaan Jigri Dost / Life time friend to share our experiences and to help each other in our mission. This book brings Lead India 2020 Movement as a great support for you / your family and the nation's development.

Please experiment in your mind with the following friendship tips to experience happiness for yourself and your family. Adults may live with the wisdom of education and experience gained through age, but to kill ego and live with happiness they should live with wisdom as an adult and like a child in innerself as follows:

## 1. Smile:

### Smile the Energizer:

- Smile unifies body, mind and soul
- Smile improves health and gives happiness
- Smile makes us attractive
- Smile changes our mindset
- Smile relieves stress
- Smile reduces diseases like blood pressure/ diabetes etc
- Smile is amrutham-(divine nectar) of all times and for all ages.
- Smile brings a radiant look to the face and makes you look younger;
- Smile helps you stay positive
- Smile helps to be successful
- Smile a true 'Sign of Enjoyment'
- Curve your lips into a beaming smile and keep smiling always
- When Indians look at each other they stare strangely but in foreign countries they smile and greet each other
- Lead India 2020 takes up greeting with 'smile' as a movement;
- Keep laughing naturally to be healthy.



### Activity:

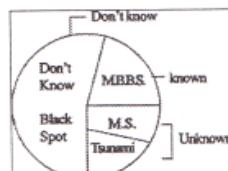
Expand your lips (as if smiling) then examine, surprisingly you will notice that

- Your anger will vanish
- Your tentions will evaporate

## 2. Open Mind :

### Key for Knowledge

If we have open mindedness willingness to learn, we can absorb infinite amount of knowledge. You can enter the room, if doors are open, so also mind is a door, if you keep it open we can enter into the world of knowledge. Life is limited but knowledge is infinite. So in a short time one should acquire maximum knowledge. But ego



**SMILE! Keeps you healthy physically and mentally**

creates hurdles as if it knows everything. Then the mind closes the learning door.

**Example:**

A B.Tech., student knows the knowledge of the B.Tech level. But he does not have knowledge of M.Tech level. Similarly knowledge of Tsunami, Astronomy etc may be known to someone but may not have the subject knowledge. Similarly there will be infinite areas where one will not have knowledge of all things. It is an area of ignorance as knowledge is infinite.

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

**Activity:** Identify areas where your knowledge is limited - to know more ----

**3. Be Truthful: "Satyameva Jayate"**

"Truth Triumphs" is our nations motto. But today our nation is filled with corruption which is spreading fast like cancer. Leadership without patriotism and power without values is prevailing. Let us experiment or probe for the solution.



**Activity:** Review your experiences of "Being Truthful". What happens in your mind?

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

review your falsehood experiences: Each lie multiplies, develops tensions, anxiety, fear which causes many diseases like diabetes, BP etc and landing into sorrowfulness. People loose trust in you. Peace of mind and happiness is lost.



**4. Be Positive : Only way for Success.**

I can do anything ."Be bold and strong, take up total responsibility on your shoulders. You can do anything and everything. Nothing is impossible. Believe in your self and believe in God" said Swami Vivekananda.

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

**One negative effect can kill thousand positive effects**

**Activity:** Examine how your anger adversely affects your positive works / harmony.

## 5. Encourage Others:

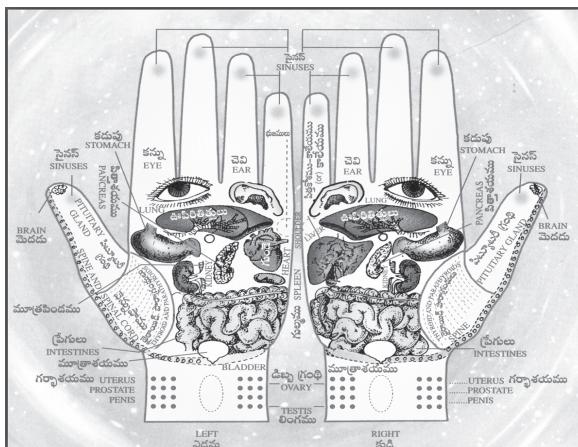
### Encourages you "within"

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

### Your health is in your hands

#### Clapping Techniques:

The palms of your hand and the soles of your feet have nerve centres of whole of your body organs. As per Chinese acupressure theory, if pressure is applied on a particular part of your palm which is the nervous center of that part will activate the connected organ. Thus clapping your hands will create automatic pressure and prevents diseases and passes on positive energy into your body and mind.



#### Types of Claps:

1. Full full wonderful claps
2. Tick Tick claps
3. Flower claps
4. Lead India claps
5. Super claps
6. Rain claps

**Your health is in your hands**

**Answer yourself:-**

1. How do you plan to be a treasure to your family and the nation.

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2. Be mindful of retaining your smile?

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3. Write your experiences on having an open mind as a stimulant for life long learning?

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4. Write your own experiences on being truthful ?

Truthful: \_\_\_\_\_

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5. Your analysis of your negative attitude and positive attitude?

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6. Identify acupressure centres in your hand to solve your health problems?

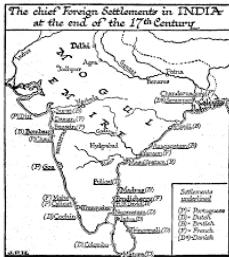
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## WHAT DOES INDIA NEED TODAY ?



*"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". Dr. A.P.J.Abdul Kalam worked to ignite young minds for Developed India till his last breath.*

Dr. Kalam declared "**Lead India 2020**" as a Second National Movement for development (the first national movement being the Independence Movement), with the principle of "Aap Badho Desh Ko Badhao" "Individual Development leads to National Development", to achieve "Developed India". Please listen to Kalam Sir's video: [https://www.youtube.com/watch?v=GezHEIG\\_nZU](https://www.youtube.com/watch?v=GezHEIG_nZU)

### I. Past Global Leadership of India:

#### 1. YOU ARE THE 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 was felicitated everywhere. He returned to India, after being a successful ambassador to spread awareness in the world about great Indian values. He landed in Madras seaport, and offered his respects to the mother land by smearing Indian soil on his head.

He said, "**I am proud to be an Indian**". Today, how many Indians

**Unity in diversity is the unique binding factor of Indians**

are ready to say so? Why is this pride missing now? We are not aware of our greatness. Ignorance is the cause of all the troubles. Progress comes from confidence, which is rooted in the pride, born out of knowledge. Let us see the real glory of India.

**(i) Global Spiritual Leadership:**

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

Their prayer was “*Lokâ Samasthâ Sukhino Bhavantu*” – May the whole world flourish with happiness.

The basic tenets of their living were *Dharma, Artha, Kâma, and Moksha*. Quality of life is based on righteousness wealth, righteous desires culminating in salvation.

“*Sheelam Sarvathra Dhanam*” Character is the most valued component of life.

“*Yatra Nari Pujyanthe Thatra Devatha Ramyanthe*” God lives where women are respected. That is why in our Indian culture women are respected the most. When Lord Rama asked Lakshmana to identify jewels in the forest, Lakshmana could identify Sita's toe rings, because he always looked at the feet. That is our culture.

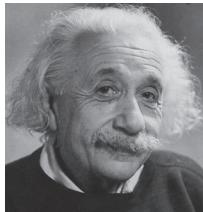
**(ii) Global Scientific leadership**

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.

**Indians prayed for the happiness of the entire universe**

- Aryabhatta contributed the concept of “Zero”.
- Charaka contributed to the field of Ayurveda 2500 years ago.
- Maharshi Sushruta practiced ayurvedic Surgery 2600 years ago.
- Rishi Kanada was the first to expound the concept of *kana*- the atom.
- World’s first university was at Takshashila in 700 BC with 10,500 students from all over the world.



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

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

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

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

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

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

Till the seventeenth century, India was a global leader in several sectors. India attracted foreigners for education, business, tourism, etc. Thus all Indians need to know our cultural heritage and practice values and work to bring back the past glory of India.

**India was the richest until the 17th century**

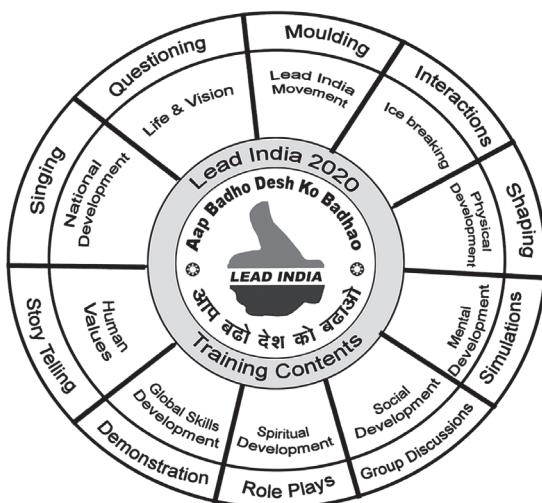
## **Aap Badho – Individual Development:**

As you are the treasure of this nation, you should know the various individual developmental components like a medicine. Individuals should know all the Aap Badho components.

For the last 30 years, the author has been conducting educational research to (i) investigate the various human components (ii) inculcation of human values in each human component for the holistic development of students leading to the development of their families, (iii) communities leading to the development of the nation. He designed "Aap Badho Desh Ko Badao" (ABDB) training programme, which is self explained in the following circle/charan.

The following are basic human components which have to be developed in its own angle, for example,

1. Physical Development-Living Life
2. Mental Development-Thinking / problem solving
3. Intellectual Development -Decision making
4. Emotional Development – Bond
5. Social Development – Relationship
6. Spiritual Development – Experience
7. National Development – Developing - growth and self sufficiency



## **Physical Development:**

Why Physical Development needed for the best life ? In what angles do they have to be developed? It is with healthy life style choices, righteousness in work, self discipline ,time management hard work etc., that physical development can be attained.

## **Mental Development:**

As body functions as a tool of the mind it is unable to move its little finger without the instructions of the mind. So, it is to be realized that our body is like any other inanimate things in the universe. So ,”As is the mind so is the life “ Thus for Mental Development, we should know the nature of the mind, powers of the mind and process of the mind which will lead from continuous thoughts to changing destinations of life.

## **Intellectual Development:**

Though mind drives life, it cannot make decisions .It only gets thoughts and desires but it cannot convert desire into action. It is only the intellect that can decide the course of action by analyzing the various alternatives for profit, loss, success, failure etc. for an individual, for institutions, for nations and for the whole universe. No matter how intelligent we are, however intellectually we decide, the intellects decisions seeking success/profit is failing always. There is an element beyond the intellect of an individual in the universe. This is the critical part for individual development.

## **Emotional Balance Development:**

Every individual must strive to build character and the right attitude which is inheritant is very individual. However the 6 vices like desires,

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anger, greed, attachment, arrogance, jealousy our growth as individuals. (i) unfulfilled desires (ii) anger (iii) greediness (iv) attachment (v) arrogance (vi) jealousy. Unless and until the individual removes these 6 enemies, individual development cannot take place. Let us study and investigate.

### **Social Development:**

Human beings forget favours that they take from people. For example: Individual comes into existence in the world through parents, families, teachers, native support, nations and nature's support. Individual has to analyze each of these support agencies. Just like universal accounting principles, in the cosmic creation also every transaction in the life is accounted. What we have taken and what I have given should be analyzed by self accounting system and make an action plan to clear off each and every minute debt – runa, otherwise the individual has to flow in the life cycle of birth and death.

### **Spiritual Development:**

Individuals are known to the world by their own form and name but beyond this body form, it is the mind which drives the body. Then the intellect drives and takes its decisions beyond intellect. It is one's own emotional and social bonding, spirit – Soul – Athman which lives for ever.

Dr. Kalam intellectually, emotionally while delivering his lecture, his spirit-Athman left the body – immediately he collapsed. So far individual development this spiritual development is the root and it is the only potency – Athma Shakti for individual development.

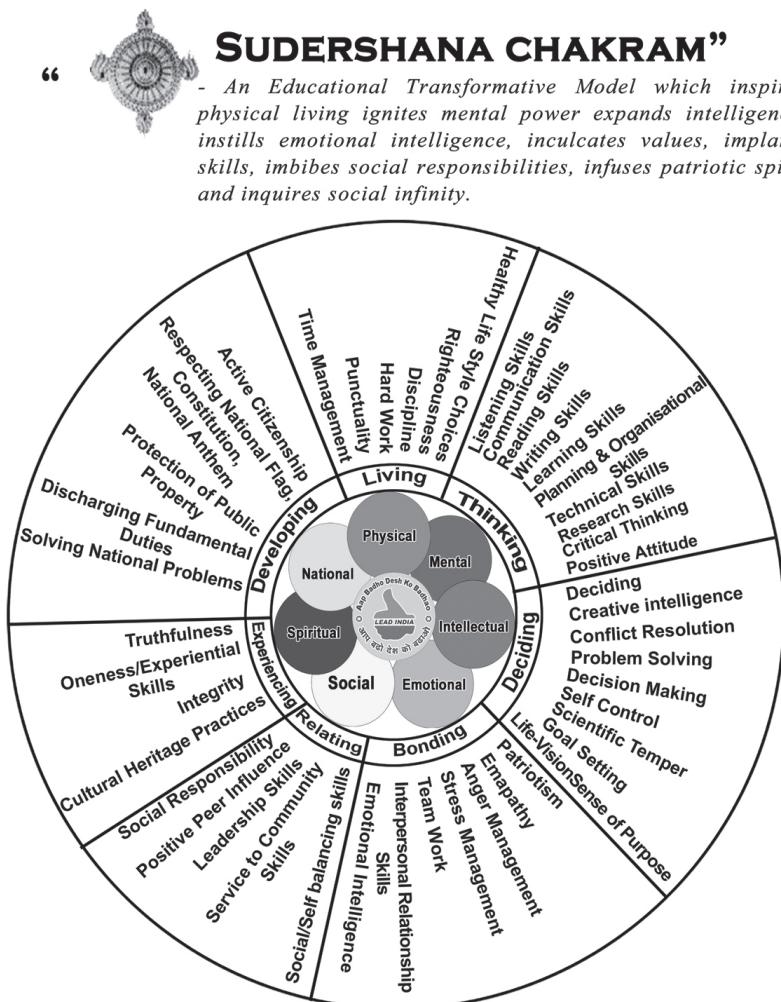
This “Aap Badho Desh Ko Badhao” is a human transformative training module with comprehensive an evaluation tool as Sri Sudershana Chakram.

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## Sri Sudershana Chakram:

This is a scientifically developed verified and tested among more than one million students.



Our former President Dr.APJ .Abdul Kalamji recognized the worth of this module inspired the author to take it to all the schools, students and teachers and advised to add National development components along with Individual development aspects, Accordingly the author added Dr.Kalam's oath to students and teachers along with his vision and mission to achieve Developed India by 2020.

Thus, this module is titled as "Aap badho Desh Ko Badhao".

You will be happy to hear Dr. Kalam's last message to the nation and his declaration that "Lead India 2020 is a tested and proven National movement on the links: <http://www.youtube.com/watch?v=KJRptG7pOkA>.

The author had a vision of the total module of "Aap Badho Desh Ko Badhao" and Sri Sudershana Chakram in his meditation. He believes that God has given this module to lead the youth to lead India to lead the world by 2020 and to bringback the past glory of Bharath as Viswa Guru again. That is why the author is connected with the then President of India Dr. A.P.J Abdul Kalam, who has inspired the author to start "Lead India 2020 Foundation" as an NGO and to lead the second National Movement.

He offered extensive, exclusive support to the author. He invited the author to President's farewell official ceremony on 22.07.2007. In his last official message to the nation he appealed every constituent member of the nation to support the Lead India 2020 Movement.

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## **Answer for yourself:-**

1. Write your views on today's needs of India.

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2. Do you feel proud as an Ambassador of India? What are your plans?

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3. What are India's ancient principles that make India a Global Cultural Leader?

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4. Which are the ancient Indian scientific innovations that have attracted you?

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5. Mention a few Global Economic Leaders of Ancient India?

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6. Like Albert Einstein who else praised Ancient India's contributions to the world?

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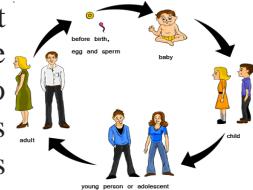
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**Purpose of life is to know "our self"**

## 2. LIFE, VISION, MISSION AND GOALS

Life is a great gift to humanity, among the whole creation only human beings have the highest intellectual capacity to understand and create one's own world. Life is a journey from birth to death. Every individual in this cosmic world is the most important component. Everyone wants to be successful and become great in ones. but are we 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, we plan to watch a film at a particular time place and with our loved ones.



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### ***Do you have any plans for your life?***

Life is invaluable. Use it meaningfully and purposefully.

### **Failing to plan is planning to fail.**

#### **Activity:**

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

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

#### **Nature of Life:**

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

**Life is a Gift - Experience**

<b>Life :</b>	<b>Experience</b>	<b>Skills</b>
Life is a Game	- Play and Win	- Sportive Skill
Life is a Journey	- Reach the 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	- Acting Skill
Life is a Challenge	- Face it courageously	- Willing Skill
Life is a Spirit	- Introspect/Realise it	- Reflecting Skill
Life is a beauty	- Praise it.	- Praising Skill
Life is a Puzzle	- Solve it.	- Solving Skill
Life is a Mystery	- Unravel it	- Investigative skill

**"Every failure is a stepping stone for success"**

***Think deeply and realise:***

***Realities of Life:***

- Life comes only once. It cannot live beyond its last breath.
- Life 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 birth and we will go alone with empty hands at the time of death.
- We can eat to satisfy our hunger. We can sleep to the extent of rest required to the body. It is a prerequisite for all living beings.
- What will happen the next moment is not known.
- Between birth and death we struggle with many desires for family, money, power, name and fame, etc., but nothing goes with us when we die.
- Our knowledge is limited despite our education and experiences.

**Failing to plan is planning to fail**

## ***Life long Lessons to Remember:***

## *Power of Money:*

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

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

We can buy food with our money; but 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 material assets one may acquire no one can carry anything while leaving this world. It does not mean that we should not have financial goals. We should have high goals but they should be: (i) to the extent of your vision and (ii) to earn money righteously for righteous desires in the righteous way. Then it will give you happiness. Money should satisfy our need not our greed.

## *Purpose and Goal of Life*

Every minute lakhs of people are born and die in the world like animals and insects. They too live with food, sleep, children etc..

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

what is the difference? As per crime Bureau records in 2010, per hour 15 people committed "Suicide". What is the use of having a distinguished mark as a gifted human being with power of thinking and discrimination, if one cannot realise the purpose of life. We have to set an ultimate purpose for life by which one should be remembered by the world for ones good deeds.

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

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

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



Your goal should not be like a 'dry leaf' which will mix with the soil. 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 your goal?***

Plan for your life time goals:

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



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

### **Activity:**

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

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

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

Set your Goal as SMARTY :



S = Specific

M = Measurable

A = Attainable

R = Responsible

T = Time-Bound

Y = Your own

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

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

- (i) **Self-confidence:** Self-confidence is the tool to face ups and downs till success is achieved.

**Note: When confidence is lost every thing is lost**

- (ii) **Attitude of Learning:** Knowledge is infinite and is a power, so, we should have an attitude to learn new things. Develop attitudes by learning continuously and then you will acquire interest and continuous working attitude.

**Low aim is a crime**

**Note:** *The development of an individual stops when he/she stops learning*

(iii) **Team work:** A single person cannot do all the work. We should therefore cultivate team spirit. Co-operate with others.



**Note:** *One can't do two works but two can do four works*

Development means not just education and money. If any one questions, what your goal in life is, normally students say that they intend to become doctors/engineers, etc., that is not all. There are many other avenues that can be explored and pursued. It may be employment in any field of expertise, business or profession. Each individual is capable of acquiring multiple skills and excel in performance by diligent pursuit.

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

### **The Value of Time:**

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 a major accident;
A Millisecond:	Ask an athlete who lost the Olympic medal.

**Note:** *The secret of success of every individual will be in the optimal utilization of the available time. Both successful and unsuccessful persons have equal amount of time; it is only the way the time is utilized.*

**Dream is not what you see in sleep. It is that which does not allow you to sleep**

**Learn to know yourself:-**

1. What is your immediate goal?

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2. What is your intermediate goal?

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3. What is your life goal?

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4. What are the realities of life?

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5. What is the real power of money?

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6. What is the purpose of life?

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**" Time is God - time and tide wait for none"**

## 21<sup>ST</sup> CENTURY IS INDIA'S CENTURY

India was a global leader upto 17th century but time has reversed it. Now the same time is bringing back India as a global leader in the 21st Century by creating young human resources as a global resource cadre with 65% of our population who are below 35 years of age.



Our Hon'ble Former President Dr. Kalam as a visionary inspired and declared Lead India 2020 as a National Youth Movement training the youth from 2004. He transformed more than 1 million students in 6 states of India.

Now our Prime Minister Narendra Modiji declared the following statements which reveals the plan of the almighty to make India a global leader by 2020.



Here, every Indian may realise their role as an Ambassador of this great transformation to bring back the past glory of India as Viswa Guru.

Our Prime Minister declared that "The 21st Century will be that of India. By 2020, only India will be in a position to provide work force to the world, ". "We are a youthful nation with a very old culture. 65 percent of Indians are below the age of 35, ". "There is an atmosphere of hope and enthusiasm./vigour. India wants change. A country with such a huge population of young people do not have a need to look back". "My effort is to make development a mass movement. I am confident that we will succeed. There is no cause for disappointment. The country will rapidly progress.



“We have three powers that nobody else has, and it is our duty to identify these powers, present it to the world and mobilize it”.

(i) Democracy - this is our biggest strength. We are God’s children, we have received his blessings.

(ii) Demographic Dividend. There is no need for the nation to look back, it can only look forward, and

(iii) Demand - the world is looking at India, it is a big bazaar (market), and therefore, the demand will naturally be big.”.

“There is no reason to be disappointed or anguished. India will progress very fast and with unimaginable speed; and the skills of our youth will take the country ahead.”.

“My dream is to see to it that every Indian family has a home by 2022,”

To make India a global leader our Prime Minister has declared the following practical affirmative revolutionary schemes which can be successful with every constituent part of India i.e. People, institutions, corporations NGO’s, NRI’S becoming one with the government and its ensuing schemes will surely make India a Viswa Guru.

## **Make India a Global Leader**

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

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## **What are we doing?**

India has become the third potential country in the world for employment generation. But surprisingly we have got unemployment as an increasing national problem. Why and How? Similarly, India's economic development is at the fourth place but human development is at 135 out of 177 countries. What is to be done to improve the situation?

- Lead India 2020 movement has taken up the responsibility of imparting global skills with values at School/College and at rural levels. Teachers are being trained to integrate global skills with academics; Teachers are encouraged as “community research scholars” to correlate human values in subjects and give community service projects to students. So, now we have to train all the students in our schools and colleges by inculcating human values and global skills.
- Hence, effort must be made to impart global skills to these rural youth to enable them to grab global opportunities. Only then will the problems related to economic development be solved.

## ***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 the grass root levels, which will eradicate perennial problems like poverty, illiteracy, unemployment etc.,

### 3. CAREER DEVELOPMENT ENTREPRENEURIAL SKILLS

Due to communication revolution, the entire world has become a Global village. As we have growing youth force, we need to possess and acquire global skills which include entrepreneurial skills and employable skills to compete and excel at the global level and use them as a resource cadre from the rural level to the global level.



#### **The Challenge before the Youth is Skills Development**

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

- (i) Good command on fundamental concepts of their subjects, rather than marks, and its utilization in real life situations.
- (ii) Ability of self-learning to develop core competency, excellence in work and in experimental knowledge.
- (iii) Collection and analysis of latest information available in their subject.
- (iv) A comprehensive approach and ability to identify the relation between different subjects-life, industry, world and interdisciplinary subjects.
- (v) Soft skills, communication skills and advanced skills of spoken and written English.
- (vi) Practical knowledge which is the basis of education.
- (vii) The ability to work in teams. Youth need to be good team players and team leaders and work with total co-ordination.
- (viii) Innovative ideas and ability to invent new ways rather than using the trodden paths.

The students, the teachers and the parents need to realise the importance of possessing and constantly improving each of the above skills which would make our youth employable and assure bright careers and global leadership. Information is power, so youth should know where and how the Central Government., State Government., Corporations, NGO's, international bodies are opening innovative opportunities of giving practical skill development opportunities.

While selecting skill development courses they should select according to their qualifications and goals beyond any and passion to create demand with expertise. But to achieve these, our children and youth have to impart global skills to these rural youth to enable them to grab global opportunities. Only than all these problems related to economic development will be solved.

### **Huge opportunities for manpower work force to affect India's growth:**

According to an estimate, by 2020, India's population is expected to reach 1.38 billion, with 500 million (36%) people representing urban areas, which is anticipated to increase the demand for skilled manpower in quality real estate and infrastructure. Of the 50 million professionals available at present, only two million are professionally qualified with respect to core and non-core areas of expertise and the others are unskilled workers. On an average to meet the prospective real estate needs and planned infrastructure, India would require 4 million civil engineers, 396, 000 architects and 119,000 planners over the next decade. The equivalent average supply available is anticipated to be 642,000 civil engineers, 65,000 architects and 18,000 planners. If this deficit in annual supply continues and the yearly demand increases, India might end up needing almost 45 million core professionals for 2010-2020. Further the estimates in various fields are:

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- 71% or 742 million people are below 35 years of age. Indians are young and 29 million people are born every year.
- 6% of which is our so called educated youth. They go for a regular college degree courses which may not be very relevant in today's context for employment generation;
- 73% of all graduates from colleges are Arts and social sciences graduates. While 95% of the world youth between 15 to 35 years of age learn a vocation, a skill or a trade, with a choice of 3000 vocational education and training programs;

India's present share is about 3% in world Gross Domestic Product (GDP). We need to concentrate on the balance 97% of the economy and enterprise and make it world class. Of all new employment generated, 1% are Government jobs, 2% are in the 'Organized sector' and the balance 97% in the 'Unorganized sector'.

The various global skills that are considered to be essential and important for every youth are as follows:-

(i) Self-Development	(vi) Practical Education
(ii) Leadership Qualities	(vii) Scientific Temper
(iii) Entrepreneurial skills	(viii) Team Work
(iv) Comprehensive approach	(ix) English Language
(v) Communication skills	(x) Computer Skills
(xi) 21st century learning outcomes.	

There should be a blend of thinking and innovation in mind. As information is power it should be accessed and effectively evaluated, critically and competitively used. Media is another exploring component. It should be used for constructive purposes duly ignoring till effects of the tools. ICT is very important component to use digital technology incommunicating networks. Use technology as a research tool to organise, evaluate and communicate. Corelate life skills with academic subject across interdisciplinary themes. Develop a global awareness and become a global leader.

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 a leader one needs to encounter various challenges. This 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 1) Attitudes, 2) Skills and 3) Knowledge  
Remember easily as ASK.



### **Attitudes:**

An individual's 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, exercising, yoga, meditation etc.,

### **Skills:**

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

**Dreams, visions, missions, make lives great.**

## 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
- Appreciation /encouragement
- Facilitation
- Incentives/rewards
- Goal - setting
- Role - model
- Practicing with passion.

### Knowledge:

Knowledge is power and is infinite. Whatever one may study, it is only like a drop in the ocean. So for self-development knowledge should be acquired throughout one's life. What about the knowledge we possess? For instance, graduates of B.Sc/ B.Tech have knowledge about their degree alone. They do not have knowledge of M.Sc./ M.Tech./P.hd., or subjects like Ocealogy, Astronomy etc. Even names of the rest of the subjects are unknown. This implies that even experts in an area of specialisation know only a drop in the ocean of knowledge.

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

- Observe the development happening around you and develop good qualities within you;
- Be courageous for making changes. Good changes with regularity will bring great changes in the long run;
- If you make continuous small progresses 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;

**Develop positive attitude to achieve success.**

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- Timely and appropriate action in any situation can help to overcome obstacles to success;
- Have farsighted vision and make continuous efforts to achieve your own goals;
- Have innovative ideas and plan in advance. Ask yourself what needs to be done.

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

Every Indian is an uncut diamond waiting to be polished and ready to shine. A leader should

- understand his/her own self and should have a goal.
- understand his/her own work and other related tasks.
- always be able to overcome a problem and be a part of the solution to it.
- take an initiative whenever there is a requirement.
- take up work with total responsibility and complete it.
- be an inspiration and serve others as a role model.
- know that leadership is about accepting responsibility.
- have human values and be helpful.
- always be cheerful and work for success.
- have the zeal to take up the job of his passion and work in any condition any where.
- always have patience and maintain happiness.
- be a useful member of your family, community and country.



## **Activity:**

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

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

Ex: 1. 2. 3. 4.

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

As Lord Macaulay manipulated our education system, if you ask any student why they are studying, 90% of students say "to get jobs". This should be changed. 90% of students should take a decision to be a job giver would be more thrilling rather than being a job seeker. Entrepreneurial student leaders can experience the thrill of earning while learning through (a) Learning vocational skills is more important (b) Waste-to-wealth (c) Saving power, water, fuel, etc. (d) Creative craftsmanship (e) Making scientific kits. (f). Invention of new equipment.



### ***(iv) Comprehensive Approach***

To have a complete understanding of all the connected factors of the subject, imbibe subject knowledge with full concentration. Move towards your goal with comprehensive knowledge. We think that each subject like Mathematics, Science, Social and languages is isolated and independent. A little thought makes us understand that subject is

**Lead Leads to Leadership**

related and complementary to each other, and all are related to life, career and nature.

### **Comprehensive Approaches:**

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

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

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

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



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

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

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

Reading is a good habit. A person who reads well can speak well. Read the subjects meaningfully and comprehensively to understand completely. Discuss the subject matter with others. Write the important points of what you read in a note book. Make a habit of reading books, biographies, magazines, story books, poetry, songs, newspapers and other reference



books which are useful to us. There is a saying: 'A good book is a good friend'. So, 'Wear a torn shirt, it does not matter but purchase a good book'. By reading books we gain a lot of knowledge. Every student should make a habit of reading one good book every week. It will give happiness and satisfaction that we have learnt something new. Always make a good habit of carrying a book in your hand like an ornament, wherever time permits you can read. Reading gives knowledge, inspiration, information, skills and self-confidence.

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

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

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

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

- Books impart worldly knowledge
- They teach many unknown things
- Remove loneliness
- Inspire us
- Pave a path to realise our thought and achieve goals
- Develop thinking capacity

To develop higher competitive calibre, read, grasp fast and retain more.

## **Good books for reading:**

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

Reading directly adds to the quantum of your knowledge.

## **Group Discussion:**

The main intention of group discussion is to bring complete and comprehensive understanding to the students on the subject and provide complete liberty to express their views confidentially and assimilate others new ideas and knowledge.



Group discussions improve understanding and adjustment with others, negotiation skills and convincing power etc.,

## **Seminars**

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

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

To express our views and to share knowledge with others we should have good communication skills. If we have good communication skills, others can understand our ability, knowledge and ideas etc. We can share our views effectively.

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

(i) Listening (ii) Speaking and (iii) Writing  
bly while writing.

**Reading is the best habitt**

- Ensure that while writing, the note book or paper does not shake.
- Keep your fingers on the paper while writing.
- Write your letters neither small nor big, it should be clear and legible.
- Bend your pen to fortyfive degrees while writing
- Leave some space between the words and lines
- Practice diary writing, writing on unknown things, writing briefly, poetry writing, etc.
- Human beings are intellectuals. God has gifted equal intelligence to everyone. We are not able to understand this fact. We need to write with conviction clarity of thought.



### 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** - Loudness (Audible)
- E** - Enthusiastic body language and expression

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:

**Qualities of fear to Speak:**

- Fear/nervousness
- Sweating
- Feeling thirsty
- Legs shake
- Fast Breathing
- Increase heart beat

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

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

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

- Feel shy
- Suffer from inferiority complex
- Lack of self-confidence
- Lack of practice in speaking in a group
- Fear of committing errors.

**How to overcome the above hurdles?**

- Prepare cue cards/short notes;
- Prepare and speak on your own topics;
- Be bold and fearless, fill yourself with positive energy;
- Be the first one to pick up the opportunity to get relieved from the tension;
- Adopt the principle of 3Ps: Practice, Perfection and Purpose;

- Take a deep breath, make your body free, breathe freely and make your arms and hands free;
- Say a loud "Lead India" thrice, Tension will be released and confidence will grow;
- Introduce yourself first, feel that you are important. Say it confidently.
- Write the things you want to speak, on a small paper in an orderly manner;
- Practice in such a way that your speech is brief and meaningful.
- Witness live and real examples;
- Don't imitate others. Practice to speak in your own way;
- Use appropriate body language;
- In public speaking there are three steps:
  - (i) Pleasant Introduction;
  - (ii) Purposeful Subject presentation;
  - (iii) Concluding with follow up action.
- At the end give a chance to the audience to ask questions;
- Finally, thank the people who gave you the opportunity and ask them to excuse you for any lapses on your part.

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

People say that our education system is more theory-oriented, whereas the US educational system is more practical-oriented. The present education system in India is based on lecture method. Practical education is more knowledge-oriented than reading and writing. In developed countries 85 per cent of the teaching methodology is based

**Leadership is action, not position. Be the Leader by ur actions**

on practical observations. By using the available resources, by studying the subject matter and by observation we can perform practically and learn many new things by applying the concepts which we have grasped.

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



#### ***(vii) Scientific Temper: Science as a Mission for Life***

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

##### **For example:**

- a) Newton, by observing an apple falling from the tree, got an idea. He questioned why it is falling down? He imagined whether earth has gravitational force. Further, on observation and persistant and investigation, he discovered the laws of gravitation.
- b) Dr. Kalam, when he understood from his school teacherr how birds fly, it made him to dream and further pursued it he became an aeronautical engineer and subsequently became a missile scientist. He invented indegenous missiles and became famous

as "The Missile Man of India". Thus it is observation, innovative ideas and perseverance that ignite scientific temperment.

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

Science flies on two wings, Inquisitiveness (curiosity) and Observation. We are not learning the subject matter meaningfully. So, we are failing in examinations and in employment. By developing scientific temper, we can develop and excel in education. Scientific temper develops by enquiry or questioning attitude. Learn any subject by asking questions with 5W's and 1H.

What ? Why ? When, Where, Who? and How?

*Teaching is a very important technique to excel.*

Learn to acquire knowledge as

Reading gives 10% Learning by reading

Discussion gives 50% Learning by expressing

Practice gives 75% Learning by doing

Teaching gives 90% Learning by teaching

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

Working together for a cause is called Teamwork. To achieve good results through teamwork, we have to do some ground work. First, plan and discuss - what is suitable for everyone. A leader or a member should co-operate. Only then the team can achieve it's goal. Every member of the team should work unitedly as the organs of the body. If we get good results, everyone is happy. If there are any failures, individuals sholud not be blamed. But again, we will get an opportunity to discuss and work together to achieve success eventually

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

One day a rabbit and tortoise had started their journey to see an exhibition. On the way there was a big ground and a river across the road. As a rabbit cannot swim in the water the tortoise cannot walk on the ground, after trying for two days both had failed to reach

**Inquisitiveness and observation are the two wings of Science.**

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the destiny. In the third day they decided to cross the river anyhow, and they planned that the rabbit would first carry the tortoise on its back while travelling on land. then the tortoise would carry the rabbit on its back while swimming in water. They reached their destiny successfully.

**TEAM** = Together Everyone Achieves More.



Work in team to achieve good results.

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

English is as an international language. Due to globalization, the usage of English has reached the 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 reading, listening, writing, and speaking. An individual with a good command in English will definitely have an advantage over others. It's unfortunate that even today the percentage of Indians who are good at using English language is not substantial.

- 2/3<sup>rd</sup> of our country's business transactions are in English language.
- 19% of our population knows English.
- Among them only 1% has a good command
- 4% 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 a very important and essential qualification. At the same time, we should respect our mother tongue too.

**Team work is the spirit of working together**

**Activity:**

- “Learn every day new words open your own dictionary alphabetically.
- Write sentences to improve vocabulary.
- Make it a habit to converse in English in the place of work/ study
- Set a time target to speak in English

**(x) Computer Skills:**

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



**Activity:** List out your goals and write your plans to achieve them. Mail your goals and periodical achievements to [leadindia2020.org@gmail.com](mailto:leadindia2020.org@gmail.com)

**Learn to know yourself:-**

**Summary:** The prime responsibility of a student is to focus on education. Education does not merely mean memorizing 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.

**Activity:**

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

1). Initiatives: I want to \_\_\_\_\_

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2) Role: I would like to \_\_\_\_\_

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3) Responsibility: I will \_\_\_\_\_

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4) My Dream: By 2020, I will \_\_\_\_\_

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1. What are the global skills that make Global leaders?

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2. What is the key for self development?

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3. Mention skills within you as a leader.

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4. What are entrepreneurial skills?

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5. What are the basic approaches for a comprehensive development of your self?

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6. Write about good communication skills on your own.

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7. In your view what are the ways to overcome the hurdles in communication?

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8. What are your views on practical education?

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9. Mention the ways to ignite scientific temper among students.

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10. a) How can we acquire a) Computer Skills b) How can we achieve team work c) Competency in English Language.

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## 4. PHYSICAL DEVELOPMENT

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

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

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



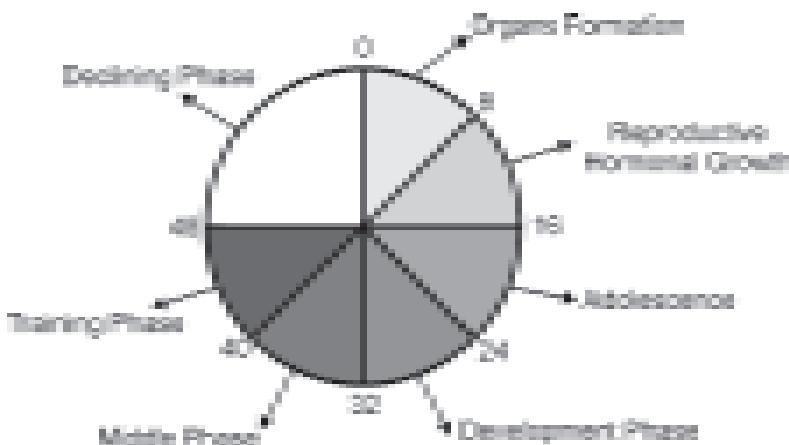
**World Health Organization (WHO)** defines health as "*The complete physical, mental, intellectual, social, financial, moral and ethical well being of an individual*".

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

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

**Without healthu no success or happiness**

## Physical Development Cycle



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

**Breath long – Live Long**

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

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

Air is the most important element for survival of all living beings. Without air we can't survive even for a few minutes. The body works with *prana shakthi* – energy. All other elements like water, food, etc., ultimately convert into energy, so air gives instant energy. Energy is derived from *Prana Vayu* (oxygen). Pranayama enables intake of more *pranavayu* which gives more *Prana Shakthi* for sustained life and more energetic functioning of the body and mind.

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

**Note: Dog breathes fast and lives short. Tortoise breathes slow and lives long.**

### **Secret of Longevity:**

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

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

From the above table it can be inferred that, as the number of times we breathe per minute decreases, the longevity increases substantially!

**Drink more - Clean more**

A tortoise goes on to live for 200 years. So, for long life breathe slowly and fully and decrease the number of breaths.

### *Advantages of Pranayama*

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



### *(ii) Principle of Drinking Water*

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

#### **Wonders of water**

- Water has a wonderful natural character of cleansing. We clean external body, external things with plenty of water. We clean bathrooms with phenol and acids. Do we clean our internal system?
- Normally, our body contains 80 per cent of water and 20 per cent of muscles, nerves, bones, etc. The universe also contains three parts of water, one part of earth. So, we have to maintain this natural proportion. As waste materials are easily soluble in

**The secret of longevity depends upon the number of times we breath.**

water, it takes out waste material from all parts of the body in the form of sweat, urine and stool.

- Three thousand years ago the Ayurveda treatise *Charaka Samhitha*, prescribed that one should take 5 liters of water daily. 1.26 liters should be taken before sun rise. Now it is widely followed in Germany and other European countries. It cleans internal system by facilitating free motion. Drink a glass of water before 30 minutes to each meal.
- Do not drink water while eating as it dilutes gastric juices, acids etc, and decreases the efficiency of digestion. After one hour, digestion takes place and natural thirst develops. Drink water as per natural thirst after each meal. This would give good digestion and energy for working efficiently.

### ***(iii) Principle of Food***

- Food is the basic element on which all living beings live. Without food we can not survive. Let us examine the principles of food. Hunger in living beings demands food.
- The Gita, says, “I am live 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 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, and the farmer.



- By chanting these slokas we express our gratitude before partaking meals. “*Annam Parabrahma Swarupam*”, food is an embodiment of 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 resolve never waste food’.

### ***Merits of natural food***

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

### **Natural Food**

- Increases the power of resistance 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 enhances without fatigue;
- Reduces joint frictions, wear and tear and joint pains.

### ***Demerits of cooked food***

It is only human beings who cook food. By cooking

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

***“Shareeramâdyam Khalu Dharmâ Sâdhanam”***

**Eat natural food be naturally happy**

## **What happens to food after eating?/ How does food convert into vital Energy?**

*"Rasadruktam Tato Manam, Mamsam medhaha Prajayathe Maedasosthitato maija Maijaha Shkrantu ayate"* Susruta 14-10.

Food converts into liquids (rasam), rasam into blood, blood into muscles, muscles into fats, fats into bones, bones into marija (bone marrow), marija into sperms (veeryam in men, rajas ovua / ovules in women). Thus these elements become powerful as they go on converting from one form into another. Our ancient scientist *Sushrutha* in *Sushrutha Samhitha* has revealed this process in Ayurveda. So, the most important thing is that food is converted to sperms or rajas. This carries genes of individuals and gives rise to the birth of a new individual. This also improves internal resistance of the body. So, youth have to be very careful in preserving this vital energy of making a healthy generation.

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

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

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

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

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

**Eat balanced food - Balance your body**

## 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;
- Sound sleep and regeneration of the body;
- Reduce of stomach size and weight.

### Activity:

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

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

Food builds up body muscles and nerves. But we can eat food only when we feel hungry. How can a good hunger be developed? When we exercise, play games or do a lot of physical activity, to feel hungry. Not only for hunger, but exercise is essential for all people in general. Without exercise limbs, joints, muscles etc., become stiff. So, exercise in some form is essential for maintaining good health right from a new born baby to an old man. So, exercise on regular basis to lead a happy life.

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

Sleep/Rest is the natural process which activates cells and rejuvenates whole body for functioning normally for the next day. It is a natural element for sustenance of body like food. The number of hours of sleep varies according to the age. We see small babies sleep for long hours and old people sleep



Principaled life gives principle happiness

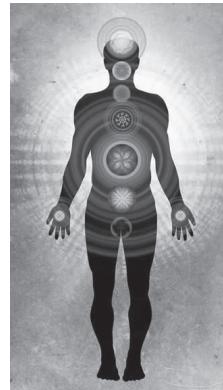
less. On an average, youth should have a minimum sound sleep of 6 hours a day. But, too much of rest is not good for health.

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

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

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

- Heart beats 1,03,689 times.
- Lungs respire 23,045 times.
- Blood flows 16,80,00,000 meters.
- We speak 25,000 to 30,000 words.
- We inhale 438 cubic feet of air.
- We ingest 1.4625 kgs of food.
- We drink 5 liters of water
- We think with 7,00,00,000 of brain cells.
- Nails grow 0.00066 inches.
- We use our important muscles 750 times.
- Hair grows 0.01714 inches.



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

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

**"Exercises regularly! Build a strong body"**

**"Exercises regularly! Build strong body"**

***“Follow the principles of health – Live healthily”***

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Yoga/Pranayama</b>							
<b>Drink 5 liters of water every day</b>							
<b>Consume healthy food</b>							
<b>Physical exercises</b>							

### **Learn to know yourself:-**

1. Define health in your own words.

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2. How do you feel individual health in related to the nation's health?

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3. Write about your Physical body changes ?

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4. Write your experiences on six basic principles to be followed to maintain good health.

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5. What is the secret of longevity?

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6. What are the advantages of pranayama?

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7. Note down your views on Natural food and junk food?

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## 5. MENTAL DEVELOPMENT

Mental development means understanding and utilizing the innate powers of the mind. By self inquiry, self-control and self-discipline and with a vision and mission, the mind can ignite the internal energies on the desired targets to achieve goals. A person whose mental ability is strong can work with determination and confidence.

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

### **What is Mind?**

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



### **MIND**

Ear	Skin	Eyes	Tongue	Nose
Sound We get 11% thoughts	Touch 1.5%	Sight 83%	Taste 1%	Smell 3.5%

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



Differences between Brain and Mind	
Brain	Mind
• It is physical, can be seen.	• It is functional, unseen
• Can be operated .	• Can't be operated
• Mortal, comes with the body and goes with the body.	• Immortal, beyond birth and death. Abstract

### Nature of Mind

(i) **Unique:** No two minds in the universe think identically. So, thinking of 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 the present actions that make a big difference in the future.

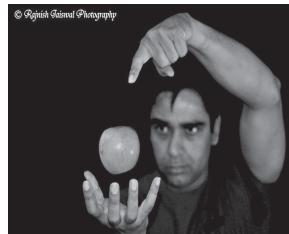
(iii) Dynamic mind always desires changes, pleasures and comforts. Thoughts will be always changing.

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

The thinking ability of the mind is infinite. Even world famous psychologists could not identify the complete process of the mind. Great thoughts make an ordinary person as an extraordinary person. Ordinary thoughts make persons ordinary. Physical energy can be measured in calories whereas mental work cannot be measured.

### Root of Diseases:

Unwanted thoughts, continuous mental tensions, disturbances, worries, anxieties consume more energy destroy the 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.



Mental Status	Physical Disease
Tension	B.P. Heart attacks
Worries	Diabetes, Nervousness
Anxieties	
Cool/Peaceful	Stable, disease free

### **Powers of Mind:-**

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

"All powers are within you - Ignite. You can do anything and everything". Swami Vivekananda

### **Process of Mind**

The process of mind is unique. Any thought that comes to mind, starts its process. Repeated thoughts lead to desires, repeated desires lead to expressions, repeated expressions lead to words, repeated words lead to deeds, repeated deeds lead to habits, repeated habits lead to attitudes, attitudes lead to character and through character either positive or negative, a destiny will be formed. Hence, it is very crucial to focus and streamline the thought process. It is the fundamental element that can make all the difference.

Every individual is born with equal abilities; you need to remember that this country has given many eminent personalities who have contributed for the development of the world. What we all have to do is to focus on our thoughts, words and actions to empower youth with our positive attitude and pro-activeness. we can become

**As is your think - so is ur life**

great and create history. By coordinating all of them for a purpose with well defined goals, vision and mission.

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

<b>Faculty</b>	<b>Actions that needs to be Done</b>
<i>Mind</i> -	Dream big, have vision for life, so that world will remember you forever.
Thought-	Think to achieve your visions in your own way, be creative and positive with farsighted thoughts. Never entertain negative thoughts.
Desire-	Develop a burning desire to achieve your goal. Acquire knowledge, skills to expand your abilities. (80% of mental energy is dissipated by seeing unnecessary things, entertaining distractive desires.)
Expression-	Think positively and talk truthfully, express love without lust, harmonising the heart. Expressions should be simple, clear and specific and positively asserting your goals.
<i>Actions</i> -	Do specific actions to achieve goals as per time table and plan. Discuss your ideas and improve speaking, reading and writing skills. Ensure righteous actions to keep your head high which make your parents, teachers and everyone happy.
<i>Habits</i> -	Learn to smile and work with dedication. Love the work that you do. Complete the work taken up. You yourself visualize "what next" and plan tomorrow's work as a leader.
<i>Attitudes</i> -	Develop a positive attitude and skills in questioning, problem solving, decision-making, analysing and observing. Ask what, why, when, where, who and how. Develop an attitude of doing things with self awareness and consciousness. Continuous learning and a zeal to achieve your goal would help immensely.

**Character -** Develop self discipline, concentration, commitment, courage, truthfulness, righteousness, love and respect for all.

**Destination-** The above listed faculties and actions transform an ordinary person into an extraordinary person.

### **How did Dr. Kalam become great ?**

In the 5<sup>th</sup> grade Dr. Kalam had a science teacher, Mr. Subramanyam Iyer. The teacher taught the class a chapter on "Aero Dynamics". The student could not understand anything. So, he took them to the beach to show them how birds take off in the air. The students especially young Abdul Kalam observed how the sea gulls pulled in their legs, spread out their wings and self - propelled themselves into the air. He got a thought in his mind - Why can't I fly like a bird? He shared his thought with his teacher. The teacher then told him how a bird could fly. Then Dr. Kalam decided to become a pilot in future and fly in the sky like a bird. This idea changed the destiny of Dr. Kalam and made him a missile man of India, though not a pilot.

### **How desire became an Action**

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

### **Habits**

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

**Thoughts convert as destiny.**

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## Thought – Practice

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

Let us see how the thoughts get converted into destiny in every individual.

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

*Example:* If you want to become doctor .....

*Mind:* Set a goal to become a doctor.

*Thoughts:* To become a doctor, think what to study and how to study. Also think about the frequently spreading diseases, their symptoms, and remedies to cure them and about helping poor and the needy.

*Words:* Ask doctors / teachers or any other intellectuals about what to read and what to do to become a doctor. Inform all my friends, parents, relatives, teachers etc., that after becoming doctor I will give free services to all the poor people. Ask the doctor about the diseases spreading in my locality, their symptoms and medicines to cure them.

*Actions:* Prepare well for the medical entrance examination. Read books which are related to Medicine. I will visit doctors and hospitals around and collect paper clippings on great doctors and prepare an album for inspiration. In our village if anybody is suffering from any disease, I will take them to the hospital.

*Habits:* Do the above said actions repeatedly and make them a habit. Adopt good habits like having a smiling face,

**Smrithivardhini helps in self introspection.**

love and affection, service motto, etc., which a good doctor should have.

**Attitudes:** Giveup bad attitudes like anger, laziness, irritation etc instead adopt good attitude and service orientation.

**Character:** Inculcate good qualities and practices which are very essential to complete my Medicine, like concentration, discipline, courage, truthfulness and working according to the plan. Discard the negative traits within me.

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

### ***Smruthivardhini – Diary writing - Power Technic***

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

#### **Activity:**

1. Practice the habit of writing diary on a regular basis and analyse your successes and failures. Plan further steps to be taken to reach your goal.

**Birthday to birthday review and re-plan for the next year.**

2. As discussed previously about strengths, weaknesses, opportunities and threats (SWOT) analysis, let us consider the same for doing the following activity.

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

### Action Points

- To keep mind in control - Yoga and Pranayama help a lot.
- Always think highly and positively with a great vision.
- Prepare a Mind Flow Chart to realise vision and act accordingly.
- Read good books particularly relating to your goals, participate in group discussions, etc. Be positive people around.
- Before going to bed, introspect truthfully. Meditate, recollect day long plans and actions done, rectify mistakes and omissions.
- Examine and analyse each and every action of yours scientifically,
- Learn from mistakes and adhere to planned actions in time. The above suggested actions will help an individual to excel and become great. None is born great.

### Identify your strengths and weaknesses:

S.No.	Strengths	Weaknesses
1.	Ex: Self control	Anger
2.	Honesty	Jealousy
3.	Concentration	Indiscipline
4.	Hardwork	Laziness

## **Real Birthday Celebration:**

Your strengths and weaknessess. Arrest your weaknessess, reset your goals, every birthday evaluate year achievements. Continue till your goal is achieved. Review and re-plan weekly (Say, on every Sunday) monthly quartely, half yearly and yearly and from Birthday to Birthday.

## **Master your Mind:**

Observe and Practice.

When the MIND is weak, the situation is a PROBLEM

When the MIND is balanced, situation is a CHALLENGE

When the MIND is strong, situation becomes an OPPORTUNITY.

### ***say these to yourself:***

- i. I will think creatively with a far-sighted vision.
- ii. I will always think positively.
- iii. My thoughts will always follow my goal.
- iv. I will speak clearly, simply and politely with love.
- v. I will do works which are useful to my goal.
- vi. I will complete works regularly on day- to -day basis.
- vii. I will practice values like truth, righteousness, love, discipline etc.
- viii. I will differentiate/distinguish between 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”.

### **Learn to know yourself:-**

1. Write about your understanding of your mind.

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2. Get down your views on differences between mind and brain?

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3. Write about the nature of your mind?

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4. List out the powers of your mind?

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5. What are your views on process of mind?

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6. How can an ordinary person become a great person?

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7. Write a mind flow chart for your life goal?

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8. What are your strengths and weaknesses?

## 6. SOCIAL DEVELOPMENT

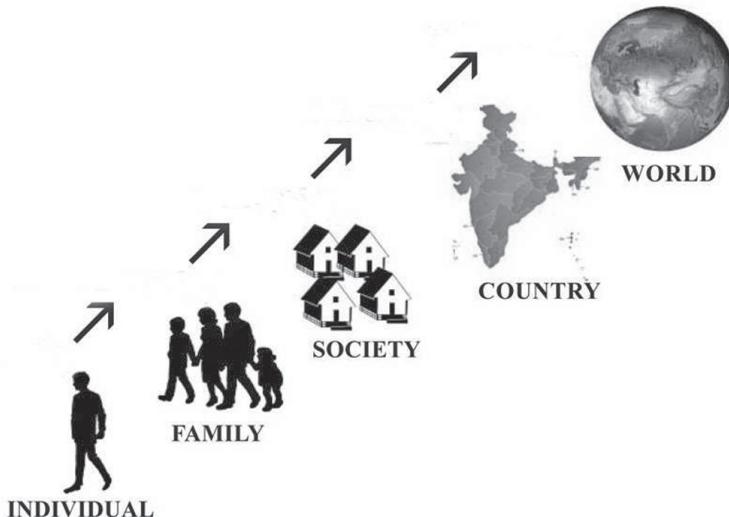
Everyone works for the happiness of the family and feels that the family is ultimate but observe unseen links, relationships, transactions, causes of good and bad in our life, and family finally turning as our social development.

- Man is a social animal. No one can develop on his own and no one can live alone. Everyone needs the support of others. Thus the 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 itself on its own. However strong the family may be with lot of money, power, authority and people's power, it needs support of teachers for education, doctors for health, farmers for food, businessmen for provisions, engineers for planning, etc. All these units make us a society. Our own friends and relatives are also a part of this society.
- These societies need the support of governments and non-government organizations (NGOs) for amenities like roads, streetlights, maintenance services, welfare facilities etc., and of other organizations for social and welfare services.
- The Nations need the support of corporations, NGO's and the people, communities of other nations of the world for business, development, security and peaceful co-existence etc.,
- The world needs the support of the nature and the creator for natural, healthy, happy living in the world. Thus, every human being in the world develops with the support from his/her own parents, family members, the world at large. For individual development all the following developments are a must:-
  - (i) Individual Development (ii) Institution Development
  - (iii) Family development (iv) Community development
  - (v) Social development (vi) National development
  - (vii) World Development.

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All these developments are independent yet they are interdependent for certain requirements. Each development is equally important in its own way. Every action needs to be accounted for just like any commercial accounting system. This accounting is called as social accounting. If receiving is more than what is being given, it



will be outstanding as a social debt which is also called as 'runa or balance' due. Let us understand the accounting process what we received and what we have given chart in terms of human values and other concepts narrated below:

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

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

**Sense of society brings sense to life**

## Activity:

### Self Account:

Particulars	What you have received (Debt)	What you have given(Credit)	Balance Liability
Parents	life		Parents Debt
Teachers	knowledge		Teachers Debt
Native Place	growth		Native Debt
Nation	services		Nation's Debt
Nature	sustenance		Nature's Debt
Creator	benevolance		Creator's Debt

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

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

**Nation depends on its individual citizen**

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

So, when we are 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. In fact they create our own fate. That is why Swami Vivekananda said " You are the creator of your own destiny. 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 on earth.

**Debts makes U to pay**

**(ii) Teacher's Debt:** The knowledge what we get from the Teachers is immeasurable, beyond the value of fee we pay. The concern, counselling, care, love and direction of the teachers cannot be measured by means of money. Thus they have to respect as living gods 'Acharya Devobhava'. This runa can be cleared by means of practicing the values, applying and propagating the knowledge received.

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

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

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

plan ur action to clear ur debt

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### **Activity:-**

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

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

### **(v) Nature's Debt**

Our body and the entire nature is made up of *the five natural elements -Panchabhutas* viz., Earth, Water, Fire, Air and Space. Everything in the world is born or made out of these five basic elements. Various animals, birds, insects, plants, trees, rivers, oceans, etc., support our existence. Also various other natural systems like astronomy, environment, etc., support the existence of the universe. They do not demand anything but without them we cannot exist. A small imbalance in nature can create a lot of imbalance 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 nature.

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

### **Activity**

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

We can repay to mother nature by protecting the environment including the *Panchabuthas* and other living beings. One suggestion

**Unseen debts create unfortunates**

can be adopting the habit of consuming vegetarian food which will protect the life of other living beings like goat, hen, sheep, etc. Like wise, planting of saplings can protect the environment.

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

**(a) Water:**

Bring awareness on scarcity of water and educate people 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 watering plants;
- (iii) To stop leakage of water, repair leaking faucets;
- (iv) Construct the water pits with solid cover to harvest the rain water.



**(b) Protection of Environment**

Every student should feel responsible to plant saplings, keep environment neat and clean.



- (i) Plant ten saplings and take regular care of them;
- (ii) Plant saplings near your homes and schools.
- (iii) If a school has a ground, divide it into a number of parts and allot each part to a group of children and encourage them to maintain a garden.

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

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

### **(d) Save Power**

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



#### **Activity for Saving power**

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

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

#### **Example:**

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

## Conclusion:

By this time, you are well aware that we all live 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 stake-holder.

### **(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 the conscious state, realise the real nature of the infinity which is all pervading and experience oneness and Infinite Power with Spiritual Development.

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

**Know yourself:-**

1. Write down some of the developmental aspects which influence the individual development?

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2. What is your opinion on social debt? Name different types of debts?

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3. What measures you are taking to preserve natural resources, power and environment?

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4. Your action plans for clearing different debts?

Parents Debt:: \_\_\_\_\_

Teachers Debt: \_\_\_\_\_

Natures Debt; \_\_\_\_\_



## MOTHER SESSION

It is an opportunity to connect with your mother and realise that she is a living God for you. To ignite your real life long emotions with your mother. Please follow line by line with utmost sincerity.

### **Activity: Cleansing the mind. Play a soft and pleasant song for this activity.....**

(Here's a snapshot of how the activity is to be carried out. Meditate before you actually go ahead with the following activity..... It has to be high on emotions and should be very touching. Modulate your voice well enough to bring out the emotions).

(To the audience)

Sit comfortably, backs straight.... No one will touch each other. You can as well choose to sit at another place... Keep your eyes closed.....backs straight..... You are seated in a very comfortable posture..... Just observe your thoughts.... Let then come.... Let them go.....

### **Mother:**

Now, you have your mother right in front of you, you are looking straight into her eyes, remember all those lovely experiences you have had with your mother, an embodiment of love, care and concern..... She is responsible for what you are today... She carried you for 9 months in her womb... She took loads of pain to bring you up..... When you were hungry, she was ready to sacrifice her meal for you..... She has given you whatever she had...she is truly an embodiment of love, care and concern..... She has given you all that she can, but what have we given her.... Don't stop your emotions..... Subconscious mind gets cleansed when you accept your mistakes.... Accept them... Do not stop your emotions... If you feel like crying, just go ahead, but be yourself, true to your heart... One day a small boy went to Jesus and said – “Jesus, I love you”. Then Jesus said, “ Do you love me? But you don't love your mother, you don't love your father. Then, you can't love your self. When you can't love your parents, how can you love me? You don't love me!”.

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Remember all those incidents when we hurt our mother... When we were not well, she was beside us trying to help us, but when she was not well, we didn't care to even know how she was! At times we felt ashamed to introduce her to our friends....

She has loads of expectations from us, thinks highly of us, prays for us...In turn, what have we given her...Just ask yourself...not just these, we hurt her everyday through our words, actions. We just say ("Neekemi telusu") what do you know. Is it the way we should respond to our mother?

(Stay silent for a few seconds).

Talk to her... Say sorry for what has happened... try to share as many things as possible with your mother.... Try to share your experiences in this camp with your mother.... Try to give her as much love as you can... Hug her.... Touch her feet.... See the happiness in her eyes when you are with her...talking to you, sharing her feelings with you.....

Even when you borrow a pen from your friend, you say 'Thank you' to him. But did you ever thank your mom and dad? We take them for granted...they are love personified, they personify God. Touch your mother's feet and say sorry.... Tell her about your high goals and advancements in your life... Your mom is extremely happy now when you are sharing so many things with her, spending time with her, take her blessings for your future.

### ***Father:***

Now, go to your father, talk to your dad. Father is someone who has been all through with you, showering much concern and care, struggling for you, converting his blood into sweat, trying to give you all the comforts he can, having lots of expectations from you!! Your father is in front of you, looking straight into your eyes with love, care and concern.... and with lots of expectations. He has done that entire efforts he can, to make you happy and he is ready to do what ever he can to make you happy. But in turn, what have we given him? Do you

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give him the respect that he deserves. Inspite of his giving you loads of things, you still demand more and more from him – “I don’t know what you will do, I want this, come what may... I don’t care if you borrow or do anything.... But I want this”. If it is for a good purpose, it’s okay.... But if it is for bad, what will your father feel? He feels sorry, “Look at my son (or daughter), I give him everything I can, yet he is unhappy and is making unreasonable demands”.

You might question him... What have you given me? This life itself is a big gift from him.

Don’t demand, just accept what he gives you and if you don’t accept your dad, as you have seen... you may get into job and money related problems.

Just look into his eyes... show concern and love towards him, hug him. Take his blessings, share your goals and aspirations, and ask his expectations.

Tell him how you are going to struggle to achieve his dreams and expectations. You might have lied to him, given him wrong information at some point of time. Now resolve it with him.

Parents are living gods. God will not shower his blessings on us if we don’t respect our parents. Take the blessings of your parents.

Now, go to your other family members; share your love with them. Sometimes we must have said “New clothes only for my sibling..... New bike only for my sibling?” But aren’t they our brother or sister.... Isn’t their happiness our happiness? Why don’t we think that way?.... Why can’t we? Is it necessary to compete with my brother/sister? Just share your love with your brother and sister and see how happy they feel..... Love results in happiness and not jealousy. Love does not expect anything in return.... it only knows how to give. Hug your brother or sister.... See how happy they are and realize the fact that our happiness lies in their happiness... Let us be amongst the happiest people.

When our parents, siblings and other family members are happy, happiness springs from our hearts and souls....

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### ***Grand Parents:***

Go to your grandparents. If you had hurt them at any point of time, ask for their forgiveness, love them, hug them. They expect only a few words of love and affection from us in their old age. Just enquire, "How are you? How is your health? Do you want something?" These things make them feel extremely happy. These are the things that we can do. Take their blessings... say sorry, promise them that you will spend time with them daily and you will take care of them.

### ***Family Members:***

Go to your family members, forgive them and ask them for their forgiveness, in case any misunderstanding occurred in the past, because forgiving is divine. If we don't have this trait of forgiving, we are not divine... we tend to be devilish... Our aim is to be divine. Forgive for the past wrong things. You might have hurt someone or someone must have hurt you.....but then, mistakes are human... they happen with everybody. Why should you repent, do not think about it? Let it prick you. You have learnt what you had to do. Go to all those who had hurt you or whom you had hurt. Share your joy and happiness with them, forgive and ask for forgiveness.

### ***Teachers:***

We have our teachers. We have acquired so much knowledge from them. Many teachers have taught us since our childhood, starting from kindergarten till now. We might have hurt them too at some point of time out of our ignorance. Go to each of your teachers, whom you can remember, touch their feet, ask for blessing. Say sorry, if you had hurt them. If you don't forgive and ask for forgiveness, guilt remains in our subconscious mind. If we don't respect teachers, the knowledge they gave us will not stay with us. That is natural. Go to every teacher that you can remember in your school, college and currently. You might have had passed some comments on them, criticized them, belittled them with your words at some point of time. Say sorry, ask for forgiveness. Everyone has the right to make mistakes in the process

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of learning. Infact a teacher has to learns everyday in order to teach us. We might have had discouraged them with our comments. Discouraging is devilish and encouraging is divine. So, promise that you will never discourage anyone. Never pass any unpleasant comments, understand the condition of others, understand that others too are in the process of learning, understand that any one makes mistakes and that everyone has a right to learn from mistakes.

Doesn't it make a wonderful life? Doesn't this way of life make our parents happy, everyone in my family happy? My happiness lies in the happiness of the world and the world's happiness lies in me because I am a part of the world.

### ***Motherland***

Now, our Motherland is in front of you, asking something from you because it is the time again for her to become the world leader, to become the best by 2020. Our mother carried us for nine months but Bharathmatha carries us for all our lives. Don't we owe something to her? Is it not our duty to make her proud?

Our Motherland is speaking to you – “Dear children.... I am asking for your development, for your growth; you need to grow physically, mentally, socially, professionally and spiritually.... I want my children to grow and reach the highest success. I want my children to be happy, healthy and prosperous”. Take the blessings. Accept that we can perform much better. All these years we might not have done our best but from now on, we will work with all our will and might....to make her proud of us! Bless us our motherland!

### ***Vision - A Happy World:***

Now, close your eyes. Visualize a happy world... India is prosperous nation, all the families are happy, society, state, nation, all the nations are also happy. Highly prosperous. Perfect cooperation prevails among all the nations, entire mankind is happy. Not just mankind but all living beings are happy. There is no greater heaven than the Earth. The The

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earth itself has become a paradise with happiness everywhere, energy everywhere...a happy world... everyone works hard.....

Now, slowly bending your head down, looking at your palms, open your eyes, rub your hands, slightly massage your eyes, cheeks, forehead, ears, neck.... End of the activity.

Ask the audience – “How do you feel now?”

Ask for the changes and resolutions...(You can pep them up with something like this - “It’s not just a bond between you, your parents or family which has been established but a bond between each and every living being has been made. If we can’t feel for the other being, what are we here for? I hope that connectivity has been established...”)

Volunteer to share a smile and happiness....

(You can add on to it with something like this – “Most of us do not realize the importance of our parents... or else, why do you think so many old age homes are coming up? The parent say, they are happy at old age homes even if there is no one to talk to them than at home where everyone keeps on bickering us!!!... ‘Parents are God’s present in visible form of us’ is forgotten !

|| Mathru Devo Bhava

Pithru Devo Bhava

Aacharya Devo Bhava

Athithi Devo Bhava ||

Athithi is also to be treated as God. You can experience the divine force in you and in people around us. The order of our worship and reverence is to be in the order given above starting from mother, then, father, then teacher and then Athithi, the guest. If we can’t love our parents, we can’t love others.

Again, any one who can’t respect his or her self, can not respect his or her parents. Any one who can not respect his or her parents can not respect anyone in this world!!”.

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## **PATRIOTIC SPIRIT:**

Everyone expresses patriotic spirit for the nation. Now, I am going to connect a secret for you to experience your hidden patriotic spirit.

Let us realise, that, the most important value that I should have is realisation and gratitude. Lord Rama, expresses his gratitude even to the squirrels which we can see even today. So, for me to realise and have gratitude, I should go back to realise, the point from where I started with my growth. It is my mother and father, without whom I may have not come into this world. My mother took the pain for my birth. She sacrificed herself. It is her struggle and services that made me what I am today. I express my gratitude to her as goddess.. Mathru Devo Bhava. It is my father who nurtures me, gives me what all I want and always holds my hand to walk in the path of righteousness, discipline, values and ideals to grow big. Day and night he sets his blood for our development and comfort. Hence, we say he is a living God, we need to adore him as Pithru Devo Bhava. Thus, taking blessings of my father everyday makes me feel happy.

I do realise the great selfless, continuous blessings, love and affection of my grand parents. I realise my growth factors are not only my Mother and Father but also my Grand Parents. When I look deeper, I connect with my great great grandparents all around me and to my ancestors.

Let us now deeply go into our self, realise that we have got a great heritage connecting with saints and sages that describes the connectivity of our vamsha and each of our Vamsha, family name connects with all of our common family name- BHARATH VAMSHA which takes us beyond Bharata's , which gives the meaning of Bha- means knowledge, Rata- means living. Bharata- living inside knowledge of atma gyana. With this knowledge we incorporate the whole universe in us. We experience this unique oneness in ourselves. Hence we are called as Vasudaika Kutumbakam. With this unique realisation we pray "Loka Smasta Sukhino Bhavantu".

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We realise that,

In this sloka, in this prayer , we realise my self, family, every member submerges into this atma gyana. This becomes a way of life, source of my life , an infinite potency for my development to live with this potency in our prayer from Kashmir to Kanyakumari, Gujarat to Arunachal Pradesh. All Indians in their daily prayers and on all auspicious rituals, we take sankalpa, describing and realising the ancient geographical location of this Bharat and its ancient existence from time immemorial.

As it is said, " SLOKA"

Realising all this , Swami Vivakananda said I m proud to be an Indian. With its cultural heritage and vedic education, he brought the whole of the western countries to bow down to his feet. As children of this great heritage, we also experience that proud feeling. With this feeling, from last 3000 years, the Dutch, Portuguese, Moguls, British invaded us and looted our wealth, British manipulated our culture, education, education-system and ruled us for two centuries, manipulating our way of thinking and living. A great struggle began. Many great patriotic leaders started local movements across India like, in Maharashtra- Shivaji Maharaj fought Aurangzeb, established Hindu Kingdom. Rana Pratap in Rajasthan , ate grass, established his own kingdom, likewise Jhansi ki Rani, " Khub ladi mardaani - Jhansi wali Rani", she started the first national movement . Subhash Chandra Bose started his Azad Hind Fouj, taking Germans' help. He could trigger his guns, shaking Brtish empire; youth from Bengal and all other parts of country joined under Subhash to say Jay Hind. This JaiHind slogan invoked the patriotic spirit across country and united several groups from several regions into First National Movement under Mahathma Gandhi to trigger a movement of non-violence; receiving freedom, creating world history. Without shedding blood we could achieve Independence. That is the power of truth and non-voilence- "Satya Meva Jayate". We could achieve that victory from truth. Even today,

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our growth and for our own jayam, this Satyam could be taken as a core basic value in all Indians.

We could not achieve freedom only with non-violence. From every village, every town, there were great agitations. Though we see major events like Dandi March, boycotting foreign goods , inside the boiling blood of Indians, boiled the minds to shed blood and life to achieve freedom. Thousands and lakhs sacrificed their lives, their families, which is not recorded in the history.

Today all of us owe a lot to them. Now, I will narrate a story of one such person whom you call as Bhagath Singh.

The one who threw a bomb in the Punjab assembly and shouted, "Inqulab - Zindabad" and declared to the British that we will throw you out. When they tied rope around his neck, he was still shouting Vnade Mataram and Bharathmata ki jai.

We know a broader spectrum of Bhagath Singh . Do you know that it is his mother who blessed and said to him,

" OK, You die for our country but get freedom for our country."

It is his father who asked Bhagath that he should approach a lawyer to get pardon from British government from the death sentence but he refused.

In the leaflet he threw in the Central Assembly on 9 April 1929, he stated: "It is easy to kill individuals but you cannot kill the ideas. Great empires crumbled, while the ideas survived." [87] While in prison, Singh and two others had written a letter to Lord Irwin, wherein they asked to be treated as prisoners of war and consequently to be executed by the firing squad and not by hanging.[88] Prannath Mehta, Singh's friend, visited him in the jail on 20 March, four days before his execution, with a draft letter for clemency, but he declined to sign it.

With all these sacrifices we got the freedom. But has been this freedom utilize for growth Inequality between haves and have not is increasing. Violence on women is increasing; rampant corruption is

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ruining development. Unless we cheat, unless we speak lies, unless we grab from others, we are not able to get jobs on seats. Unless we have recommendations we are not able to survive. Who has to change this and bring back the values of Satya Meva Jayate.

Indian Administrative Service (IAS) officer D K Ravi aka D K Ravikumar, who had taken over the land mafia in Karnataka's Kolar district, allegedly committed suicide by hanging himself. As Additional Commissioner of Commercial Taxes (Enforcement), Ravikumar had made a mark in administration for his upright nature. An IAS officer of the 2009 batch, the 36-year-old Ravi earned a good name when he was appointed as Deputy Commissioner in Kolar district and took action against the illegal activities of the land mafia. The locals were overwhelmed with Ravi's work and even had called for a district bandh (strike) against his transfer.

Ravikumar's death is being claimed as suicide. But when one thinks about his struggle against the land mafia, we can't help question his death. Did Ravikumar's death involve foul play?

Unfortunately, D K Ravikumar isn't the only officer who took a stand against all odds and later either got transferred or sacked, or lost their lives.

In 2011, Yashwant Sonawane, Additional District Collector of Malegaon was burnt alive with kerosene by the oil mafia at Manmad in Maharashtra. The 44-year-old Sonawane had caught the oil mafia pilfering fuel from a tanker. Sonawane was building a case against a person named Popat Shinde, the prime accused in his murder. Shinde has been working with the oil mafia for over 30 years. Sonawane had seized 4,000 litres of kerosene and 3,000 litres of petrol from Shinde's dhaba.

A young IAS Officer, Manjunath who was run over by a bulldozer, his father says that people came with gunny bags of currency notes,

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lured in many ways, threatened in all ways possible . In spite of this, he stood against corruption, prepared and lost his life for the sake of being truthful, discharging his duties righteously.

Satyendra Dubey (1973-2003) was an Indian Engineering Service (IES) officer. He was the Project Director in the National Highways Authority of India (NHAI) at Koderma. He was murdered in Gaya, Bihar after fighting corruption in the Golden Quadrilateral highway construction project. Even he was mercilessly out.

Umapathi, a young IAS Officer who made his best efforts to control the naxalites , sacrificed his life in day light in the centre of the Hyderabad city.

Who has to bell the cat? Who has to stop degradation to values and give the real potency to develop our younger generation? Who has to bring back the past glory of this country again?

It is ME, I have freedom of my own, larger knowledge of my own self, a responsibility of an enlightened citizens to carry the spirits from Satyendra and Manjunath to keep up the freedom struggles, sacrifices of Bhagath Singh , Subhash Chandra Bose and Jhansi Lakshmi Bai.

Let me realise, I am the heir of the soil, and take up the responsibility of paying my tributes to all freedom fighters and I take pledge of my ancestral vamsha to keep up this Bharath Varsh, once again as a global leader, preaching and practising its cultural heritage.

I will think, I will talk and I will do everything I can to make Bharath Mata the Vishwa Guru again and show the peaceful co-existence to this humanity and all the living beings.

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## 7. SPIRITUAL DEVELOPMENT

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". How to ignite the "Infinite power is within you"?. Spirituality is the way to ignite the infinity. The spirit which governs everyone and the whole cosmos is invisible and unknown. So, to understand this we have to go from known to unknown, external to internal.



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

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

Swami Vivekananda says, "Realisation is the real goal of life, i.e., the purpose of life is the eternal goal of realisation". As Shirdi Sai Baba says, "Sab ka Malik Ek Hai", i.e., God is one. All religions preach same spirituality, though names, forms and practices may differ. Our Indian philosophy says "Vasudhaika Kutumbakam" – the entire

globe is one big family. We pray “*Loka Samastha Sukhino Bhavantu*” – Let the whole world be happy.

Every human being has to find out a spiritual technique by which one can experience unification of body, mind and soul. This spiritual development will be the foundation for human development. Human values spring out of these spiritual practices. They ultimately give human excellence. So, it is the technique by which we internalise our mind and experience that the infinity is the most important part of life. Ghee is contained in milk. But it is invisible. To get ghee we have to take a certain quantity of curd, churn it to make butter from it, then heat the butter to get ghee. This is the process. To internalise our mind and perform inward journey into the infinity by means of prayers, devotion, meditation, etc., we have to experience thoughtlessness & mindfulness. Then deep devotion – inexplicable bliss. As much as we dive deep inside we lose our body consciousness, mind consciousness and experience spiritual consciousness. With these, we experience the presence of the whole universe within our self which in spiritual terminology it is said – 'Omnipresence'. Similarly, we experience 'Omniscience' – letting the knowledge flow inward. So also we experience infinite potency which is called 'Omnipotence'. As we go beyond the mind, we keep experiencing infinity.

### ***Satchitananda:***

Sat - State of being or existence.

Chit – State of knowingness.

Ananda –blissfulness

That is the experience of *satchitananda*.

## **Activity:**

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

## **Note:**

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

## **Learn to know yourself:-**

1. Write about your own understanding of your spirit/soul.

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2. Write about your experiences during your spiritual development?

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## 8. Human Values for Human Excellence

### What are Human Values?

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

A stone lying on the roadside has no use and it has no value. But the same stone carved in a shape of a ‘Murthy’ (deity) becomes an idol and is valued as God. Refinement brings in value. Such a transformation is not easy. It is very difficult and demands a lot of determination, patience and effort. For ordinary goods, we have ISI mark, which assures the quality of the goods. Agmark for food stuff, ISO for manufactured products of various organisations, companies and institutions. All these objects are created by man and 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, family, 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.



All Visible Things Function based on Invisible Factors

## How to inculcate the value 'Truth'?

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

## What is Truth?

"Telling the facts as they are" is called Truth.

## What are the benefits of speaking the Truth?

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

## Why are we not following the Truth?

We do not follow the truth due to selfishness; to escape from punishment; for temporary benefits; for name and fame; to safeguard property etc. Without expecting temporary benefits and sacrificing self-respect, if we follow truth, everyone can live happily.

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

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



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

Thoughts can make or break the life of an individual

our nation can be restored and we can lead India by 2020 or even earlier.

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

**Values are caught, not taught.** 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 are the most effective media to inculcate human values as **Values are caught, not taught.**

1. Identify and recognize even the smallest positive action.
2. Appreciate the act repeatedly at different forums to reinforce the value in the person.
3. Ignore all negative actions.
4. Make everybody feel like a hero and satisfy their 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.

### **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 politely.
4. I will help the poor and the needy.
5. I will practice giving – Avoid taking – travel from Humanity to Divinity.
6. I will work by practising oneness in thought, word and deed.
7. I will practice and propagate values. Now onwards, I will always speak only the truth.

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

### **Learn to know yourself:-**

1. Mention the human values you follow.

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2. Write your views on how your human values can be inculcated?

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3. Mention your experiences with truth and falsehood.

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4. Why we are not following the truth?

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5. What do you need to WATCH to be truthful?

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6. “Values are not taught – Values are Caught”. Explain the statement in you own words?

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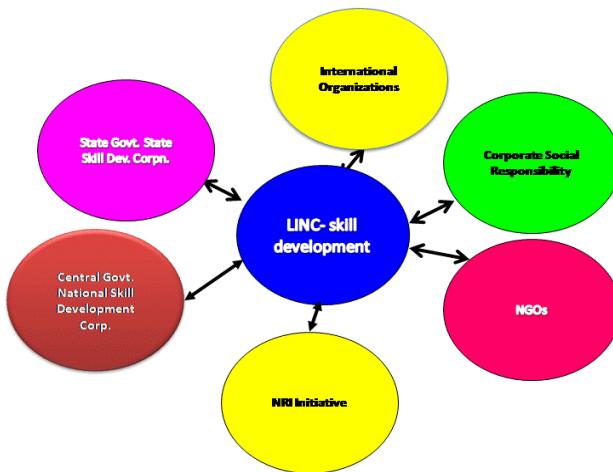
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## 9. NATIONAL DEVELOPMENT

National Development depends on the collective efforts of every constituent member of the country. Thus we need a common platform to unite all Indians, Governments, NGO's, NRI's etc., is missing. As united strength like Independence we need to solve all the problems of India. Hence the following Lead India National Club (LINC) serves as a collaborative network of Government, NGO's and corporations to solve the selected problems online and offline. Today India needs skill development as a National movement , hence LINC for skill development is given as below, which can connect village LINC - skill development- Globe as follows.

**Collaborative Network of Government, NGO's, NRI's, Corporations etc  
by Lead India National Clubs (LINC's)**



Besides making united efforts on the areas we need to focus. India is gifted with abundant natural resources. Dr. A.P.J. Abdul Kalam, out of his 12 years research identified five core areas to transform developing India into developed India by 2020.

**As you think, So you become...**

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

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

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

- (a) Agriculture and Food Processing
- (b) Education and Health Care
- (c) Information and Communication Technology
- (d) Power Sector and (e) Strategic Sector

### **PURA – A Rural Development Programme**

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

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

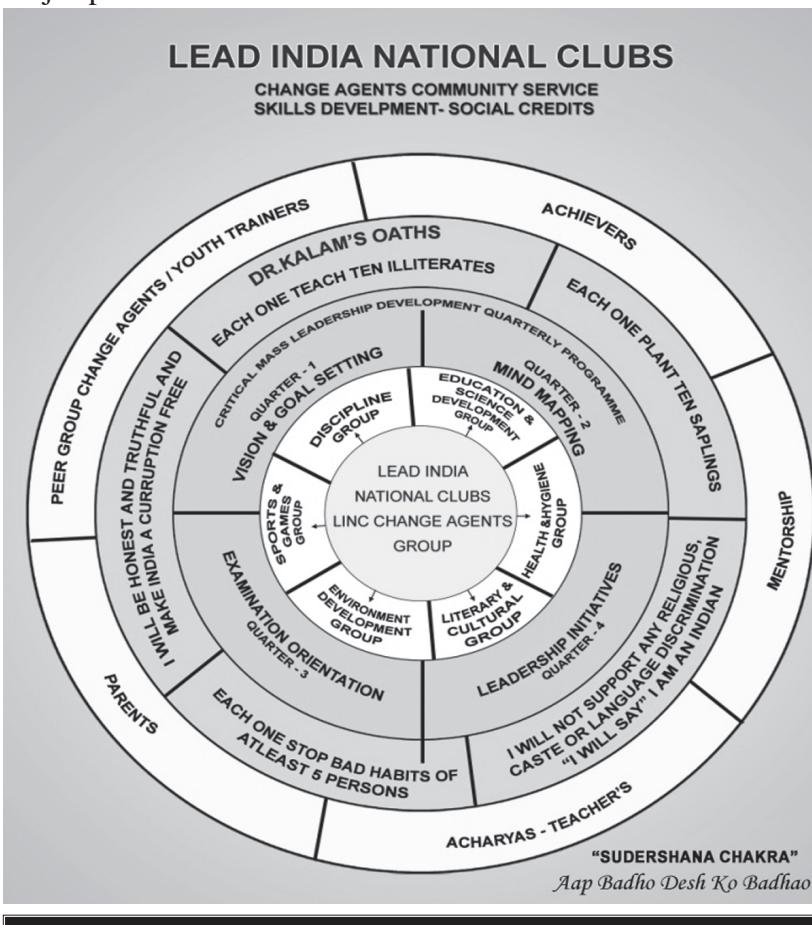
(f) **Youth Connectivity:** In addition to abundant natural resources, India is gifted with young human resource. Hence Dr. Kalam with his far-sighted vision gave a 10-point oath to students/youth to convert them as Human Resource Cadre to connect and achieve development in all the above core areas.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

**Improvement in Agriculture, Brings prosperity in rural areas**

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National development depends upon today's students. In developed countries like USA, UK etc., education is interrelated with industry and community services. On the same lines in India Lead India National Clubs are established after "Aap Badho Desh Ko Badhao" trainings in schools and colleges with different group activities and implementing Dr. Kalam's oaths. The following LINC Chakra gives the complete picture of LINC's. After community services students are given Lead India Social Credits which are being recognized like NCC/NSS etc for job placements.



Power sector is a vital sector for development

## **LINC (Lead India National Club) groups and their activities**

### **1. Education & Scientific Development Group (ESDG)**

Scientific Development :

### **2. Discipline & Civic Sense Group (DCSG)**

### **3. Literary & Cultural Group (LCG)**

### **4. Health & Hygiene Group (HHG)**

### **5. Sports & Games Group (SGG)**

### **6. Community Development Group (CDG)**

### **7. Environment Protection Group (EPG)**

### Dr. Kalam's 10 point Oath to Students

<i>S. No.</i>	<i>Oath</i>	<i>Individual Development</i>	<i>National Development</i>
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 honest and truthful.	Honesty, Truthfulness.	Truthful Nation.
8.	I will work for becoming an enlightened citizen and make my family righteous.	Righteousness, Enlightened Citizen.	Righteous Nation.
9.	I will always be a friend of the mentally and physically challenged and will work hard to make them feel normal, like the rest of us.	Care, Kindness, Courtesy.	Compassionate Nation.
10	I will proudly celebrate the success of my country and my people.	Patriotic Fervour.	Patriotic Nation.

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

**Individual development leads to National development**