

## **Aap Badho Desh Ko Badhao**

### **Ultimate solutions to individual ~~problems~~ and national problems**

*This book is the result of three and half decades of research on human values by the author. It is meant for ~~training~~- **advancing** youth as vibrant leaders to transform themselves, their families, institutions, communities and the nation.*

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

***A Hand Book for College Induction Programmes.***

***Research publication of:***

*Dr. N.B.Sudershan Acharya*

*Propounder of "Acharya-Kalam Human Transformative Model".*

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

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Chief Mentor,  
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MESSAGE

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. "Lead India 2020" is the 2nd 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. India has to be transformed into an economically developed nation. Hence every constituent part of the country has to participate in this movement.

Lead India 2020 organisation is training thousands of students in many districts of Andhra Pradesh. I personally witnessed the positive transformation that has taken place among the students after undergoing "**Aap Badho Desh Ko Badhao**" training. I am confident that the students who attended the Lead India training programmes will be on right path and the spirit of "I can do it" "We can do it" "India can do it" is radiating everywhere. I am sure that glimpses

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

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

(A.P.J. Abdul Kalam)

## **FOREWORD**

"Leader" is the key characteristic for leadership. “Lead” is the fire within the person. It burns anything that comes in its way. For such an ignited mind nothing is impossible. This book ignites the traits of a LEADER and leadership with values and skills. It sets a vision and mission for life, 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 Employable and Entrepreneurial skills for global career development. It kindles a sense of responsibility towards parents, teachers and Mother India. This book is a practical guide to ignite scientific temper replacing by hearting system in academics and alters attitudes, ignites students Leader within to initiate actions as Change agents with good communication skills as Trainers, sustains by taking responsibilities.

This is a Handy Resource book for College Induction programmes. This enlightens the importance of life skills, thinking skills, inculcates universal human values at physical, mental, intellectual, emotional, social and spiritual levels of human personality.. It transforms college faculty members as nation builders and institutions as centers of excellence. This provides a platform for 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 to experience the change within as it is a transformative model. Hence one has to read this book with concentration and answer exercise’s at the end of each topic and may be elaborate relating with one’s own self.

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

*Founder and Chairman,*

*Propounder of "Acharya-Kalam Human Transformative Model &*

*Lead India 2020 Movement*

*"Aap Badho Desh Ko Badhao"*

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

You may think you are a simple person, you may draw your own lines that this only my family, this much is my education and knowledge, this much only I can earn and do service to the society or nation. But this book, as a close personal friend, gives you logical scientific facts which explain that though you are a common person you are a great treasure to the nation.

First, friendship need not be necessarily only interpersonal. Books, letters, and ideologies can also become your personal friends. Best friendship is that which brings the best out of you. It is a hidden magnet which thinks beyond yourself. Friendship is the sweetest thing in the creation. Believe that this book removes all of the lines that you have drawn in your mind, just as a close friend who also erases all of the limitations which you have drawn in your mind for yourself. In our history we have letters which this book helps you. Just believe, read and do as required.

This book will be your lifelong friend in good and bad times. Of course, in our lives we will have many friends, most of whom will only be around us as long as they get benefits, but there will only be very few close friends who will selflessly help us in times of crisis. They are our true friends with whom we share your happiness and sorrow. Likewise this book and Lead India will be your close friends-Jan Jigri Dost- with whom you can share your personal problems, strengths and weaknesses, and it will help to remove them and develop you. As an Indian, it brings you the support of all Indians and helps you become a Lead Indian. Lead India respects you as a great treasure to the nation. Your age, education, investment of your time, hard work and money spent, and experience – expertise gained, concern for the community and your patriotic spirit to the nation are unique factors for which Lead India considers you a great “treasure to the nation”.

Hence, we offer a hand shake of love as our Jaan Jigri Dost / Lifetime friend to share our experiences and to help each other in our mission. Ours will be a friendship not only with you but with your family/community together for national development, thus our people’s President Dr. Abdul Kalam ji called as National Youth Movement.

Though physical distance is a factor between us, mentally please join this experiment by doing the following friendship tips. It is guaranteed that you will solve all of your and your family’s problems. You all will experience continuous happiness. As adults may live with the principle to “live with wisdom of your education, expertise etc., but experience the purity dissolving the mind as a child in our interactions enjoying the inner self” as follows:

#### **1. Smile:**

### **Smile the Energizer – Hasya Yoga**

- \_ 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 you to be successful
- \_ Smile is 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 as naturally as the situation offers to be healthy

#### **Activity:**

Expand your lips (as if smiling) then examine, surprisingly you will notice that your anger/tensions/all problems will **soon** evaporate. You will be invigorated **vibrated** with energy.

### **2. Open Mind:**

#### **Key for Knowledge**

If we have **an open mind**, we will have willingness to learn, understand and absorb any amount of knowledge. You can enter the room only when the doors are open. Similarly when the door of your mind is open we can enter into the world of knowledge. Life is limited but knowledge is infinite. **So, in a short time we could acquire tremendous knowledge; however, ego often hurdles us with notions of sanctimoniousness. It leads us to assume the "I know everything" ideology, thereby closing our minds to the learning door.**

#### **Knowledge is infinite:**

A B.Tech. student knows the knowledge of the B.Tech level. **He would** not have **the** knowledge of an M.Tech student, but he can know and accept that there is higher subject knowledge to be learned than his current B.Tech education. Similarly, when we talk of subjects like Tsunami, Astronomy, etc. we may know the terms but we may not have deep subject knowledge of each and every one of them. Due to the ever-expansive nature of knowledge and available subjects to study, we will inevitably fall short of acquiring complete understanding of the universe, for our life always has a time limit.

#### **Known is a drop, Unknown is an ocean.**

Open-mindedness alone is the key to lifetime accrual of knowledge.

**Activity:** Identify areas where you have total knowledge, some knowledge or no knowledge.

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

"Truth Triumphs" is our nation's motto. But today our nation is filled with corruption which is spreading fast like cancer. A leadership without patriotism, power, and values is prevailing. Let us experiment and explore for the solution.

**Activity:**

Review your experiences of "Being Truthful":

What happens in your mind and body? Truthfulness develops courage, confidence, conviction, commitment and gives happiness. People trust you.

Review your falsehood experiences:

Each lie multiplies, develops tensions, anxiety, and fear which consequently trigger additional tensions and anxieties in the mind and heart. Long term effects may include high blood pressure, diabetes, etc. and ultimately a general state of sorrow, restlessness, and distrust from others.

**4. Be Positive - Participate 100%:**

**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 yourself and believe in God" said Swami Vivekananda.

For one's own development one may check 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 of your activities.

**Activity:** Examine how your anger adversely affects your positive works and relationships.

**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 results in personal satisfaction. It is also a tool for recognizing and rewarding others.

**Your health is in your hands**

The palms of your hands and the soles of your feet have nerve centers for your entire body's organs. As per Chinese acupuncture theory, if pressure is applied on a particular part of your palm, it will directly activate the connected organs whose nerves were pressed. Thus, encouraging others by clapping your hands will create automatic pressure and prevents diseases and passes on positive energy into your body and mind.

Activities to win friends, accomplish your goals and enjoy happiness:

1. Simply listen to the individual who is talking. By doing so, you will be enabling them to unload their emotions. You may not be able to help them all of the time, but you will be winning their heart as a close friend.

2. Accept friends/people interacting with you as they are and appreciate whatever good you identify in them, but don't criticize or try to change them. Arguing and being unkind will not give any positive results and it can sometimes result to losing friendships.
3. Share joys and sorrows which will help you cleanse your heart and become good friends with others.

**Answer yourself to be the Leader: -**

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

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2. How do you retain your smile?

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3. Write your experiences of maintaining open mind?

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4. Write your own experiences on being Truthful:

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Deceptive: \_\_\_\_\_

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5. Write analysis of your Negative attitudes

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Positive attitudes

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

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**Aap Badho – Individual Development:**

Before eating, we see what carbohydrates, fats, proteins, vitamins, etc., are in our food, and we do the same before taking any medicines or injections. When you want to develop yourself you should know in what areas you should develop, what are various individual developmental ie Aap Badho components inside yourself.

The author has been conducting educational research on different human components, values, and skills which are integral to developing higher physical, mental, intellectual, emotional, social and spiritual levels of the human personality. The author has integrated Dr. Abdul

Kalam's developmental aspects of the nation into his decades of research to ultimately compile the "Acharya-Kalam's Human Transformative Model".

On the same lines, the author studied many educational commissions' reports and identified gaps in our current education system for which he has formulated "Aap Badho Desh Ko Badao" (ABDB) training course programme as a solution. This is self-explained in the following circle. The gaps which exist in our established schooling system include:

1. Physical Development-Living Life
2. Mental Development-Thinking / problem solving
3. Intellectual Development -Decision making
4. Emotional Development – Bonding
5. Social Development – Relationship
6. Spiritual Development – Experience
7. National Development – Serving the Nation.

### **Physical Development:**

Physical Development is the ultimate base around which all other developments like education, jobs, families and future plans, etc. revolve. Therefore, physical development is the key axle around which all other developments happen. Healthy lifestyle choices, righteousness in work, self-discipline, time management, hard work etc., are some important values which will be discussed in the following pages.

### **Mental Development:**

It is hard for us to accept the truth that physical development depends partly on mental development. The physical body functions as a tool of the mind. It can't move even its little finger without instructions from mind. To practice Mental Development, we must understand the nature, powers, and processes of the mind. You will be happy to learn that the secrets of positivity and creative thoughts will help you in reaching your life's goals and ambitions.

### **Intellectual Development:**

Although our mind develops desires and thoughts which drive our lives, it cannot make any decision or execute any action. It is not an autonomous agent; our mind requires the collaboration of our intellectual powers of discrimination to decide right and wrong actions to be performed. Our mind can analyze many scenarios instantly, but only our intelligence-guided decisions and actions can be judged right or wrong, profit or loss, success or failure. This happens not only to individuals but to institutions, nations and for the whole universe. What alters beyond our intelligence is a million dollars question which you will get clues in next pages there by you need to analyze and explore in your life ?

### **Emotional Balance Development:**

A mind is filled with unseen sudden emotions. There are six enemies inside everyone: (i) desires (ii) anger (iii) greediness (iv) attachment (v) arrogance and (vi) jealousy. These internal enemies give us our happiness and sorrows; however, they ultimately stop our development, and steal our joy peace and health. Unless and until an individual identifies and removes these enemies, self-development cannot take place. Let us study and investigate.

### **Social Development:**

We study in social studies that a human being is a social animal, which means no one can live without the support of other human beings. As such, a giving and taking transactions happen among people continually. Unfortunately, human beings forget favors which they take from others. What we receive from others and what we give to others should always be analyzed through a self-accounting system, through which we must develop an action plan to clear off all 'debts' – Runa. Let us further explore the consequences of not fulfilling our runas.

### **Spiritual Development:**

Each Individual is known to the world by their name and physical form. A simple mystery is that one knows the body but does not know the mind which drives the body, or the intelligence which drives the mind with its decisions. However, right and wrong happen beyond intelligence and they affect one's emotional balances and social bonding, causing one's own happiness or sorrowfulness. Thus, our emotions, feelings, and social bonds are all our own creations which are influenced by subjective perspectives. The real permanent happiness lies in realizing our own "Spirit or Self or Atman or Soul" which runs the life. Spiritual development is the ultimate source of any individual's potential development which each person needs to experience and explore. Now, let us read further about these topics.....

**Bharat Ratna Dr. A.P.J. Abdul Kalam left his body while delivering his last speech with best of health, mind and intellectually, emotionally he was delivering his lecture to IIM Shillong on July 27<sup>th</sup> 2015. Suddenly his soul left his body and he collapsed. His body was there but no other dimensions like mind, intellect, emotions were not there. Thus for individual development, spiritual development is the root and it is the only potency - shakti for individual development.**

## **2. LIFE, VISION, MISSION GOALS AND ACTION PLANS**

Life is a great gift to humanity. Among all living creatures only human beings have the highest intellectual capacity to understand and create one's own society. Life is a journey from birth to death. Every individual in this cosmic world is an essential component. Everyone wants to be successful and become great. But are all successful? Why is it so? What is the purpose of life? What is the secret behind success? We try to carry out all of our duties with precise planning and to the best of our ability even for small things. For instance, we plan to watch a film at a particular time, place and with our loved ones.

### ***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 their entire life. It will be a funny but very interesting exercise. Do it. Experience it and plan for your life also. Why is everyone not able to plan their entire life? Most of the time, it is because they lack the



in-depth knowledge of life and reality needed to plan their life. Thus, one should first determine their purpose of life, goals for life, and their way to lead life. 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 situation are also unique. Life is full of uncertainties. Life is unpredictable and full of unknown challenges. How can we know all of these uncertainties? How can we plan with so many unknowns? The human existence is comprised of a life-time of investigation. Let us investigate the definition of life with our own experiences. So, understand life from the following definitions and prepare, plan, experience and acquire skills properly to be ready for everything

### **Life: Experience Skills**

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 Quest - Investigate and Share - Sharing Skill

Life is a Drama - Play your Role - Acting Skill

Life is a Challenge - Face it Courageously - Determination 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”**

The World Health Organisation gathered that every 40 seconds, a human being commits suicide one suicide. We must remember that life is invaluable. We can resolve any conflict, and time will resolve every problem. Simply believe in yourself, and believe in God.

### ***Think deeply and realise:***

#### ***Realities of Life:***

Life comes only once. It cannot continue 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 for our body. Eating and sleeping are staples for all living beings. However, we can never know what will happen in the next moment. Between birth and death, we struggle with many desires for family, money, power, name, fame, etc., But nothing goes with us when we die. Our knowledge is limited despite our education and experiences.

### ***Lifelong Lessons to Remember:***

\_ During life three things come and go.

They are:

(i) money (ii) disease (iii) sorrow & happiness

During life three things come and will not go.

They are:

(i) Knowledge (ii) wisdom (iii) morality

In life, three things which if they go, they will not come.

They are:

(i) time (ii) age (iii) character

In life, three things will always accompany us.

They are:

(i) good deeds (ii) bad deeds (iii) attitude

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

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

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

We can buy food 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 that a person may acquire money and material assets during lifetime only, but none of it can be carried forward while leaving this world. This 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 in righteous way for righteous desires. These principles only will result in happiness and satisfaction. Money should satisfy our needs not our greed.

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

Every minute lakhs of people are born and die in the world similar to animals and insects. They too live with food, sleep, children etc., but what is the difference? As per Crime Bureau records in the 2010, 15 people commit suicide every hour. What is the use of achieving distinction in education, and being a gifted human with high thinking power and discrimination when one cannot realise the purpose of life? We have to set a positive ultimate purpose for lives by which we will be remembered by the world for our good deeds.

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

Everybody should have a big goal in their lives. They should strive to achieve it. Then the purpose of one's life will be fruitful. *“Life without a goal is like a sailing boat without a destination”*. If your goal is to reach the moon, even if you fail, you can land on the stars. Many of us do not know our great grandparents 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 can remember them by. 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 one's life to emulate the Mahatma.

### ***Goal gives meaning and purpose to our lives***

A goal should not be like a 'dry leaf' which will decompose in soil over a period. Your goal should be something like a 'pointed arrow' which hits the right place and achieves the target objective. Dream big and dare to face all 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, achievement of the same is your own responsibility.

### ***Activity:***

Write your goals neatly in bold letters on a chart. Stick the chart in your study room/class room. Write the same on the first page of all your notebooks. By looking at the chart repeatedly, you will have a strong desire to achieve it.

Remember, ***“Aim low is a crime” – Dr. A P J Abdul Kalam***

On every birthday, analyse your previous year's achievements. Compare your previous year's achievements and reset your goals for the next year. Thus, you can convert your happy birthday to a happy year for your life.

Set your Goal as SMARTY:

- S = Specific
- M = Measurable
- A = Attainable
- R = Responsible
- T = Time-Bound
- Y = Your own

*Only 25% of people are setting up their goals. Only 8% are working on SMARTY goals.*

*“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 which helps in facing the difficulties until a success is achieved.

**Note: When confidence is lost everything is lost**

(ii) **Attitude of Learning:** Knowledge is infinite and it is also the power to reach our goals. Therefore, we should always have an attitude to learn new things. Develop attitudes by learning continuously. This will result in acquiring interest and a continuous working attitude.

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

(iii) **Team work:** A single person cannot perform all tasks. Therefore, we should cultivate team spirit and learn to cooperate with others to perform the job.

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

Development is not only education and money. Whenever we question a student about their goal in life, we generally get an answer stating that they would like to become an Engineer or Doctor. There are so many avenues that can be explored and pursued. It can be employment in any field of expertise, business or profession. Each individual is capable of acquiring multiple skills and excelling in their field of work 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.

**Answer yourself to be the Leader**

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 is the real value of money in your life?

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5. What is the purpose of your life?

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**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 Millisecond: Ask an athlete who lost the Olympic medal.

**Note:** *The secret to success for every individual lies in the optimal utilization of the available time. Both successful and unsuccessful persons have equal amount of time; the difference is the way the time is utilized.*

## **21<sup>st</sup> CENTURY IS INDIA'S CENTURY**

India was a global leader until the 17th century but time has reversed it. Now similar time is bringing back India as a global leader. In the 21<sup>st</sup> century India's young human resources as a global resource with 65% of our population is below 35 years of age. Keeping this in mind, our Hon'ble Former President Dr. Kalam as a visionary inspired and declared Lead India 2020 as a National Youth Movement. He along with the author transformed more than 1 million students in 6 states across India.

Now our Prime Minister Narendra Modi announced a plan to make India a global leader by 2020. Here, every Indian should 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 21<sup>st</sup> Century will belong to India. By 2020, only India will be able to provide workforce 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 and vigor. India wants a 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 reason for disappointment. The country will rapidly progress. We have three powers that nobody else has. 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 already 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). 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. The skills of our youth will take the country ahead".

### **What are we doing?**

India has become the third potential country in the world for employment generation. But surprisingly unemployment is an increasing national problem. "80% of Engineers are not having needed knowledge and they are not fit for the employment" said in a survey. Why and How? Similarly, India's economic development is at the fourth place, but human development is at 130 out of 177 countries.

### **What has 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. We must train all the students in our schools and colleges by inculcating human values and global skills in our curriculum.

Therefore, we need to put efforts to impart global skills to rural youth to enable them to grab global opportunities. This will in turn will resolve economic problems.

### ***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 roots levels. This will eradicate perennial problems like poverty, illiteracy, unemployment etc.,

### **3. CAREER DEVELOPMENT – EMPLOYABLE AND ENTREPRENEURIAL SKILLS**

Entire world became a global village due to the advancement in communications sectors. As we have sizeable youth force, we need to possess and acquire global skills. This includes entrepreneurial and employable skills. This will help in competing at the global level and excelling in various fields of study and work. Use these human resources from the rural level to the global level.

#### **The Challenges 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 to develop the following skills:

- (i) Good command on fundamental concepts on 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 respective subjects / jobs.
- (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.
- (ix) Shifting mind set from searching jobs to giving jobs by becoming entrepreneurs as there is a big disproportion between jobs availability and number of youth coming into the market

The students, teachers and parents need to realise the importance of possessing and constantly improving each of the above skills. This will result in our youth employable and entrepreneurial

bright careers for global leadership. Information is power. So, youth should know where and how Governments, Corporations, NGO's, international bodies are opening innovative opportunities for giving practical skill development. While selecting skill development courses they should select according to their interest, qualifications and goals. Passion development is another upcoming area where youth need to pursue their passions into careers. **Only then 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, 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. All others are unskilled workers. To meet real estate needs and planned infrastructure, India would require 4 million civil engineers, 396,000 architects and 119,000 planners over the next decade. However, experts estimated that only 642,000 civil engineers, 65,000 architects and 18,000 planners will be available during this time. 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:

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 relevant in today's context for employment generation;

73% of all graduates from colleges are Arts and social sciences. While 95% of world youth will be between 15 to 35 years of age. They learn vocational course, 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'.

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

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

There should be a blend of thinking and innovation of mind. Information is power. It should be accessed, 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 in communicating networks. Use technology as a research tool to organise, evaluate and communicate. Correlate life skills with academic subject across interdisciplinary themes. Develop a global awareness and become a global leader.

Development of our own life is called 'self-development'. It depends upon individual attitude, skills, knowledge and practical works one performs. To be a winner and a leader one needs to encounter various challenges in their lives. This is possible only through self-confidence. A task can be either small or big. Every action or work will need a specific skillset. Skill brings precision, perfection and adds value to work. Reading, writing, speaking, soft skills, technical skills, and professional skills are important for personal development.

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

Self-development depends on three basic things:

- 1) Attitude
- 2) Skills
- 3) Knowledge and Memory.

### **Attitudes:**

An individual's work is based on attitude. To develop, one should have a positive attitude, learning attitude etc., eliminate negative attitude as one negative attitude kills the impact of thousands of positive attitudes.

### **Tips to develop positive attitude**

Practice reading good books. Listening to inspirational songs, speeches, exercising, yoga, meditation etc.

### **Knowledge:**

Lead India adopts ancient education system principle of:

acharyat padamdatte padam sisya svamedhaya  
padam sabrahmacharibhyah padam kala kramecha

Means, only 25% (padam) of knowledge acquired from "Acharyas-Teachers" will be retained in life.

25% (padam) of knowledge acquired through "Self- thinking".

25% (Padam) of knowledge acquired through "friends" peer group influence.

25% (Padam) of knowledge "time" teaches - situations-experiential learnings.

### **Develop positive attitude to achieve success.**

#### **Skills:**

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



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

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

- ✂ Verbal instructions
- ✂ Appreciation /encouragement
- ✂ Demonstration
- ✂ Facilitation
- ✂ Observation
- ✂ Incentives/rewards
- ✂ Video
- ✂ Goal - setting
- ✂ Diagrams
- ✂ Role models
- ✂ Photo sequences
- ✂ Practicing with passion.

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

- \_ Observe all developmental activities happening around you and develop good qualities from them.
- \_ 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.
- \_ Timely and appropriate action in any situation can help to overcome obstacles to gain 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 anywhere.

Always have patience and maintain happiness.

Be a useful member of their 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 not available.

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 will say "to get jobs". This should be changed. 90% of students should take a decision to be a job creator rather than to be a job seeker. Entrepreneurial student leaders can experience the thrill of earning while learning through

- (a) Learning vocational skills.
- (b) Creating wealth from waste.
- (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 a subject one must imbibe the subject knowledge with full concentration. Move towards your goal with a comprehensive approach. We think that each subject like Mathematics, Science, Social and languages is isolated and independent. A little thought makes us understand that the subjects are related and complementary to each other. They all are related to life, career and nature.

**Comprehensive Approaches:**

- (i) Listening
- (ii) Reading
- (iii) Group Discussions
- (iv) Seminars

**(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 the subject in detail and gain more knowledge. This will help us speak fluently, continuously and convincingly. Arguments should be avoided. Through listening we remember 45 per cent of the subject. 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. Note down important points of what you read in a 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 bring happiness and satisfaction because we have learnt something new. Always make a good habit of carrying a book in your hand like an ornament. Whenever time permits you can read. Reading gives knowledge, inspiration, information, skills and self-confidence.

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

- \_ Read at comfortable place.
- \_ 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 to writing once but writing ten times equals to performing one time practically. So, perform to the extent possible practically, experience and learn extensively.

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

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

To develop higher competitive caliber, 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 which are available in the libraries. Reading them will add to the quantum of your knowledge.

### **Group Discussion:**

The main intention of group discussion is to bring complete and comprehensive understanding of the topic. This will help students to improve their knowledge on the subject and provide complete liberty to express their views confidently. This will also help to assimilate others' new ideas and knowledge. Group discussions will improve team work, understanding others and adjusting themselves with the situations, negotiation skills and convincing abilities etc.,

### **Seminars**

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

**(v) Communication Skills:**

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

**Skills required for good communication:**

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

- \_ Ensure that while writing, the notebook or paper does not shake.
- \_ Keep your fingers on the paper while writing.
- \_ Write letters neither small nor big. They should be clear and legible.
- \_ Bend your pen to forty-five degrees while writing
- \_ Leave some space between the words and lines
- \_ Practice diary writing, writing on unknown things, writing briefly, poetry writing, etc.

All 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 and clarity of thought.

**Effective Speaking Skills:**

To share our knowledge, experiences and thoughts, speaking skill plays a vital role. You should have good knowledge of the subject on which you want to speak about. Your voice and body language should be clear and SIMPLE. This will help others to understand well.

- 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 draw back from giving speeches during meetings. In these situations we can see four types of scenarios:

- \_ Whatever the motive is they are not 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 an 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 quickly get relieved from the tension.
- \_ Adopt the principle of 3Ps: Purpose, Practice, and Perfection.
- \_ Take a deep breath, make your body free, breathe freely and make your arms and hands free.
- \_ Say out 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 if you have 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% of the teaching methodology is based on practical observations. By using available resources, by studying the subject matter and by observation we can practically learn many new things by applying the concepts which we have grasped.

While conducting an experiment a student should be aware of the experiment's goal. The student should have the required material, instruments, apparatus, procedure, observations, results etc. Small experiments develop creativity, thinking power, 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 comes from science. Science is all pervading. In fact, everything in life and in nature happens scientifically. Scientists, with their scientific observations and explanations, are able to investigate and discover nature to some extent with the evolution of new ideas.

#### **For example:**

a) Newton got an idea by observing an apple falling from the tree. He questioned himself on why it is falling? He imagined whether earth has gravitational force. On further observations and persistent investigation, he discovered the laws of gravitation.

b) Dr. Kalam learned from his school teacher about how birds fly. This made him to dream and continually study aviation until one day became an aeronautical engineer. Later on, he became the father of Indian missile technology. He invented the indigenous integrated missile system. He further became famous as "The Missile Man of India". Thus, it is observation, innovative ideas and perseverance that ignite scientific temperament.

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

Science flies on two wings, Inquisitiveness (curiosity) and Observation. We are not learning the subject meaningfully. So, we are failing in examinations and in gaining 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 common goal is called Teamwork. To achieve good results through teamwork, we have to do some ground work. First, plan and discuss on what is suitable for everyone. A leader and members should cooperate. Only then the team can achieve its goal. Every member of the team should work unitedly as the organs of the body. If we get good results, everyone is happy. If there are any failures, individuals should 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 started their journey to see an exhibition. They have two options to reach their destination. In one option, they have a lake and in the other option they need to travel a big ground to reach their destination. Rabbit cannot swim and Tortoise cannot run fast. They both tried in two different directions and could not reach the destination in time. Then they both discussed and planned their path. As part of their plan, Rabbit carried the Tortoise and ran across the ground. Then Tortoise carried the Rabbit to swim across the lake. This time they reached the destination on time. The moral of the story is we will have good results when we work in teams.

**TEAM = Together Everyone Achieves More.**

Work in team to achieve good results.

**(ix) English Language**

English is 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. This includes reading, listening, writing, and speaking. An individual with good communication skills in English will definitely have an advantage over others. It's unfortunate that even today some percentage of Indians are not good at communicating in English.

\_ 2/3rds of our country's business transactions are happening in English language.

\_ 19% of our population knows English.

\_ Among them only 1% has a good command

\_ 4% speak fluently.

\_ Good communication skills in speaking and writing will give an edge to the person in this competitive world. So, to become global leaders one should realize that English plays a vital role. This is a very important and essential qualification. At the same time, we should respect our mother tongue.

**Activity:**

\_ *Learn every day new words. Open your own dictionary alphabetically.*

\_ *Write sentences to improve vocabulary.*

\_ *Make a habit to communicate in English at your work and study.*

\_ *Set some time every day to speak in English.*

**(x) Computer / Technology Skills:**

In our current time, irrespective of our education, one without computer skills is considered to be illiterate. Hence, it is very essential for everyone to be acquainted with the basic computer skills and conversant in using MS Office, Internet and small applications.

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

**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 school books.

Students are expected to enhance their skills of reading, writing, listening and presentation. This is the complete 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 their own potential. Depending on their skills and potential, one should decide their own goals in life, work and strive hard to achieve them. In present day, we have so many opportunities. One has to grab them.

**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 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

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

4) My Dream: By 2030, I will \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Answer yourself to be the Leader:**

1. Mention your personal as a leader.  
\_\_\_\_\_  
\_\_\_\_\_

2. What are your employable and entrepreneurial skills?  
\_\_\_\_\_  
\_\_\_\_\_

3. Write your own communication skills.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. What are your thoughts on overcoming the hurdles in your communication?  
\_\_\_\_\_  
\_\_\_\_\_

5. What are your views on practical education?  
\_\_\_\_\_  
\_\_\_\_\_

6. Mention the ways to ignite scientific temper.  
\_\_\_\_\_  
\_\_\_\_\_

**4. PHYSICAL DEVELOPMENT**



Everyone wants to be successful in their lives. But can they be successful all of the time? Probably not. What is the fundamental single factor without which success cannot be achieved? All other factors of success revolve around this key factor. Everyone knows about it but very few people identify 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 any other motive, health is a fundamental factor. Without health we cannot do any work, cannot be successful. We may have confidence, concentration, intelligence or diligence 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 wellbeing of an individual”*.

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

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

### **Physical Development Cycle**

\_ Human body with its muscles, bones, height and weight builds its final structure. They all develop until the age of 24 years only.

### **Without health no success or happiness**

\_ Hormones bring about 'natural' changes in the human body every eight years. 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. From 16-24 years the youth turns into an adult. Students can build muscles like iron, nerves like steel, increase internal resistance, immune system 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.

It is a natural principle of the body to yearn for its needs to be met and it is our individual responsibility to fulfill those needs. The following are 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. Therefore, 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 life span 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.

#### **Living being No. of breaths/min Life span in years**

Dog 50 - 80 13

Horse 30 - 40 25

Man 12 - 20 100

Tortoise 05 - 08 200

From above table it can be inferred that, as the number of times we breathe per minute decreases, the longevity increases substantially! A tortoise life span is 200 years. So, for long life breathe slowly, 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. This will result in increase of life span.

\_ It unifies the body, mind and soul which is called yoga. This 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 brain and circulates it to the entire body in a controlled way, thereby keeping everyone bubbling with energy.

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

Water is a basic element of sustenance for living beings. Without water one cannot survive for even a few days.

### **Wonders of water**

\_ Water has a wonderful natural characteristic of cleansing the body. We clean external body with plenty of water. We clean bathrooms with phenol and acids. Do we clean our internal system with such chemicals?

\_ Normally, our body contains 80 % water and 20% muscles, nerves, bones, etc. The universe also contains three parts of water, one part of soil. So, we have to maintain this natural proportion. As waste materials are easily soluble in water, it takes out waste material from all parts of the body in the form of sweat, urine and stool.

\_ Three thousand years ago the Ayurveda treatise *Charaka Samhitha*, prescribed that one should take at least 5 liters of water every day.

### **Food is God. Do not waste food**

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

Daily 1.26 liters of water should be taken before sun rise. Now it is widely followed in Germany and other European countries. It cleans internal system by facilitating free bowel movement. Drink a glass of water before 30 minutes to each meal.

\_ Do not drink water while eating as it dilutes gastric juices, acids etc., thereby decreasing the efficiency of digestion. After one hour, digestion takes place and natural thirst develops. Drink water as per natural thirst after each meal. This will result in good digestion and will provide energy for working efficiently.

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

\_ Food is the basic element which is needed for all living beings. Without food we cannot survive. Let us examine the principles of food. Hunger in living beings demands food.

\_ Gita, says, "I live in all living beings as *Vaiswanara - Jatharagni* (hunger)" (XV:14). Therefore, hunger is God. In another sloka it says, "*Brahmarpanam brahma havih*" (IV:24), means, food is God and it should be 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 God. We have no right to criticise food. "*Annam na Nindyath Tadvratham*". So many people on this earth are suffering from hunger. To help them let us follow - 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 digestive system.

### **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.
- \_ Enhances energy without fatigue.
- \_ Reduces joint friction, wear, 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 burdens to the digestive system.

### **"Shareeramâdyam Khalu Dharma Sâdhanam"**

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

*"Rasadrutam 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 ovum / ovules in women). Therefore, all these elements become powerful as they go on converting from one form into another. Our ancient scientist *Sushrutha* in *Sushruthamu* has revealed this process. So, the most important thing is that food is converted to sperm 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.

### **Brahmacharya - Management of vital Energy**

Brahmacharya is nothing but controlling our senses - sexual desires are a common natural instinct. Animals follow certain natural principles. We can observe that human beings in some western countries behave like animals in open areas. It is said 70% of westerners have multiple spouses in several countries and have children with multiple spouses. This culture is spreading in India. Is it unhealthy and not a good culture. From the above sloka, imagine the loss of sperms, energy and health. How youngsters developing nerves problem, quick ejaculation, girls gynec problems etc., A bud should be allowed to grow into a fruit. Don't nip at the state of bud. As a human being we have the power of discrimination, and we should use it. Ancient education strictly prescribed bud restricted sex till marriage. Even after marriage sex is limited only with the wife, that too when you wish to have children. That was the self-discipline.

Can today's youth analyse intellectually and use self-control - practice brahmacharya till the goal is achieved? Can we realise the power of self-control where concentration is improved? You can achieve what you want, realise power sankalpa - pursue till the goal is achieved. This will lay the lifetime foundation of physical and mental health, social wellbeing and spiritual attainment.

### **Eat balanced food - Balance your body**

When a woman expressed a desire to have a child with Swamy Vivekananda, he said, "you are like my mother" and touched her feet. When Aurangajeb gifted a beautiful woman to Chatrapati Shivaji, he returned the gift by saying treating a woman like a mother is our culture. Many know the power of Hanuman and even today we have many leaders. Think & Do. Develop control in yourself and a culture in your family & communication.

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

In general, fast foods do not carry any dietary values. They contain very less fiber and they will stick to intestines, creating health issues over time. If stomach functions well, appetite will be good. Today's youth is craving for fast food, pizzas, burgers, ice creams etc. These are all causes for obesity and can lead to diseases at young age.

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 good physical body, capable of performing functions as per natural processes such as producing enzymes at proper time. Therefore, one must observe proper timings for eating. Clean the intestines on a day-to-day basis. Otherwise our body will become a dustbin.

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

We will have a lot of health benefits if we sleep at least four hours after our dinner. Some of the benefits are as follows.

- \_ Improves the power of concentration.
- \_ Increases internal resistance power.
- \_ Glucose levels in our blood will be within limits.
- \_ Improves food digestion.
- \_ Less prone to diseases.
- \_ Sound sleep and rejuvenation of the body.
- \_ Reduce stomach size and weight.
- \_ Burns more calories and reduces the formation of body fat.

### **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 will end up eating medicines like food. “Eat Balanced Food - Balance Your Body”

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

Food builds up body muscles and nerves. But we should eat food only when we feel hungry. How can we develop good hunger? When we exercise, play games or do a lot of physical activity we feel hungry. Not only for hunger, but exercise is essential for everyone. We can improve the strength of limbs, joints, muscles etc. only through exercise. The body of a person who sits at one place without doing anything for four hours will deteriorate. That person is also susceptible to a lot of diseases and early death. So, exercise in some form is essential for maintaining good health. This rule is applicable to everyone from children to an old person. So, exercising regularly will lead to a happy life.

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

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

### ***(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 liters of water early in the morning helps induce free bowel movements 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 a regular basis helps us to stay healthy. A healthy body will lead to a healthy mind.

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

***"Follow the principles of health – Live healthy"***

**Activity Mon Tue Wed Thu Fri Sat Sun**

**Yoga/Pranayama**

**Drink 5 liters of water every day**

**Consume healthy foods**

**Physical exercises**

**Practice of Sports & Games**

**Answer yourself to be the Leader**

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 natural changes happen in your body.

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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 and managing vital energy?

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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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8. Write your own health plan

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## 5. MENTAL DEVELOPMENT

Mental development means understanding and utilizing the innate powers of the mind. With introspection, control on ourselves, self-discipline and with a vision and mission, the mind can ignite the internal energies on the derived targets to achieve goals. A person whose mental ability is strong can work with determination and confidence. Mental development is the process of strengthening our mind, creative intelligence on one side and controlling anxieties, tensions, worries and emotions on the other side. Manage your mind to develop individually and to achieve desired goals in life. In this context the mind plays a vital role.

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

Mind is a bundle of thoughts. Thoughts keep coming into our mind similar to waves in the sea. Everyone gets different thoughts and each thought is unique. Everyone gets thoughts constantly. Where do we get thoughts from? What are the doors for our thoughts? The sensory organs are the doors for thoughts. Each sensory organ contributes its share in forwarding its impressions onto the mind.

### **MIND**

Ear, Skin, Eyes, Tongue, Nose, Sound, Touch, Sight, Taste, Smell.

We get

11% thoughts 1.5% 83% 1% 3.5%

Eyes are the main doors for thoughts. Hence, be mindful of every thought that comes through our eyes for concentrating or for disturbing our inner peace. Thoughts can convert an ordinary person to a great person.

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

Brain

\_ It is physical, can be seen.

\_ Can be operated.

Mind

\_ It is functional, unseen

\_ Can't be operated

\_ Mortal, comes with the body  
goes with the body.

\_ Immortal, beyond birth & death  
\_ Abstract

### Nature of Mind

(i) **Unique:** No two minds in the universe think alike. So, think 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 no one can get any benefit either by thinking of the past or future. It is only the present actions that make a big difference in forming the future.

(iii) Dynamic mind always desires change, pleasure and comfort. Thoughts will be always changing. Past is a cancelled cheque. Future is an empty, blank cheque and the present is hard cash. By working in the present, with the principle of **“Do it Now and New”**, one can fill the blank cheque of the future with their desired figures. 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 into an extraordinary person. Ordinary thoughts make persons ordinary. Physical energy can be measured in calories whereas mental work cannot be measured.

### Root of Diseases:

Unnecessary thoughts, continuous mental tensions, disturbances, worries, and anxieties consume a lot of energy. This will affect the creative power of mind. This will also disturb the natural functioning of different systems of the body and will lead to various diseases such as diabetes, blood pressure, heart attacks, etc.,

Mental Status	Resulting Physical Disease
Tension	B.P. Heart attacks
Worries/Anxieties	Diabetes, Nervousness
Peaceful	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 incidents.
- ✂ Power of Imagination – Can imagine anything infinitely.
- ✂ Power of Creativity – Can result in innovative ideas.
- ✂ Powers are within you – Ignite it.

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

### Process of Mind

The process of the mind is unique. Any thought that enters the mind is processed immediately. Repeated thoughts lead to desires. Repeated desires will lead to expressions. Repeated expressions will lead to words. Repeated words will lead to deeds. Repeated deeds will lead to



habits. Repeated habits will lead to attitudes, and attitudes will lead to character. Destiny will be formed through both the positive and negative characteristics of a person. Therefore, it is very crucial to focus, and streamline your thought process. It is a fundamental element that can make all the difference.

Every individual is born with equal abilities. Remember, this country has produced many eminent personalities who have contributed towards the development of our world. All we have to do is to focus on our thoughts, words and actions to empower youth with positive attitudes and proactiveness. We also can become great and change history. By coordinating your thoughts, desires, expressions, words, deeds, habits, attitudes and character towards a higher purpose with well-defined goals, you can realize your vision and mission.

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

#### **Faculty Actions that need to be Done**

*Mind* - Dream big. Have a vision for your life, so that the world may remember you forever.

*Thought*- Always think to achieve your visions in your own ways. 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 looking at unnecessary things and entertaining destructive desires.)

*Expression*- Think positively and talk truthfully. Express love without lust, harmonising the heart. Expressions should be simple, clear, specific and positively asserting your goals.

*Actions* - Do specific actions to achieve goals as per a self-defined time table and plan. Discuss your ideas and improve speaking, reading and writing skills. Ensure righteous actions to keep your head high and to make your parents, teachers and everyone around you happy.

*Habits* - Learn to smile and work with dedication. Love the work that you do. Complete the work that was taken. Visualize "what next" and plan tomorrow's work as a leader.

*Attitudes* - Develop a positive attitude and skills in questioning, problem solving, decision-making, analysing and observing. Ask what, why, when, where, who and how. Develop an attitude of doing things with self-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?**

Dr. Kalam had a science teacher, Mr. Subramanyam Iyer in his 5<sup>th</sup> class. The teacher taught a lesson on "Aero Dynamics". The students could not understand anything. So, he took them to a beach to show them how birds take off into the air. Students, especially young Kalam, observed how the sea gulls pulled in their legs, spread out their wings and self-propelled themselves into the air. Kalam had 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. Dr. Kalam later decided to become a pilot in his career and to fly in the sky like a bird. This idea changed the

destiny of Dr. Kalam and steered him into becoming the 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 reach 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 worked continuously on areas that were useful in achieving his goals. His habit of working hard with dedication towards the achievement of his goal made him a distinguished scientist.

### **Thought – Practice**

Your thoughts should be always directed towards achieving your goal. Until you reach your destination, dream it and constantly think about it. Do not stop working on achieving your goal even if you face any difficulties. Always think high. These thoughts should come like good words. Words are more powerful than any weapon. Whatever you speak, you should strive to succeed. Let us see how 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. Think about the frequently spreading diseases, their symptoms and remedies. Think about helping the poor and needy.

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

*Actions:* Prepare well for the medical entrance examination. Read books which are related to Medicine. Pay visits to nearby doctors offices and hospitals. Collect paper clippings on great doctors and prepare an album for inspiration. In your village if anybody is suffering from any disease, take them to the hospital.

*Habits:* Perform above actions repeatedly and make them a habit. Adopt good habits like having a smile on the face. Display love and affection. Show service motto, etc., which a good doctor should have.

*Attitudes:* Give-up bad attitudes like anger, laziness, irritation etc. Adopt good attitude and service orientation.

*Character:* Inculcate good qualities and practices. These are essential to complete Medicine, Work with concentration, discipline, courage, and truthfulness. Work according to the plan. Discard negative traits within.

*Destiny:* Follow all above. Acquire admission into a medical college. Complete the course successfully, become a doctor and serve the poor and needy.

### **Self-Introspection - 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. This is an exercise to the mind. This will result in increasing the power of memory. It is like exercise to develop the physical body. *Smruthivardhini* also is helpful to improve strength and arrest weaknesses 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 their goal.

#### **Activity:**

1. Practice and make a habit of writing in a diary on a regular basis. Analyse your success and failures. Plan next steps to reach your goal.
2. As discussed earlier about strengths, weaknesses, opportunities and threats (SWOT) analysis, let us consider the same while doing the following activity.  
(SWOT analysis is a management technique for measuring the Strengths, Weaknesses, Opportunities and Threats to tackle a challenge).

#### **Action Points**

- \_ To keep mind in control - Yoga and Pranayama will help a lot.
- \_ Always think high and positive with a great vision and long-term goal.
- \_ 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 and associate with people with positive thinking.
- \_ Before going to bed, introspect truthfully. Meditate, recollect day long plans and actions done. Rectify mistakes and omissions.
- \_ Examine and analyse every action of yours scientifically.
- \_ Learn from mistakes and adhere to planned actions in time.

Above suggested actions will help an individual to excel in their field of study or work and become successful. None are born with great abilities.

#### **Identify your strengths and weaknesses:**

##### **For Example:**

<b>Strengths</b>	<b>Weaknesses</b>
Self-control	Anger
Honesty	Jealousy
Concentration	Indiscipline
Hard work	Laziness

**Real Birthday Celebration:**

Arrest your weaknesses. Reset your goals on every birthday. Evaluate year achievements. Continue until your goal is achieved. Review and re-plan weekly (Say, on every Sunday), monthly, quarterly, semi-annually and annually. Repeat this task on every 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 affection.
- v. I will do work which helps in reaching my goal.
- vi. I will complete my tasks regularly on a day- to -day basis.
- vii. I will practice good values such as truthfulness, righteousness, love, discipline etc.
- viii. I will differentiate/distinguish between good and bad deeds. Improve good habits while abandoning bad habits.
- ix. I will develop the habit of questioning - What? Why? When? Where? Who? and How?
- x. I will always be courageous, never lose self-confidence and feel that "I will become a great person".

**Answer yourself to be the Leader:**

1. Write nature of your mind you wish to train

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

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3. What are your views on process of mind?

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4. How you want to become a great person?

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

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6. What are your strengths and weaknesses?

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## **6. SOCIAL DEVELOPMENT**

Everyone works for the happiness of the family and feels that their family is ultimate. However, everyone observes unseen links, relationships, transactions, causes of good and bad in our life. Family is also the cause of 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 all individuals. One needs the support of parents, grandparents, brothers, sisters and other family members.

\_ Again, this family also cannot sustain itself on its own. A family may be strong with lots of money, power, authority and people support. All families need the support of teachers for education, doctors for health, farmers for food, businessmen for provisions, engineers for planning, etc.. All these units collectively make a society.

\_ Societies need the support of governments and nongovernment organizations (NGOs) for amenities such as roads, street lights, maintenance services, welfare facilities etc.

\_ All nations need the support of corporations, NGO's and people. Communities of other nations' support are needed for business, development, security and peaceful co-existence,

\_ The world needs the support of nature/environment.

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

(i) Individual Development (ii) Institutional Development (iii) Family development (iv) Community development (v) National development (vi) Nature Development.

All these developments are independent, yet they are interdependent for certain requirements. Each development is equally important in its own way. During the phase of our development we have to take some things and give some things. Let us examine on how giving and taking takes place in the society.

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

The services and sacrifices of our parents, grandparents, great grandparents and ancestors are more valuable than anyone else. We should be grateful to them. The debt of parents and ancestors can be cleared by means of serving our parents, following family customs, traditions and leading the life as per the aspirations of the parents and ancestors. Also 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 explain the greatness of a mother. She is the one responsible for your life on this earth. Mother is the dearest friend on earth.

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

**(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 everyone kisses with love and encourages him/her to go to school. Everyone helps and facilitates to grow, gives advice, gives whatever possible help without expecting anything. Native cultural practices penetrate the person as impressions, habits, beliefs etc.. All of these remain with them throughout their life. The beautiful surrounding, environment where one learns and grows create a strong bondage. All these factors accumulate as native debt to us. No one may ask anything or expect anything but still it becomes a duty to contribute to the development of the native place. This could be a way to clear the native debt.

**(iv) Nation's Debt:** Nation is the mother of mothers. This is the reason we address the nation as mother land. Our motherland is India. Ancient Indian cultural heritage, traditions and values are our family traditions. All these 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 the threats to the people as well.

As such education, employment, business, wellbeing, 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 to the nation.

**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. Celebrate national festivals, protect our monuments and nation's properties. Dedicate services to mother India. Our country has its own unique great glory. So, every Indian's duty is to bring back its past glory as a global leader. Prior to 1947, the only goal was independence. India achieved that goal. Now it is the duty of every Indian to set the second national goal for the development of the nation, lead India to lead the world by 2020.

**(v) Nature's Debt**

Our body and the entire nature are made up of *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 forever indebted to nature.

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 'runa or balance due'. Let us understand the accounting process, what we have received, and what we have given chart in terms of human values and other concepts narrated below:

Similar to a bank account every human also has their own individual account which will affect 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 have you 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.

In reality no one will count or write their social credits, 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. Similarly, mother of mothers - mother land - mother nature may not ask but account is an account whether it is to mother or father - or mother land/nature. Though we intelligently decide and perform tasks for profits or success, sometimes losses or failures occur. Why does intelligence fail sometimes? Discuss, study and analyse the impact of these debts.

**Debts/Fate:** A civilised individual thanks immediately as soon as he receives any favour from others. At the same time, he says 'sorry' for any mistake he made. Else, the individual is considered as manner less. 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 debt that needs to be repaid? Social debts are unseen. They tilt our plans which we ignorantly call as luck. In fact, they create our 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: -

**Self-Balance Sheet Activity:**

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

**Activity:**

**Self-Balance Sheet:**

What you have	What you have	Balance
Particulars received (Debt)	given (Credit)	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 benevolence	Creator's Debt

**Conclusion:**

By this time, you understand we all live with the support of various stake-holders such as parents, teachers, society and nature. As social animals it is our prime and minimum responsibility to ensure that we live with humility towards each person.

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

The world with all human beings and other living beings exists under the aegis of some divine forces. The force is the Creator or Soul or Brahman or Atman or the Holy Spirit that enables us to live, sleep, speak and to do all other tasks. We owe all our existence and happiness to these Forces, 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 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.

**Answer yourself to be the Leader: -**

1. How self-balance sheet helps you for your development?

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2. Write your different types of social debts?

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3. Write your action plans for clearing different debts?

Parent's Debt: \_\_\_\_\_

Teacher's Debt: \_\_\_\_\_

Nation's Debt: \_\_\_\_\_



Nature's Debt: \_\_\_\_\_

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

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## **7. INTERNALISE THE POWER OF YOUR "MOTHER"**

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..... You are seated in a very comfortable posture.....Just observe your thoughts.... Let them 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 yourself. When you can't love your parents, how can you love me? You don't love me!”.

Remember all those incidents when we hurt our mother... When we are 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. She 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.....

When you borrow a pen from your friend, you say ‘Thank you’ to him. 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 will be extremely happy now when you are sharing so many things with her. Spend time with her. Take her blessings for your future.

**Father:**

Now, go to your father, speak to him. Father is someone who has been with you all the time. He shows much concern, care, struggling for you. He converts his blood into sweat. Tries to give you all comforts he can. He will have 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 all efforts he can, to make you happy and he is ready to do whatever he can to make you happy. But in turn, what have you given him? Do you give him the respect that he deserves? In spite 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 solve your money related problems.

Just look into his eyes. Show concern and love towards him, hug him. Take his blessings. Share your goals, 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....

***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 kind words of love and affection from us at their old age. Just enquire, "How are you? How is your health? Do you want anything?" These kind words 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 forgive you in case any misunderstanding happened in the past. Forgiving is a divine act. 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 acts. You might have hurt someone, or someone must have hurt you. Even mistakes happen with humans. They happen with everyone. You need not feel repent. Let it prick you. You have learnt what you had to. Go to all those who had hurt you or whom you hurt them. Share your joy and happiness with them. Forgive and ask for forgiveness.

***Teachers:***

We have our teachers. We 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 due to 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 even now. You might have 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 of learning. In fact, a teacher must learn every day 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. Try to understand the condition of others. Understand that others too are in the process of learning. Understand that everyone makes mistakes and that everyone has a right to learn from mistakes. Do you think, all these acts 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 for her to become a world leader. Our mother carried us for nine months but Bharathmatha carries us for all our lives and generations. 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 levels in their lives. 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 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 Earth. The earth itself has become a paradise with happiness everywhere, energy everywhere...a happy world... everyone works hard.....

Now, slowly bend 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 says, 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 Gods present in visible form to 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, anyone who can’t respect his or her self, cannot respect his or her parents. Anyone who cannot respect his or her parents cannot respect anyone in this world!!”.

### **8. FEW MINUTES ABOUT " MOTHER INDIA"**

Everyone expresses patriotic spirit for the nation. Now, I am going to reveal 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 expressed 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 the point from where I started from my childhood. It is my mother and father. Without them I may not have 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 nurtured me. Given me what all I want, and he always holds my hand to walk in the path of righteousness, discipline, values and ideals to grow big. Day and night, he sweats his blood for my 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 grandparents. I realise my growth factors are not only my parents but also my grandparents. When I look deeper, I connect with my 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 our common family name- BHARATH VAMSHA. This takes us beyond Bharata's. This 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 realization we pray "Loka Smastha Sukhino Bhavantu". In this sloka, in this prayer, we realise myself, 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, 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 Vivekananda said I'm proud to be an Indian. With its cultural heritage and Vedic education, he brought whole western countries to bow down to his feet. As children of this great heritage, we also experience that proud feeling. With this feeling, for the past 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.

In Maharashtra- Shivaji Maharaj fought Aurangzeb and established a 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 Foj. He took Germans' help. He could trigger his guns, shaking the British empire. Youth from Bengal and all other parts of the country joined under Subhash to

say Jay Hind. This Jai Hind slogan invoked the patriotic spirit across the country and united several groups from various regions into the First National Movement under Mahatma Gandhi, resulting in the non-violent movement. This ultimately resulted in India's freedom through non-violent efforts and created world history. Without killing anyone we could achieve Independence. That is the power of truth and non-violence - "Satya Meva Jayate". We achieve victory through truth. Even today, our growth and for our own jayam, this Satyam should 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 Bhagat 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 tried to hang him, he was still shouting 'Vanade Mataram!' and 'Bharathmata ki jai!'. We know a broader spectrum of Bhagat Singh. Do you know that it is his mother who blessed and said to him, "OK, You can die for our country but get the freedom to our country.". It is his father who asked Bhagat to approach a lawyer to get pardon from British government to avoid death sentence. However, 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." Bhagat Singh while in prison, along with two other fellow prisoners wrote a letter to Lord Irwin. They requested him to be treated as prisoners of war and consequently to be executed by a firing squad and not by hanging. 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 Bhagat Singh declined to sign it. With all these sacrifices we got the freedom. But has this freedom been utilized properly to solve inequalities among citizens? Violence on women is increasing, rampant corruption is ruining our development. Unless we cheat, unless we speak lies, unless we seize from others, we are not able to get jobs or 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? Who has to bell the cat? Who has to stop the degradation of values and give 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 enlightened citizens to carry the spirits from Satyendra and Manjunath to keep up the freedom struggle, sacrifices of Bhagat 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 Varsha, once again as a global leader, preaching and practicing 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 peaceful co-existence to this humanity and all the living beings.

## **9. SPIRITUAL DEVELOPMENT**

Swami Vivekananda said "Every soul is potentially divine. The goal is to manifest the divinity within. Reading books, doing rituals, etc. are secondary". How to ignite the "Infinite power within you"? Spirituality is the way to ignite divinity. 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 visible. **Within water, fire exists which cannot be seen.** Within fire, there is air which cannot be 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 the 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 atoms and electrons 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 universe is one big family. We pray "*Loka Samastha Sukhino Bhavanthu*" – Let the whole world be happy. Every human being has to find out a spiritual technique by which one can experience unification of body, mind and soul. This spiritual development will be the foundation for human development. Human values spring out of these spiritual practices. They lead to the development of human excellence. Thus, it is a technique by which we internalise our mind and experience the infinity which 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 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 we dive deeper inside, we lose our body consciousness, mind consciousness and experience spiritual consciousness. With these, we experience the presence of the whole universe within ourselves which in spiritual terminology 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 domain. Its only objective is to empower mankind to identify the purpose of life and to help lead their life as per their objective. Science ends where spirituality begins. So also, Human values begin from spiritual enlightenment for human excellence. Let us examine how values are inculcated.

**Answer yourself to be the Leader: -**

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

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2. Write your experiences of spiritual development?

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**10. 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 into the 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 is the measure for good food products, ISO is for manufactured products of various organisations, companies and institutions. All these objects are created by humans and have a quality 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 should be pure on all these 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 success, 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 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.

**How to inculcate the value ‘Truth’?**

\_ Let us research on how we can 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.
- \_ Practice silence for some time every day. (Meditation).

### **What is Truth?**

“Telling the facts as they are” is called Truth.

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

Practicing truth improves subconscious values such as confidence, courage, happiness apart from recognition, respect and credibility in the society. Truth always triumphs.

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

We do not follow the truth due to selfish reasons such as, to escape from punishment which provides only temporary benefits, to gain 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' yourself:**

W: Words

A: Actions

T: Thoughts

C: Character

H: Heart

Individuals can lead a happy and meaningful life by practicing good thoughts, actions and deeds. An increasing number of such individuals in the society will result in good families, good society in turn it will result in a great nation. Consequently, the glory of 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 behaviours of parents and teachers. People who live with values radiate their influence on others and bring the desired changes in individuals. Need of the hour is to produce role models who live abiding their values. Author's 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 not taught, Values are caught.**"

1. Identify and recognize even the smallest positive action in others.
2. Appreciate the act repeatedly at different forums to reinforce the value in a 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 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) the 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 needy.
5. I will practice giving – Avoid taking
6. I will travel from Humanity to Divinity.
7. I will work by practicing oneness in thought, word and deed.
8. I will practice and propagate good values.

Now onwards, I will always speak only the truth.

**Conclusion:** Values are the driving forces which help individuals and societies to discriminate between good and bad. This will result in choosing the right path. Righteousness helps to add value to life and to 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.

**Answer yourself to be the Leader: -**

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 your own words?

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### 11. NATIONAL DEVELOPMENT

Bharath is an ancient country with a rich cultural heritage, value-based education coming from vedas - Gnana, Upanishads, Puranas, Ramayana, Bharatham, Bhagavatham, Bhagwadh. Geeta gives Gnana - knowledge to embrace. **Bible, Quran, all religions as one experiencing oneness relating with common Indian's life.** Unity in diversity is the beauty of Bharath. Our cultural teachings have not only provided spiritual knowledge but also scientific contributions to mankind. Some examples include: today's date's calendar which was introduced by Bhaskara Acharya, the "0" zero in mathematics revealed by Arya Bhatta, and today's hotmail from Sabir Bhatia. Young Indians like Satya Nadella CEO Microsoft, Sunder Pichai CEO Google and 38% of US software Engineers and Doctors are from India.

Indians are known for intellect, values, hard-working nature, truthfulness and tolerance. Thus, today we have an increased global demand. Now is the right time for India to bring back its global leadership. Dr. Abdul Kalam has dedicated his life for the development of India. He, along with the author, propounded the Acharya - Kalam's Human Transformative Model.

#### ***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 within the national academic curriculum so that new inventions will arise from an increased understanding of each core area, and ultimately, these inventions can be further introduced to the global market as industrial technologies to help rural development. In this way, Lead India 2020 Foundation conducts competitions and helps selected new inventions to develop into working models for the public.

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

(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) Transportation 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 resources. Hence Dr. Kalam with his far-sighted vision gave a 10-point oath to students/youth to convert them into Human Resource Cadre which connects and achieves development in all above-mentioned core areas. The research wing of Lead India has analysed how each point of the oath can help in an individual's development leading to national development.

National development depends upon current 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. Following LINC Chakra gives the complete picture of LINC’s. After performing community services, students are given Lead India Social Credits which are recognized as NCC, NSS, etc. for job placements.

### **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)
8. Employable Skills Development Group (ESDG)
9. Entrepreneurial Skills Development Group (EnSDG)
10. Passions Development Group (PDG)

***National Development - 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 things. One suggestion can be adopting the habit of consuming vegetarian food which will protect the life of other living beings like goat, hen, sheep, etc., Likewise, planting of saplings can also 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 running taps. This will result in loss of water. Therefore, 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 soak pits with solid cover to harvest the rainwater.

**(b) Protection of Environment**

Every student should feel responsible to protect the environment and 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 several parts and allot each part to a group of children and encourage them to maintain a garden.

**(c) Clean and Green surroundings**

Provide dustbins inscribing 'use me' on them. Ask every student to drop the waste in them. When they are full, dispose the contents at a proper place. Students can perform these activities in shifts. Each one of them should always think about their role in keeping the surroundings, school premises, classrooms, houses, etc clean and green. Teach students the importance of segregation of dry & 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. Saving is earning. We can save power at home, school and other places.

**Activity for Saving power**

Saving power is in a sense providing power to other needs. When not required, please switch off lights, fans, air conditioners and other electrical gadgets. In this way we can save power. Use LED bulbs, as they consume less power. Compare previous month electricity consumption with that of current 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.

National Development depends on collective efforts of every constituent member of the country. Though governments are doing their best, we need a common platform to unite all Indians, Governments, NGO's, NRI's etc., and unfortunately this is currently missing. We need to solve all of our problems. 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. Therefore, LINC for skill development is given as below, which can connect village LINC - skill development- Globe as follows.

LINC Diagram should come here

1. Excel in education and work with dedication.
2. Each one teach ten.
3. Each one plant at least 10 saplings
4. Each one stop bad habits of 5 persons.
5. I will constantly endeavor to remove the pain of my suffering brother.
6. I will say "I am Indian First".
7. I will be honest and truthful.
8. I will work for becoming an enlightened citizen and for making my family righteous.
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.
10. I will proudly celebrate the success of my country and my people.

Give the table of Oath to students

**S. Oath Individual National No. Development Development**  
Care, Kindness, Courtesy. Patriotic Fervour.

**Dr. Kalam's 10-point Oath to Students**  
**Individual development leads to National development**  
**"Aap Badho Desh Ko Badhao"**

*Give table*

**Dr. Kalam's Oath for Teachers**

1. First and foremost, I love teaching. Teaching will be my soul.
2. I realize that I am responsible for shaping not just students, but ignited youths who are the most powerful resource under the earth. I will fully be committed for the great mission of teaching.
3. I will consider myself to be a great teacher only when I successfully lift an average student to the best performance by way of my special teaching.

4. All my actions towards my students will spring from kindness and affectionate like a mother, sister, father or brother.
5. I will organize and conduct my life in such a way that my life itself is a message for my students.
6. I will encourage my students to ask questions and to develop a spirit of inquiry, so that they blossom into creative enlightened citizens.
7. I will treat all students equally and will not support any differentiation on account of religion or socioeconomic status.
8. I will continuously build my teaching capacities so that I can impart quality education to my students.
9. I will celebrate the success of my students, with great elan.
10. I realize that by being a teacher, I am making an important contribution to all the national development initiatives.
11. I will constantly endeavor to fill my mind, with great thoughts and spread nobility in thinking and action.

Lead India .....Lead India  
.....Lead India .....