

The Dawn of Wisdom



by Pavan Govu

Dedication



**To my grandfather,
Prof. N.B Sudarshan Acharya,
who set me on my path to success.**

Message

I am happy that my interaction with my grandson, Pavan, resulted into publication of this book. I am sure this effort will keep him away from teenage distractions and will encourage him to practice values in his life. Ultimately, this will lay a foundation to become a successful person in the future.

As today's youth population increases, bad habits in children increase as well. This book can help adolescent children and their parents and teachers be away from these evil effects. It will also help create value-conscious children in schools and other institutions.

In our Indian culture, grandparents share their experiences and values to their grandchildren, which goes as an intrinsic inculcation of values. That is what I have done.

- Prof. N.B Sudarshan Acharya

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Lessons for Life



Written and Illustrated
by Pavan Kumar Govu

Preface

The turning point in my life, began when I visited India during my 7th grade summer vacation. At first, all I planned on doing, in India was spending some time with my grandparents and cousins. But my grandfather had a lot more on his mind than I did.

You see, my grandfather, Prof. N.B Sudershan Acharya, is the founder and National Coordinator of “Lead India 2020”, India’s 2nd national movement. This is a training program designed by him to inculcate human values in youth of India. It runs under the chief mentorship of former President of India, Dr. A.P.J. Abdul Kalam.

So having trained over 1 million students, my grandfather had already laid a plan to mold me into successful person with a very bright future. Over the course of the next 2 months, my grandfather illustrated good values such as honesty and integrity, which I implemented in everyday life. He also explained the importance of having communication and planning skills. In the end, my grandfather was very happy with the results. In fact, he was so satisfied, that he put forth the idea of me writing a book on everything I’d learned.

And that was when my time as a writer began. After handing me a laptop, my grandfather gave me 15 days time to finish the book. And that was the most tiring time of my vacation. I spent hours and hours just typing, thinking, deleting, cutting, and pasting. But in the end, my hard work paid off.

I had officially wrote my very first book: **The Dawn of Wisdom**. It was a masterpiece that made me proud. I invite suggestions and comments from my readers so that I can write my next book and make it better than this one. My email is pavangovu@gmail.com. Thank you for sparing your valuable time to read this book.

Chapter 1: Teenage Tips

Over 2 billion people in the world are adolescents. This refers to people between the age of 12 and 24. These 12 years is the time when you can form your future, making it the most dangerous time in your life. You could very easily take the wrong path of taking drugs and drinking alcohol, which could ruin your life forever. But on the other hand, you could take the more difficult path of developing good character, setting goals, etc. Fortunately for you, I have listed 17 basic qualities that, if incorporated, could not only prevent you from making the wrong choice, but would set you on the path to success.



1) Tell Your Parents Everything

In this age, it is normal for you to feel more independent and want to make own choices. To some extent, this is okay, but if it gets to the point where you are always rejecting your parents, it becomes a problem. If you don't fix it, you may even begin to hide things from your parents because they will say no. If you find yourself doing this, stop immediately! You could be doing something secretly which you think is okay, when it is actually wrong, and you could end up in trouble. So to put it in simple terms, be open with your parents. Tell them everything whether it is good or bad. After all, your parents are the only people who will always be by your side and wish you well no matter what happens. In theory, your parents are god, so tell them everything, and they can correctly guide you for the next step in life.

2) Be Helpful

It is also important that you offer a helping hand to as many people as possible. Not only will this develop a helping nature within you, it will also make you a well-liked figure among everybody. Also, you mustn't forget the concept of Karma. When you do bad, it is bad that will come back to



you, and when you do good, it is good that comes back. The same thing applies to helping. When you aid anyone, or anything, don't be surprised if you are helped out in a desperate situation later on.

3) Have Self Control

Did you know that by 2050, the global number of illegal drug users will rise by 25%? And were you aware that 1 out of every 4 teens worldwide, contract a STD every year? During adolescence, you will get introduced to bad things, such as sex, drugs, and alcohol. Unfortunately, these habits are highly addictive. Even if you only try it once, you will get hooked for the rest of the life. And looking at the statistics, this is exactly what is happening. In reality, this is one of the biggest weaknesses of the human race. The only way to get rid of this weakness is to have self control. This means to not be attracted by any bad habits, and to remain strong, even when people around you have fallen in the trap. Even if you don't develop any other good qualities, having this one trait will keep you from ruining your life forever.

4) Be a Service to your Community

By volunteering and being part of a community service, not only will you be proud of yourself, but your community will be proud of you too. There are other benefits to being part of a service. For one, you are making your community a better place to live. Also, you can make new friends with members or workers in the community



5) Be Safe and Be Secure

Being popular seems to be one of the first priorities of adolescents these days. There are many teenagers that will do anything to become the school favorite. For example, some people may perform stunts, or smoke a cigarette just to impress people. But instead of making you, "cool," this could result in serious injury or even death. How will that get you any closer to success? So always keep in mind the



number 1 rule: Safety First.

6) Let Your Parents Know Where You Go

Many teenagers think it is okay for them to go places alone without telling their parents. And it is not that they are trying to be secretive, it's just that they don't feel like their parents need to know. This could be very risky. If your parents are not aware of your whereabouts, they will not be able to help you when you are in trouble. So next time, whether it is a trip to a nearby hotel, or just a walk to the park, let your parents know where you go.

7) Follow the Rules

Knowing the rules is one thing, but following them is another. You see, no matter where you go, there will always be rules to follow. So you must make a habit of having integrity and abiding by the rules even if nobody is watching. Also there may be a situation where your friends will try to convince you into doing something wrong. This is another time where you must remain strong and follow the rules.



8) Be All Rounded

One goal that everyone should have is to be able to live without depending on anyone else. And in order to do that, you will have to develop and expand your skill set. Participating in extracurricular activities is one way to develop common sense that will help you later on. Helping out your mother and your father around the house can teach you basic living skills such as cooking or using a computer. Later on, you should also learn how to drive in case you don't have a driver. The point is, no skill is a waste, so keep learning.

9) Make Good Friends

Friends play a big role in your life. Most times, the types of friends you have influence your character, attitude, and performance. If you have good friends that study well and have nice habits, then you learn good habits



and study hard to compete with them. But on the other hand, if your friends are always doing bad things and don't take studies seriously, then you too will become like them. So always make sure that your friends are good, and if they're not, leave them.

10) Mingle

If you look around in school, you'll see 2 types of people. There are those who are very shy and barely speak, and then on the other hand, there are those who are very popular and are liked by everyone. Obviously the 2nd type is better, but not only because they are popular. If you are friendly with everyone, your communication skills as well as your socialization skills will improve. So don't be shy, just mingle.

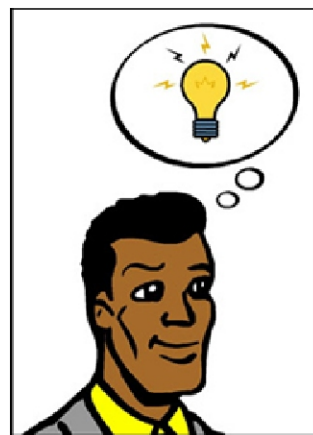
11) Work Hard

Most students in school tend to be satisfied with whatever marks they get, as long as they are passing. These people are the ones who take life easy and don't have a vision or goal. What sets successful people apart from them is their will to achieve. No matter how small the task is, they will work so vigorously that they will not stop until the task is complete. And they will give their best effort to make sure that it is done with 100% quality. This should be the type of attitude you have.

Whatever project you take up, you should work so hard that in your heart, you should feel that you did your best.

12) Keep Gaining Knowledge

Knowledge is absolutely infinite, meaning that you can never stop learning. One of the best ways to learn is to ask questions. You can find out almost anything with the questions; Who? - What? - When? - Where? - Why? - And How? Another good source of knowledge is reading. A lot of information is transferred in the form of text, so having a reading habit is a great way to learn. The list of ways to access information could go on



forever, but the point is, to keep learning.

13) Be Organized

Once you become a teenager, your life will get a lot busier in school and at home, so being organized becomes more important than ever. In order to do so, you must learn to plan ahead, prioritize, and most importantly work efficiently. Keeping you and your work area neat and tidy is another part of organizing yourself. Not only will this prevent stress, it will help you out tomorrow in your career.



14) Don't Argue Unnecessarily

In any relationship, whether friend or family, there will be a time when you disagree about something. This disagreement is what starts an argument. Now, if you feel that you are correct, it is okay to argue up to a certain point. But if you know that you are wrong, it is best to stop immediately and accept your mistake.

15) Aid the Poor

It is hard to believe life without air conditioning, hot and cold running water, and a comfortable bed to sleep on, but that is the life that poor people live. But it does not have to stay that way. You can help them by providing food, money and maybe even shelter. Raising awareness about their situation might convince others into doing the same. Helping the poor will benefit you as well by developing a generous personality within. Also it will give you sense of thankfulness for what god has given you and whatever god will give you in the future.



16) Be Honest

If you are in trouble for doing something wrong, lying about it will only make the situation worse. Until you tell the truth, you will have to lie to cover the previous lie over and over again. So the simple rule is; stick to the truth. Not only will it keep you out of trouble, telling the truth will make people trust you and be able to rely on you.

17) Be Who You Are

There is always that one person who we try to be like. Someone who seems to be good at everything they do. We think that our life would be so much better if we were them. But the truth is, you are great just the way you are. And if you try to suppress that, you will never be satisfied with your life. This habit will also keep you from reaching your full potential, because all the time, you're trying to be someone who you're not, and wasting the person who you are.

Chapter 2: Life Values

Even after coming out of adolescence, life can be a very tough thing to handle. Not only will there be much to learn, but there will much to experience as well. This time, new problems will be thrown at you. You'll be able to solve most of them successfully, but some will turn into roadblocks on the path to success. Below are a couple lessons that can help you overcome any situation you face.

1) Don't Dwell on the Past or Worry About the Future

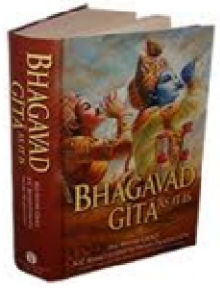
There are many people who regret a wrong choice they have made in the past. And if it's something big, they waste a great deal of time just thinking about it. Only a successful person knows how to react to a situation like this. Mourning about the past is a common habit of the mind. And it's not a good habit either. It can waste many hours of your time and leave you depressed in the end. So the trick to tackle the problem is how you think about the past. Instead of mourning about it, you have to learn from it. For example, say you get in trouble for making a foul joke. You could ruin your entire day by being sad about it, but the right thing to do is to learn to think before you speak. Then in the future, you won't make a foul joke again. Now, speaking of the future, it too has got a problem and solution. The problem is that if you spend too much time looking ahead to see the result of your work, then anxiety or nervousness will form within you. After all, the future is inevitable, so why should you worry about it? Instead, you should simply plan for the future and be prepared to face it. So if you're not dwelling on the past, or worrying about the future, then the right thing you should be doing is living in the present.



2) Use the Gita Makaranda for Guidance

People face many problems in life but can't always find a solution. This may lead to many things such as drugs, stress, frustration, and sometimes

even suicide. But there is an easy way to avoid all this; by reading the Gita Makaranda. This book is considered to be the ultimate book by Hindus, because for every problem in life, there is a sloka, or mantra, in the book that will provide a solution. It is basically a guide for life in the form of a book.



Examples of slokas found in the Gita Makaranda:

1. Yatendriya manobuddhir munir moksa parayanah vigateccha bhaya krodho yah sada mukta eva sah : This sloka teaches you how to meditate so that you experience freedom. You must close your eyes and fix your gaze at the center of your eyebrows breath rhythmically and you shall leave your body and experience god.

2. Uddhared atamana tmanam na tmanam avasadayet atmai va hy atmano bandhur atmai va ripur atmanah : This means that only you can develop your spirit. You will create your own destiny.

3) Develop Your Mind

God has gifted each and every one of us with a mind of unlimited capabilities. We can achieve almost anything we want with the power of our mind. But if that's so, then why doesn't everyone achieve their goals? Why can't we create world peace? Why can't we get 100% on every exam? Well, in order to fully activate the mind, you must have complete control of it, which is harder than it sounds. You see, even when you are sleeping, your mind is jumping here and there, not staying on a single thought too long. When you are trying to work, your mind suddenly feels like watching TV. And while you're watching TV, you decide to play on the computer instead. This is what needs to stop. In order to focus your mind, you must rid it of all weaknesses like doubt, distractions, anger, etc. Then you'll have control of your mind.



4) Live Through Your Achievement

At one point in life you will have to set a lifelong goal to achieve. And if you are any sort of an intellectual person, then one question will be stuck in your mind. What is the purpose in life? The answer is given in the Gita. The purpose of life is to help the world with your achievement, and to live through that achievement even after death. What do I mean life after death? Thomas Edison is a clear example of this.

Edison's achievement is the light bulb, a device that is helping billions of people around the globe today. And every time you turn on a light, you can thank Edison for giving light, so he basically lives through his achievement, although, physically, he is dead. Every day, millions of people like you thank Edison in their hearts for giving light, and that should be the ultimate goal in life. Like him, you must achieve something; it doesn't have to be an invention, which the world will remember and thank you for, even after death.



5) Give - Gain - Grow

This is a concept of how to live in life. Give-Gain-Grow is a statement that basically tells you to give. Give as much as you can and whatever you can. And with the divine power of god, the more you give, the more you get. And the more get, the more you grow. It all becomes a never ending cycle. But the cycle is better understandable with an example. Imagine that you are teaching your younger brother. This is the giving part, because you are giving knowledge. Then while you are teaching, you will gain leadership skills. Then, with these skills, you can become successful, which explains grow. It is really as simple as that. All you have to do give, and you can automatically get closer to achieving your goal. But that is not all. Doing the opposite of giving, which is taking, will have a reverse effect. This is known as Take-Lose-Shrink. For example, say you take money from someone and don't pay it back. Then they will stop lending you money, which may cause you to go broke. Then with no money, you will shrink into someone that begs on the streets, and you'll never achieve your goal until you give.

6) Somebody-Nobody-Everybody

This is a concept to understand to become spiritually aware in life. In the world we are all somebody. But when we meditate we leave this body so we are nobody. Once we experience god we can live knowing everything is Brahman or in other words we are everybody.

7) Setting Goals

Goals are set so that we can have a destination and a vision in life. Having a goal is what separates an ordinary person from an extraordinary person. This is because, if you don't have a goal in life, you won't have anything to work towards. You will just wander aimlessly for the rest of your life, allowing you to be swayed easily by distractions. But even setting goals has its own standard. There are 3 types of goals that should be set in your life:

- A) Immediate Goal
- B) Intermediate Goal
- C) Long Term Goal



The meaning of each type of goal is pretty obvious. Your Immediate Goal is what you want to achieve now or maybe this week. Your Intermediate Goal is what you want to achieve 5 or 10 years later. Lastly, your Long Term Goal is what you wish to achieve towards the end of your life. The good thing is, each goal works towards the next one. Achieving "A" will get you closer to "B", and "B" will eventually lead you to "C".

Chapter 3: Implementation

Learning good qualities is great, but it is the degree of implementation in your life that matters. In this last section, I have included most of the values you just read about, and how I implement them every day. Maybe you can look at this and do something similar in your life too.

1) Open Your Heart

Before I put this value into practice, I found a person whom I could trust; my grandfather. Then with him as my guide, I learned to let everything out like an open book. This has helped me when I couldn't judge what is wrong or right. If I had a problem that I couldn't handle, I would simply tell him, and he would find the solution, just like that! Not having anything hidden in my heart has really reduced my tension. I plan on continuing this habit until I am completely independent.



2) Have Integrity

Honestly, doing the right thing, even on my own has never been much of a problem for me. But there have been incidences where my friends had convinced me to break the rules. So in order to prevent this from happening, I, not only make good friends in the first place, but also not involve myself in any risky things my friends do. And if they try to convince me to do something wrong, I simply just walk away from there.

3) Lend a Helping Hand

At home or at school, whenever someone seems like they need help, I try to be the first one by their side. This is the value that I must work on the most. Before my grandfather came, I would not feel the inclination to help someone. I would just tell myself that it's not my problem. But now, my grandfather has opened my eyes. Although I still struggle with this value, I am doing my best to lend a helping hand.

4) Safety 1st

Now that I am entering into teenage I will have to make decisions of what to do for myself and maybe for others. Thatha told a priority rule to make sure I make decisions that will ensure my safety. So I always try to stay away from risky activities. Heroism is something my brother seems to enjoy. Whenever he tries to perform stunts, I stop him so that he does not get hurt.

5) Be Strong

I should have such emotional strength than nobody should be able to hurt my feelings. If someone says something bad about me, I know in my heart what I am and just ignore. If someone mocks me when I lose, I will simply congratulate them. As long as I never take anything to heart, I'm fine.



6) Grow Up

For me, I always like doing childish things, like playing with small cars, sitting on the swing, etc, but my parents expect me to grow up. So I am trying hard do things that my age people would do. Sometimes, when things get tough, I imagine my parents in my shoes and imagine what they would do.



7) Make Good Friends

I feel that this was a very lifelong helping lesson I learned. I am the type of person who is very loyal and close to my friends. So they have a pretty big influence on my life. Upon seeing this, my grandfather warned to only make good friends. He also told me that if my friends studied well, then I would study well to compete with them. And that's exactly how my friends are.

8) Have a Thirst for Knowledge

This is truly a value that comes naturally to me. I always ask questions if I don't understand or if I want to know something extra about the topic. Sometimes, when I am bored, I look up facts about things that interest me

like big software companies, and architecture. The only thing I need to work on is to read educational books instead of novels.

9) Plan Ahead

This value was actually taught to me by my father. He explained the process this way. First you have to prioritize your tasks from most important to least. Next you take up a task and you set a time to complete it by. Then you work without getting distracted until the task is complete. Then, after a small break, you move on to the next. Before I learned of this technique, I used to leave every task until the last minute. And to be real, I still do that today. But I am definitely changing. After all, failing to plan is planning to fail.



10) Learn From Experiences

This one was the simplest to implement. Whenever something goes wrong or I get in trouble, I simply send an email to my parents explaining what went wrong and tell that I won't do it again. This not only helps me learn from my mistake, but also makes my parents feel better about me too.

11) Don't Argue

The good thing about me is that I feel that I am right, I will always speak out. But the bad part is that it is hard for me to accept defeat. So I had the habit of arguing with nonsense. Luckily, my grandfather revealed to me how bad that was and I changed immediately. He also recommended that I simply it's my parents who are disagreeing with me.
listen if



12) Tell the Truth

Lying used to be a habit to me before my grandfather came. I wouldn't even hesitate to say something but the truth. Thankfully, not only my grandfather, but other



experiences where I got into trouble straightened me out. Now, no matter how bad the truth is, I will always stick to the truth, because lying will just make it worse.

13) Give

Completely mastering this value is very difficult. Giving means literally donating everything you have for the welfare of others. So far, I am only at the point where if my brother or my friend asks for something, I hesitantly hand it to them. But I am yet to become like my grandfather who gives away things without even being asked.

14) Respect Your Parents

Before I attended my grandfather's training camp, I had some idea of how important my parents were, but my eyes were really opened on the last day. I discovered just how much my parents did for me. From giving me food every day, to helping me no matter how bad I act. Every day, before I go to school I seek their blessings. Also I help them by taking care of my brother, and making sure that I pick up after myself. Yet, I will never be able to repay them fully.

15) Meditation

I have never been much of a spiritual person. But when my grandfather first introduced it to me, I was amazed at how relaxing and spiritually uplifting it was. It is a habit you shouldn't miss.



16) Listen, Learn, and Apply

Every day I gain knowledge about some topic in school. I may learn a lot of knowledge or only a few facts, but it's all just plain knowledge. My point is that school doesn't teach you how to apply knowledge in real life. That is why my grandfather has taught me this lesson to make sure I am able to, not only apply knowledge in life, but to also stay one step ahead of my class. I should first and most importantly listen to the teacher. Without that I can't learn the base of that topic. Then when I get home I should gain more information as well. That way I can stay ahead

of the class. Then the last step is to try to find how it could be productively applied in life.

17) Environmental Inspiration

Once my goal was set, my grandfather encouraged me to think of it every day. He explained that if my room was decorated with posters of great people, medals, and awards, I would be inspired to work hard every day. Also, it will set a certain good mood in my room, making it the ideal workplace for me.



18) What Next

If you've ever met my grandfather, the first thing you'd notice is that he never sits idly. When I questioned him about this, he explained that it was called "What Next". If I always think "What Next" I will keep progressing. It is another technique to keep from getting distracted from my task.

19) Breathe Long to Live Long

My life started after 5 months in my mother's womb when the first breath is transferred from my mother to me through the umbilical cord. My life will end with my last breath as well. My grandfather has told me this to help me realize the importance of breathing. He also explained that the longer my inhalation and exhalation is, the longer my lifespan will be. So whenever I can, I consciously take deep long breaths. Not only does it make you live long, but it relaxes and enhances your concentration.



To Conclude

So now, it is up to you. As Swami Vivekananda says, “You are the creator of your own destiny.” One option is simply tossing this book in the trash. But the other option, the more difficult one, is to put a plan into action; a plan to step out of the ordinary and into the extraordinary. It is very rare to get your hands on such a book; a book that lists all the values for success. Now that you’ve read it, it’s time to actually do it.

About the Author

Insert a picture of Pavan and family.

Pavan Govu is a 13 year old author who lives with his younger brother and parents in Dallas, Texas. He was born in India, but grew up in Dallas for most of his life. At home, he likes to read novels and build things with his robotics kit. He excels in the subject of mathematics and English, getting many awards in both subjects.

Pavan's goal is to work in the robotics field and become a bioengineer. He also hopes to revolutionize the use of robots in everyday life.

He is the grandson of N.B Sudarshan Acharya, who inspired him to write this book.

Life is a journey that can lead you to two different places. You can end up in a deep and unforgiving pit of bad habits, addictions, and depressing days. Yet on the other hand, you can live to the fullest, achieve all your goals, and become an idol to the world. This book is the key to creating the better destiny, the one that you've always wanted. This book will teach you all the lessons for life.