



Compass

Finding The Right Direction...

Finding The Right Direction...



Balachandra

B.Sc., LL.B., F.C.S.

Compass

Finding The Right Direction...

DEDICATED

To the SoulDears of India
To the Bestower of India's Good Fortune,
To the pioneers of tomorrow,
To the children of India!
This Compass is for you!!

Originally written in Telugu by

Balachandra

Translated by

PV Ramana & K Prasanthi



abhaya FOUNDATION

Hyderabad - 500004, Telangana, India.

Compass

Finding the Right Direction...

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K Prasanthi

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Preface

With utmost respect and sincere salutations,

Guided by the divine inspiration of the ALMIGHTY, I have been blessed with the opportunity to traverse numerous kilometers spanning several states over the past four decades. My purpose has been to engage with students, engage in meaningful conversations, offer encouragement, and provide motivation. However, my experiences have left me with a profound sense of concern.

Everywhere I go, the lifestyle of the younger generation and the challenges they grapple with evoke a deep sense of sadness. Particularly disheartening is the manner in which they approach education, construct their characters in this fiercely competitive world, and confront the daunting examinations that lay before them. The realization of these struggles fills me with genuine anguish.

That's why, during my lectures and interactions, I've shifted my focus from merely sharing my knowledge to invest time in understanding the challenges individuals face. I delve into the reasons behind academic struggles, exam failures, and the lack of a clear life vision. By empathetically addressing these issues and guiding them to introspect on their own shortcomings, I aim to instil a sense of regret for the trivial reasons that lead to disappointment and hinder success. Moving forward, my goal is to encourage individuals to acknowledge their mistakes, learn from them, and actively strive to improve their lives. This approach fosters behavioural changes that contribute to personal growth and a more fulfilling life.

Subsequently, addressing each concern voiced by the students, I endeavoured to impart heartfelt inspiration in my role as a well-wisher, akin to a caring mother or supportive uncle. Employing humour and weaving natural, incidental, and elaborative examples, I aimed to alleviate their worries and infuse positivity into their mindset.

I have observed the profound inspiration that emanates from the sincerity of my words whenever I engage in conversations, regardless of the time or the age group of the individuals involved. I express sincere gratitude to God for blessing me with the gift of eloquence, enabling me to shape the future of my country positively without any monetary investment. The core responsibility of my soul is to instil inspiration in the minds of students, be it in the presence of a hundred or a thousand people.

People's Perspectives: Unveiling Insights:

Book enthusiasts have expressed, "Your teachings are not only beneficial for students but also for adults. It would be valuable if you could convey your message through the medium of a book."

“The lecturers expressed, ‘Even though we are in the field of teaching, we rarely contemplate or discuss such matters in our lives. Your teachings are exceptionally beneficial to us.’”

“Your delivery of teachings, along with your lifestyle, attire, manners, and the skill to deliver impactful speeches, serves as a great source of motivation for us. The natural way you address various issues to students, encompassing social, economic, theatrical, and patriotic aspects, leaves a mesmerizing and enduring inspiration in their lives,” expressed the parents.

“Sir, upon hearing your words, I’ve come to realize the many years I’ve neglected not only my studies but also my parents. At least now, I am determined to tread the right path in life, support my parents in every aspect, and focus on my studies,” voiced thousands of students.

Such feedback comes from various sources, yet I’ve chosen not to dwell on it. My focus remains on performing divine work with unwavering dedication, without a second thought. There are instances where I speak for hours on end, and at times, my throat becomes strained, causing discomfort and, occasionally, chest pain—perhaps signs of the toll that advancing age takes. As I hit the age of 50, I harbour uncertainties about my stamina in the future and question what more I can contribute to my country.

Amidst these circumstances, establishing ABHAYA ANADA NILAYAM as the headquarters in Ibrahimpatnam with the divine support and blessings of Sri Sathya Sai Baba, I resolved to pen a book beneficial to students. Choosing the auspicious time of Sri Sarvari Nama Ugadi, I embarked on writing the book for the welfare of the entire human race, utilizing the gracious 63 days of home isolation during the global grip of the corona virus. Recognizing that in bygone days, national leaders spent their time in prison reading books or writing discourses, I, too, decided to capitalize on the isolation brought about by the pandemic to write this book and contribute positively to society.

This book addresses numerous doubts, issues, ambiguities, pains, and questions raised by students, parents, teachers, and intellectuals. I have endeavoured to provide answers and resolutions based on my knowledge, giving shape and purpose to this book.

If these essays prove beneficial to students in the present or meet their future needs, I believe my life’s purpose is fulfilled. While age may limit my ability to speak in the future, the satisfaction lies in knowing that my ideas and ideologies will endure with my fellow Indians. Even when my soul departs from this body, I will continue to exist in the form of this book.

These insightful ideas will be published serially in Telugu in ABHAYA Masa Patrika. I strongly desire to make these essays accessible through audio and video formats. Additionally, plans are underway to translate them into Hindi and English for wider reach. I am confident that readers, especially those who understand Telugu, will find motivation in these writings.

I owe a debt of gratitude to Kumari Somisetty Lalitha Lahari, who not only supported me but also contributed essays in a similar style. After collecting and modifying them, I can honestly say she played the role of my co-writer.

I express my sincere gratitude to abhaya SoulDears, including Dr. K. Sailatha, Sri M. Mahesh, Smt Lakshmi, Smt Shobha Patwari, CA Gowra Laksmi Prasad Garu, as well as numerous students, parents, and teachers who offered their assistance in bringing out the book in Telugu. The divine task of creating the Telugu book has left a lasting impression, serving as an example of divine inspiration.

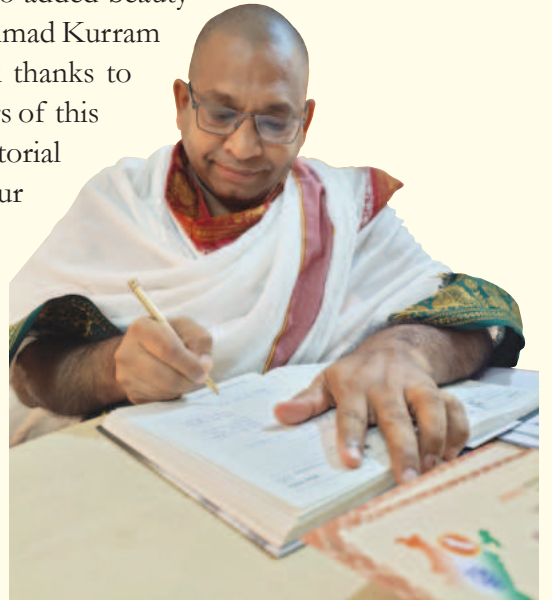
Additionally, it's a miraculous connection with Sri Ramana, an English Subject Matter Expert at TSRJC, Telangana, who passionately translated the Telugu book into English with the support of Ms K Prasanthi for the benefit of students. The TSRJC Team, consisting of Sri Surabhi Chaitanya, Smt Suhasini, and Smt Rajani, with the support of Smt G Keerthi Murthy dedicated their best efforts to bring this book to fruition. We extend heartfelt prayers for their well-being, acknowledging that without them, the English Book would not have become a reality.

Furthermore, it's uplifting to know that TSRJC Hindi Teachers are currently translating the book into Hindi, with the aim of making it available for Hindi readers in the year 2025.

I express my gratitude to the individuals who added beauty to this book: my friends Devalla Shankar, Mohammad Kurram Uddeen Zeeshan, and Chevuri Ramesh. Special thanks to the crew at DOLPHINS GRAPHICS, the printers of this book. While many hands contributed to the editorial work, any oversights can be corrected with your feedback.

Love & Life for the Country


Balachandra
B.Sc., LL.B., F.C.S.



I am fortunate to translate Compass; the masterwork of Swamy Balachandra to English

I am happy to express my views about the wonderful book, COMPASS. The author, Sri Balachandra garu, has made an attempt to address a wide range of issues faced by students. He tried to persuade the readers to understand his point of view by offering examples drawn from real-life instances. The brilliant aspect of this book is that the author has attempted to illustrate different approaches that may be taken to address the issues of students. His solutions to various issues are not hypothetical, but they are the outcome of his personal experiences, observations, and interactions with tens of thousands of students.

He has candidly conveyed his ideas, fearlessly spotlighting the hidden realities masked by pretence. As we read this book, it provides room to deeply introspect oneself, and his views appear to us as mirror images.

I consider myself fortunate that I have been given the chance to translate this masterwork into English. To be honest, I learnt so many things while going through the pages of this book and was surprised on many occasions at his ability to show solutions in a tactful manner.

I believe his unwavering love for children and his motherland are the driving forces that led to the translation of this book into other languages.



- PV Ramana

JL in English,
TSRJC, Sarvail,
Telangana

This gave me a perspective on how to charter my life, and I am sure it will do the same to you

Every day is a battle in a student's life. Be it an exam, assignment, project or understanding that question from probability. Education is not just about being able to solve complex math problems or trying to count the electrons of an atom, it is also about understanding the way of life, society and spirituality. My father's greatest teaching to me was... "Daiva Preethi - Papa Bheeti - Sangha Neeti" (Love for God - Fear of Sin - Morale in Society)

This book Compass, true to its name helps students find the right direction to become a better human being imbibing the sense righteousness, social intelligence and surrenderance to the ultimate power.

My uncle, CS Balachandra Sunku, with lots of love for the youngsters, crafted this book to cater to all and all problems that students face and how students, parents and teachers must handle such situations. This book is not what you want to buy, read and enjoy, but buy, read and imbibe. Im very fortunate to have been given this opportunity to take part in the translation of this book. This book has given me a lot of perspective on how to charter my life, and I am sure it will do the same to you.

- Prasanthi Rao Kothamasu

B.Tech, (MS. Data Science,
Monash University, Australia)
Board Member, abhaya Foundation



Embarking on My Unique Journey: A Squirrel's Tale of Endeavor

On a fateful day in March 2020, the world found itself gripped by the fear of the COVID-19 pandemic. During this unsettling time, individuals sought various ways to occupy themselves—exploring new hobbies, experimenting with different food recipes, and indulging in delightful culinary creations. It was amidst this moment that I received a WhatsApp message from Uncle Balachandra.

Uncle Balachandra shared concerns and challenges faced by students, urging a thorough investigation and critical analysis of these issues. He envisioned crafting insightful essays that would serve as a guide, seeking my assistance in this divine undertaking inspired by a higher calling.

Contemplating my role in this significant endeavour, I decided to contribute in my capacity, akin to a squirrel gathering resources. I formulated diverse questions across various topics, which Uncle Balachandra graciously accepted, signalling the commencement of our collaborative effort.

While my proficiency in Telugu, learned at the school level, initially cast doubt on my ability to contribute in the language, Uncle Balachandra's unwavering support and the divine motivation instilled confidence in me. This task, entrusted by Uncle, became an opportunity not only for me but for many others.

Following Uncle's guidance, we meticulously crafted questions and answers for each topic, supplementing them with moral stories and motivational strategies. Our aim was to showcase how individuals played resilient roles, navigating challenges, and leading lives of significance.

Reflecting on our journey, we questioned whether we had control over the unfolding events. Upon introspection, we realized that these endeavours unfolded seamlessly with divine support, underscoring the automatic nature of success when aligned with higher forces.

I firmly believe that the discussions within this book provide not only answers to students but also offer guidance to anyone facing similar challenges. My earnest wish is for this book to reach those in dire need, offering ample support, inspiration, and instilling courage to confront life's myriad situations.

I extend my heartfelt gratitude and humble appreciation to our beloved Uncle Balachandra, who not only made me a part of this endeavour but also a shining spark within this enlightening book.



S. Lalitha Lahari

B.Com., LL.B.,
abhaya SoulDear

Contemporary Spark of Inspiration

The book in your hands is a veritable treasure trove. If it has reached you, consider yourself incredibly fortunate. Brimming with invaluable insights, this literary gem is a testament to the author's own wealth of knowledge and wisdom.

Sunku Balachandra's life story has left me in sheer astonishment. Yet, in the grand scheme of things, it's not surprising. When divine blessings are bestowed upon the world, seeking out individuals capable of fulfilling predetermined tasks, they invariably find their way to such industrious and selfless souls. It is reminiscent of the divine selection of luminaries like Sri Swami Vivekananda and Dr Kalam in bygone eras.

As I delve into the narrative of Sri Balachandra's life, I can't help but draw parallels between his endeavours and the noble pursuits of Swami Vivekananda and Dr Kalam. His journey unfolds as that of a science student and law graduate who, forsaking a secure position as a company secretary, founded the ABHAYA Foundation in 2006. In less than two decades, this foundation has extended its services across 15 states, impacting the lives of over five lakh individuals through education, healthcare, skill development, and employment initiatives, particularly focusing on the youth in Telangana, Andhra, and Karnataka.

Leading various social services, Balachandra has embarked on two additional impactful initiatives aimed at fostering positive change within society.

In 2019, he initiated the Bharatdarsanyatra, mirroring the righteous journey once undertaken by Adishankaracharya. Balachandra's expedition traversed four countries, twenty-three states, and 106 diverse regions, encompassing villages, cities, hills, forests, rivers, and sea shores. This extensive journey provided him with profound insights into the essence of Mother India, perhaps even earning him the blessings of the Almighty. Balachandra's commitment to social service, guided by his inner calling, is unquestionable, and this expedition is undoubtedly a catalyst for heightened engagement in the field. The travelogue documenting his experiences reveals that each step of the yatra has served to purify his body, soul, and spirit, reinforcing his dedication to the noble cause.

Second, Balachandra, not content with his philanthropic efforts, has also taken on the role of a writer, sharing his patriotic spirit. The book you hold is crafted by a fervent patriot who has traversed the length and breadth of the country, aiming to illuminate the minds of the youth. This mission resonates with the legacies of Swami Vivekananda, Mahatma Gandhi, and Dr Kalam, each of whom dedicated themselves to inspire and guiding the youth.

Following Vivekananda, another luminary who dedicated himself to enlightening the youth with truth and guiding them on the righteous path was Mahatma Gandhi. The newspaper he established, known as “Young India,” aptly reflects his commitment to nurturing the next generation. Gandhi held a deep affinity for the term “Nav Jeevan,” emphasizing the concept of a new life or rejuvenation. His role as a true nation-builder remains unquestionable, as his ideals and actions played a pivotal role in shaping the destiny of the nation.

Addressing contemporary issues, Dr Kalam has redefined the role of youth in the era of globalization. Similar to the legacies of Vivekananda and Gandhi, Kalam, through his numerous writings, endeavours to inspire and uplift the minds of the youth. His life serves as a remarkable example of transcending socio-economic constraints, redirecting his trajectory toward fulfilment.

Present-day youth can be likened to fervent sparks capable of self-immolation over trivial matters. It is imperative for the youth of our nation to tread the right path, as their choices profoundly shape the future of the country. Failure to engage and empower them as active participants in nation-building is tantamount to betraying our motherland. Motivating the youth is crucial, and Dr Abdul Kalam once expressed this sentiment, asserting that the greatest achievement for individuals lies in shaping their own lives.

He emphasized the significance of understanding how others have moulded their lives, not necessarily for replicating great deeds, but for the invaluable insights and inspiration that can be gleaned. In this regard, Kalam’s perspective encourages individuals to introspect, compare, and infuse positive transformations into their own lives.

In the contemporary landscape, Balachandra’s commitment in motivating and enlightening the youth aligns with the legacies of great leaders like Gandhi and Kalam, who authored numerous works to inspire young minds. The book captures the essence of Balachandra’s tireless efforts to mould not only his own life but also to influence others positively.

Today’s youth, akin to fiery sparks, possess the potential to either self-destruct or illuminate the path forward. Failing to guide them onto the right path would spell doom for the nation. Balachandra’s life story mirrors the passion, desire, and profound motivation to fortify the youth. His accessibility, knowledge, and strength in the service of the nation exemplify a zeal that has not only fortified him but also uplifted those around him.

As you pursue this book, penned by a man of such calibre, you’ll witness an unmatched passion, a resolute desire, deep-seated anguish, and an unyielding motivation

to empower the youth. In a realm saturated with negativity and hate, Balachandra emerges as a beacon of hope offering a guiding light amidst the prevailing clouds of discord. The book unfolds as a ray of hope, urging young minds to forge ahead despite the challenges of our times.

Balachandra draws inspiration from the life stories of eminent figures such as Vivekananda, Gandhi, Lal Bahadur Shastri, Sardar Patel, Rabindranath Tagore, Dr Radhakrishnan, Stephen Hawking, Thomas Edison, and contemporary figures like Deepa Karmakar, Dr Asutosh Chakravarthi, the winner of civil services, Zunid Ahmad, Robert Downey Jr -Hollywood actor, Sweets Pullareddy, and Sunitha Krishnan.

To find motivation, one doesn't necessarily have to confine oneself to the autobiographies of renowned individuals alone. Inspiration can equally be drawn from the life stories of individuals who exemplify perseverance and patience, such as PS Rao, Ramprasad, Dr Sailatha, Mrudhula, and Narasimha. Amidst the myriad chapters of success narratives, I find myself particularly captivated by the stories of Mary Kom from Manipur and Kalikhopul, the Chief Minister of Arunachal Pradesh.

What resonates with me is their ability to articulate tales from every nook and cranny of villages. The profound impact of their narratives both astonishes and motivates me, instilling a sense of encouragement. These individuals not only embody success but also embody the virtues of resilience and determination, demonstrating that success is achievable through unwavering commitment and patience.

63 chapters are 63 formulae, no shortcuts for success, we need to ascend all 63 stairs. Every step that you take will make you stronger. Balachandra is a monk, a practitioner, a selfless sage detached to all personal desires. He stands as an iconic motivational leader, a modern-day Vivekananda or Mahatma, Kalam playing a pivotal role in shaping the destiny of the nation.

In conclusion, I implore the Almighty to shower blessings upon every reader of this book, infused with the genuine spirit of Sunku Balachandra. May it inspire, motivate, and contribute to the collective upliftment of our beloved motherland.

Hyderabad
Sri Subramanya Sastri
29-11-2022

Vadrevu Chinaveera Bhadrudu

IAS Retd.,
Former Director,
Tribal Welfare Dept.,
Andhrapradesh



Response to Student Doubts

One auspicious day, I had the privilege of conversing with Balachandra over the phone. Towards the conclusion of our discussion, I learned that he was diligently crafting a book aimed at enhancing the lives of students, nearing its completion. Intrigued, I impulsively requested a copy for proofreading, and in a matter of moments, the book materialized on my table, spanning an impressive 250 pages.

Immersing myself in its contents, I read through the book gradually, completing it in three sittings. The narrative proved to be exceptionally captivating, holding my attention from start to finish. Each page unfolded a wealth of valuable insights, making the book an indispensable resource for students, parents, and educators alike.

Much like consulting a dictionary to clarify uncertainties in language or meaning, this book serves as a comprehensive guide for addressing doubts in the intricate tapestry of life. I ardently believe in its ability to provide well-founded answers, akin to turning to the Bhagavad Gita for guidance, as elders have advised.

Proofreading the book became not only a task but a pleasure. The experience allowed me to uncover answers to queries raised by my children at SMILE HOME. A profound blessing for the younger generation, the book, generously distributed for free in the Telugu States by the ABHAYA FOUNDATION, stands as a thoughtful gift. It can be aptly described as a wonderful present bestowed upon children, carrying the imprint of the foundation's benevolence.

In expressing my gratitude, I extend my heartfelt thanks to the ABHAYA FOUNDATION for providing this valuable literary gem to students. My earnest prayer is that this book finds its way into the hands of students across both government and non-government sectors, ensuring that every individual benefits from its profound wisdom.

CA. Gowra Lakshmi Prasad

B.Com., LLB., CA.,
Managing Trustee,
SMILE NGO
HYDERABAD



Compass – An endeavour to sharpen the goals of lives

If we read a textbook, we can study the lessons to a certain extent; but if we have to study life, we must have a continuous practice of it. This book 'Compass' helps a lot to have this practice. If we study the text books of different classes, they help us only to complete the examinations. But this book 'Compass' is quite useful for the whole life.

Mr. Balachandra has been clarifying the doubts, raised by thousands of students for three decades now. He has taken the lockdown period (2020) during the Covid-19 as the gateway to introduce the various solutions to multiple problems. So, he wrote this book 'Compass' that works as a rudder to turn the life boats of the students towards the goals.

Man is so intellectual to learn so many things from all over the world. But it sounds so peculiar to see man, not realising the fact that 'Change' must begin from within himself. This book 'Compass' teaches the whole essence of life. It attempts to sharpen the goals of lives. In other words, the contents in this book are not limited to a certain time span or age or topic...but provides us truth, path of virtue, good will and Human values. These values are useful to make a person shine like a supreme being.

Mr. Balachandra has made an earnest endeavour to bring out the revival spirit of the man, which was left hidden and unconscious from the state of ignorance, with the help of this 'Compass', just as how the image looks clear when the dust accumulated on the mirror has been removed. He covered 63 topics in this book 'Compass' to tackle one's whole life with a variety of issues that they may face during their childhood, youth and old age. He has provided the pivotal messages, which are filled with the essence of nectar, that are necessary to those people who wish to sharpen their goals. When the unnecessary stones have been sorted out and removed from the rock, the sculpture emerges. Then the sculpture will be revered, honoured and worshipped by the society. In the same way, this book works as a chisel in the life of the person who would like to mould one's life into an extraordinary person, the greatest power and an

idealistic person.

If anybody reads this book with utmost concentration and implements each topic for one's own development, the word of the Gita 'uddhared âtmanâtmanâA', which means 'elevate yourself through the power of your mind', will surely be fulfilled in the life of that person. The main essence of life is to walk from darkness to light.

The essence of life is to walk towards the light from the darkness. The staircase leading from ignorance to knowledge was paved through this book by Balachandra. It can be said in confidence that if students, as well as teachers can take one topic a day, discuss in depth and assimilating it, the true capabilities of the children can be discovered.

I believe that the good motives of all the young monks like Mr. Balachandra, who has reformed his life with the comprehensive human values through the social charitable services in the presence of the Bhagavan Sri Sathya Sai, can inspire many generations. I congratulate Mr. Balachandra wholeheartedly for his wonderful compilation. I wish, congratulate and bless him from the core of my heart that God should help him to compile many more wonderful works to contribute for the human welfare in the coming generations.

Dr. Chukka Ramaiah

Former Legislative
Council Member &
Educationalist
Telangana



Stunned and Surprised by his Eagerness!

With best wishes to all...

Sometime ago, on one fine day, Mr. Balachandra made a call to me and introduced himself to me. He shared with me about the charitable programmes of Abhaya Foundation since one and a half decade. He explained to me about the 'Abhaya Shodasha Programme' that's going to be celebrated soon...

He also shared with me about the book 'Compass' that he composed for the sake of the students with the divine inspiration. When I observed his dialect and accent, I asked him if he was from Rayalaseema. Then I took a great interest in the details shared by him. Later, he came to my home, showed the collection of all the essays written by him and he also read some of them for me. He published such a valuable and priceless book but didn't sell it... and I am greatly surprised to see his eagerness and enthusiastic spirit when he told me that he wanted to supply these books to approximately around 10000 Government schools for free of cost in all over Telangana and Andhra Pradesh. I felt so elated when I heard that many donors also have come forward to join their hands in this good deed by contributing money for the publication of this book. I firmly believe that this book, which has been designed by such a great personality, Mr. Balachandra, will truly serve as the Compass to guide the students, teachers and parents to walk in the right path.

Let's wish that this book, 'Compass' written by Sri. Balachandra, with a perspective of the educational development and national development, must be published in many more languages.

Let's also pray that all the people who helped for the publication of this book 'Compass', must receive everything good in their lives...

Kanneganti Brahmanandam

Film Actor
Hyderabad



The Righteousness of Mr. Balachandra – An Inspiration to thousands of youth!

In the present society, opportunities are many but awareness is very less. From the past 30 years, the business strategies have been well developed and as a result of it, the employment rate has also been increased. But as it has been instructed by our former president Sri A. P. J. Abdul Kalam, even though the opportunities are more in our country, it is so pathetic for not having anyone's initiation and efficacy to receive them. What's the reason? It may be due to the loopholes in the education system or the deterioration of the mental condition of the students. These two are the reasons. Attempts have been made to correct this condition by the educational reformers for over a period of 20 years, but it hasn't yielded remarkable results. In fact, this kind of great task cannot be initiated by every person.

But it lies in the hands of the student alone to mould the student's mental condition in a better way. It's so rare to find the students who transform their lives by setting their mental conditions favourable to the situations, by having a great awareness and not losing opportunities. All the students who have achieved likewise deserve a great appreciation and applause.

What about those 85% of the students who are large in number? Who are the well-wishers to turn these students from the wrong path to the victorious path? Some people are without any interest in studies and many people are there, who couldn't even make use of their education. Some students study for the sake of the marks and forget all that they studied the next day. But there are many students who study well but struggle a lot to present it in the exams! When I have been thinking of who can be so courageous to direct such students, I happened to see a book.

That's the book 'Compass- Finding the right direction'. 'The writer of the book is our brother, Mr. Balachandra. A 'Flower' is for 'Fragrance' and 'Fragrance' is for 'Flower', likewise the most interesting factor here is to find the right composer to the right topic. Each topic from "I can't remember" to "How to live a unique life?", encapsulates true

challenges faced by every student. Taking these as the basis, Balachandra remarkably and meticulously developed 63 topics, each supported by compelling examples. These transcend ordinary suggestions. These embody guidance from a dearest person. This is really the reflection of Mr. Balachandra's personality.

I know Mr. Balachandra from past three decades. In these days, it's incredible to believe that in this world, which is filled with selfish perspectives of the people, there are also selfless servants like 'Bala' and it's really a boon. It's the blessing of Bhagavan Shri Sathya Sai Baba. Even though he is also the 'Company Secretary', he appears quite simple and innocent, wearing the traditional Indian clothes, and speaking the Indian language, and doing immeasurable services to the society through Abhaya Foundation. He is the biggest motivational force to many people like me.

I strongly believe that many students are so fortunate that such an eminent personality Mr. Balachandra, has now incorporated his thoughts, suggestions, instructions, tips in a book and published it. I pray and wish that whoever reads this book should not only be inspired by it, but also be active in their deeds and walk in the right path. I pray to God that Mr. Balachandra must take part in many more inspirational programmes like this.

With Love...

Kota Shiva Kumar

B.Tech., MBA
CHRO - Oliva Clinics, India
Hyderabad



This Book is An Encyclopedia

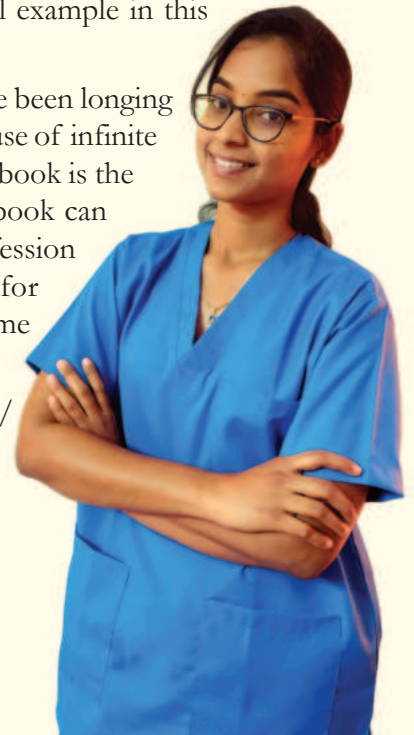
By the Grace of God, 12 years ago, I came to Abhaya Foundation for financial support, grew up in the care taking of Balachandra uncle and now I have completed my MBBS and MS(OBGY). Our Balachandra uncle has taken the responsibility of thousands of children like me and treated all of them as his own children and directed them in the path of the development. His radiance, love, word, deed, services used to fill me with a great joy, surprise, courage and idealistic spirit.

I was quite fortunate to listen to his speeches at some contexts. In fact, whenever I had a small doubt, I used to approach him and move ahead with his answers with a great joy in my heart. I couldn't describe in words the joy, power and idealism that I had received from his words. I wanted my fellow beings also to listen to those words. With a good motive and desire that everyone must undergo a good change and everyone must live well, I had taken his permission and had arranged his sermons in my educational institutions. With the bliss of my previous birth, I met with the boon and became so fortunate enough to travel joyfully as a small drop of water in his life, which is equal to the mighty ocean. I longed in my heart a lot that it would be so nice if all my fellow beings, children and elders are provided this good opportunity that I have received. I used to pray quietly that the hidden knowledge in the mighty ocean must be within the reach of all the people. Besides his services during the tough times of Corona, when he discussed with students like me that he wanted to write a book for the students, we all felt so happy. As a student, I felt so happy for taking part in his composition of this book, by sharing my experiences, thoughts, instructions and the problems that I have faced in detail like a pile of yarn to the Moon. My life has been made so valid as uncle showed me and my story as a small example in this book.

This book stood before me as an answer to me, who have been longing for many years for everyone to have the access to the storehouse of infinite knowledge stored and hidden in his heart. I can say that this book is the encyclopedia. My sincere belief is that whoever reads this book can clarify their doubts and bring about a change in their profession and attitude. I offer my heartfelt gratitude to the Lord for involving me as a part of this great 'Book Yajna' and joining me in the company of uncle Balachandra.

With Love... forever.. Balachandra Uncle's Baby/Daughter/
Child

Dr K. Sailatha
MBBS., MS(OBGY)





Index

Problems	1
1. Unable to Remember	3
2. Don't Like	6
3. No Time	9
4. Not Listening	13
5. Not Studying	17
6. Forgetfulness	21
7. Financial Problems	24
8. Health Issues	27
9. Fears and Anxieties	31
10. Stress	35
11. Illegible Handwriting	39
12. Bad Friendship	43
13. Love Affairs	47
14. Reluctant	51
15. Regulating the Sleep	53
16. Sports & Games	56
17. Smart Phone	60
18. Disputes at Home	63
19. Time Management	66
20. Procrastination	69
21. Lack of Concentration	72
22. Addictions & Bad Habits	76
23. TV/ Movie / Actors	80
24. No Perseverance	83
25. Stress and Fear of Examinations	85

26. Unable to Withstand Failure	90
27. Laziness	94
28. Sexual Harassment	98
29. Mockery /Discrimination	101
30. Disappointment	105
31. I'm an Orphan	108
32. Extravaganza!	111
33. Peer Pressure	114
34. Bad Literature	118

Doubts **123**

35. No Goal	125
36. My Interest is Different	129
37. No Inspiration	132
38. Can We Succeed Without Education?	136
39. Whats the Need of Education?	
When I Am Good	140
40. Difference Between Education and Employment	144
41. Falling Behind in a Subject	147
42. English Medium	150
43. Comparison	154
44. Thoughts with "AGE"	157
45. Do Girls Need Education?	159
46. Declining Reading Habit	164



Sir! What Do I Do? 169

47. No Quality Teaching	171
48. Did Not Like School	174
49. Parents did not give what I asked!	178
50. Teachers' Behaviour Not Proper	182
51. The Managements Behaviour is Not Proper!	186
52. Technology - Pros and Cons	190
53. Social Media	193
54. Education System is Not Good	196
55. Parents are Discouraging	202
56. Don't Like Online Education System	205

Journey Towards the Truth 209

57. Competition is Everywhere	211
58. Who is a True Friend?	213
59. A Complete Personality	216
60. The Ultimate Goal of Life	222
61. How to Achieve Anything in Life?	225
62. Great Man or Good Man	228
63. How to Live a Distinguished Unique Life?	232



Problems



1. Unable to Remember



Issue:

I want to excel academically and achieve good grades. I never put off or postpone doing my work. I always complete my schoolwork. I pay close attention to what my teachers are explaining. But I find it difficult to remember things and express myself when it comes to writing during my exams. Are there any approaches or techniques for improving one's ability to remember concepts?

Elucidation:

The most common issue for many students is the inability to remember. We frequently observe students tapping their heads in an attempt to recall ideas, whether in classroom or the examination hall. This problem impacts 30% of the students. To

perform well, it is important to remember the principles of learning. How should one read in order to improve concept retention?

Humans and every other living being use techniques for remembering, and we all

have similar memory abilities. Our elders frequently advise us, “Do not make room for negative thoughts in your mind,” emphasizing the necessity of remembering only good things.

Suppose you are reading a four-line poem. Each line is interconnected to form a logical and complete meaning. First, understand the meaning of the poem. Then, go back and read each line twice again, paying special attention to each word. After that, put the book down and attempt to remember the lines. If you can't recall a certain word, concentrate on it alone and recite it, you can learn quickly by breaking down the content into little chunks.

You can apply this strategy to all your subjects, divide essay questions into smaller paragraphs. Some students half open their books and look at them frequently to recall, but this method is ineffective for memorizing. Instead, open the book completely and read the text thoroughly. This strategy, also known as photographic memory, will assist you in recalling information in the content.

Consider reading a brief narrative from the Ramayana about Lord Rama visiting the forest and meeting a monster named Mareecha. If you can't recall the name of the demon, open the book and focus on that word, then try to remember the whole story associated with it. When answering essay questions, concentrate on recalling the essential ideas. “Listening” and “Recapitulation” are two essential parts of

learning. The first complies with listening attentively and understanding the concept completely without making any mistakes and the latter speaks of remembering what has been taught. To improve your understanding, split a topic into smaller bits and go through each bit one by one, then review the material to ensure that you have grasped the entire information.

On a paper, put down the concepts that you've learnt. “Writing once” is equivalent to “reading ten times”. We often analyse and recall our ideas before writing them down. I recall my childhood friend was an exceptional student in school, yet he failed his intermediate. Rather than scolding or insulting him, his father comforted him by saying, “The five fingers never look alike”.

Parents should avoid over-pressuring their children. It is essential not to pass judgement on them if they are unable to make it to famous institutions such as IITs, medical schools, or their dream courses. Instead, encourage them to look into courses which suit their capabilities. Avoid considering academic grades as a primary indicator of an individual's intelligence. Assign them easy tasks so that they can gain strength and confidence to tackle more challenging situations in the future. Remember that everyone's learning capacities differ. Some are exceptionally intelligent and can learn a poem in two minutes, while others may need 20 or 30 minutes. That does not mean that they won't be able to learn it. We achieve the outcome only with constant efforts.



Reciting mantras or offering prayers to religious figures alone doesn't help. Only practice makes man perfect.

No one has eternal memory. The capacity of the memory is similar for everyone. We need to employ strategy to improve our ability to remember.

Suggestions:

1. *Grasp while reading*
2. *Write down the key points*
3. *Discuss it with your peers*
4. *Consider it a narrative*
5. *If possible, visualize*
6. *Summarize the main points.*
7. *Make a note and double-check it*
8. *Practise with interest*

Inspirational Quote:

You may assume that you have a poor memory, but you are capable of remembering the things that is important for you.

Inspiration:

Once, a student from the Sri Sathya Sai Baba Institution approached Baba showing concern and stated, "Baba, I can't seem to remember anything I've learnt. Why is that?"

Baba smiled and continued without responding.

Baba made a stop close to the student on his way back and asked,



"When is your birthday?" The student replied promptly.

"Who are your parents?" Once again, the student responded without hesitation.

"Where is your native village?" The student replied in surprise.

Baba gently inquired, "My dear, you've answered all of these questions correctly. So, why do you believe that you have difficulty remembering things?"

The student said, "Baba, I love all these aspects as they are connected to me. It is impossible to forget them."

With a smile, Baba remarked, "My dear, the same applies to everything. If you develop a fondness towards your subject, you will never forget it".

Can you recognise the wisdom here? Develop an affection towards your subjects and you'll remember them for a long time.

2. Don't Like



Issue:

“I don’t like studying, but I love fine arts. I aspire to work in the film industry.” Fortunately, there is no pressure from my family to pursue a conventional career. With my acquired knowledge, I’ve developed enough confidence to support myself. In my opinion, learning what actually interests us is preferable to forcing oneself to study the subjects that do not.

Wait!

The challenges highlighted above are not unique to any one person. Several students have raised similar concerns and inquiries during my interaction with them on numerous occasions. Before we get into the details of it, consider the following issues.

1. Not fond of studying.
2. No need to study.
3. Have a different interest.
4. Have a diverse range of enterprises.
5. Can exist without an education.
6. Despite my best efforts, I frequently fail in my studies.
7. The grades are pointless, even if I pass.



Elucidation:

Parents should primarily keep in mind the following points:

What is the point of serving a delicious dinner to someone who isn't hungry? Consider the scenario in which a hungry person is fed a delicious supper.

What is the point of advising a boy to study if he has no interest and dislikes studying in general? Our responsibility is to figure out such an individual's thinking, and if it is a constructive one, we should enthusiastically offer our support and encouragement. If we don't do so, not only will the youngster suffer academically but he might as well fail to build a successful career.

While bringing a child into the world is one thing, but parents cannot create their children's dreams. In today's modern era, it's not difficult to survive without schooling if one is extraordinarily good at something. There are some examples of the success stories of such child prodigies. However, such individuals are extremely rare, probably one in a million. It is critical to determine whether our child's capabilities align with that of such exceptional personalities.

A few years ago, I visited an engineering college near Chevella to interact with the students. Approximately 500 students assembled in the auditorium for a casual interaction.

I posed a question during the interaction. "How many of you do not like studying?" It caught me by surprise when nearly 25 students raised their hands. I

approached one of the students and asked him, "why did you enrol in the course despite not being interested?"

"Sir, I have no interest in studying," the student answered. "I'd like to work in the film industry but my parents are against this idea and want me to become an engineer. What should I do?"

"Aren't you wasting your parent's money and your valuable time?" I inquired. I almost fainted by his response.

The student said, "My parents aren't spending any money. The government reimburses my fees and hence, no loss". However, I am not going to study. It's only a means to passing the time. After these four years, I'm going to do something I truly enjoy."

Imagine what would happen if parents imposed their dreams onto their children?

Hence, my suggestion to the parents is that if a child doesn't like studying or doesn't need a formal education, encourage that child to follow the path that brings them joy. It's preferable to let your child pursue their interests given your situation, if you feel that a formal education is unnecessary and if they agree with you. For them, this may be the most fruitful course of action.

When a student seeks employment far from home after his/her education and has a family business that generates more than a job. In such a circumstance, it would be preferable if the child received sufficient training in their family business. This is usually more helpful.

I'd like to emphasize something vital once

more, regardless of your family's background and history, your children must obtain a degree or its equivalent. We cannot expect one who can't read alphabets to compose poems.

With a graduation under his belt, he'll be mature enough to pursue either a job or venture into a business.

I've noticed that children in many business communities complete their college degrees and obtain training in their family enterprises. They gladly take on those businesses and use their managerial skills to improve them. It is not true that a country will succeed only if all of its children attend college. I believe that all boys and girls should attend college and complete their degrees. Following that, students may explore different industries. Specifically, in an agricultural industry, one can make a beneficial difference.

Even if they do not complete their education, there are numerous options for them to earn a living. I know some amazing people with extraordinary talents who can lead small firms to huge success.

Inspirational Quote:

There is no such thing as a minor work. One has to be only concerned about whether the work is Good or Bad.

Inspiration:

I'm acquainted with a young man named Devendra. He has a large family and is not well-educated. He also looks after his sister's children. Devendra is skilled driver and prefers not to take up a salaried job

and leads a happy life along with his wonderful wife and children.

Are you wondering how he manages to earn a living without a formal education and a conventional job?

He is a "Driver on Call." He works 12 hours a day and earns Rs. 1500 per day, adding up to a monthly income of about Rs. 45, 000. It's a profession that doesn't require any initial capital investment, and he works as per his convenience. Many people prefer a ride with him not only for his excellent driving skills but also for his social personality.

In our country, majority of the people are into small businesses/services including milk distribution business, selling groceries, street food business, cooking, public transports services, salon services, tailoring, and more. Every job demands dedication and passion. The outcome is personal development and a decent income.

Millions of such people in this country manage to maintain a livelihood without a formal education. Simultaneously, there are those who have obtained knowledge through schooling. As heard by children, "We need both a good education and a good personality". While a lack of formal education is acceptable, but a lack of good manners is not.

Even though many mistakenly believe that the kind of job determines the social status.

But what is important for one to analyse whether the work they do is right or wrong.

3. No Time



Issue:

- ◆ *I want to study, but I'm unable to dedicate even an hour to it.*
- ◆ *It's quite challenging for me to devote the majority of my time to studying.*
- ◆ *I have to help my parents with their work.*
- ◆ *I don't have a mother, and I have taken up my family's responsibility. I work part-time to help them out.*
- ◆ *We run a snack (Bhajji) stall. I have a three-hour shift in the evening.*
- ◆ *I lose track of time when I'm playing sports and games.*
- ◆ *I enjoy hanging out with friends, and I tend to lose track of time when I'm with them.*

Elucidation:

We know that everyone, whether an ordinary person or the one who leads a country, has only 24 hours in a day. How we spend those 24 hours can determine

whether we will remain ordinary or become extraordinary.

We cannot hold time like we can hold several other things in our hands. Time is like water. When we try to grasp water, it

gently escapes through the gaps between our fingers. The same principle applies to time as well.

For example, in a sweet shop, we mostly find sweets, not pulses like black gram or fenugreek seed right? Similarly, when can a person with 24 hours at his disposal be called as a student?

We refer to someone as an athlete if they spend a significant amount of time participating in sports. We call someone a worker if they go to work on a regular basis. We call someone a chef if they spend a lot of time cooking. Similarly, if you want to be termed a student, where should you spend most of your time? reading, writing, going to school, taking examinations, and attending special classes etc., these characteristics distinguish you as a student, rather than being a time-waster, who spends most of their time aimlessly.

When there are challenges at home, it is important to devote extra time to studying. This assists us in gaining the knowledge and abilities required to overcome these problems.

Whether you are rich or poor, making time to study is crucial. Studying is the way to go, if you want to become successful.

When you examine the world around you, you will frequently come across news headlines about well-educated children seeking aid. They come from a financially weak background but excel in school and aspire to acquire financial assistance for

her higher education. And then we come across news about a government official's child acquiring the highest rank in an entrance exam. What exactly does this mean? This demonstrates that, regardless of economic condition, people who devote a major chunk of their time to their studies are more likely to succeed.

All that said, I'm very proud of the children at Abhaya Foundation. They're all doing well in their academics, despite the difficulties we discussed previously. They perform well because they devote additional time to learning. Their outstanding achievements is praised not just by the government, but also by everyone who recognizes their commitment.

Once Sri Sathya Sai Baba gave a roadmap to students on how to utilise their 24 hours in a day. The roadmap is as follows - divide the 24 hours into four parts. Allocate the first 6 hours to sleep to ensure proper rest. Dedicate the next 6 hours for domestic chores and tasks. Set aside the following 6 hours to attend school or to engage with educational activities. Finally, reserve the last 6 hours to focus on studying and learning. By dedicating 12 hours to studying, a student can achieve anything. This strategy helps students balance their time between sleep, chores, school, and study effectively.

During a normal day, one sleep for eight hours and spends another eight hours in school or college. The remaining eight hours are spent on various activities, and



studies only two hours per day. Would someone still be considered a student if they followed this routine?

Typically, students do things like watching TV, playing games, using phones, socializing with friends, going out, cooking, and doing household chores at home. The idea is to dedicate only six hours for these activities in a day. The purpose, however, is to make the most of the twelve hours set out for studying and not waste any of it. This emphasizes the significance of prioritizing your studies during your designated study hours.

Kids should understand that spending too much time on activities that don't contribute positively can harm our lives. Games, music, conversations, and friendships are fun and only a part of our life, not our whole life. These activities should only act as medicine not as alcohol, to which we're addicted and let it have a negative impact on our lives.

If you find yourself devoting a substantial amount of time in the previously listed activities, it's critical that you remember how we learn things related to your academics.

We can learn physics by playing games, grasp English through poetry, understand society during outings, have meaningful discussions in chats, gain scientific knowledge when we travel, and use math skills in the market. The main idea is to understand that where lies a strong will to learn, there's always a way. If we're truly interested, we can learn things from

various sources and turn challenges into opportunities. Do you agree?

Inspirational Quote:

Wasting time is wasting life – Bhagavan Sri Sathya Sai Baba.

Suggestions:

1. *Take a moment to admire those who excel in their studies, even when they face more challenges than you do.*
2. *Split your day into four parts and give a large portion of it to your studies.*
3. *Remember that the value of your time is determined by your future accomplishments, not your current circumstances.*
4. *Understand that time is an investment you're making for your successful career.*
5. *Those who value and manage their time well will earn respect in the society.*

Inspiration:

We all are familiar with Bharat Ratna, Dr A. P. J Abdul Kalam. He faced many difficulties, one such difficulty was that he had a big family but had a lack of financial privilege, so he worked part-time because he had a strong desire to learn. He didn't let his obstacles stop him from achieving his goals. He used the time he had for studying and became an inspiration for all of us.

Dear children, in life, we all experience difficulties and many challenges. However,



those who prioritize studying during their learning years, have the ability to do extraordinarily well.

Using time wisely leads to success. Otherwise, it can harm our lives. We often come across the ones who waste their time and don't achieve as much and set a bad example. Hence, we do the same if we waste our time and give excuses about not having enough time.

Time is a valuable gift and we have enough of it. Consider it a blessing and use it to focus on your personal development. This will aid your success.



4. Not Listening



Issue:

“Sir, today’s children seem less attentive compared to previous generations, we were more focused listeners. Managing a classroom with just twenty-five students seems to be a challenge. There is a growing concern that scolding them may lead to alarming reactions. The government as well is advising teachers to be gentle with children. If children are punished for non-compliance, their parents might make a huge fuss over it. We have no idea how to deal with these situations” - Teachers.

“Sir, I don’t want to listen to the classes. I’m unable to pay attention to anything. The lessons taught by the teachers doesn’t hold my attention” - Students.

“Sir, my child doesn’t pay attention to us. We can’t convince or persuade him, so we end up giving in to his requests” - Parents.

Elucidation:

Now-a-days everyone rides their own bull. “My child doesn’t listen to me”, I heard my mother complain about me back in the

day. So, it could be a problem that has been passed down through generations. Regardless of the changing times, this issue

remains constant. In this 21st century, this situation has become increasingly more complex.

It's essential to conduct a thorough analysis on this issue. The lack of attention from children is a matter of concern for people across all the sections of the society and is not just limited to the teachers. Elders, parents, teachers, and also the government expresses this concern unanimously.

I'd like to share my experience from my early years when I was a student at Sri Saraswathi Vidyamandir.

Our teachers were the living embodiment of love and truly represented Indian tradition through their clothing style. To us, they were like the very incarnation of the goddess Saraswathi. They didn't treat us as mere students but as their own children. We affectionately called them 'Acharyas' and readily surrendered to their affection. They engaged with us in various activities, from playing, eating, chanting,

talking, preaching, and instilling a sense of patriotism. In our leisure time, they would carry us on their shoulders and spin us around, and we would love to listen to whatever they instructed.

We strictly adhered to their instructions. To us, they were second after our parents. I have never experienced such happiness and affection anywhere else.

Honestly, kids are like clay, and it's the teachers who mould and guide them.

When we take a closer look, every synonym of a teacher, tells us how they conduct themselves. Here I will share few snippets of Sri Sathya Sai Baba about this.

The term "Upadyaya" (Teacher) implies someone who sits near (Upa = near) the student, humbles themselves to the student's level, and imparts knowledge (adhyaya).

"Adhyapaka" signifies someone who learns the subject before explaining to the students.





“Bodhaka” refers to a teacher who not only learns and understands concepts thoroughly but also masters them before transmitting this knowledge to students.

“Acharya” is the one who practices before preaching.

“Guruvu” is derived from “gu,” meaning darkness (andhakarasya), and “ru” meaning remover of darkness (tannivaranasya). In this context, “Guruvu” is the one who chases away the darkness of ignorance and lights the lamp of wisdom.

When we grasp the meaning of these



words and concepts, we uncover the deeper significance of those terms. Nowadays, many teachers seem to complain about their students more and concentrate less on explaining the concepts to them.

I would like to provide a few suggestions based on what I’ve heard, seen, practised, experienced, and perceived during the past five decades. These suggestions are applicable to anyone, and I believe that at least one of them will prove valuable.

Suggestions:

1. *Win with love:*

I recently watched a video on social media that touched my heart. When a government teacher was relocated in Tamil Nadu, the students at the school were emotionally distraught, imploring him not to leave. It’s a powerful illustration of how a teacher’s love and care can deeply influence the students. Can any student not heed to their teacher’s words? Even the most notorious student will eventually heed and be moved by a teacher’s words when love is utilised as a teaching strategy.

2. *Walk in their path:*

There are times when students may be distracted by activities or their surroundings, making it difficult to maintain their focus in the classroom. In such cases, aligning the lesson with their distractions and discussing the subjects in such a way that will pique their attention is an excellent method. This way, we can engage better and connect with the students. I have a vivid memory of a particular incident. I had travelled to a village called Guduru (Nellore) to speak at a gathering. Upon my arrival, I discovered that I was expected to address children under the age of ten who were preparing to perform on stage. These children were all set wearing their costumes and makeup. Having travelled throughout the night to get there, the idea of leaving without speaking to them troubled me. So, I made a daring decision.

I went and sat right in the midst of those children, which left them quite astonished. However, the children were engrossed in discussing their upcoming stage performance. When I attempted to engage with them, they appeared uninterested in what I had to say. A young boy in front of me was playing with an ant, and a group of students were having a great time. I decided to make the ant the focus of my teaching, and I interacted with them for 45 minutes. Gradually, a crowd of around 100 students gathered around me, filled with enthusiasm and eager to listen. They even seemed to forget about their upcoming performance. I guided them in discussing ten valuable lessons that we could learn from ants. They remained right there throughout the conversation, listening and learning with great interest.

3. Story Telling:

When we notice that children are not paying attention and lack interest in the lesson, rather than feeling upset, we can engage with them by narrating a story. It's important to select a story that relates to the subject being taught. Alternatively, we can share a story about a student who achieved success due to their teacher's encouragement. Teachers can also share personal anecdotes without revealing that it's their own experience. These storytelling techniques are effective in capturing the student's interest and focus.

4. Be experimental:

When it becomes evident that children are not attentive and lack interest in the lesson, the teacher must plan how to teach it via an experiment. The teacher can perform a demonstration solo or involve a group of children in a skit. They can use available materials or utilize items from the surrounding environment for experiments. This hands-on approach often captivates the students' attention, making them listen and engage with the teacher, much like how snakes sway to the music of a snake charmer.

5. Give Leadership:

Students who tend to disrupt the class or annoy the teacher could be given a leadership role. Involving them as partners in the learning process can often help them stay calm and maintain their leadership in front of their peers.

6. Walk the Talk:

It's an undeniable truth that a teacher's behaviour has a significant impact on students. Whether it's a lesson or any other aspect, the teacher should practice what they preach. This will have a profound and positive influence on the students.

Inspirational Quote:

"A mediocre teacher tells, a good teacher explains, a superior teacher demonstrates and the great teacher inspires."

5. Not Studying



Issue:

“I have been facing difficulty studying. I try my best, but I often get bored, lose focus and I tend to consider it a big chore. I’m unable to focus for long enough. I feel lazy and sleepy just after a few minutes into studying. And if I’m interrupted by anyone, I immediately take a break and find it difficult to go back to studying. How can I enjoy studying while making sure that it benefits me?”.

Wait!

Before we delve into a detailed discussion, let’s take a moment to consider and jot down answers to the following questions:

1. Is studying the only challenge you face or is it that you face difficulties while doing other activities too?
2. Is studying a specific book very arduous or do you not like to study at all?
3. How many different approaches or

4. methods have you tried to improve your studying?
5. What is your current environment like?
6. Is your environment encouraging you to continue your studies?
7. Do you have any valid excuses for not studying?
8. Do you often have irrelevant thoughts while studying?

Please take some time to write down your responses on a paper. This self-reflection

can help us understand your situation better and work towards finding solutions that will suit your needs.

Elucidation:

By carefully considering the points mentioned above, you can effectively analyse and comprehend your current situation. It's fair to say that there is no one in this world who would say "I don't want to study". We all may have seen instances where in underprivileged sections of the society, parents leave their children at home alone and go to work, while these kids gather under a bridge, engaging in music and play with the aspiration to gain insights about the society.

As an example to the above discussion, Super-30, a Hindi film with a similar theme, has portrayed how students who are underprivileged but have a strong desire to learn when educated can excel. If you closely observe the child prodigies in the movie, you will realize the transformative power of education and they utilise that power to study and secure seats in one of the most challenging examinations, IIT JEE with ease.

If you are committed to having a

successful profession, studying is a necessity. That determination will guide you through life. You might come across examples of people who have had successful careers without schooling. But it's important to realise that such people are extremely rare, probably one in a million. If you believe that you are belong with them, you can give discontinuing your studies a thought (assuming that if you believe that you have that determination, you may have accomplished something by now). If not, then continuing your studies is the best way to go.

In order to get a job, having at least a college degree is often considered essential. It's practically impossible to succeed if you cannot read.

To pursue even professions like dancing requires you to meet specific requirements, including proficiency in at least three languages. The first one might be your mother tongue (if it is different from the national language), followed by your national language, and then a language that is spoken worldwide like English. If you plan to travel or in general engage with society, minimum education is important. Possessing basic math skills helps not in





studying but also in life. No matter what path we choose, having a foundational education is crucial.

Many people choose to forgo education, lack an interest in studying, and disregard the advice of their elders. Please take a look at them, the kinds of lifestyles they lead and the consequences of their choices before deciding which path to choose.

You may have come across the saying, “A man without education is a beast”. Education is a unique quality possessed only by humans, unlike other living beings. Education can improve the decision-making ability of a person and can significantly elevate one’s opportunities which will in turn lead to a better life.

Now, if you’ve made the decision to study, maintaining focus is crucial for your personal growth. Let’s explore how to tackle this challenge. The key points to recognize are:

Suggestions:

1. *Studying is not a punishment, it’s a valuable opportunity for learning and growth.*
2. *Maintain a calm and peaceful state of mind and body.*
3. *Create a positive environment around you.*
4. *Avoid unnecessary worries.*
5. *Education is not just a means to get by, but a path to a better life.*
6. *Minimize distractions.*
7. *Education is not a burden; it’s a responsibility.*

8. *Education imparts new knowledge and skills.*
9. *Reading isn’t confined solely to books; it involves reading, writing, speaking, and listening as well.*
10. *Transform learning into an enjoyable endeavour.*
11. *If you find it hard to concentrate, focus your attention on your breath.*
12. *Worship your education and commit to it.*
13. *Complete what you’ve begun.*
14. *Engaging in discussions can be more beneficial than reading alone.*
15. *Learning through hands-on experience makes information unforgettable.*
16. *Take breaks to listen to music that you enjoy from time to time.*
17. *Make time for physical activity.*
18. *Education is for you alone, not for others.*
19. *Reading with enthusiasm can lead to remarkable achievements.*

Inspirational Quote:

*Learning is LIFE!
The capacity to learn is a “Gift”,
The ability to learn is a “Skill”,
The willingness to learn is a “Choice”!*

Inspiration:

Growing up, his family faced many challenges, but he persisted his education with a limited availability of financial means. Despite dealing with many constraints and a lack of basic resources at home, his determination to continue his



studies remained constant. To pursue his education, he turned to studying under the street lamps. His dedication paid off as he consistently achieved top ranks in his classes and eventually earned a degree. He wanted to pursue post graduation in Literature. Although he had secured a seat in a university, he didn't have money to purchase the necessary books.

He sought help from a relative but didn't receive any. One day, he went to his cousin's place and saw that his cousin was sitting with a pile of books.

Out of curiosity, he inquired, "What are you doing?"

The cousin explained that he was sorting through the books that he had used during his post graduation.

He expressed his enthusiasm, saying, "If you give me the books, it will be helpful for me to pursue my post graduation."

"But these are philosophy books, not literature ones," said the cousin.

"Yes, I know. I just want to pursue post

graduation, it doesn't matter be it in literature or philosophy."

With that, he took the books. He successfully excelled his post graduation studies with a distinction. In the subsequent years, he became the Vice Chancellor of a university. In just a few years, he achieved not just national but also international acclaim. He was regarded as one of the most eminent educationalists, and he eventually held the esteemed office of the President of India.

Do you know who he is? He is the Bharat Ratna, Dr Sarvepalli Radha Krishna Garu. His life itself is a message.

Tell me, my youngsters, how fortunate you would be to have the chance to learn and access opportunities for education?

Dear children, it is critical to acknowledge that your parents work tirelessly to guarantee a good future for you. They are willing to overcome all obstacles in order for you to succeed. Isn't your education a fantastic gift for them?

6. Forgetfulness



Issue:

I often forget the things that I've read and listened to. I usually think that I've learnt everything and hence, put my books away. However, the next time I try to remember, I'm unable to. How can I get over my inability to remember things? I never skip out on my homework. I pay close attention when I study. But I forget a lot.

I have trouble finishing things on time, and occasionally I forget to do them. Even though I make a schedule to plan out my activities, I frequently overlook it in favour of my daily routine, sports and other hobbies. When I reflect later, I realize that the time has slipped away. Forgetfulness seems to be the primary reason for this. How can I address it?

Elucidation:

Our elders often say that forgetting is a natural and is seen as a sort of gift. Forgetting helps us avoid unnecessary stress and helps us move through life without being over loaded by every little thing. However, this philosophy doesn't

quite fit with students. Their academic path demands them to remember a lot of information, highlighting the importance of a more focused approach to memory and learning that they can use when required.

For Teachers: If you want your students

to remember what you teach, injecting creativity into your methods can make a significant difference. Conducting experiments and actively involving students in the learning process can help them get hold of the concepts really quick. Additionally, incorporating audio-visual aids and technology into teaching provides valuable support, making the educational experience more engaging and memorable.

These days, there are plenty of methods to prevent forgetfulness. Integrating technology into our daily routines can yield positive outcomes.

In a recent seminar about forgetting, I did something fun. I recited a four-line poem three times and told the students that if anyone could repeat it afterward, they'd get a present. There were about 500 students, everyone was eager and excited.

I got them to repeat the poem three times after me. I was surprised that only ten students could accurately recite the lines afterwards, that's merely 0.02%. We can refer to them as quick learners. They don't require any tips. Instead, we need to consider the remaining 490 students. The following time, I repeated the stanza and also explained its meaning. A few more students were now able to recite the poem.

I enacted the verse during the third time and then sang the stanza to a lovely melody. And then sung it rather quickly. I concluded by humming the verse like a lullaby. I requested the kids to recite the alternative lines along with me and then tell me what they understood from the enactment. I was able to get them all to

recite the verse together after ten minutes. Some students still had trouble reciting the verse. And that's okay.

It's important to recognize that when educating students, we shouldn't approach it mechanically. Instead, let's present it as a lesson, ensuring a long-lasting impact. If delivered as a captivating story, the chances of forgetting becomes minimal.

Schools nowadays, have laboratories, extensive teaching materials, and use Experiential Learning Methods for each subject. Field visits and videos add substantial value to enrich the educational journey. The use of these resources minimizes the likelihood of memorization problems for approximately 90% of the students. Even after that, if students continue to struggle with remembering things, it may indicate that our teaching methods needs to be improved.

Do you not believe me? We used to sit on our grandparents' laps and listen to their stories when we were younger. We can





recall those stories even today. How is this even possible? Their story telling was quite creative. We used to listen and study their emotions. We had a great time listening to those stories. Hence, we cannot forget. Why shouldn't we do the same when teaching the students?

Suggestions:

- 1 *Wholeheartedly engage in listening, reading, and writing.*
- 2 *Break down the entire lesson into smaller segments.*
- 3 *Seek assistance from your family members and friends to prevent forgetting.*
- 4 *Writing once is better than reading ten times.*
- 5 *Learn through experimentation.*

Inspirational Quote:

Do I forget? or Do I refuse to remember?

Inspiration:

For students: In my recent interaction with students, I responded to their questions by playing a dialogue-video from a newly released Telugu movie. I then encouraged them to guess the film's name, and the children enthusiastically and unanimously provided the correct answer.

Then I told them, "You tend to forget the daily lessons, your tasks, and the subjects you need to study. Yet, you manage to remember so many dialogues after watching a movie just once?" Their laughter along with their amusement and surprise echoed.



Next, I attempted to clarify how they had managed to remember multiple dialogues from a film that they had watched just once. And these are reasons I came up with:

1. You've observed each frame so attentively that it's ingrained in your memory.
2. Your heart, thoughts, and mind were completely focused on it. Therefore, you were not distracted.
3. You embraced the characters, immersing yourself in their emotions.
4. You didn't bother to engage in a conversation with your friends or family members seated next to you.
5. You were unable to notice the pattering of the rain outside, the rumble of the thunder, or even the mobile in your hand that ringed.

Then I asked them, "did you ever listen or learn anything with the same level of intensity? If so, is there any room for forgetting it?"

Their response was absolute silence. I continued, "Children, let your eyes and ears, every atom of your body be in the classroom. Listen to your teacher with all your heart. Then, there's no way that you will forget anything anytime soon"

7. Financial Problems



Issue:

My Family is going through many financial issues. There are limited resources available for pursuing higher education and despite my strong desire to study, my family circumstances make it difficult for me to continue my education. Regardless of how hard I study, the prospect of being confined to the home in the future looms large. My aspiration is to be in a profession such as an engineer, a doctor, or an IAS officer, but the feasibility of these goals remains uncertain. Borrowing money for my education is not an option, as my family's situation will not allow me to. Furthermore, the chances of finding work after finishing my studies is questionable, making the circumstance even worse. These facts present an unfavourable outlook for the future. Given these challenges, how can I proceed with my studies?

Elucidation:

I have trouble understanding why money and education are closely linked. Do you have to be rich to have good education? Will poor people be left behind? Has anyone engraved this on a stone? Please tell me...

“Why is quality education often linked to wealth? Shouldn't individuals who face poverty, struggling to meet their basic needs, and work for daily wages, also have the opportunity to access the invaluable gift of education?” Students facing these



issues were silent when posed with this question.

I've encountered this situation in many of my interactions with students.

Dear children, if we look back, even in the old Gurukuls or Schools, there's no record of education was based on how much money someone had. Whether a student was rich or poor, they were all treated the same and received education equally. This tradition continues in our government schools even today, where everyone is treated equally.

In reality, kids from not-so-rich families often do really well in school, sometimes even better than kids from wealthier families. Many individuals and organizations in our country are eager to help the children who come from economically challenged background but excel in their academics. The government also actively provides incentives and support to those come from economically weaker sections of the society. They might as well secure admission into institutions with good educational facilities without feeling financially burdened. If a parent/guardian is afraid to send their child or children to such an institute because it is located far away and think that it is better to send them to a private one rather, often forget that the latter can cause a financial strain on them.

The real concern lies with the children who come from such a background and struggle academically.

Students who excel academically but face financial difficulties while getting admitted in a government institution, can come to me at any moment for help. While thousands of students may have received this message, but not even a hundred students have reached out in the last two decades and that, I think is sad. Even if some of them did, the unfortunate truth is that many among them do not meet the eligibility criteria.

Suggestions:

Students with financial difficulties can learn that money does not have to be a barrier to academic success, by considering and following the recommendations and guidance provided below.

1. *Opt for education in government institutions only.*
2. *Utilize all available government schemes.*
3. *Consider home tuition to earn a little income if possible.*
4. *Explore part-time job opportunities in your local area.*
5. *Acquire a small skill like mehndi, driving, tele marketing, catering, etc. , and earn during holidays.*
6. *Seek assistance from Non-Profit Government Organizations (NGOs) that support diligent students.*
7. *Approach the employers of your parents for possible support.*
8. *Participate in competitions organized by central and state governments, as well as voluntary organizations.*

9. *If you excel academically, approach the school or college management for assistance.*
10. *If you believe there's no chance of help, contact me immediately without hesitation.*

Inspirational Quote:

Giving up on your Goal because of one setback is like slashing the other three tires because you got a flat.

Inspiration:

Sai Latha, is a young woman comes from a middle-class family comprising of her mother and her sister. Her mother, a tailor, supplements their income by selling papads to support the education of both the daughters. Their relatives also face financial difficulties. Despite these circumstances, both the sisters excel in their studies and are nurtured by the love and care of their devoted mother.

Sai Latha secured a seat at a private college at a reduced cost because of her outstanding performance in the tenth grade. She has taken up a science course and aspires to become a doctor and had successfully completed her first year. However, challenges began to emerge.

The management insisted that she must pay the full fees, in the second year like the other students, leaving her unsure of what to do. Despite various attempts, they were

unsuccessful at finding a solution. Fortunately, someone familiar with their situation suggested abhaya Foundation. The young girl, full of dreams, arrived at Hyderabad in 2016. The foundation members provided her with much-needed encouragement. Today, she is a MBBS graduate, has proved that financial constraints are not insurmountable barriers to higher education. She has excelled in the NEET PG entrance test and completed MS(OBGY). She didn't give up even when things got tough. She overcame all the problems with determination and hard work. And now, is in a position to assist 10 such students who do not have a lot of money.

True key to learning is a focused mind. With determination, one can overcome hurdles and seek education, demonstrating that the desire to study outweighs the need for money.

Now tell me, do you believe that financial difficulties are a barrier to studying?

No and never.



8. Health Issues



Issue:

- ◆ *I frequently fall sick, which makes it difficult for me to study well, despite the fact that I enjoy studying.*
- ◆ *My immunity is low and accomplishing even small tasks exhausts me, which is impacting my ability to focus on my studies.*
- ◆ *I go to school with determination, yet health problems bother me on a regular basis.*
- ◆ *My eyesight has become blurry and I feel discomfort when I read.*
- ◆ *I experience frequent headaches.*
- ◆ *I feel tired and irritable during my menstrual cycle.*
- ◆ *My family members are sick, and I need to be there for them. How can I manage to schedule my studies?*

Elucidation:

Children, you've probably heard the saying, "Health is wealth." A person with good health can accomplish more. When

health issues impact us and our studies, it becomes a complex and sensitive matter. But I don't agree with anyone who sees it

as an excuse.

The reason is that we possess the intellectual capacity to achieve remarkable things. Don't let your health issues be a hindrance to your studies.

For anyone facing health issues, remember the word "Vicharana" and keep moving forward. It's not just a mantra; it has a meaningful impact and can help you with your studies. Let's explore what it means.

'VICHARANA' in Telugu signifies the process of thinking or thoughts.

VIdyarthulu (Students)

Chaturyamutho (Skill)

Ranam (War or Fight) I. e- Students must wage a war against sickness.

It's about using your intelligence to fight against health problems. While it sounds simple, putting it into practice is tough.

A person I was familiar with lived in a rented room in Hyderabad. He had requested time off from work to study for the Company Secretary Course exams. Cooking would take up too much time, so friends who knew him well were sending him food during his three-month preparation. About 20 days before his exams, he stumbled and fell down the stairs, fracturing his ankle. His friends rushed him to Yashoda Hospital, where doctors examined him and wrapped a bandage, covering his arms to his legs. Feeling disheartened, he couldn't figure out what to do next. The doctors advised him not to move for 3

to 4 weeks. How could he possibly take his exams?

Now, kids, what do you think he should do in this situation? If you were in his place, what choices would you consider?

1. Bed rest may be his only option.
2. He could inform his parents.
3. He might consider going home with the help of the people he knows.
4. Unfortunately, taking the exam seems unlikely.

But he chose not to pursue any of them. He instead discovered peace within himself. Despite the lack of basic comforts like a bed or a western-style restroom, he remained optimistic. Furthermore, there were no handrails to support him while he climbed the stairs.

He saw it as a fortunate opportunity. Despite the circumstances, he believed that God had given him a chance to intensively prepare for the remaining 20 days. Despite the bandage on his leg, he gave his test with dedication. Thanks to the special arrangements made by the





examinations special officer for him. He passed the exam, which he had failed on his previous two attempts. He then told the story to his parents.

I'm acquainted with many such incidents. Don't believe the notion that people who face health challenges are destined to fail. Pay no heed to negative words. Look around, and you'll find numerous common and extraordinary individuals who have succeeded despite facing more severe health issues than yours. Consider them as your inspiration.

Indeed, health is a sensitive matter. Consider the following suggestions, and you may witness favourable outcomes. These recommendations are versatile and can assist you with various health concerns. Understand that these suggestions are not exclusive to a single issue.

Suggestions:

1. *Engage in activities like yoga, exercise, walking, and meditation.*
2. *Adopt healthy eating habits.*
3. *Seek advice from a doctor for proper treatment.*
4. *Staying calm and not getting upset mentally is a key to success.*
5. *Since you've faced illness, make an effort to work hard during periods of good health.*
6. *When absent from classes, seek assistance from friends or teachers.*
7. *If health issues pose significant obstacles to your studies, excel in areas*

*where you can showcase your abilities. Did you wonder who is the person in the story above?
It's me.*



Inspirational Quote:

What's true Health for a Person? Is it physical Health or Mental Health... I say it's the latter for a successful life.

Inspiration:

I'd like to share another story with you.

The body is uncooperative, fixed to a wheelchair, requires a computer to articulate words due to the challenges of the Motor Neuron disease. Despite the body's reluctance to cooperate while performing the day-to-day tasks, this individual has unwavering faith and has transformed destiny in his favour. This isn't the tale of a fictional character; it is the true story of someone born with a genuine ailment, who has become a global inspiration.

Are you familiar with the person I'm talking about?

Stephen William Hawking, an English theoretical physicist and cosmologist, experienced gradual paralysis due to Amyotrophic Lateral Sclerosis. Despite physical limitations, his active mind led him to conduct ground breaking research on black holes and engage in numerous experiments in theoretical physics. Hawking held prestigious positions, including being a Fellow of the Royal Society and a lifetime member of the Pontifical Academy of Sciences. He received the Presidential Medal of Freedom, the highest civilian award in the United States. Recognized as one of the 100 Greatest Britons by the BBC, his book "A Brief History of Time" became a bestseller, holding its position for 237 weeks on the British Sunday Times list and earning a place in the Guinness Book of World Records. Despite total paralysis, he communicated using an electronic device



controlled by movements of his jaw. Although confined to a wheelchair, his ground breaking research brought him widespread acclaim and recognition.

Dear Children! do you believe the health issue you mentioned is more severe than his condition?



9. Fears and Anxieties



Issue:

I am scared to go to school.

I'm worried that someone might tease me.

I fear that I might not understand what they teach.

I'm afraid of the teachers.

I'm afraid of studying.

I'm scared of meeting people.

I'm afraid of doing experiments.

I'm worried about writing my exams.

I'm afraid to face life.

Elucidation:

We keep saying I fear that or I fear this but do we ever think of letting go of the fear. Add the term “less” to “fear” and you get “fearless”. If you worryless about fear, you experience fearlessness (“ABHAYAM”).

We often forget to add “fearlessness” to our personality. Instead, we labour unnecessary fears to make our lives miserable. Perhaps you have come across the saying, “Fear is death, and strength is life.” It is important to understand that fear leads to pessimism and fearlessness leads to idealism.

As our elders say, “Responsibility comes with fear”. An optimist, in their pursuit of a task, takes extra precautions to ensure success when they fear failure. The feeling of fear prompts them to be more diligent. On the contrary, a pessimist, hindered by fear, fails in his/her pursuit. Both of them have fear, but how they utilize it, determines who gets success and who falls prey to failure.

If you want to get rid of any kind of fear, no matter where it stems from, turn to a family member. It may be your mother, father or any elder in the family. You can also talk to your sibling, teacher, or a friend as per your convenience. Share your fears and anxieties with them. It will help you effectively overcome those concerns and thoughts and will relieve you from the burden, you may be holding.

Give it a try. There’s nothing to lose but

your fear. I believe fear itself is not an obstacle; the true hurdle is not making an attempt to get rid of it.

There lived a young boy named Mohan who came from a middle-class family. He was quite shy and preferred to keep it to himself and not mingle much with others. His deep affection was reserved for his mother, whom he loved dearly. Every day after his school, he used to hurry back to his home to chit chat with his mother while sat on her lap. However, Mohan feared darkness. He wouldn’t even move a step forward when it’s dark without the company of his mother.

She struggled to understand how to help him overcome his fear. Eventually, she entrusted the boy to their maid, Rambha, for care. Rambha took excellent care of him and was usually by his side. She decided to help him conquer his fear. She narrated Ramayana, emphasizing the bravery of Lord Rama. Rambha advised him to think of Lord Rama whenever fear crept in. The boy, very innocently adopted the practice of chanting the “Rama” mantra and carried that out throughout his life. In spite of facing many challenges, he never forgot to chant the holy name. He became a very well-known and respected personality in our nation. Unfortunately, he was tragically killed by an assassin. Even in his final moments, he continued to chant the “Rama” mantra.

Dear children, do you know who the boy is?



He is none other than Mohan Das Karamchand Gandhi, our beloved Bapu, also known as Mahatma Gandhi.

When we work with strong faith, all our fears and anxieties go away.

If a mother feared delivering a baby, would we be born?

If a father hesitated to take the family's responsibilities, would we still have a life like this?

Kids, if we are afraid of falling, will we be able to walk?

If Abdul Kalam had let fear of poverty hold him back, could he have become an inspiration for us?

If Gandhi gave in to the same fear, could we have become independent?

If Edison had worried about his failures, could he have made hundreds of inventions?

Dear children, we might fail when we approach a task with fear, but it imparts a valuable lesson. Life thrives when we confront challenges, which is far better than living in constant fear. That's why people say, "DhairyeSahase Laxmi," meaning bold and courageous alone will have luck. It means only those people who are fearless have victory, value and lesson.

Suggestions:

1. *If you're confident, it won't jeopardize your life. Take a step forward and confront it.*
2. *Even in the presence of fear, maintain an optimistic attitude which will lead to achievement.*
3. *FEAR: False Evidence Appearing Real. Recognizing this helps us overcome self-pity.*
4. *FEAR: Face Everything And Raise, not "Fear Everything And Run".*
5. *Pick someone close to you and discuss all your fears and anxieties with them.*

Inspirational Quote:

Nothing in life is to be feared. It is only to be understood.

Inspiration:

Swami Vivekananda, in his youth as an ascetic, strolled along a narrow path beside the river Ganges. On one side, the Ganges flowed, and on the other, there were large boulders, creating an atmosphere of desolation and solitude. Suddenly, he encountered a baboon in his path, poised to attack. Fear gripped him, and his body trembled. With no other route available, he turned and started walking away briskly. The baboon, in pursuit, made him run in fear. Forgetting everything, including that he is human, he started running away in fear of getting attacked, by the small creature. At that moment, a monk shouted loudly at him.



“Hey stop! Face that bloody monkey. Go... strength is life and weakness is death. Don't delay,” commanded with stern voice. Swami Vivekananda was stunned and alerted. He recognized that he was fleeing out of fear. He turned back and shouted ferociously at the monkey. Surprisingly, the baboon ran away.

We need to deal with all our fears and anxieties in a similar way. If we yield to it, it dominates us. If we confront it courageously, we conquer it.

So, fear? or fearlessness? the decision is ours!

10. Stress



Issue:

I aspire to excel in my studies, but I'm feel very stressed and pressurized. The pile of books in front of me seems huge, and my exams are around the corner. I fail to understand how to study. When someone at home or at school ridicules me, I get angry and I start screaming loudly out of the pain that I feel because of that. As and when exams are near, people around me feel that I go mad. My friends warn each other to be careful around me. What my teachers say about me at school, bothers me. I often feel like running away. How should I deal with this stress?

Elucidation:

Have you ever seen a chick hatch from its egg? it breaks the eggshell with a lot of patience in order to emerge out. Why does it have to go through all that trouble? Wouldn't it be easier if the mother hen broke the shell and helped the chick out? Why does it not do so?

When the pressure comes from within the egg, the chick is stronger and can function properly when it comes out. Remember, having stress at home and within ourselves will make us stronger. Isn't it?

If everything in and around us is always cheerful, how will we find the urge to

accomplish something? Even the tiniest of the creatures, like a chick, faces stress and pressure to successfully hatch. Being a human, do we not have numerous opportunities to excel in life?

Have you ever considered that the existence of all living things comes into being due to some kind of pressure? If not, take a note of the following observations:

What kind of strength does a tiny seed, planted deep within the layers of the earth, possess to surpass the immense force that surrounds it, a force many times greater than its own? Examine the plant's tips, where the journey initiates with a small seed. What force is behind the metamorphosis of a bud into a captivating flower?

Consider a butterfly, a lovely insect. What force enables it to break free from its cocoon?

A child resides in the mother's womb for nine months, patiently awaiting the right moment. What amount of force will make the baby to come out of the womb?

Every living being undergoes a transformation from a dormant state to a vibrant one with the assistance of a powerful force.

Dear children, if there's no stress and pressure, how will we ever achieve anything in life? Stress can act as a catalyst if recognized as a positive force and can be truly beneficial.

I recently embarked on a journey to Kailash Manasarovar in China. The journey involved cross-country travel, passing through Nepal and Tibet to reach the destination. The journey was quite tough, and the conditions were challenging. To complete the pilgrimage, we were required to go on a circumambulation around Mount Kailash, covering a distance of 54 kilometres through the snowy mountains.

It is regarded as the most challenging pilgrimage in Hinduism. One must be prepared to handle various difficulties, only then can a person become one of the few among those who could conclude the pilgrimage in entire the world. I've been to the place twice and every time only 10 to 15 of roughly 50 individuals were able to complete the journey with me. The rest were afraid to travel across the snowy mountains, hence couldn't make it to the destination.

Always remember, the way people around us speak and act can stress us out. Reacting negatively, such as expressing annoyance or shouting, simply highlights our weakness and diverts us from the path of success. Think of the pole vault in sports—athletes leap high by using the pressure applied to the pole which is three times taller than them. Similarly, utilizing the pressure created by others can help us achieve significant goals.



Suggestions:

1. *Realise that pressure is a tool which will transform our personalities.*
2. *It is only pressure which makes a mountaineer understand the foot and top about the mountain.*
3. *When you recognise a superior target, we can dive into action.*
4. *Stress is not an impenetrable barrier; it's more like an arrow released from a bowstring by a warrior.*
5. *Think about your target with different perceptives and figure out how to get ready to face it.*
6. *Whether it's going to school, preparing for an exam, or taking a test, believe that stress can be beneficial.*
7. *When someone tries to pressurize on us, we must be prepared to fight back with double the force.*
8. *Break down a huge target into smaller milestones. Accomplishing each milestone will give you a considerable amount of encouragement.*

These suggestions are applicable not only to studies and exams but also to every other aspect of life.

Inspirational Quote:

A diamond is a chunk of coal that did well under pressure.

Inspiration:

Gauri Dulal's family resides in a village near Agartala, the capital of Tripura, and belongs to a middle-class background.

Dulal, a weightlifter with good physical endurance, aspired to see his daughter excel in gymnastics. He started preparing her for the same when she was just five years old. Despite the initial lack of interest and the pressure she felt, she eventually embraced the process, which heightened her aspirations. Following her father's guidance, she commenced gymnastics training at the age of 6 under the watchful eye of Bisheswar Nandi.

She practiced rigorously for a total of 6 hours every day, both in the morning and evening, while her friends played games. She realised how extraordinary her goal is. She felt embarrassed when her fellow mates mocked or ridiculed her. Nevertheless, she remained determined and worked hard to achieve remarkable feats.

During the selection process for gymnastics competition, she was told that her feet was not suitable. She was sent back saying that gymnastics requires gentle and delicate feet. Disheartened, she cried as she felt her dreams were unachievable. However, she didn't give up and trained rigorously. She then transformed her feet to meet the requirement. Subsequently, between 2007 and 2015, that girl achieved remarkable success, winning nearly 80 gold and silver medals in various competitions.

Subsequently, she received training in the Produnova Vault, considered the most dangerous feat in gymnastics. She proved herself as an exceptionally talented sports woman. She bagged the Prestigious Arjuna



Award by the Indian Government. In the Rio Olympics of 2016, she secured the 4th position, showcasing the strength of Indian women to the world. She is the first woman from India to have accomplished something like that.

Children! By now you would've guessed her, she is none other than Deepa Karmakar. Recently, the Indian government awarded her the Padma Shri in recognition of her achievements.

Now tell me: do we retreat from pressure, or do we move ahead?

11. Illegible Handwriting



Issue:

My handwriting is not satisfactory and I am unsure how to resolve this issue. It's consistently problematic and becomes even more challenging during exams. I often find it difficult to understand my own writing. Despite trying various methods, there has been no improvement in my handwriting. Although I do well in exams, my terrible handwriting keeps me from getting higher grades. What can I do to improve the situation?

Elucidation:

Writing plays a crucial role in expressing our thoughts. Elders often humorously remark that one's fate can be influenced by the quality of their handwriting. Consider a visit to a doctor—have you ever tried reading the prescription they write? It's often a challenge; we rely on the pharmacist's expertise to interpret it. Thankfully, the pharmacist's experience

with those doctors saves us from potential confusion.

Recently, the central government issued a directive stating that doctors must write their prescriptions clearly in capital letters. It was quite difficult for us to understand before this change, wasn't it?

There are only two ways to express our thoughts: speaking and writing. When we

communicate through spoken words, its impact lasts only for a while. However, when we convey our thoughts in writing, it remains for a lifetime.

You might have observed that writing something once is more effective than reading it ten times. This way, there's no chance of forgetting it.

In ancient times, people used to write on thatched leaves to ensure the longevity. Writing holds such significant power.

I recall a time when I was enrolled in a degree programme. My handwriting had been poor since childhood, and no matter what I did, I couldn't improve it. I could only write the first 5 or 6 sentences clearly, but after that even I found difficult to understand what I've written. Fortunately, I still managed to complete the course.

Back then, I was an active member of Sri Sathya Sai Baba's organization. While my parents lived in Guntakallu, I was studying in Ananthapuram. I used to go back home during the holidays. The late Sri Nagabhushana Rao managed Balavikas operations in the region and was the district in-charge of such programmes at that time. To propagate Swamiji's life and teachings, I proposed presenting Baba's biography through pictures. He was thrilled by the idea and encouraged me. I gave up on my sleep and nourishment in order to complete the task. I concluded the pictorial representation of Baba's life narrative after a month of hard work which we shared with thousands of Baba's followers across Andhra Pradesh,

Telangana, Karnataka, Tamil Nadu, and other places. And here's how this relates to the problem at hand.

I created nearly a hundred charts. My guru felt very unhappy when he saw my handwriting. He suggested that I should draw lines and write in between them. Even though I was skeptical, I wanted to see how it turned out. Having completed 10 charts using that method, I no longer felt the need to use lines. After finishing another set of 10 charts, I compared them with the initial ones and noticed the shortcomings. With a surge of passion, I rewrote those charts. It brought about a transformation in my handwriting.

After completing all the charts, I dived into Sri Sathya Sai Baba literature, transforming essays into short stories. Because of my strong interest in writing, I was able to read approximately 100 novels about Baba. As a result, I developed the ability to speak for an hour about Sri Sathya Sai Baba on the spur of the moment. This practice helped me become a more articulate public speaker.

Indeed, there are numerous advantages when you read with careful attention and write with genuine interest. A good handwriting represents our artistic abilities.

Subsequently, my handwriting improved so drastically that I started writing records for an additional ten friends residing in the hostel. They would cover my expenses as compensation for writing their records.



I would write letters and poems to my friends for various occasions, including festivals and for the New Year. My good handwriting enabled me to communicate with a wide range of people.

Ultimately, even after I moved to Hyderabad, people would approach me to have their letters written to Sri Baba including notable and noble individuals, Chief Ministers, and many more. It goes without saying that my excellent handwriting played a significant role in reshaping my destiny.

Suggestions:

- ◆ *Approach it with keen attention.*
- ◆ *Make writing a daily habit.*
- ◆ *Master the art of writing in multiple languages, particularly Telugu, English, and Hindi.*
- ◆ *Keep in mind that your handwriting should be appreciated.*
- ◆ *Use pens that are comfortable to you.*
- ◆ *Aim to write clearly.*
- ◆ *If you truly want to improve your handwriting, practice using handwriting-practicing books on a regular basis.*
- ◆ *Make writing a priority in your daily activities to ensure good communication.*
- ◆ *To be successful, especially academically, ensure your handwriting is readable.*
- ◆ *Hold your pen gently to avoid pain, maintain legibility, and sustain longer writing sessions.*

- ◆ *Practice writing 'Zeros' in a four-line notebook.*
- ◆ *Explore instructional videos on YouTube to learn techniques for enhancing your handwriting.*

Inspirational Quote:

Bad handwriting should be regarded as a sign of an imperfect education
- Mahatma Gandhi.

Inspiration:

An individual mentioned that the one skill that eluded him throughout his life was achieving neat handwriting. He found it challenging to enhance his handwriting from a young age, either because he was never informed about the significance of good handwriting or lacked the motivation to refine it.

As he grew older, every attempt that he made at writing was a struggle for him. He deeply regretted not addressing his poor handwriting during his youth. While he recognized that others' opinions about his penmanship were one thing, he personally regretted not acquiring that skill. Eventually, in his autobiography, he expressed his disappointment, stating, "If there's anything I have failed to achieve in my life, that is a good handwriting." He took the opportunity to share an advice regarding the same with the children, requesting them to master the art of beautiful writing from a young age. His recommendations included utilizing the



God is Truth
The way to Truth
lies through ahimsa
(non-violence),
saharmata
13³/₁₂₇ MKGandhi

handwriting-practice books, emphasizing on how good handwriting could positively influence one's destiny.

The individual that we just spoke about is esteemed Mahatma Gandhi.

Now, can you grasp the level of determination required to achieve good handwriting?

12. Bad Friendship



Issue:

I have a lot of friends and we spend a lot of time together. I like standing by them, no matter what. I enjoy their company while watching movies, going for a walk etc. I understand that education is important, but I prioritize my friendships over my studies. When they are around, I tend to forget everything, even to eat and hydrate myself. My parents complain that I don't focus on my studies. They force me to study. Even though I want to study, I get distracted by my friendships. What should I do?

Elucidation:

We must have heard our elders say, “Tell me who your friends are, and I will tell you who you are.” Our personality and how we behave is influenced by the people around us. After our parents and teachers, our friends influence us the most in our lives. Good friendships play a crucial role

in helping us progress from our current state to the higher one. But if we don't choose our friends wisely, they might be responsible for our downfall too.

An ordinary child can become a topper with the help of his/her friends. And an intelligent student might suffer

academically because of his/her friends. The reason for both success and failure could be our friendships.

For example, let's look at how rainwater changes when it interacts with different elements.

When raindrops come in contact with a hot surface, it quickly turns into steam and vanishes into the air. But when the raindrops fall on the ground, they seep into the soil, enriching it and making it fertile. It combines with the river and paves the way for civilization as it flows. But when it merges with the sea, it loses its purity, transforming into saline water that is unsuitable for drinking.

Another such example is, imagine that you are a sheet of paper. Making friends with the wind will allow you to soar like a kite in the sky. On the other hand, befriending mud will lead you drowned touch the ground.

If a clean sheet of paper befriends a dried-up fish, the paper will begin to smell awful because of the fish. If the paper befriends jasmine flowers, the fragrance from the flowers influences the sheet, spreading a delightful scent.

So, tell me now, what kind of friends would you make?

The friends you make will shape your personality. True friendship should be like a divine medicine that enriches life. It shouldn't be intoxicating and make life miserable.

We witness school children engaging in foolish activities depicting their irresponsibility. For example, several students have tragically lost their lives while participating in bike races in the name of friendship or when students go swimming in a lake and unfortunately drown.

Children who skip classes, ignore studies, engrave bad habits and fail in exams due to their friendships should think about how their parents work so hard to provide the resources that they probably never had and in return only expect and wish that their child(ren) is/are successful.

While in school, children should prioritize their studies over everything else. They can engage in other activities for enjoyment but that should only be a part of their schedule. Consider this scenario: when you're unwell and visit a doctor, the doctors prescribe a tonic, advises you to take it, let's say three times a day. Following the prescribed dosage ensures your health. However, if you consume the entire tonic at once, it can be lethal. Similarly, when friendship is given excessive priority, it is an overdose and is not beneficial at all.

Here's an incident on a similar note. During my second year of intermediate studies, I used to be good friends with two other students who sat on the same bench as me. We participated in all activities as a group and my two friends consistently topped in the classroom. One of my friends' fathers was a school inspector, the



other was a teacher and my father was an advocate. My parents sent me to my relative's place for the sake of my education. And that relative was facing severe financial difficulties and resided in a different village. With no one to supervise me, the three of us would gather at a friend's house for group study sessions during our final examinations. Despite the fact that we had chemistry exam the next day, we chose to go watch a movie in a movie theatre at night. We thought we would study after returning from the movie. However, when we got home at 1 AM, there was a power outage. Due to all these distractions, I ended up failing the exam. And both of my friends faced the same outcome. It was at that very moment that I realized the gravity of our mistake and I made sure to never repeat it. And I also understood that a friendship should guide us in the right direction and not lead us off course.

Suggestions:

1. *Choose friends who are good at heart and are positive.*
2. *It's okay if your friend isn't doing well academically, but it's important that they are polite and cultured.*
3. *Even if someone is academically successful, avoid them if they have negative qualities.*
4. *Make friends with those who work in the field in which you want to excel.*
5. *Become a part of an NGO organization. It provides an opportunity*

to connect with many wonderful and positive individuals.

6. *Pay money to avoid bad habits and devote your life to inherit good ones.*
7. *Be clear about who distracts you from your studies and goals; they aren't true friends.*
8. *Boys and girls should avoid developing infatuation for one another.*

Inspirational Quote:

7 things, negative friends will do to you -

1. *Demean you*
 2. *Destroy your image*
 3. *Drive you crazy*
 4. *Dispose your dreams*
 5. *Discredit your imagination*
 6. *Defame your abilities*
 7. *Disbelieve your opinions*
- Stay away from such people!*

Inspiration:

Let me share a tale about two extraordinary individuals to find out what effect their chosen friendships had on their life.

The first character in this story was an exceptional archer and was a champion in Archery. Arjuna, the middle child among the Pandavas. Despite his remarkable skills, he had a genuine friendship with God throughout his life. Madhava (Lord Sri Krishna), took charge of every aspect of Arjuna's journey from the beginning to the conclusion of the Mahabharata. He didn't rest until Arjuna won. Such is the friendship between Krishna and Arjuna.



The second character in the story was also an exceptional archer, none could beat him in archery. He was Karna, also known as Radheya. Regardless of his abilities, he had a genuine connection with Duryodhana, the emperor who appointed him for the kingdom of Anga. He became one of the Dushta chatustayam (four bad friends Duryodhana, Dusshasana, Shakuni, and Karna). Throughout the Mahabharata, he tirelessly worked for



Duryodhana's victory on every occasion, ultimately sacrificing his life to ensure Duryodhana's victory. He had a tainted reputation in historical accounts. This is the friendship between Karna and Duryodhana.

Now tell me, what should true friendship look like? What qualities should your friends possess? Where do you set the boundary of decency (Laxman Rekha) in your friendships?

13. Love Affairs



Issue:

Children are ruining their lives by fantasizing about love while studying. This frustrates us. Children are sent to school with an intention to study, but due to this behaviour, we have to force them to stay back at home. We're not as concerned about our dignity and prestige as we're of our children being misled like this. – Parents

I like one of my classmates. I spend lot of time thinking about them. I'm constantly thinking about how to impress them and gain their attention. I am curious about what they might be thinking about me and my mind keeps loitering all time. I am losing my focus on my studies – Student

Elucidation:

Dear Children, the issues mentioned above arise from both the parents' perspective and your standpoint as students. Both you and your parents are concerned about the same issue and its impact on studies. Isn't it?

You may have come across the stories of social reformers like Kandukuri Veeresalingam and Raja Ram Mohan Rai in your text books. They dedicated their entire lives to fight against social evils such as child marriages, sati sahadamanam (self-immolation by wives), dowry and

matrimonial payments, etc. Didn't they stand against child marriages? Were you not angry about them?

You weren't right! If children were to marry at a young and immature age, navigating life would pose a significant challenge. Rather than focusing on education during their tender years, early marriage tends to make life more difficult. They opposed such marriages, asserting their inappropriateness. From physical, mental, social, and moral stand points, child marriages deprive children of their childhood wherever they occur. This is why it is prohibited throughout the country. Isn't this what we are learning?

Even before reaching the age of 18, some of us are drifting away from our studies in the name of love. How unfortunate is this? If parents are engaged in promoting child marriages, we can reflect on the current situation, discuss it, explain what's right and wrong to them and attempt to bring it under control. However, if children themselves get entangled in love and marriage, they inadvertently jeopardize their lives. This happens because there is no one to counsel a child from getting distracted. Therefore, there should be someone akin to Veeresalingam in every town to instigate positive change in us.

The age between 13 and 19 is called teenage. Why? Because, you can notice the word "teen" at the end of the spellings of these numbers. There is no evidence to say that teenage love can be successful. In fact, it is usually only infatuation. In fact,

the ideal age for love and marriage is 21 to 25 years. The reason is that you will be more mature by that time and you will have better decision-making skills. You might as well have settled in some field.

When you love someone at an early age, it might be an indication that you are not able to get enough love from your parents.

Today what we watch in the movies and in the TV are leading us in the wrong direction.

Pay attention to the following:

1. Think of the consequences of your love.
2. Do you think such love will lead to marriage?
3. Will your behaviour be appreciated by the society?
4. Can you oppose everyone and lead a life?
5. Do you have enough resources for living?
6. Do you think your age and education will suffice in a married life?
7. Do you have the capability to take care of children at an young age?
8. Can you guarantee that the one you marry will stay with you even when there is a lack of food, clothing, and shelter?
9. If you anticipate an unpredictable future, set aside your love life and prioritize your studies to establish a stable life.

Parents, make a note of the following:

1. How much time do you spend with your children?



2. Do you speak to them with love and affection?
3. Are you recognizing the changes in their body and mind that comes with age? If yes, do you discuss about the same and guide them?
4. Do you inquire properly about your child's behaviour at school?
5. Are you and elderly (if any) upholding the necessary decorum in the presence of your growing children?
6. Are the elders at school upholding proper ethical standards?
7. What kind of world are you introducing your children to? (TV, movie, social media, smart phone, money, etc.)
8. Have you ever paid attention to what your children do when they are alone at home or during the night?
9. Showing anger isn't the solution to control anything. Sit down with them and talk to them. If necessary, meet their friends personally. Bring the matter to the attention of their teachers. If needed, parents and children should seek the advice of a psychiatrist.

In fact, schools have the potential to effectively train children. Nowadays, there is no such atmosphere in schools. The lack of teaching of moral values, social responsibility and family values to the children is a problem. There are teachers who feel that the completion of the syllabus alone is their responsibility. In fact, the teachers who go an extra mile to teach life lessons are rare.

If possible, let the children join a

voluntary organization. Many organizations are conducting special programmes for children where they work towards inculcating good values in children. Institutions like, Sri Rama Krishna Mission, Sri Sathya Sai organization, Art of Living, Isha Foundation, Sri Ramachandra Mission, Vipassana Meditation Centers and others.

Suggestions:

1. *Figure out if it is true love or just infatuation.*
2. *At the stage that you are in, what is more important: love or education?*
3. *Love your parents, your country, and God more than anyone else.*
4. *Read related books and understand how the issues like child marriages negatively affect us.*
5. *If you believe that it's love, on a piece of paper, make a list of all the steps you intend to take. Before you jot down the points, give it some thought and do your research. You may, without a doubt, abandon the endeavor in the middle.*
6. *There is only a 10% probability that falling in love with someone at your age will result into a marriage. However, focusing on your academics will certainly lead to success, which is a 100% guarantee.*

Inspirational Quote:

When you are in your youth, focus on becoming a better human being.

Inspiration:

A girl had joined a coaching center in Hyderabad for her PG entrance exam. The story revolves around her outstanding tutor, Dr Ashutosh Chakraborty (Name Changed).

This is the love story that unfolded in his life during MBBS. They fell in love right from the start of their course as they spent a lot of time studying together. He was profoundly in love with her, dreaming extensively about their future. Everything seemed fine until they completed their education and an unexpected thing happened.

After completing their MBBS, both of them studied hard for the entrance exam to pursue a PG course to acquire specialized skills and pave a path for better opportunities. The girl secured a good rank and a seat in a university, while the boy landed in a non-clinical field. She didn't appreciate it even though he tried to reassure her while expressing his confidence in his abilities to excel in the

field. But their mindsets didn't match up and eventually she married someone that she considered to be more successful.

This left him to experience intense emotional pain and he felt deeply upset. Summoning all his mental strength, he reflected on the situation, convincing himself that whatever had happened was ultimately for the best. Excelling in his specialization, he now travels worldwide, imparting knowledge to thousands of students who are pursuing medical courses. His exceptional teaching has not only earned him significant wealth but also a lot of admiration and affection from many. It's important to note that he didn't let the setback of a failed love affair ruin his life. Instead, he stepped into extraordinariness.

However, is it necessary for everyone to have a romantic relationship while studying?

Life should be approached with the determination to achieve your goals and it's important to make the right choices at the right age.

14. Reluctant



Issue:

Studies do not interest me and I feel reluctant, hence I find it difficult to adapt to it at school. I attend school because my parents pressurize me and when I try to express how I feel at home, nobody bothers to listen to me. I don't understand what to do.

Elucidation:

I rarely come across such questions or issues in meetings. However, assuming that there are children facing this kind of situation, I will briefly discuss about it here.

In a meeting, I had asked the children, “Can you tell me if not studies, what else interests you? Doesn't your area of interest demand a basic level of education? Have you given it some thought?

Then I challenged them by saying, “If you

prove to me that your passion does not require basic formal education, I will give out 1 lakh rupees to you”.

They had mentioned a few preferences.

“I want become a driver”, someone said, but I acknowledged it by saying that passing at least the 10th standard or its equivalent is a requirement for getting a driving license.

“I want to be a fashion designer”, a girl said, and I told how acquiring a degree is

essential to grasp the complexities of the technology involved.

Similarly, one wanted to start a grocery business and I explained how understanding measurements and weights requires a basic matriculation. Another one wanted to become a photo and video editor wherein a fundamental computer course is necessary for engaging in computer-based photo editing and achieving a degree is recommended for this profession. Even if you wish to pursue farming and become a farmer, a basic understanding of crops and farming practices is essential and it means a basic education.

I told them, “Regardless of the field that you are interested in, minimum of education is required for everything. Hence, I can assert that being disinterested or reluctant in studies is not correct”.

Your thoughts can be expressed solely through the use of languages. That’s why studying is necessary.

If you genuinely have interest in anything else other than education, then complete your intermediate or degree courses first. Then, engage in a detailed discussion with your parents and make a decision with regard to your life and mission. That will be meaningful.

If parents pay attention to their children’s interests and provide encouragement, it



can lead to everyone’s happiness. Illogical reasoning like “we gave birth to him, we dreamed his dreams.” Will not make any sense. Let your kids have a say. Not every child has to pursue courses like Engineering, Medicine, MBA, etc. to accomplish great things in life.

Parents should raise their children to be good individuals; there’s no need to focus too much on making them great. In the current scenario, it is crucial to contribute good individuals to the country. Embrace their children if they exhibit good behavior and have the ability to set their own goals.

Inspirational Quote:

Education is not just for living, but for life.

15. Regulating The Sleep

(Unable to wake up early or stay awake at night)



Issue:

- 1) *I am not able to wake up early in the morning, though I have tried different ways to achieve it.*
- 2) *Though I wake up early, I find it difficult to pay attention to my studies due to heavy sloth. I feel sleepy and have difficulty in studying.*
- 3) *I put all my efforts to study at night. Soon after I open my books, I feel sleepy. Though I force myself, I just fall asleep.*

What time is ideal to study? How many hours should I study? How do I study when I feel sleepy?

Elucidation:

When children come up with such problems, I usually recite a stanza to them.

*Anaga nanaga raga mathisayillucunundu,
Thinaga thinaga vemu tibhyyanundu,*

*Sadbakamuna panulu samakuru dharalona,
Visvadabhirama Vinura Vema!*

This stanza is taken from Vemana Shatakam written in Telugu. It means: “When a tune or song is practiced

repeatedly, its melody intensifies. When the bitter taste of neem tastes sweet when chewed over and over. Similarly, with consistent diligence in any endeavor, success is attainable.”

Dear children, when it comes to your studies, regular and intense practice is crucial. If you only start waking up early or study at night just before exams, you will undoubtedly face the challenges you’ve mentioned.

Students are often referred to as practitioners, signifying their continuous practice and learning.

Does your practice start just before examinations or is it a continuous effort from the beginning of the year? Those who only study before their exams will undoubtedly encounter these problems, regardless of which part during the day they choose. Practice, hard work, effort, learning and reading should be a part of your daily activities. This way, your mind will be under your control and will follow your commands.

You might have observed that dogs are very faithful. If we feed them for two days at a specific time, they come to us groping and wagging their tails at the same time every day. We human beings are more intelligent than all the other living beings. So if we start studying with utmost attention, no hurdles will come to us.

The points to remember:

1. Make up your mind
2. Start studying

3. Maintain a schedule
4. Continuous practice
5. Discipline

If all these 5 points are strictly followed, no hurdle will distract you.

Many of us face similar problems. So, I would like to share a few useful suggestions.

Suggestions:

1. *Decide the time that suits you to study.*
2. *It doesn't matter what time it is.*
3. *Allot at least 3 hours for your studies daily.*
4. *Strictly follow your schedule.*
5. *Prepare yourself mentally to study as many hours as you can.*
6. *If you feel sleepy, wash your face.*
7. *Go around and walk for a while.*
8. *Practice writing more than reading.*
9. *You can't solve math problems just by reading, you need to practice on a paper.*
10. *Sit on a chair or on the ground. Do not sit on the bed while studying to avoid feeling sleepy.*
11. *After lunch, take a nap.*
12. *Watch video lessons at intervals to avoid falling asleep.*
13. *Discuss the topics with your friends. It can be done on the phone, too.*
14. *Whatever it is, do it with determination.*
15. *Decide in advance what to read. Make up your mind before you start studying. Pray to your favorite God before starting.*



Every living being has a biological clock. This can be adapted in two ways. One is natural, and the other is habituate. If you want to study well, you have to get habituated to your biological clock. This means that if you wake up at 4 AM every day and start studying for around six or seven days, it will become a habit from the eighth day onward. Make an effort to study as early in the morning as possible. After relaxing the whole night, your mind will be ready to grasp the concepts.

Suppose the early morning schedule is not possible; this concept of biological clock can be applied to late-night studies as well. Before you start reading in the evening, take a bath and start reading in a pleasant atmosphere. You may feel sleepy for a few days. To overcome this, walk for a while after every 50 minutes of your study. Try to talk to your family members; gradually, you can overcome this problem.

Lack of sleep - studying becomes difficult:

Most of the students fail to concentrate on their studies. The recent study report discloses that many children sleep for with less than 7 hours each day.

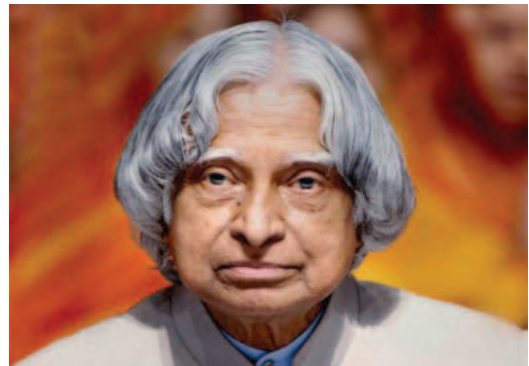
A survey conducted in many cities, such as Delhi, Mumbai, Kolkata, Bangalore, Chandigarh, and Jaipur, reveals that 18% of the present students sleep only for 3 to 5 hours due to stress. The students expressed that they had no time to talk to even their family members. They were also

found to have a concerning effect on their food habits and health.

The students who have no proper plan of action to get through their exams from the beginning of the academic year, face trouble while trying to complete their syllabus at last moment. These kids are most likely to spoil their health during the exam season, while it is majorly because of the lack of sleep but a lack of physical activities among these children contributes towards worsening the situation even further. More than 6500 students expressed the same concern.

Inspiration:

Dr A. P. J. Abdul Kalam used to get up at 4 AM to practice math problems because studying early in the morning would help him have peace of mind so he could focus well.



16. Sports & Games



Issue:

I like playing outdoor sports a lot. For as long as I can remember, my dream has been to become a good athlete. I do study but my parents worry is that I'm not a top ranker in my class. They tell me that being good at sports won't bring food to my table. No matter what I do to explain the scope and significance of the same, they don't seem to understand. I'm confident that I'll never fail in an exam just because I love playing. There is no student in my school or in the villages surrounding who excels in sports like I do. What shall I do?

Elucidation:

Situations differ from bygone days to the present scenario. During my childhood, even if I uttered the word 'game', the elders used to shout at me and beat me as they saw it as a distraction. But for the past few decades, everyone has started looking at the games as a wonderful field.

People from all around the world are recognizing the champs who excel in sports. We can also witness that respecting the athletes as much as any other national leader, film actor, or a spiritual leader in the country. Previously, we were only picturing cricketers or footballers as the sportsmen, but now it is not so. Not only



we see a range of different sports being played but also how women have become a part of it as much men have.

Everyone knows that Kapil Dev, Sunil Gavaskar, Rahul Dravid, Azharuddin, Sachin Tendulkar, MS Dhoni, Virendra Sehwag, V.V.S. Laxman, Gowtham Gambhir, and Sidhu are all cricketers. People were very well aware of all the cricketers in the olden days. But now, if anyone comes across the following names, it is easily identifiable as to which sport do they belong to. In fact, they have become so popular that their names have become synonyms to those games.

The names are -

Mahesh Bhupathi - Tennis

Vishwanathan Anand - Chess

Sania Mirza - Badminton

P T Usha – Queen of track and field

Pullela Gopichand - Badminton

Karanam Malleswari - Weight Lifting

Koneru Humpy - Chess

Saina Nehwal - Badminton

Mary Kom - Boxing

Dipa Karmakar - Gymnastics

P V Sindhu - Badminton

Malavath Purna - Indian Mountaineer

Mithali Raj - Women Cricketer

Virat Kohli – Cricketer

If you excel in studies, you are happy and it brings pride to your parents. But if you excel in a sport, the whole world uplifts you. Crores of people study and take up a job and many of them are leading a happy life. But among the entire world population, only a few thousand show interest in games and choose to build a career out of it. It doesn't mean that they are illiterate.

Education is meant for literacy and for obtaining worldly knowledge. But it's not a qualification that is required to earn money. "Education is not for living, but for life."

The children who show interest in sports, must be encouraged. Today, many educational institutes not only encourage such children to participate in sports but also provide special training for them to excel. These institutions also make arrangements to adjust the class schedules such that while these kids practice whichever sport, they aren't disturbed.

Parents don't need to worry about financial resources if their children are interested in games. There are so many government and private institutions that are sponsoring money along with providing all the necessities for such children. All the money spent will be an investment, for when these children excel in exhibiting their talent, nothing will be scarce. They will live in abundance.



Dear parents, some children study well and secure a good job. But if your children exhibit interest and talent in sports, it means that you are getting an opportunity to help our country with a 'Golden Hill' that is 'your child.' Our children can rewrite history. Hence, kindly don't suppress their interests. When you notice it in them, do encourage their talent.

It is sad that out of every such child who needs support to showcase their talent in sports, barely 10% make it to the top. The remaining 90% have to unwillingly carry on with their traditional education.

It's more difficult to excel in any field other than the formal education, though it is assumed to be otherwise. The reason is, when we do something unconventional, it is mostly on us to create opportunities for ourselves. And because we concentrate more on improving our skills in that field, the formal education takes a backseat. Hence, going back to finding a conventional job seems difficult.

So, decide carefully whether you have chosen the field just because it seems fancy or because you have a genuine interest and immense love for the field?

All these issues are being brought to light, not to scare you, but to put my endeavors to explain the solution to every possible problem.

Inspiration:

Mary Kom, a great boxer, proved that we can achieve tremendous results in our

career while keeping our personal life in check.

Mary Kom was born in a remote village called Kangathe, in Manipur. Her parents were daily labourers working on an agricultural farm. She used to lend a hand to her parents while they worked on the field.

She was so fond of boxing since her childhood especially ever since she heard of Dingko Singh who belonged from Manipur and a gold medalist (boxing) at the Asian Games.

Everybody including her parents mocked her by stating that boxing is only meant for men. But she did not give up on her determination. When she moved to Imphal, she met a boxing coach, Arijit Singh and pleaded with him to train her up at boxing. At first, the coach did not take her seriously. Later, he realized that her intensified spirit and determination in boxing is greater than that of the other players and decided to train her. Hence, she won in many competitions that were held state-wise. She won a silver medal in 2001 and later, won a gold medal five times in the International Boxing Championship. She carved such a niche that she became the first woman to win six medals in the boxing championships.

In 2001, Mary met Onler. He was impressed by her talent and fell in love with her. They got married in 2005. Arijit Singh and many others were frightened that her marriage might spoil her career. And Mary kept herself away from boxing for two years, from 2006 to 2008 when



she gave birth to her twins.

Contrary to everyone's fears, she made an amazing come-back in 2008 by winning medals, one after the other. Alongside which, she well-balanced the caretaking of her son, who had been suffering from a cardiac issue. In this context, her husband, Onler Kom, stood by her and encouraged her. In 2011, she won a gold medal and went back home to her son's successful operation for his cardiac issue.

The story of her accomplishments doesn't end here. In 2012, Mary Kom not only set a record as the first Indian woman to qualify for the Olympics but also won a bronze medal and restored her track record untouched. Mary Kom's talent



has been identified by fame. She had received the nation's highest civilian award, Padma Vibhushan.

The book, "Unbreakable," is her biography and the film "Mary Kom" directed based on the book, shows her inspiring story.

The central government identified her fighting spirit and elected her to be a member of the Rajya Sabha. She has not stopped yet. She is yet to qualify for the Olympics that will to be held in Brazil.

Children, if you play to pass the time, you will sweat. But if you focus on dedicating your time to playing, you will find yourself to have reached a great level in the same wherein everyone identifies your talent and recognizes what you are!

17. Smart Phone



Issue:

I feel that having a phone does more harm to me than good. I indulge in it when I use it. It's like being in a whole new world without any awareness of the surroundings and I am losing my focus on studies. When anyone restricts me from using the phone, I feel angry and irritable. I carry my phone to the school without anybody's notice even if it's against the rules. I'm unaware of the time passing by while using my mobile. Please help me out to control my urge to use the mobile and to concentrate on my studies.

Elucidation:

The greatest invention of the 20th century is the “smart phone.” I still remember the announcement made by Dhiru bhai Ambani two decades ago, about the launching the Reliance Mobile Phones in India. Its tag line was “Karlo duniya mutti mai” which means to encapsulate the entire world in our fist. In the recent times,

on the contrary, the smart phone has taken over the whole mankind. Once upon a time, there existed only one or at most two land line phones in a street. For the remaining houses, the one house that has a phone used was a phone booth. People used to give the same phone number to their dearest ones and used to inform them that it's a PP phone number (meaning



Private Party. It is nearest contact number, but not self-owned. You can think of it as Personal phone at neighbours' home. In Hindi, one can remember it as Pas Pados).

If a dear one calls upon this number, they speak to the owner of the phone and ask them to call their person. Once that person arrives, they call back and speak briefly with their relatives, mostly to only exchange the necessary information. When we got a phone call from our dear ones, we used to fight among ourselves to speak first. I still remember, if anyone received a phone call at midnight, they would feel so frightened because they thought that something might have happened to their dear ones. The elders used to run, trembling with fear, to attend to the call. This is about 50 years ago. It seems to be funny to you, isn't it?

Later, a phone in every home became a norm. Within a short span of time, through the mobile revolution, our lives were greatly influenced. It has started haunting us, especially the children.

“Athi Sarvatra Varjayeth”, which means Too much of anything is good for nothing. It is true in case of mobile phones. Everything is good when it is in control and hence, in the earlier days to have one phone in a house, made the most sense. Now, there has been a shift wherein each person in the house has a mobile phone. In fact, now there are more phones in a house than there are people.

Mobile phones are spoiling everybody's lives. It's a severe problem and if we don't

get out of this problem, we may have to face its consequences. So, children! Unless you have self-control, you can't win over this situation. Sometime ago, I read in a newspaper that a child committed suicide because his parents did not buy him a mobile phone. One more such incident that I can recall wherein a boy was caught taking vulgar pictures of his friends.

We may have also noticed that when small children are unwilling to eat, giving them a mobile phone prompts them to start eating as they indulge into the screen.

Elders suggest that it's better to consider the worst-case scenario before undertaking a task. However, once we commit to the task, we must adopt the mindset to understand that everything happens for greater good. Hence, I mentioned about the impact of smart phones above.

Let's look at the positive side of using smart phones now. Let's learn how children can use smart phones to make their lives better.

Suggestions:

1. *There is no need for a personal phone till the completion of the 10th standard.*
2. *If you use phone, you must have self-control.*
3. *During the study hours, stay away from using a phone. If possible, keep it in aeroplane mode and inform about it to your family members (in case you're in the college).*
4. *Make use of the smart phone only for your education and employment*

purpose.

5. *Decide what type of content is worth going through.*
6. *Your controlling power will be your strength.*
7. *Attain as much useful information as you can, on the internet.*
8. *If you keep away from social media at least until 18 years of age, you are less likely to impact your studies during your schooling.*

Inspirational Quote :

While using a smart phone, who do you think is SMART? Is it you? Or is it Phone? If you are a SMART Student using the phone:

- 1) *It is specific to your usage*
- 2) *Have control while studying*
- 3) *Aware of the consequences of misusing it*
- 4) *Know about the right things to be done*
- 5) *Maintain timely usage of phone*

A few more precautions :

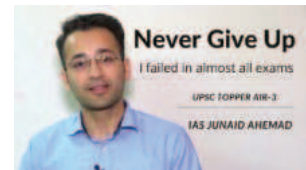
1. When children have free time, instead of giving them a smart phone, it is better to either narrate stories or to let them read good books.
2. While giving phones to the children, it's advisable to keep them from using social media instead download YouTube Kids.
3. When you learn that the youth are getting addicted to phones, try to identify their likes and encourage them to invest their time into it. If

spending money on hobbies is a concern, please remember that it's better than spoiling the kids.

4. Smart phones have become a barrier between the parents and the children. Hence, spending time the children will help. Take them along with you wherever you go and become good friends with them.

Inspiration:

In 2018, Junaid Ahmed secured the third rank in the Civil Services



examination. He shared in an interview that he prepared well with the help of the internet on the smart phone by watching videos related to his subject on YouTube and by browsing the study material on Google. It helped him a lot to secure such good rank.

Technology is like a two-way sword. It makes our life extremely worthwhile if we use it in the right way, otherwise can make our lives miserable.

The question that many people ask is, “We try keeping ourselves away from technology mostly. But unexpectedly, we end up using it more than we need to and waste our time. What is the solution to it?”

The solution to this problem is to firstly, is to obviously have a sense of control. Secondly, keep the phone away while studying by either switching it to the silent mode, or by switching it off.

18. Disputes at Home



Issue:

Sir, my parents always have a quarrel at home. This environment terrifies me. It is difficult to find peace at home, to study. Many other children face a similar situation. I don't understand why even educated parents often fight. Even though, they have everything that they should appreciate. They have a well-settled family and no financial problems to worry about. But, due to their ego clashes, they argue and ruin the peace at home.

Whenever I sit down to study at home, I'm assigned a task and if I deny to do it, it creates chaos. All this is taking over my self-confidence. What should I do?

Elucidation:

There is a saying that even God can't settle the quarrels that take place at a home.

What can you do then?

There usually are many reasons for these

fight, such as financial problems, misunderstandings, property disputes, ego and many more. It always has a great impact on the children, specifically their upbringing and education.

Regardless of whether parents are rich or

poor, the conflicts that occur between them, deeply impacts the children's tender hearts. It is a great advantage if parents have a harmonious relationship, as it creates a healthy environment for the children to excel in anything. In a home, where the parents share genuine love, intimacy, and affection creates a perfect environment for the kids to grow. As a child, all you can do is raise these issues and discuss with them about how it bothers you.

We recently made an arrangement for breakfast on behalf of abhaya Foundation for the 10th grade students at a government school while they conducted special classes. We interacted with the teachers and the students regularly and enquired about their well-being. One day before the 10th public examinations, I received a call from the headmaster of that school and he informed me about how the father of a girl child studying in that school, fought with her mother and took her away while knowing that she had to give her exam the very next day. The headmaster asked me for my suggestion for the same. I told him to informing the police would be appropriate in a situation like this.

Another such incident is about my friend. He is a rich man. It's been 25 years since his marriage and he is blessed with two daughters. The elder daughter is pursuing engineering and the younger one is in her 10th class. One day, the couple start fighting inspite of knowing that it is

impacting their children. Irrespective of who's at fault, imagine the damage that it will do to the children.

Even if they are counselled, it is most likely that they will understand only if they reflect upon it themselves. However, later my friend's spouse left for her mother's place and one of the two daughters stayed with her and the other shifted to a hostel leaving my friend all alone.

As a patriot, the only message that I want to convey to the parents is that if you give birth, you should be a role model to your children. Please do give out your love and affection to them. Only then will your children win at home and then feel energized enough to win outside of the house.

Suggestions:

To the Parents:

1. *When your children are at home, please control your emotions.*
2. *Even though children are young, remember that they have a keen observation on what's happening around them.*
3. *Live life with love and affection, especially in front of children.*
4. *Remember that your children's future is in your hands.*
5. *You must keep your emotions in check. Don't let your emotions take over you.*
6. *Take counselling, if necessary.*
7. *In case, you are not in good terms with your partner and can't stay together, explain honestly to your children about it and then get separated.*

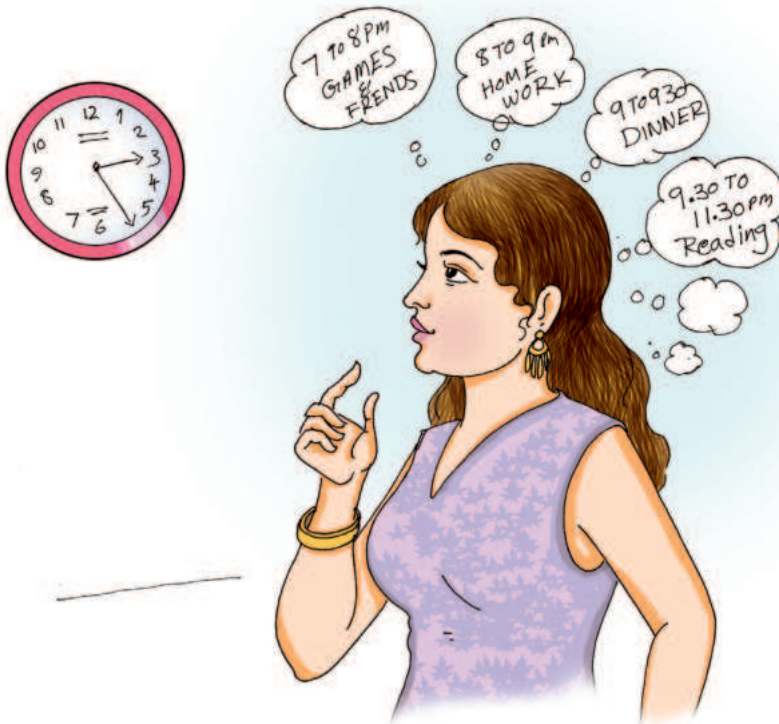


To the Students:

1. *When you are aware of the disturbed environment in your house, try to spend most of your time in the school.*
2. *If you can't stay at school for long, inform your parents and go to a library or to your friends' place or to your relatives' house to study.*
3. *If that's also not possible, there are some hostels affiliated to some educational institutions. So, you can consider joining those hostels, if available.*
4. *If you do not have money, take the help from some charitable societies.*
5. *If possible, try to help your parents build harmony among them.*
6. *Whatever might be the situation, don't neglect your studies. You might have to put double the efforts to study compared to the other children. You can also ask your friends' parents to assist you.*
7. *If you face financial problems, if you can stay with your grandparent, do so for a few months.*



19. Time Management



Issue:

I make several plans to study, but I lose track of time and I fail to implement those plans. Since, I don't have time management skills, I have failed to do what I needed to, on many occasions. What shall I do?

Elucidation:

Time is God. Your life depends on how well you utilize it. Time doesn't stop for anyone. Every living being is tied to it and we have to match up to its speed. No one can unravel the knot, exactly why utilizing time in a proper manner matters.

We can only work parallel with time to achieve anything in life. All of us have 24 hours in a day and your chances of success depends on the number of hours that you allocate to your work. If we value time, we will be respected in our lives too. When we observe closely the lives of the famous



personalities around the world, we'll find one thing that all of them have done in commonly and that is, time management.

Those who prioritize time in every aspect emerge as winners. They seize all opportunities and achieve great things. They truly understand the saying, "the small light nearby is better than the dim light that is far away" while utilizing the available resources. The present is vital; the rest is unimportant. Time management is the only way, and it is crucial for everyone. No other secret for success exists.

Accomplish your tasks honestly, invest your intelligence, interest, and courage into whatever you do. Set small targets. Build your self-confidence by carrying out simple targets. Don't build castles in the air.

Don't quit on a task half-way because not only it is waste of time but also success comes only to those who perform tasks with discipline.

Taking everything into consideration before starting a task and keeping the mind under control will be very useful. Execution with proper planning leads to success. Planning is essential for accomplishing tasks in this era where everything is rapidly changing.

For example, you can't read all the books at once. Even if you try going through a pile of disordered books, you will probably end up spending hours searching for that one particular book. But if you arrange your books in a certain order by allocating

a specific space for each, it will be easier for you to pick up that one book.

Don't assume that your issues are a result of fate. It is impossible to achieve something to with that kind of mentality.

Time management is a skill that needs to be developed since childhood. It will be a weapon to win over everything. Parents should also encourage their children.

Suggestions:

1. *Time management is not about studies alone, it is by large very useful in general.*
2. *Make a daily schedule.*
3. *Manage time. Have self-control and discipline.*
4. *Set aside at least 6 hours for your studies every day.*
5. *Never change your decisions due to any kind of influence.*
6. *Determine the amount of time that slips away without your knowledge. It could be because of TV, movies, games, phones, music etc. and keep them away.*
7. *Play games to get recreation but nothing beyond it.*
8. *Explain to your elders about your schedule and ask them to cooperate.*

Inspirational Quote:

Lack of direction is the problem, not lack of time. Everybody has only twenty-four hours in a day.

Inspiration:

Always remember, no matter how difficult it may be, managing time has to be a priority.

I am going to share a story about a man who has influenced me a lot in this regard.

He is a famous professional in South India and I have known him for the past 25 years. He respects education and time more than anything else. He conducts sessions for hundreds of students while pursuing his profession. I was one of his students.

He wakes up at 4 AM every day and works on the classes that he has scheduled for the day. Next, he engages in his morning rituals. To this day, he is never late to the class, in fact he usually arrives 5 mins earlier than the scheduled time. He then conducts the classes for three hours before leaving for his office. He also never misses his classes even if he is not well. He has set an example of how one always needs to manage time irrespective of how busy one is. If he has given a word to be there, by hook or crook, he will be there on time. If he is late due to unexpected emergencies, he makes sure to apologize.

He is CS PS Rao, Company Secretary, Hyderabad. You see, the most successful man pays a lot of attention and dedication to time management. As learners and aspirants, yet to achieve something, imagine the amount of attention and dedication, you must pay. Whenever you look at the clock, you should remind you of the value of time.



Sri Sathya Sai Baba had mentioned a lesson on time, he said, “if time is misused, it can ruin our lives”.

WATCH Your Words, Actions, Thoughts, Character and Heart.

This acronym will help you ensure that are cautious of how spend your time.

WATCH Your

Words,
Actions,
Thoughts,
Character,
Hearth.



20. Procrastination



Issue:

Dear Sir, Procrastination is the biggest issue that I face. I want to do so many things but even before I start, I feel lazy and postpone it. This brings trouble mainly when I try to study. Though I tried multiple ways to get rid of it but nothing seems to help. Please tell me what to do.

Elucidation:

Firstly, there are many people who face such a problem every single day. Hence, it is quite common. Let's examine the reasons for the same -

1. The thought that one will still have the time to complete the task later.
2. Distraction due to something else that fascinates.
3. Problems & issues in the personal/professional life.

4. Not in the right mood.
5. Feeling very comfortable with letting time slip away.

Whatever the reason might be, it's always easier to escape and do nothing. Temporary pleasures fascinate them. Rarely do we realize that time will only slip away, leaving us in an abyss.

You might have read Kabir Ke Dhohe during your Hindi language sessions.

Kal kare so aaj kar, aaj kare so ab;
Pall mai pralay hoyega, bahir karega kab.

This conveys the message that there is an uncertainty that lies within each moment so don't wait for tomorrow to complete a task. Put in the work that needs to be done now. There is no certainty in the time other than now.

I believe in “don't worry about tomorrow, finish today's work right away” very strongly in my life. I have followed this philosophy since my childhood. Despite how difficult it is, I yearn to make the best out of 24 hours.

Many people ask me why I count every minute when it comes to extending the service and tell me that if I keep doing so, I won't be able to work for long. I simply smile at them and say, “I don't know whether I'll do this for long. But what I definitely do know is that as long as I am here, I must do the service every day”. What's more important is how we live, not for how long we live.

Recently, I read Robin Sharma's book and a one-liner that comes to my mind said “I always consider that every day is to be seen as the last day while accomplishing activities”. I believe that we Indians are very well aware of this idea since the ancient times.

Dear Children, discern the lives of great men. They design their daily lives in an influential way. They don't waste even a minute of their precious time. They never postpone. That's how they created history.

If we also figure out a way to utilize our time in a comprehensive manner, we will not have to worry about the future.

I often see many children who shoulder unnecessary responsibilities and involve themselves in fruitless activities. And hence, they waste their time. I have come across so many such students who start studying just before their examinations. They encounter so many hurdles and ultimately fail in the exams. Then they repent for not utilizing time properly. So, when time is not utilized properly, it will lead to a blunder that can't be corrected. Now-a-days, no matter what we do, stress and anxiety is going to be a part of it and can lead to many health complications at an early age, especially when we experience failure. Hence, it is important to be careful.

Suggestions:

1. *Never postpone your work.*
2. *Even in the midst of a tough situation, don't stop putting in the efforts. If the circumstance is inescapable, then allot more time to your work to compensate the time lost.*
3. *Read daily as if there is no tomorrow.*

Inspirational Quote:

*Never postpone what you can do today.
Procrastination is the thief of time.*



Inspiration:

I would like to a strange incident with you. This story is about a group of young devotees of Sri Sathya Sai Baba, called the “Hyderabad Boys”. Nearly 25 years ago, these group of boys set out on bicycles to Sri Sai Baba’s ashram in Bengaluru. On their way, they offered their best services to people. Baba felt happy for their devotion and faithfulness. He called them to his residence and blessed with good directions. This incident took place on one of the days during their stay at the ashram.

Baba spoke to them for more than an hour, after which he said, “Bangaru, you can go now. It’s time to grant darshan to the devotees”.

The young men were not ready to leave. They felt onerous leaving Baba’s presence. Baba sent them all out and promised to call them the next day. As the young men came out in distress and were walking towards the exit gate, Baba loudly called

them out and asked them to come back in.

As they sat in Baba’s chamber with a lot of astonishment, Baba said, “Dear! I would like to mention something”.

He continued, “If any bad thought ever crosses your mind, postpone it for as many hours as you can, for as many days as you can, for as many months as you can, for as many births as you can. But don’t ever bring it into action”.

Listening to this advice, the boys were confused as they knew that this could be told the next day.

Baba continued, “But if a good thought ever crosses your mind, don’t postpone it. Don’t waste a single second instead just do it immediately. Exactly why I called you back right now and didn’t wait until tomorrow to give you the message”. The boys then could comprehend the answer for the question that popped-up in their minds.



21. Lack of Concentration



Issue:

I often lose concentration during my classes despite my intention to focus. This is in regard to both listening to the teachers when they teach and when I try studying. My mind tends to wander all the time and then I realize that I lost track of time only at the end of a class. I'm unsure of the steps to be taken to address this issue.

Elucidation:

When we club contemplation and focus together, nothing like this combination when performing a task.

The story of Arjuna is the example of the same. As a part of teaching archery, Dronacharya, the guru, decided to conduct a test for both Kauravas and Pandavas. The task was to strike the eye of a wooden birds eye with an arrow

which was placed on the tip of a branch.

He called them one by one and asked what they could see.

One said, “Gurudeva, I see your feet”. The other said, “Acharya, I can see the entire tree”. And so on. Drona refuted their answers and declared them unfit to learn archery. Until it was Arjun’s turn to answer the question.



Arjuna said, “I can only see the bird’s eye and nothing else”.

Drona ordered him to shoot his arrow and Arjuna’s pierced the arrow through the bird’s eye.

Let’s find out the reasons behind Arjuna’s ambidextrous (one who can shoot arrows with both hands in all the directions) nature.

1. Archery was Arjuna’s long-term interest
2. Perseverance to achieve
3. Attention to his Guru’s instructions
4. Devotion towards the task at hand
5. Focused mindset
6. Extraordinary Skill

Aren’t these the qualities that we observe in Arjuna?

Now, to achieve anything, these are the elements we need to imbibe. When I share this story in my meetings, it seems to have an impact on many children. However, some disagree, stating that the people like Arjuna are no longer exist in society.



Others claim that they don’t possess such skills and abilities.

Then I refer to a small anecdote that occurs in our lives. It is not only for the students who disapprove, but for all.

Suppose you are watching the film Baahubali in a movie theatre, we are aware of the impact that it created, not only in the Indian film industry but worldwide.

Let’s see what will happen -

1. We book our tickets well in advance.
2. Go to the theatre before the scheduled time.
3. We have our eyes on the screen from the moment the title appears till the very end.
4. If anyone stands in front of us, even for a moment while watching the movie, we get annoyed.
5. We shout if the audio system is not good.
7. If the person next to you arrives 10 minutes late. If he nudges and inquires you about the story, you will claim that it has just begun and avoid looking at him again.
8. Even if the person next to you is your close friend, you still remain absorbed in watching the movie without engaging in a talk with him.
9. Suppose your brother or sister are kids and have come to the movie with

you, and they trouble you, you will get mad at them.

10. We don't give whatever is going on outside of the theatre, a thought.
11. We never forget the film.

If you agree with 6 to 8 of the above points, it indicates that you have a wonderful concentration. And the fun fact here is that the dedication, contemplation, devotion, and engrossment with which you watch a movie can really be helpful in your studies as well.

Let's consider how this scenario would apply to your studies:

1. We plan what to study and how to do it before starting.
2. We prepare for studying well in advance of the scheduled examinations.
3. We sit without interruptions from the beginning to the end, whether in the classroom, at home, or during the study sessions.
4. If anyone disturbs us, even for a minute, we get annoyed.
5. If the what the teacher teaches is unclear, we promptly bring it to the teacher's attention.
6. If your bench-mate arrives 10 minutes late and inquires about the lesson, you will probably say that it just started and avoid further interaction.
7. Even if the person next to you is your best friend, once you start reading, you will immerse yourself in it.

8. What is happening outside the classroom doesn't capture our attention.
9. The lessons we read, listen to, or complete in the form of activities, will stay with us forever.

Suggestions:

1. *You will be able to concentrate more by writing than by reading.*
2. *When your attention is on what you do and you have a target, you never lose concentration.*
3. *Practice meditation for a few minutes before you to start to study.*
4. *Don't allow anything or anyone divert you.*

Inspirational Quote:

*Distraction wastes our energy.
Concentration restores it.*

Inspiration:

Once upon a time, a group of children were meditating in a child's play. A snake appeared out of nowhere and all the kids except a boy immediately got up and ran around while shouting out of fear. The boy left behind was deep into meditation and when he opened his eyes and looked around, realized that the snake couldn't disturb his concentration. The boy who exhibited such excellent concentration at a young age was none other than Narendra (Vivekananda).

One day, a teacher was teaching in the class. The students were chit-chatting



among themselves and were not listening to him. Narendra was also playing around with them but still managed to listen to what was being taught.

The teacher got angry and shouted, “Are you even listening to me?”

He asked the students to stand up and repeat whatever was taught one by one. No child could speak except Narendra who recited the whole lesson. Vivekananda had such an excellent concentration since his childhood.

During his visit to America, Swami Vivekananda was watching young boys trying to shoot at the eggshells floating in

a river, with keen interest. The boys didn’t succeed. So, Vivekananda took the gun, aimed at the eggshells and fired the gun and hit an eggshell each time.

The boys were awestruck by Swamiji’s skill and asked, “Well, sir, how did you do this? How much practice did you do to reach to this level?”

Swamiji laughed and said, “I have never practiced. It’s the first time I’ve ever used a gun. Well, let me tell you a secret. Whatever you do, give all your attention to it. Think of nothing else. If you are shooting, keep an eye only on the target. Your will not fail.

22. Addictions & Bad Habits



Issue:

Sir, I am unable give up the bad habit that I have. I am not able to concentrate on my studies because of this. I have no idea how I got habituated to this. Though I want to give it up now, I am unable to do it. I have become a slave to this bad habit. What should I do?

Elucidation:

Children, You, your self are calling it a bad habit. It says that you know that it is wrong. I can convince those who are not aware of it. Even God can't convince those who pretend that they don't know. It is almost like blowing the conch for a deaf person.

I asked the students studying in a big convent school, "what are those addictions and bad habits that you have? telling lies, bad friendship, smoking,

drinking alcohol, using a mobile phone too much or others?"

They said, "Uncle, now there are so many types of addictions and bad habits that we know"

They had mentioned drugs, dating, bike races, car races, playing cards, indecent behavior, thefts, and hooliganism. In that moment I realized that I am a man of olden times. Today's children have a bigger range of bad habits to adapt. They are



getting addicted to such different things at such a speed and they are unable to stop themselves. Children who are prone to those addictions and bad habits never listen to their parents and elders. What they don't realize is that if they learn everything through their experiences, they will be in a lot of trouble.

As per the Indian Constitution, girls obtain rights upon reaching the majority age of 18, and boys at 21. This implies that by that they should have a complete idea of life by the age mentioned above. However, who can set them right when they make decisions that may jeopardize their lives at a young age?

This is to be achieved on your own. No one can help you, if you have realized that it's a mistake and you still end up doing it.

The reason behind every bad habit is the bad thought that we get in our minds. Your discretion and intellect decide whether it is to be executed or not. If your intellect is strong enough, it won't allow the bad thought to come into action. But a weak mind provokes you to do it. If it is done repeatedly, it will turn into a habit. If one does something on average 8 to 21 times, it will become a habit. If it is practiced for 90 days, it will become your lifestyle. Once this bad thought becomes a habit, your mind will lose its wisdom. It goes around like a wheel and transforms into your lifestyle. So, let bad thoughts not come into our minds.

I am strong enough to share a few thoughts with you. Let's assume that the mother at

home is cooking porridge, which you are very fond of. You are eagerly waiting to taste it, and shortly, the mother brings the porridge cup and gives it to you. You are now getting ready to taste the porridge... and it is at that moment your sister comes running and informs you that a lizard has fallen into the porridge. What will you do? Will you happily consume it or scream and throw away the cup right then and there?

Each and every bad habit and addiction that you have expressed is like the porridge in which a lizard has fallen. It is up to you to decide whether to consume it or not.

You might have heard about the children losing their lives by participating in bike races and car races. It has become an addiction nowadays. Thus, parents are left with grief. We see quite often that children who don't have the proper age are driving vehicles and involving in deaths. They are becoming slaves to their addictions, which is the main reason for this. I give some suggestions to the children who have become slaves to get rid of their bad habits.

Suggestions:

1. *Have you noticed that your habits are bad?*
2. *Do you want to get rid of them?*
3. *It is impossible to get rid of them completely.*
4. *Try to come out of your bad habits gradually with complete knowledge about them.*
5. *To keep your thoughts away from it,*

keep your eye on any other good things.

6. *Go to de-addiction centres if possible. Know about the people who come to those centres. You will realise what you are missing in your life.*
7. *Read good books.*
8. *Instead of staying alone, be with your family members, who are your well-wishers.*
9. *Keep the things you see and hear inspiring.*
10. *Start keeping a habit journal and documenting the changes that have come to you and your enthusiasm and mistakes. Observe your daily writing and get away from it to make improvements.*

This is the plan for getting away from bad habits. Set simple targets. (e. g. , how many cigarettes have been reduced?) If you can reach the set goal, admire yourself. Observe the same suggestions and start the next day with a new spirit to make it more ideal.

Suppose you fail to reach the set target, and then make a self-examination. What are the things that stop you from... ambience? stress? anxiety? Prepare a table and note it down for a few weeks or months to review the progress. If it is positive, your confidence and ideals grow greatly. Otherwise, develop a strong urge to reduce your bad habit. Try it with self-examination and discipline. "This is my nature. It's in my blood. I won't change. I can't change." If your thoughts are so, you are equal to a beast because it has no brain

power. Though we have brain power, we are unable to reform ourselves.

Then it will be like the story of a silkworm. Silkworms produce pupa by eating on mulberry leaves. The silkworm weaves a net around itself. It feels happy with its cozy house and sleeps in it. People wait until it produces silk. When it stops giving silk, it is placed into boiling water and they unwind the silk thread. It can't come out of its silk nest and dies. It's the same with the man who is habituated to addiction falls in that trap. He becomes a slave to his addiction and his fall down starts. Be careful!

Inspirational Quote:

Good or Bad, habits always deliver results.

Inspiration:

Children, I will tell you about a famous actor. He became a slave to drugs at an early age.

He committed small thefts and was arrested. Once, he was moved by the

questions asked by a judge in court. With a lot of effort and perseverance, he started his life as an actor. He started acting at the age of 30 and became a famous actor. The famous film-producing organization in Hollywood, Marvel Entertainment, has reached an agreement with him. His films, Iron Man and Avengers, have become





super hits. They have brought him name and fame. He has become one of the highest-paid artists in the world. He has won the hearts of his fans across the world. You know whom I am talking about. He is Robert Downey Jr.

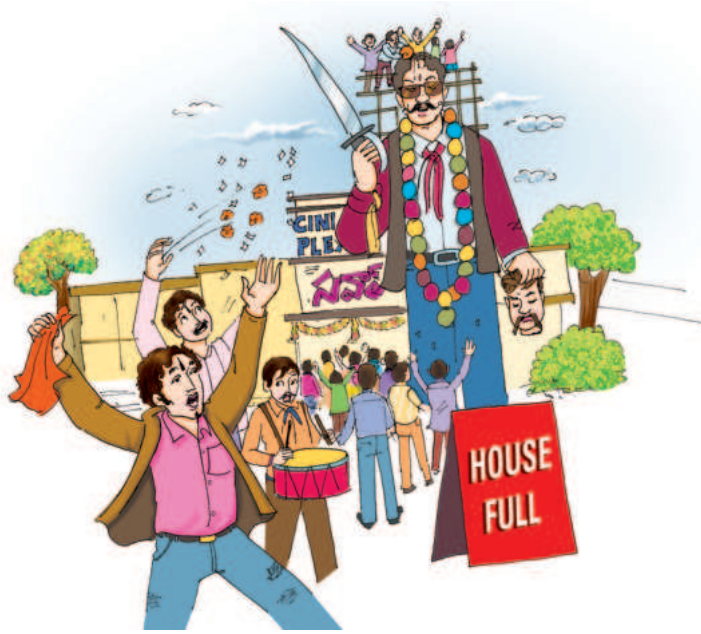
Children, remember one thing. Switching to good habits can be done at any time. Age is not a barrier. If you are determined to become good, you can reach great heights in life with all your efforts.

Parents, notice how your children behave, what habits they form, and whom they befriend. Instill in them good qualities and habits from an early age. Share stories like Prahlada to inspire and encourage such virtues. Provide lessons on moral values and life skills. Make them aware of the consequences of bad habits and addictions. If they inadvertently develop bad habits influenced by friends or



stressful situations, intervene when you discover them. Warn and correct using various methods like persuasion, guidance, consequences and if needed, punishment. Nurture their lives to be positive and fulfilling!

23. TV/ Movie / Actors



Issue:

I'm home from school, I sit down to watch TV and to study after that seems impossible. Watching TV has become an addiction. I like watching movies and I watch a new movie on the first day of its release. Otherwise, I feel like I'm missing out on something. If the movie stars my favorite actor then I end up watching it multiple times. I lose track of time while doing so, I am falling behind in my studies. How do I deal with it?

Elucidation:

I believe that Indians have a lot of craze for cinema than people from any other part of the world. If their favorite actor's movie has released, they celebrate it by decorating huge garlands to the cut-outs of the actors, perform milk ablutions etc. These are very peculiar endearments that we won't find anywhere else. Worshiping the actors doesn't give us food, clothes, and shelter. We neglect our studies.

Now, coming to the addiction of TV, back in my time, we use to watch it only for a while once in a few days. Now it occupies the central space of the house and people just binge watch shows all the time.

Also now, all these shows are available in the mobile screens. Hence, even more convenience to constantly be hooked to the screens. Previously, when something we didn't like was broadcasted, we immediately use to move away from the



TV. It's not like that anymore. The convenience to watch whatever you like, wherever you are and the freedom to watch as much time as you like. People have no time to speak heartily with each other; children have stopped studying, and parents have ceased discussing anything at all at home.

Screens has become an integral part of our lives. It rules us from the moment we get up to until we go back to bed. We're hooked to it, even if we don't want them. The mere example of this is that you are aware of all this and yet you watch TV rather than from studying.

I share with you an incident that took place when I was 26 years old. Those were the days I used to participate actively in the social services of the Sri Sathya Sai Organization. One such occasion, Baba granted a personal audience for a few of us, who were actively participating in the social service. He was mentioning to us so many learnings with a lot of love and affection.

All of a sudden, Baba asked, "Bangaaru! Will you give me a word?"

We were very surprised and overwhelmed with joy. We agreed.

He continued, "Bangaaru! Watch TV at any time. But don't watch TV when having your meal. The TV set was once at the corner of your house, but now you can bring it to your dining table. While eating, when you watch so many programmes, not only is your body consuming the food but

also the content that you watch. It is not good for your health." After listening to his advice, all of us were silent. I recalled one incident that happened in our house in the recent past and told Baba, "Swamy, you are correct. But all my family members together like to have food while watching something on the TV. If I choose to only have my food without any electronic device around me, my family calls me an ascetic".

Baba said, "Dear, suppose your loved ones try to push you towards a snake with lots of love, will you just let it happen to you or will you run away from it?"

All the young men, including me, answered with a smile, "we will definitely try to escape". Then Baba asked, "Do you know what a TV is?" We answered, "television".

Swamy said, "Boys! TV means Telu Visham" (poison of a scorpion). It is an object which is more dreadful than a venomous snake. Now tell me, how much are you injecting this poison within yourself?"

We had no words. Observe the following if you really want to get away from it:

Why do people say that we should play games and listen to music for a while every day? Our elders say that it is to make sure to have a healthy mind, don't they? If one spends like 18 hours on games and songs, time on movies and TVs, it just shows that you don't have anything else to do and that you don't have a goal in life.

Suggestions:

1. *Watch a movie once a week.*
2. *Sit down to study in a place without any electronic device around.*
3. *Parents can consider removing TV cable connections in the houses (at least 3 months before examinations).*
4. *If the family members could limit their watch time for the sake of the children, it'd be nice.*
5. *If you see a film, the scenes will remain in your mind for a lifetime. Do you know this?*
6. *If you watch news and debates, it can help you become smart.*
7. *Watch only movies that talks about individualism, family values, social responsibilities, and patriotism. It'll benefit you a lot.*
8. *Think about your favorite heroes. What have they studied? How many languages can they speak? How much have they achieved, and at what age? If you think about them, it will inspire you to do achieve something.*
9. *Don't watch serials. It doesn't add any value.*
10. *Don't watch TV or movies while having a meal.*

Inspirational Quote:

Whatever makes you weak, physically or mentally, reject it.

Inspiration:

A boy named Abhishek, from Mahaboobnagar completed his studies in a government school. He liked watching

movies. If there were a cricket match, he wouldn't even skip a minute of the match. Entertainment was an important aspect of his life. His father used to scold him always which would get him angry and annoyed. Those were his intermediate days.

One day his friend came running to him and told him that he got posted in the Indian army and that he has finally settled. Everybody, including Abhishek's father, were appreciating the boy. Abhishek felt very humiliated. One day, he went to his friend's place and told him about how he is fond of watching movies and TV and is losing all this his time to it. He asked him suggestions to help him come out of it. The friend advised him to reduce the time he spent watching TV or movies by 10 minutes each day. His friend suggested that he try reading a newspaper for five minutes and run for five minutes in the 10 mins that he's managed to reduce each day. The next day, he should try reading a newspaper for 10 minutes and running for 10 minutes. So on.

Since, he liked to read newspaper and running, he found the advise very useful. These two good habits became important in his life. Gradually, he moved away from his bad habits.

He is now a sub-inspector of police and is living a very happy life. He has become an inspiration to many students.

Dear children, nothing is impossible but achieving anything is also not easy either. Try with an intense dedication even if you fail.

24. No Perseverance



Issue:

Since my childhood, I haven't had the perseverance to achieve something so far; my experience suggests that's why I am very easy going with life. Occasionally, I want to read with a lot of perseverance, but I don't know how to.

Elucidation:

Dear children, if you don't have intensity in life, where do you get perseverance from?

If it is not there, life becomes a mere waste.

I leave everything to you by telling a story. Read the story completely, and note down what you have learnt from it. If your learnings awaken your consciousness, I believe that I'm successful in my attempt.

Khaliko Pul: A journey in life from an

abyss to the tips of mountains is the epitome of perseverance. It teaches new lessons to all of us.

He became an orphan at the age of 6. He became a carpenter at the age of 10. He stepped in to school for the first time at the age of 11 and later, he worked as a watchman. Ultimately, he tried to commit suicide because he was unable to lead his life the way he wanted to. But he decided to motivated and completed his postgraduation. He became an MLA. He

was in power for 22 years. He took an oath as the Chief Minister of Arunachal Pradesh.

Khaliko Pul, the name means 'good future.' As long as he can remember he has fought against social evil of all kinds. He had no hope for tomorrow. His mother died when he was 13 months old. Five



years later, his father, who was looking after him with a lot of love and affection, also died. Nobody gave him shelter. When the situation was hopeless, his aunt, who was living in the nearby village, took him to her home with a thought that he would help her with the household work.

He hadn't seen school until he was 11 years old. Every day, he went to the forest to collect firewood. He was offered food only when he brought firewood. Even if he feel sick and couldn't do it for a day, he was left starving. He worked hard just to fill his stomach. He missed his beautiful childhood and studies.

When he was 10 years old, he joined a carpentry course at the Hawai Craft Center, where he earned 1. 50 per day. He could be independent. As his skills enhanced, the money that he earned

increased. Initially, he only made chairs and cots. In the next two years, he could make various crafts out of wood. The managers of that institute admired his skill. He was given an opportunity to work as a tutor there for three months.

Many army personnel, paramilitary personnel, and government officials used to come to the Hawaii Craft Centre. They used to speak in Hindi and English. Pul didn't know any other language except for Assamese. He decided to learn either Hindi or English to understand what the customers were saying. He joined his first language class in a night school. He mastered both the languages with a lot of perseverance and intense effort.

One day, the education minister of the state and the deputy commissioner visited the school to inspect the school. As Pul was very active, he was given in-charge of welcoming the guests. When the minister asked about how the teachers taught, he answered. He sang a patriotic song as well. Impressed by him, the Deputy Commissioner immediately made an inquiry about him and gave him direct admission to the 6th grade in a day school. This was a turning point in his life. He studied in the mornings and worked at the handicraft center at night.

Pul's costs increased as a result of switching classes. His income from his job did not cover both his living expenses and his studies. He was able to handle the watchman's duties with the help of people he knew. His duty was to fly the national



flag at five in the evening and five in the morning. He had to keep an eye on the office in between. A salary of Rs. 212 was given to him each month. His schedule of going to school in the morning and working at night prevented him from getting even four or five hours of sleep per day. Pul then opened a paan shop to make ends meet after he was unable to pay his salary, but bad luck struck him severely once again.

In addition to being impoverished, he frequently had ulcers. He put up with it for six years since he could not afford treatment. It would become chronic if the procedure was not performed. Upon seeking assistance from his family, he was given two rupees by one and five rupees by another. He believed that he had no one and that life had nothing worthwhile at the time. He climbed onto a bridge because he wanted to end his life. However, there were humans nearby. He so lacked the courage to jump. He spent forty minutes waiting there. Feeling that it was beyond his reach, he went back.

Due to his relatives' actions, Pul came to understand the value of money in life. By any means, he desired surgery, and he wanted to establish his legitimacy. He went straight to Negi, the Deputy Commissioner, and gave him an explanation of his predicament. Due to his kindness, the Deputy Commissioner granted him 2, 500 rupees. Pul used that money for medical care. He appealed to the Chief Minister later. He restarted his

life after repaying the money from the approved medical grant. He eventually recovered. In his hand, he held skill. He didn't want to pass up the opportunity to further his education and make money. He was a master at thatching homes and building bamboo fences. To those who knew him well, he told the same story. If they needed it, he requested that they let him know. So, he set to work, erecting a bamboo fence around the junior engineer's home. He went into the jungle by himself to cut bamboo, and he eventually finished the job. He received four hundred rupees for performing it. He then started constructing a cabin. A few days later, he consented to construct a bamboo home in exchange for 2, 000 rupees. So, in addition to going back to school, he started working as a small contractor. Between work and studies, he gave up his personal time and sleep. However, he never put his studies away. During his intermediate studies, he purchased four trucks and hired them.

He worked as a small contractor to begin his career. However, he started working as a pucca house constructor after finishing his degree program. He started working as the general secretary of the college student union in addition to his studies and contract job. Pul got really busy. He spent three lakh rupees building a house for himself during his last year. Soon after his ulcers healed, he set aside half of his earnings for his personal use and the other half for the benefit of the underprivileged patients. He had been to

government hospitals since he was a contractor. He offered the patients financial support because he was aware of their needs. As a result, word-of-mouth advertising spread the word about his charity. His reputation as the student union president grew. Once he finished his degree, he enrolled in law college. As he developed as a contractor, he constructed hundreds of kilometers of roads, 12 bridges, and 37 government buildings. Because of the high caliber of his work, the government awarded him contracts without calling for bids. The Congress Party intrigued him with the name he earned at an early age. It granted him a ticket to compete on their behalf, even though he wasn't a member of the party. Assuming the contract work was a service to the people, Pul carried on with his task. He gladly embraced the chance to work directly for the government when it presented itself.

With a stunning majority in his first elections, Pul was appointed minister at the age of 25. After that, he defeated his rivals in every election by receiving more than 90% of the vote. When he was a minister, he got married. "I once requested assistance for my operation, and Apaang, the Chief Minister at the time, gave me 2,500 rupees in aid. The same person is now a guest at my wedding. That's unbelievable. As he was saying this, tears started to flow from his eyes. In the course of his 23-year political career, he served as a minister for 22 years. This demonstrates the level of trust the public



and the ruling party have in him.

His official residence is similar to a hospital in Itanagar. For the patients that see him every day, he has set up certain rooms in his home. He arranged for the patients to be tested and kept the doctors on call for the full day. For twenty years, he has been a formidable political leader. The state was ruled by the president due to political unrest. With the help of other MLAs, he put an end to it, established the government, and took an oath to become the state's ninth chief minister.

Born within a small tribe known as the Kaman Mishmi, who occupy both sides of the Indo-China border, Khaliko Pul was raised in this environment. In their family, he was the first to attend school.

He enjoyed travelling, playing chess with friends, and reading books. He would take his kids to the orphanages whenever he had free time. He used to take part in the events hosted by nonprofit organizations with his kids.

As a cabinet minister, he oversaw a variety of departments and agencies, including those dealing with child welfare, education,



circumstances. I become nostalgic about my time spent working as a chowkidaar when I glance at the flag on my car.

I still have the woodworking equipment I used in my early years. I tell my five sons about my past when I show them these. I tell them not to think of me as a minister but rather as a regular carpenter and constructor. I used to be employed by the government as a watchman. I am now in a position where I can lead a government for a full day.

medicine, finance, justice, and power.

“Because God never came to my aid when I was in need, I have no faith in him. However, I think God is a hard worker. It forced me to get up in all of my difficult

“When I achieve, why can’t you?” Pul questioned the young person. It’s accurate... How come you can’t succeed? I hope everyone has the persistence to succeed in life.



25. Stress & Fear of Examinations



Issue:

Respected Sir, I work hard on my studies. I pay close attention in class and stick to a regular study schedule all year. However, I get scared when exams get closer. The extensive syllabus appears intimidating, and I question if I will be able to finish everything in the allotted time. Examining past papers make me feel even more anxious. I'm worried that I won't be able to finish writing responses to every question in the allotted time, which makes it difficult for me to concentrate on my studies. These are the kinds of thoughts that weaken me.

How can I manage my stress throughout the test? What techniques can I use to get a good rank? What kind of preparation is required in order to proceed? How many hours a day should I spend studying? What safety measures should I follow when responding to the question paper? How should I prepare for the day of the exam?

Elucidation:

Before exams, students frequently experience anxiety and stress. Some kids can read well and pass because their stress and fear levels are limited. Students' lives

are completely turned upside down when there is a lot of stress and anxiety.

There's one thing you ought to be aware of. We experience tension and anxiety when



we lose focus on the here and now. They only occur when we consider the future and whether we have any expectations for it. Therefore, the essential thing you should do is live in the moment rather than constantly thinking about the future.

One other thing you should always keep in mind. Stress and anxiety are not facts at all. They are nothing more than mental fabrications. You will experience relief from tension and anxiety if you keep this in mind.

The examination period will arrive if March arrives. It indicates that the moment has arrived for you to put the lesson and the ideas you have learned up to that point in writing. Even if they study hard, students sometimes feel that they could have missed something. They have a certain level of anxiety about their exam performance.

Let's learn about the following things:

How do I study? How do I write examinations? What kind of planning is needed?

To win, worry not:

Before exams, students tend to worry a lot about unimportant things. They become tense as they consider how to pass, the format of the questions, and the pupils who are vying with them. Before the test begins, take a few minutes to sit quietly and center yourself. Finish the simple parts and questions first.

Failure is not always bad:

Achieving success entails going from one setback to the next without losing our enthusiasm. Nothing is irreversible when it fails. Every failure can only be attributed to the personal choice of the individual. Thus, after embracing failure, create appropriate plans using industry-standard training, and become ready to succeed.

Suggestions:

1. *Make a detailed study plan and follow it.*
2. *Every day's assigned lessons must be finished on that particular day.*
3. *Use the prior exam questions and respond to them. Take them to your teachers, who can help you with the corrections. You can gauge your memory retention for the lessons you have read by completing this.*
4. *Take time to visit a friend's home or relax with a decent game every now and then. However, it shouldn't be done every day.*
5. *To maintain the health of our bodies and minds, engage in yoga and meditation. We are able to overcome anxiety, tension, and self-loathing.*
6. *Make it a habit to read comprehension-focused literature. Create them as inquiries and gain knowledge. After that, you can get high grades.*
7. *Go over the subjects again to boost your confidence.*

Inspirational Quote:

FEAR

F = False

E = Evidence

A = Appearing

R = Real

26. Unable to Withstand Failure



Issue:

Respected Sir, I can't handle failure because of my family history. Since I was a young child, I have excelled in my studies. More clever kids than have recently entered our class. Right now, I'm among the top ten, but not at the top. This failure is more than I can bear.

Sir, I am not prepared to concede defeat in any domain, be it games, music, academics, or intellect. This is giving me problems.

Elucidation:

You were a toddler in the early years of your life. Let's say you were walking when you fell on the road. Your leg was injured, and you were in tears. What would your mom say, then?

Ninety out of a hundred Indian mothers would respond in this way:

“Hey, fell down? Get moving” or “Have you been struck? Don't cry, please” or “Where did you fall? I'll see it right here”.

She glares and throws her leg to the floor, “Why did you bother my child?”

As she lands, she declares, “You deserve this punishment.”



She turns to face her child and says, “Relax, sweetheart; it has received the proper punishment.” Come on, let’s go.

I can imagine the same scene happening to you or myself, for that matter. As a result, our parents have raised us by teaching us to blame others for our mistakes.

It was actually your fault that caused you to fall and sustain injuries; Mother Earth was not at fault. Have you ever considered it?

As soon as you lose balance, it would have become second nature for you to accept failure if she had assisted you in getting up and demonstrated how to walk with support. You have to acknowledge that everything in your life is a result of you alone.

Kindly, children, picture another sight. Children nowadays act out quite a bit. The parents, who have no trouble managing 100 people, are unable to calm their own boy’s chaos. He will begin to cry and make noise if they take the remote from him. How do his parents get him to stop crying? The remote that was taken from him is returned to him. They will sigh with relief when the boy stops sobbing. Children are not being raised by their parents to be brave enough to face setbacks. Children will grow weak and lifeless.

Children with this kind of mental tendency will be more likely to make terrible choices for little setbacks. They are spoiling their lives as a result. It causes a

certain mental problem.

From an early age, they ought to learn how to confront and conquer setbacks. They shouldn’t resort to violence, have a propensity to run away from reality, or blame someone else for their mistakes. Any personality cannot be made more charming by these attributes.

At abhaya Ashram, I reside. There is forest cover all around it. On campus, I may watch a variety of birds flying around freely. Even the tiny sparrows fly freely and appear pleasant because there aren’t many people in the area. There are two windows in my room. There is an open flow of air and light thanks to a net door that has been attached to the windows. I don’t usually close the windows. A small sparrow began constructing a nest. Our team took it out and cleaned it. It began to develop again the following day. It was taken out as well. Therefore, it occurred multiple times. The small bird had the audacity to confront the men. I was shocked to witness the little bird’s tenacity.

However, some are ending their lives due to trivial mistakes. We all come from a race of people, dear kids, who have the bravery and determination to face death. However, some pupils’ mental fragility causes them to ruin their valuable lives.

Dear Children: Take on the challenge head-on and fight bravely. Refrain from fleeing in fear.

Suggestions:

1. *Failure, believe it or not, is also in our best interests.*
2. *We receive the necessary inspiration from failure, which is sufficient for our existence.*
3. *Failure is not a complete stop but rather a comma in our journey. Acknowledge and fix your errors.*
4. *Use the smarter individuals you encounter as benchmarks for your own progress and intensify your own efforts.*
5. *Consider a test to be pointless if there is no competition. Competition is always welcome.*
6. *How can you savor the flavor of victory if there is no failure?*
7. *Failure creates genuine friendships for us by shattering the phony community of buddies surrounding us.*
8. *Seek advice from specialists if you suffer from the mental weakness of being unable to accept failure.*
9. *Consider the triumphant tales of any exceptional individual worldwide; their existence is replete with setbacks. Go through their tales.*
10. *Develop mental acuity. Make an effort to regain the position you formerly held.*

Inspirational Quote:

Setbacks serve as stepping stones towards success and success is impossible without you.

While it's acceptable to celebrate accomplishments, it's more crucial to learn from mistakes.

Inspiration:

The town was small. Their family history was typical. The father was an inspector of schools. Of the four children living in their home, the second was enrolled in a government school. He was a gifted young man. In the class, he was constantly at the top. Regretfully, nonetheless, he failed his II-year intermediate for the first time. His parents were depressed. He was mentally disturbed as well. He only passed one paper. Any candidate who failed a paper would have their document labeled as “compartmental.” They could make another appearance and pass all those exams; without that term mentioned in the certificate. He showed up for all of the exams again and placed first in the class.

Following the degree program, his friends all started planning their next steps. Where as for the young friend in order to support his business, his paternal uncle at that time persuaded his parents to drive him to Hyderabad. It was believed by everyone of his friends and family that he had been adopted into that wealthy family. The child supported his uncle and patiently and skillfully built his enterprise. His pals all become established in life by obtaining advanced degrees or starting their own businesses.

His uncle abruptly told him one day that his assistance was no longer required. After giving the youngster some cash, he requested that the boy leave his home. It dealt him a surprise blow to his life. For him to be getting married at such an age is



a huge failure. They would have ruined their lives if it had been someone else. He established an agency after returning to his hometown. He tried to work because he

wanted his brother to be settled. As an officer, he joined the Sri Ram Chits. He was not employed there for a long time. With his talent and age, he was able to secure a position at Vysya Bank at the age of thirty.

He is from Tadipatri and is known as Sunku Ramprasad. He is among the abhaya Foundation's founding trustees. Presently he is serving Axis Bank Ltd., Mumbai as Senior Managerial level officer.

Children, please pay attention to those around you. There are a lot of people who will crumble in the face of failure. By monitoring everything, you will be able to identify your mental state!



27. Laziness



Issue:

I hate to admit it, but I'm a lazy person who lacks the patience or motivation to accomplish anything. Most significantly, after I get back home, I have no desire to attend class to listen to lectures or to study. To pass the time, I'd prefer to sit quietly and watch TV or a movie. I have absolutely no desire to visit the library. I lack the patience to read, comprehend, and retain them. I want to study, so that I can do well in school, but I'm too lazy. Tell me how to stop being so lazy.

Elucidation:

Kids, I recall hearing a story as a little child. Like you said, it was about the issues with being lazy. It would be humorous. Continue reading.

On the seashore, a sloth is curled up contentedly on his back in the shadow of a large tree. His biting his nails, glad to be watching the birds in the sky and the waves

in the water.

The village grocer became enraged upon seeing him reclining idle and without employment when he was walking down the shoreline to attend to some business.

Still, he made the decision to educate him. He asked while standing nearby. "Oh, my dear great man, why don't you do something better instead of sitting around



doing nothing?

Next, our sloth inquired, “Sir, what would happen if I did so?”

You are very foolish! You can make a lot of money if you work, right?

What should I do, sir, now that I have money? He asked!

In a rage, the elderly guy exclaimed, “What will you be doing?” Right here on this seacoast, you can construct a lovely home that faces the beach.

Please, why construct a house here? This man asked in an unexpected yet harmless way.

The old man, enraged, exclaimed, “You idiot!” Why not? Sitting on this beach, cross-legged, you can relish life!

Our man then exclaimed, Sir! Is that what I’m doing now? Does it really need to work for such a long time?

There, the elderly man collapsed. He is still not on his feet.

Isn’t that wonderful? Is this not also your story?

Kids! Indeed, one could argue that laziness is an illness. It’s a mental illness rather than a physical one.

Tell me just one thing. When someone has legs but don’t want move, what do you call them?

Those who have ears but are hard of hearing?

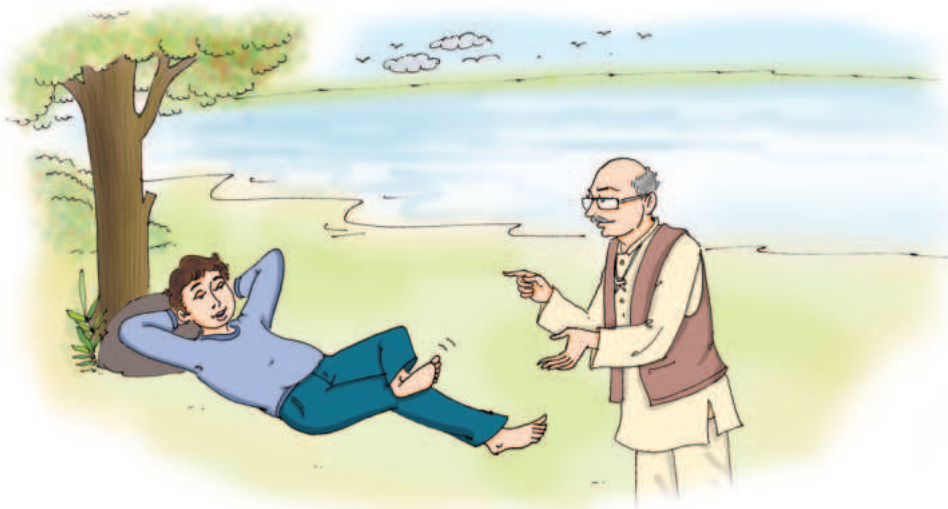
What term do you use for someone who has the eyes but not wanting to see?

You are aware, correct?

And what do you name a someone who is living but not wanting to do anything?... Jeevacchavam. It denotes a living, dead body.

Indeed! A living corpse is a person who is alive but does not work.

An individual deemed incapable of working is referred to as incompetent. Make up your own name for a lazy idler.



Actually, being lazy makes life terrible.

Kids! Do you run out of your house with the bat and ball when your buddies call to play cricket?

Would you not grab the money and run away, promising to get it later, if your mother told you that she didn't have the ingredients at home to make your favorite dish?

Regardless of how much sleep you've had, you wake up, get ready, and head out to the movies, right?

Ultimately, do you spend hours staring at the TV while sitting there?

What happens your idleness, then? According to the definition of "lazy" given in the first story, someone who is lazy doesn't actually work. Are you all claiming to be indolent?... You shouldn't do anything similar if that is the case, including brushing, washing, taking a bath, dressing and combing. I'll concede that you are lazy if you don't get up from where you are seated. You don't need to read anything else in that situation. "Are you so lazy?" tell me.

Actually, your unwillingness, indifference, and reluctance are the real issues, not your laziness. You become proactive and lose your lethargy when you do what you love. However, if that's what studying is all about, then laziness takes over and keeps you away from learning. Thus, it should be understood that cultivating passion and enthusiasm in your studies is crucial.

If you want to do something, nothing can stop you. Any challenging work that we enjoy can be completed with ease. Your life will benefit greatly from education. Along with financial gain, it also earns respect and distinction in the community. It imparts cultural and life skills above all else. Education is the most beneficial thing that anyone can accomplish.

Assuming you are truly indolent in all facets of your life, this is a slightly more complex issue that is mental in nature rather than physical. It can be eliminated in a few different ways. You can, for instance, gradually lessen your laziness each day. You ought to begin spending at least thirty minutes a day studying or working out. You must therefore expand that time and the things you accomplish on a daily basis.

There are instances when we feel a great sense of accomplishment when we accomplish our goals. So, for once, simply manage to accomplish something worthwhile. Your life can be changed by that one thing. Recall! Being lazy can be detrimental to your family's health as well as your academic performance. A lazy man has the potential to destroy not just his own life but also the lives of people who depend on him.

Suggestions:

1. *Do you think your idleness is causing you any trouble?*
2. *Should you get rid of it? If so, why?*
3. *Make a choice based on the 40-day*

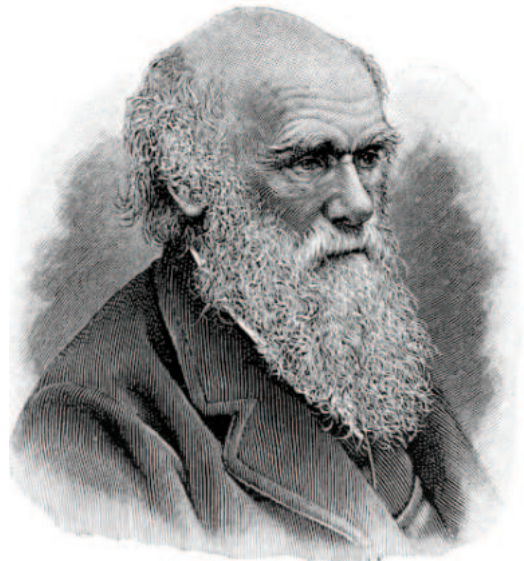


challenge. Put your daily tasks into a written plan of action. Bring your loved ones to assist you at home.

4. *Adhere to the plan with earnest. To help you with your efforts, tell them in advance at home.*
5. *Make the firm decision that you will work hard to accomplish the objective and that you won't allow laziness to stand in your way.*
6. *Accurately record your everyday activities and evaluate them on a regular basis. Correct any discrepancies the following day.*
7. *Be in the company of energetic friends. They will get active, and so will you.*
8. *The psychological gratification that comes from accomplishing a goal will lead to many more miracles. Additionally, your laziness will go away.*

Inspirational Quote:

Laziness leads many people to astray.



Charles Darwin.

your laziness, you are capable of amazing things. Another challenging factor for you to consider is that lazy people have demonstrated their ability to create shortcuts for a variety of critical issues. They dislike having to fight. People are lazy because they don't want to work hard and instead prefer to be comfortable. Thus, they created things like light.

Inspiration:

Let's study Charles Darwin, the man who developed the hypothesis claiming that humans descended from apes. It's tough because he tends to be quite slack with his own stuff. He used to be quite lethargic and never took care of himself.

But it was out of curiosity, interest, and liking that the same Darwin developed the hypothesis that man descended from monkeys. Okay, young people! Despite

28. Sexual Harassment



Issue:

I'm being sexually abused by a man, sir. His acts are upsetting me mentally and physically. Every time I have one of these situations, it takes me a very long time to return to normal. This internal struggle prevents me from focusing on my academics. It's been ongoing for a while. No one can know about this except me. If I tell anyone, I fear they will treat me like I'm on the boycott and look at me with distaste. I can't tell you who the man is because I might lose more than he does. Give me a solution to my issue.

Elucidation:

Sexual harassment is a major issue in today's world. Rich people and middle-class people might have an issue with this. One thing is crucial for you to know. Whatever transpires, whoever it is, you shouldn't have made a mistake. Anyone can experience it, even adults and tiny girls. It is gender-neutral in its discretion. Although the offense you are facing is regrettable, you need to defend yourself.

Children today are familiar with social media. They therefore undoubtedly have

a strong grasp or observation. At times, it's easy to gauge other people based on how they perceive you. Mutual attraction might lead to errors from time to time. As a result of their expectations, curiosity, and need to know, they are making blunders. However, there are instances in which people label the other person's acts as sexual harassment because they don't like them.

Girls typically experience sexual harassment. For this reason, parents are afraid to send their daughters to pursue



higher education elsewhere. They force them to abandon their education. Parents are terrified of the things that happen at home and at hostels. As a result, many female students are dropping out of school.

I was on a pilgrimage a long time ago. A family that rode the same bus as me and I got to know one another. The mother, father, two daughters, and one son make up the family. We used to spend time happily during the travel. Since then, they have shown me a lot of affection. Their kids are now a part of their lives. Their second daughter, though, moved to another state to continue her education. One day, after all these years, she shared something with me during our conversation. I was really shocked. The girl's parents kept her at a relative's residence out of concern for her safety and security, thinking that they will make up the family. The family's eldest member was exceedingly caring. She was in the bathroom one day, having a bath. She lifted her folded hands in a namaskar to God, remembering him. There was a cell phone set up there when she looked up. She felt really afraid. It was the elderly man's cell phone. Everything was erased from that phone rear. She emerged and got into an argument with them. The older man kept his head down, unable to answer correctly. But by claiming that he had done it for fun, his wife attempted to save him. The girl struck him and spat on them. After deciding on a hostel for her stay, she left. After finishing her education without needless worries, she returned to her own

state. I was pleased with her.

What is the most important thing to note in this situation? What you liked most in the situation?

She locating the phone?

She erased records in the phone?

She is brave enough to punish the man?

She ran home out of fear?

She located a hostel and get on with her studies?

That experience did not terrify her. After recovering from her shock, she moved into a hostel and finished her coursework. Great girl.

Despite how minor or major the problem may be, don't give up on your studies. Study fervently. Receive Saraswathy, the goddess' grace.

Kids, please use extreme caution. Boys and girls move in close quarters these days. Together, they go, play, and sing. You must uphold the bounds of propriety. Avoid crossing it. In addition to schooling, culture should be learned. Remember it.

“Nothing is lost if wealth is lost.”

Something is lost if health is lost.

However, everything is lost if character is lost.

Good traits come from having character. They model proper behavior and conduct.

Suggestions:

Keep the following in mind to keep yourself safe:

1. Regardless of the challenge you are

facing, be honest with the household elders.

- 2. Despite being strict and disciplined, the parents undoubtedly assist their kids in these areas.*
- 3. Tell your siblings, friends, or the seniors who give you sound advice if you are unable to tell your parents. Inform your parents about it through them.*
- 4. The law is on your side. You can ask for assistance from the police if other a bad fellows.*
- 5. A lot of organizations now provide assistance to those in need via helplines.*
- 6. Always have the police's number on hand in your phone.*
- 7. Configure your phone to call a member of your family when you hit the signal button.*
- 8. Seek assistance from SHE-Team.*
- 9. Seek counseling from a psychiatrist to lessen the mental suffering.*
- 10. Keep in mind that you must fight to defend yourself.*
- 11. Don't treat anything casually. Hit it with a hard stick, even if it's a little snake.*
- 12. Store the safety equipment in your bag (knife, blade, pepper spray, chili powder, etc.).*
- 13. Never give up on your bravery.*

Inspirational Quote:

Sharing your experience does not make you a victim. You are a survivor, whose truth is igniting the planet. You never know who might be in need of your warmth, brightness, and fierce bravery.

Inspiration:

At the tender age of eight, she suffered a sexual assault. The acid attack severely injured her body. Her life was filled with numerous highs and lows. The injustice that had been done to her did not bring her down. She mentally and physically prepared herself. She worked quite hard. Her goal while starting Prajwala was to ensure that no other kid had to experience the same injustice that had been done to her. This organization offers support to victims of sexual harassment and children of prostitutes. They are giving them guidance on how to conduct their lives, as well as education and housing. She pulled hundreds of girls and kids out of the brothels. Even she was beaten multiple times as she sought to save the kids. There were numerous attempts to murder her. However, she persisted in her efforts and didn't turn around.

There was nothing to fear for her. Are you familiar with her? Her name is Sunitha Krishnan. I was thrilled to see her at a recent conference.

Children, we have no control over what will transpire in our lives. Despite our best efforts, we are powerless over it. However, life is about how we react to it and adapt. Keep in mind that all successful people have only come out of remarkable circumstances.



29. Mockery/Discrimination



Issue:

Respected Sir! I have been continuously humiliated by my classmates. They laugh at my appearance all the time. In addition, they make fun of me and pass judgment on my caste. My skin tone makes me dark; therefore, some people may think I'm weird. I've been made fun of by teachers for performing below average in school. My self-esteem has been negatively impacted by my peers' frequent jokes and mocking, which has occasionally resulted in inferiority. I hate going to school or college because of the unpleasant things that others around me say and do. These upsetting circumstances have made it difficult for me to concentrate on my academics and have added to my mounting sense of hopelessness.

Elucidation:

Little ones, you must never be belittled. Those who make fun of you ought to feel guilty because it is abhorrent behavior. God gave each person their own unique look and skin tone, which is something to

be honored rather than denigrated. You have to understand that a person's appearance is similar to clothing on the body. A person's mindset is what really makes them who they are. When

evaluating others, pay more attention to their work, attitude, and character than their outward appearance.

These problems are not limited to the current situation; they have long been a frequent cause of worry. While some choose to make fun of others directly, others choose to do it in the background. Experts claim that people's comments about other people are a sign of psychological anguish since they are frequently used as a cover for feelings of inadequacy. Consequently, it could be beneficial to sympathize with someone who is making fun of you and realize that they could be battling their own inner issues. This may guide you in the direction of understanding and forgiveness.

In the same vein, you should firmly reply to someone who makes fun of your skin tone, width, length or caste by stating, "Yes, I may be physically ugly, but you are ugly in your mind." I'm really sorry for you. It appears that an ugly mind inside a gorgeous body has tainted your beauty. Avoid conflict, disagreement, and argumentation. Answer with confidence and a smile. Others might then be at a loss for words.

Think about this: People who have accomplished great success in the world haven't done it because of their race, religion, caste, or physical characteristics. Their talent alone is the reason for their success. During a meeting where I was talking about this topic, a cheeky boy made the joke with a smile that the winners of

beauty pageants are always the most attractive people. "Dear child, it's not just about physical beauty; the maturity of the mind also matters." I smiled in return. There have been cases where attractive people failed to reach the necessary degree of maturity and were frequently turned away. In addition, we occasionally see people also the winners who have dark skin tones.

Sometimes kids can pick up motivation fast, while some kids are just mischievous and try to get in my face. But I'm not going to give up on them. I am clear that I won't back down and that at the end of our talk, they should be energized.

Three centuries ago, the same people who make fun of black people now were referring to British people as "white men." We called the people in charge of us "white." Who then qualifies as black in our communal consciousness? The taunter is now a member of the same white group. Does that imply that he is a citizen of another country? There is no doubt he will say nothing if you ask.

When someone tells you, "You are dark," remember the Golden Deer and PT Usha's accomplishments. When the term "black" is used, picture Superstar Rajinikanth. The moment someone says, "Not active," introduce Einstein. Dispel height-related jokes by telling Amitabh Bachchan and PV Sindhu tales. Give the well-known film star Kasturiranga Shiva Rao as an example. "The film may be called Guna Sundari. When someone is called "ugly," remember their inner beauty and react to them with



compassion.

“Even though I’m not handsome, I want to lend a hand... a helping hand... to some,” Dr. Abdul Kalam stated. Physical beauty is inferior to inner beauty.

When the topic of caste is up, consider Baba Ambedkar.

When talking about racial prejudice, remember the nation’s founding father, Mahatma Gandhi.

If we are talking about disease, let’s talk about Hawking.

Even if each one of these people has a unique set of problems, it’s vital to acknowledge their extraordinary abilities. Which do you prefer, the taste of a sweet meal like payasam or the appearance of the serving bowl? Why should you worry about the container if the content is great?

Once, while still in his mother’s womb, a kid lost himself listening to different passages from the upanishath. But one day, this unborn child discovered a mistake in one of his father’s classes and tried to fix it. Furious, his father cursed him for having eight body curves at birth (Ashta Vakra). As a result, Astavakra, a very intelligent but ugly and disabled newborn, was born. People made fun of his appearance as he took part in a Vedic debate in the royal assembly. He said, “I may be physically challenged, but here, many minds are handicapped,” with humility, adding that he thought he was in a meeting of Vedic wisdom. Everyone felt embarrassed by this comment and bowed their heads.

Astavakra Maharshi, the specialist in Vedic knowledge and the knower of the Ultimate Truth, was this man.

I remember clearly that when I finished my degree, I didn’t know a single word in any language except Telugu. In 1990 I was pursuing Company Secretary (CS) course in Bangalore, but I didn’t know Hindi, English, or Kannada. At the CS classes, people used to make fun of my appearance and my only Telugu speaking. I used to have cordial conversations with people in broken English. Because I had trouble understanding English terminology, I painstakingly documented every piece of information that my professors gave me. Despite being laughed at, I received the best grade possible in judicial law out of forty students in the class. Nobody made fun of me after that; in fact, they started helping me with my classwork.

Dear children, please pay close attention to the following instructions.

Instructions:

1. *If someone mocks you, consider it a reflection of their own mental state.*
2. *Seek support from friends or teachers if the peers become too intense.*
3. *If a teacher makes fun of you, speak with them one-on-one and gently convey how uncomfortable you are.*
4. *Notify your parents or the college administration if needed.*
5. *Make friends who value your individuality.*
6. *Give the lessons a lot of thought and ignore discriminatory conduct.*

7. *Develop your abilities in many areas, including academics, athletics, music, and public speaking. Focus on improving your abilities so that people will think well of you.*
8. *If others ridicule you for your academic performance, view it as a motivator and pledge to improve your studies. Often, individuals become more resilient when faced with adversity or difficulties. Continue your diligent study efforts. If you excel in your studies and achieve success, you'll likely amaze everyone, and they will acknowledge your efforts.*

Inspirational Quote:

My dream is to reside in a country where I won't be assessed based on my race, religion, caste, cadre, colour, creed or language but by my character's content.

Inspiration :

The young person who suffered from agony and humiliation, overcame poverty through unrelenting hard work, and developed himself eventually rose to prominence in independent India. He went on to become a brilliant man, win the coveted Bharataratna award, and serve as a Central Minister.

He was initially placed in a corner of the classroom and wasn't even allowed to use the water pot. Any attempt to take a drink from the well was met with denial and beatings. He was refused a ride by a bullock cart driver, even though he was



eager to pay. He could not study Sanskrit, his favorite subject. He persevered in his studies, however, eventually receiving a doctorate. Not even his servants held him in high regard. He pursued his studies abroad and publicly denounced the socioeconomic inequalities inherent in Hinduism. He ardently pursued the abolition of untouchability and condemned Manusmriti. As a well-respected Law Minister, he rose to prominence in the liberation struggle. As the Author of the Indian Constitution, he became an inspiration to the next generation. Due to his contributions, he received the Bharata Ratna Award.

I hope everyone is aware of this amazing person: Dr. Babasaheb Bhimrao Ramji Ambedkar Bharataratna.

Children, if you are experiencing shame and ridicule right now, look up to these amazing people as role models and aim high.

30. Disappointment



Issue:

Sir, no matter how hard I work at my studies, all I ever receive is average. Despite my best efforts, which I repeated multiple times, nothing positive came of it. I became disappointed as a result. Even though I want to give it my all the next time, I'm disappointed with the possibility of a bad outcome. I'm worried that after giving it some thought, I might become pessimistic. Anticipating favorable outcomes, I diligently labor and demonstrate my optimism. I can't take the disappointment if I don't receive a favorable outcome. Please provide me with a suitable solution to my issue.

Elucidation:

Children! A lot of us assume that optimism translates into good things happening all the time. In actuality, though, optimism means recognizing that everything that occurs is for the best. A lot of us worry without understanding this basic reasoning. The saying, "Hope for the best, but prepare for the worst," is one that our

elders frequently recite. The rationale is that if we prepare for the worst, we will be more equipped to handle the issue. Proceed thoughtfully after the task has begun; whatever transpires is for our own benefit. Then, we have the capacity to use our setbacks as stepping stones toward achievement.

There was no outcome from your initial attempt. You gave it your all the second time, but to no avail. You lost strength and felt agitated after the third try. This isn't right. Regressing does not indicate that we are lagging behind. An arrow is pulled back up to your ear when it is shot. To catch its prey, the lion takes two steps backward and sprints twice as fast.

The society simply doesn't always produce quality outcomes for us. We need to look closely at the areas where we are lagging behind. Is it by reading, comprehending the issue, keeping in mind the right response, or using it in our day-to-day activities? As a result, we must pinpoint the issue's location and make plans accordingly.

If you are not able to complete it, ask your elders for help. Until you obtain the desired results, keep up your efforts. You should not allow disappointment to impact your life or your grades. It prevents you from seeing reality by shutting your eyes like a thick cloud. Remind yourself, sweet kids, to keep it away from you. Remove any remnants of disappointment from your thoughts as soon as you become aware of them.

Remain optimistic, even in the face of simplicity. If not, you won't be content with your personality or the entire environment in which you live. Remember!

Suggestions:

1. *Read good personality development books.*
2. *Observe the lives of the people who raise from failures and build a life worthwhile.*
3. *Live by ideal not by expectations.*
4. *Disappointment saps your energy.*

Inspirational Quote:

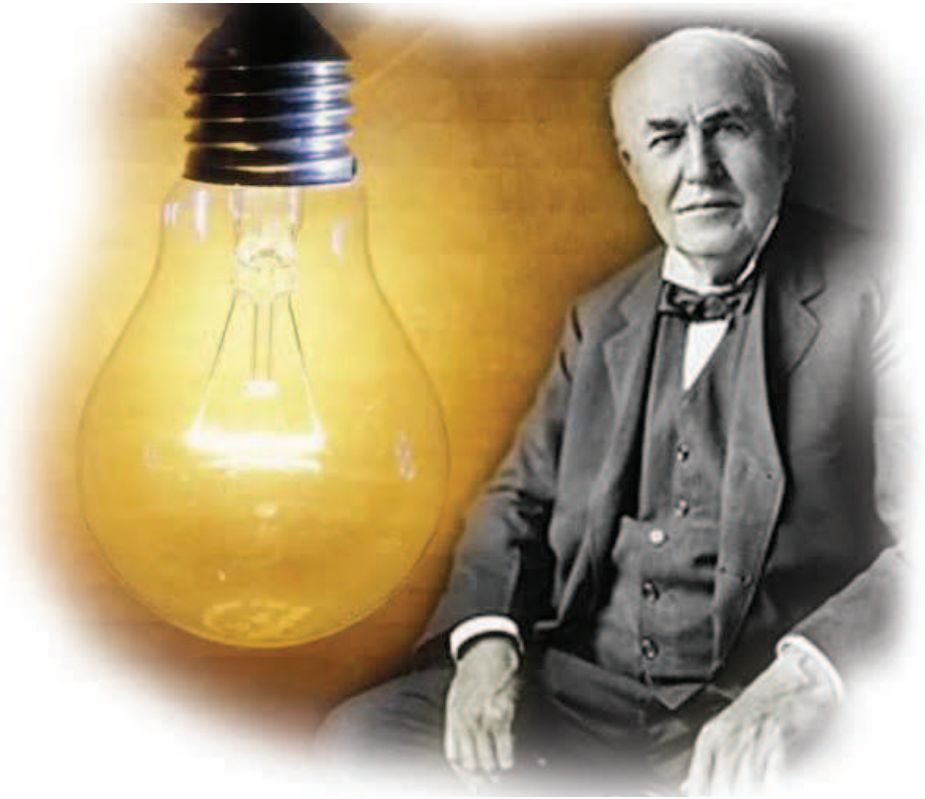
Having hope is to see that there is light despite of the darkness.

Inspiration:

The mother of a pupil received a letter from the school administration one day. The letter's main point was that your son is insane. He is unable to comprehend the lessons we impart. Thus, stop sending him to school.

The young child questioned the mother about what had occurred as tears began to fall from her eyes. The mother then told her child aloud what was said in the letter: "Your son is a genius." He can't learn here because it's too small and doesn't have enough qualified teachers. She began instructing him at home. What name does the child go by? Thomas Alva Edison was rose to become the most well-known inventor in the world.

The world was forever altered by Thomas Alva Edison's discovery of electric bulb, which affected billions of people. Interestingly, he was unable to invent the lightbulb despite making a thousand



unsuccessful attempts. This was a joke that he used to say. I learned the thousand as to how we can't produce a lightbulb. It implies he was able to use optimism to rationalize his shortcomings. A reporter had once questioned him. "What is your success secret?" With a smile, he responded, "99% prospectus and 1% inspiration."

What would have happened if, like you, he had given up after his second or third attempt due to disappointment? Can we still enjoy his amazing innovations now?

Would he become a famous scientist if his mother forced him to sit in a corner? Thus, proceed with courage and determination. Without a doubt, we can succeed.

In reality, both success and failure are rather common. When you succeed, don't put on airs, and when you fail, don't let your emotions get the better of you. Proceed by balancing them. Stop being depressed and disappointed with yourself. With a strong will, unwavering drive, and a propensity to never look back, begin your endeavors. Success comes next!

31. I'm an Orphan



Issue:

- 1) *Sir, I am an orphan. I have no mother. My father doesn't care about me.*
- 2) *I don't have a father and I need to look after my mother.*
- 3) *I am an orphan. Everyone looks down on me. There is nobody to guide me in the right direction.*
- 4) *Whether or not I study, I see no difference. I feel like studying is a waste for me.*

Elucidation:

Dear Children,

It hurts to hear that you have trouble studying since you are an orphan. But think about this: do orphans not breathe or eat? Tell me, are orphans not also people? It doesn't mean that their lives are wrecked because they don't have parents or guardians. I vehemently disagree with that statement. There is hope for a better life

for orphans. Are you curious as to how?

They will get the chance to learn about and engage with many facets of life.

They will refine their life skills by overcoming obstacles.

In the absence of their parents, orphans acquire independent thoroughly and decision-making abilities, which cultivate decisive strength.



Getting involved with societal concerns broadens their understanding and consciousness.

They learn to identify the people and institutions that provide them with support in their daily lives.

Recognizing the kindness of amazing people and organizations that support orphans.

This offers a chance to develop personally and become a truly exceptional person. Don't restrict your perception to the people or things you can see right now. Recognize that God has opened many other doors for you, rather than dwelling on one closed door.

There are individuals who experienced motherlessness, were raised by their father, and went on to accomplish amazing things. Have you ever encountered anyone who experienced fatherlessness and went on to succeed while being cared for by their mother? Even though they don't have a mother and a father, are there not people who have bettered themselves and inspired countless others?

You could occasionally feel as though being an orphan is also good. How are things going? Your father is not inebriated, so that is not an issue. It is not necessary to put up with your parents' fantasies. You are free to choose the objective. You are able to have a free and just life on the correct path. You are also a fortunate man if you take into account all of these factors.

Kids, we shouldn't be the source of amusement for those around us. Go forth with bravery and tenacity if you wish to inspire people. When we face our issues rather than avoiding them, life takes on a purpose.

Determine for yourself if you are capable of accomplishing anything. Make it your main objective. Proceed without concern for the remaining obstacles. You might hear rude and caustic remarks and be made fun of by others, but don't quit and fail in life. Don't be disturbed by anyone or anything if you are doing good.

Suggestions:

1. *Living independently without parents may be difficult. But, consider God your companion and go forward.*
2. *Don't neglect your studies.*
3. *Have self-confidence and take decisions confidently. If your decisions are proven wrong, you at least have the lessons.*
4. *Do the things on your own.*
5. *You should have a complete counting of your monthly earnings and expenses.*
6. *You may not have parents. But you will surely have close friends & relatives. Try to meet them frequently and get their suggestions. Maintain cordial relation with them. Don't spare them if they want to utilize your hard work and lead you in the wrong direction.*
7. *Make genuine friends.*
8. *If you earn sufficient enough to start a new family, get married.*

9. *Set a target in your life and strive to achieve it.*
10. *Make humility, obedience, acknowledgement and learning a part of your life.*
11. *Join a voluntary organization and extend your best help to them, if possible. You can come into contact with noble people.*
12. *Consider every creature a part of your family. "The World Is One Family"*

Inspirational Quote:

I'm an orphan but the world has adopted me and that has been my only family.

Inspiration:

Konda Palakala is a remote village in Maheswaram Mandal in Telangana. One day, an eight-year-old girl got up and found her mother burning in the fire. She was vexed by her grandmother and drunken father. The little girl decided that it was better to leave and live separately. She went to one of her relatives'. They persuaded her and took away all her valuables. She was sent as a servant to



serve the other houses. She experienced an awful life at a young age.

She ran away from them and wandered on the streets until the police rescued her and sent her to a voluntary organization, Ankuram. She started with her education. She acquired wonderful skills in art and drawing. With the support of the organization, she wrote an entrance examination for JNTU. She got a good rank and got admission into the Bachelor of Fine Arts program in 2012. The then collector of the Ranga Reddy district had appreciated her.

Her name is Aruna Jyothi. Her orphan life, which was not a very pleasant one changed into a lovely one. Her life is an inspiration to all of us.



32. Extravaganza!



Issue:

Extravaganza is everywhere. Being simple is considered as very strange. I have seen so many people who are enthusiastic to be rich, slender, and appear to be special. Sir, tell us how students should be in order to be good.

Elucidation:

Kids! If you observe Indian history, there were so many people who lived modestly and inspired many people in the Nation. We remember their modesty and simplicity even today. Being simple in life is a good quality. People are showy. So, you want to be like them too, which is almost like the fox that burnt its skin for stripes because it wanted to look like a tiger.

According to a recent survey, the present generation is using more goods than the

earlier generation. It may be clothes or some other goods.

You might think, “what is the mistake in it?”

Excessive eating is bad for our body, and it is the same with excessive usage of goods. It has bad effects on our planet. Everything that we use comes from our nature. You might have purchased it, but we get the raw material from the nature. By using excessive goods, our nature suffers.

It's quite unfortunate that flamboyance has become the sign of our success and happiness nowadays. Buying costly jewellery, clothes, footwear, phones, vehicles, attending parties etc. , is done with a desire to appear rich. We believe in the wrong notion that we get respect for displaying our flamboyance.

Dear kids, consider this: why do children wear uniforms in school? It's to teach them not to be boastful and treat everyone equally. The primary purpose is to instill in them a mindset of living without the distinction of rich and poor from an early age.

Real success lies in perpetual happiness, regardless of our possessions. Finding contentment in what we have and assisting our fellow pals brings profound self-satisfaction. This may be difficult for you to accept but let's look at some of the world leaders to understand.

The founder of Facebook, Mark Zuckerberg, opts for a simple wardrobe. He always seen wearing a blue shirt and blue jeans, and he owns just six such pairs of clothes.

Warren Buffet, one of the world's richest individuals, doesn't possess a cellphone and has resided in the same ordinary two-bedroom flat for over 50 years.

Consider the life of our Bharatha Ratna, Dr. A.P.J. Abdul Kalam to understand the humble journey from his childhood in Rameswaram to the President's House in Delhi.

Do you think that we are greater than all these people?

Do you think greatness lies in the things that we use? The things we use can't add value to our personality. In fact, our personality is what determines our worth.

Inspirational Quote:

Simple Living and High thinking are the two essentials for a good human being.

Inspiration:

Recently, we have celebrated the 100th birthday of a great man across the country. Here is what I have learnt from him.

He doesn't have a background like Nehru, power like Indira Gandhi, man-power like Rajiv Gandhi, marks of inheritance, support from families or help from groups but he believed in hard work and is a political sage.

A versatile personality, a polyglot, in his political career as a Chief Minister, Central Minister, and a Prime Minister, his personality has always been like that of a saint. He used to work like a Karma Yogi. He was a visionary who left us with his achievements and planted trees of reform to give us the fruits of progress.

Telugu People's Crown of glory

In an unforeseen turn of events, he aspired to be a Maharshi clad in saffron but found himself thrust into the role of a Rajarshi, stepping into the political arena as a Prime Minister. Faced with tumultuous economic, political, and social conditions,



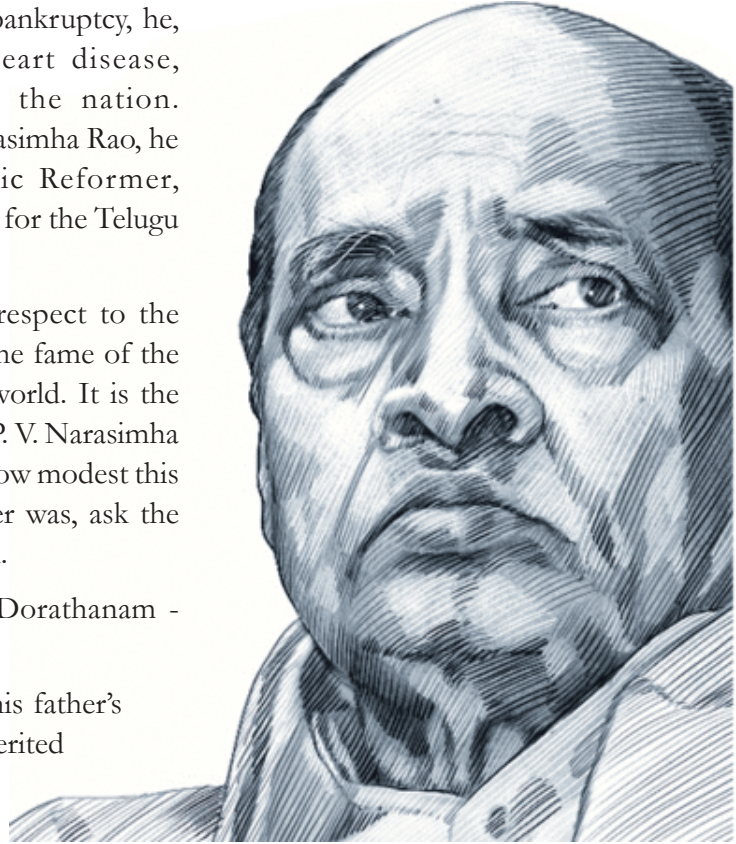
teetering on the brink of bankruptcy, he, disregarding his own heart disease, breathed new life into the nation. Pamulaparthi Venkata Narasimha Rao, he emerged as an Economic Reformer, becoming a crown of glory for the Telugu people.

He brought honour and respect to the Indian nation and spread the fame of the Telugu people across the world. It is the former Prime Minister, Sri P. V. Narasimha Rao. If you want to know how modest this modern economic reformer was, ask the people who knew him well.

Giving up all his riches (Dorathanam - Despotism):

By virtue, he got a lot of his father's property. The property inherited by adoption was hundreds of acres. His elders wished to have a luxurious life.

But PV couldn't digest the status of an aristocrat (Dora) that came to him along with this inherited property. He liked to continue his life as a middle-class man. He observed the same trend throughout his life. Though he was a landlord of 1200 acres land, after becoming the Chief Minister, he brought land reforms and gave up his excess land. He proved that some people grow contrary to their family background. If you observe his life keenly, though he had a lot of wealth, he never displayed inordinate affection for it.



PV had a strong passion to go to London to pursue Astronomy. But after completion of his degree, there was a lot of pressure from his family to come back to his own village and look after their property. After a lot of mental conflict, PV decided to pursue a law course in Nagpur. Though he had a lot of wealth, he used to survive only on his earnings from a temporary job.

Dear kids! Is it not what we have to learn? Let's learn not to live flamboyantly, but to live happily.

33. Peer Pressure



Issue:

The way people around me behave, influences me a lot. I want to read. But my friends want to roam outside. This is creating a negative impact on me. I don't study because I'm scared that my friends will make fun of me. Now, I have started indulging in some activities with them that are not beneficial to me.

All my friends have boyfriends or girlfriends. But I don't have any. I think that my friends are treating me like I'm old-fashioned.

My friends are habituated to drinking, smoking and few friends watch pornography. Occasionally, they want me to join them. If I refuse, they make fun of me. What should I do?

Elucidation:

The way people of the same social group can influence one another is called peer pressure. In fact, it is a long-standing problem. This problem appears not only in the young students but even in people of different age groups in some or other

form. However, let's discuss the root cause and find answer to the issues raised by you.

I want to answer a few questions.

1. Can't you find anyone in your vicinity who reads well?
2. Can't the students who study well



influence you in any way?

3. Don't you know what expectations do your parents have on you?

An ideal student can only be a partner in building a noble society. They are also an inspiration for other students.

Lord Krishna says in the Gita:

**yad yad acarati sresthas
tat tad evetaro janah
sa yat pramanam kurute
lokas tad anuvartate**

Whatever a good man practices that is followed by many others.

Today's students are influenced by peer pressure, as those around them indulge in activities like watching movies or consuming questionable things.

The four things that you have to observe regarding your dressing and adornments are: time, occasion, place, and etiquette. Select the clothes and dress that suit you. You can add a touch to your look.

I'd like to share an incident which happened when I was studying +2 at Tadpatri. During my holidays, I visited Kalluru (RS), a small village where my father worked in a factory. I attended the divine wedding of Sita Rama at a Hanuman temple in the village.

The youngsters of my age group stood chatting and invited me. However, I couldn't mingle with them as my focus was on the waste being thrown near the gate. Additionally, devotees leaving their footwear disorderly bothered me, while everyone else seemed to consider it normal.

Despite being in the midst of my friends, I couldn't connect with them. I grabbed a broom and began cleaning the untidy area of the temple. My actions left my friends and adults speechless, with some even laughing at me.

At that moment, the temple trustees and owners of the company where my father worked, had entered the temple.

Unaware of them, a woman from the group asked, "Boy, who are you? Who's son are you? Why are you doing this kind of work?"

I explained, and she felt pleased. Inspired by my words and actions, she started taking care of me, and continued to fill my heart with inspiration and motivation for the past three decades. Her name is Sujatha Saradhi.

Children, the peers who initially pressured me and later tried to influence me, became inspired by my actions and started following me. In that village, everyone used to refer to me as Bala Swamy, meaning Young Monk.

Even if a thousand people pressurize, refrain from it when you know it is wrong. Yielding such pressure would turn us into mere sheep in the flock.

I recall a specific incident from my time in Inter. Even though my peers were passing comments on the girls, I chose not to be influenced. On Raksha Bandhan, I brought Rakhis and had all the girls tie it to my hand. This action earned me respect in the class.



During my degree, I resided in the Vysya hostel where seniors commonly used to rag juniors. Witnessing their drinking and playing, we were apprehensive about facing their ragging. Despite some good students among the seniors, they succumbed to pressure and participated in the practice.

When my turn arrived, the seniors, already aware of my positive reputation, set aside their ragging. They engaged in discussions with me, highlighting many positive aspects, and sent me back unharmed.

Unfortunately, the fate of other students was dismal. The next year, our peers, yielded to pressure and behaved harshly towards junior students during ragging. I managed to convince my peers, and with the support of like-minded friends and the management, we successfully eliminated ragging from the campus. I'm unsure of the current situation. It's crucial to leverage peer pressure for positive

outcomes and avoid being influenced negatively.

Diversity:

Every leader in our country has their unique style ranging from Sanyasis and Swamijis to national leaders.

Why?

Our Honourable Prime Minister's dressing style is different and very attractive. The coat he wore influenced the youth a lot. Modi's coat has brand value across the world. His personality and leadership ability is greater than that.

Speeches and Conversations:

Suppose your peers speak filthy language. They influence you to use the same language. But, we must always speak sweetly and politely, irrespective of our place, language, and dialect. Our language shows our culture. No matter how good-



looking you are, if you speak vulgar language, you won't be respected. Don't have such negative people around you. When people look at your friends, they can tell about you. Tell me your company and I shall tell what you are! Says... elders.

Boyfriend / Girlfriend:

The trend among today's children is to have a boyfriend or a girlfriend; not having one might lead to others labeling us as worthless. Those unable to withstand the mockery may end up in unhealthy friendships and relationships, marking the beginning of their downfall.

It's crucial to remember that parents, friends, and others may not be with us throughout our lives; we are the only constant in our own lives. Loving oneself is paramount, as it forms the foundation for love towards family and peers. At this stage, where understanding what's good and bad is still under process, seeking validation through relationships may not be necessary. If peers mock you for not having a boyfriend or girlfriend, don't let it affect you. Communicate that the love of your family is sufficient. If they understand, great; if not, let them make their choices. It's unnecessary to concern yourself with friends who don't value your words. Stay away from such influences.

Movies and Outings:

It's quite natural to go to movies and outings with friends for fun. There is no problem with doing it unless it disturbs

your studies. Don't spare the time allotted for your studies for such things. If you take the pressure of doing the same things as your friends, you will have to face the consequences.

Bad Habits:

Suppose four friends meet at one place. If three of them have bad habits and the fourth one has no bad habit, they will say, "We are drinking and smoking. You move with us".

But stay away from such doings.

You might fall weak at their words and think that they have a lot of love for you. You will start doing all of it. Thus, you start it for the sake of fun, and finally, your will end up with cancer.

I'm sharing an experience that I had at the age of 15 in Tadipatri. Every day, I used to attend the daily shakha of the RSS (Rashtriya Swayam Sevak Sangh). I too was a leader for an area. A few leaders like me were put together to form a team. We were instructed to go to the nearby village, Chukkaluru, to conduct Saakha every Sunday. We all belong to the same age group. We used to go on our bicycles. After crossing the outskirts of the town, three people among us went behind a tree and started smoking. They started pressurizing us to smoke. I was very disgusted by their behaviour. Hence, stayed away from them.

Dear Children! If you study well and shape your personality, you will be an inspiration for others.

I hope that you be an ideal in the society.

34. Bad Literature



Issue:

I've observed that children are neglecting their textbooks in favor of other literature, which could potentially lead to antisocial behavior in their thoughts, words, and deeds. This concern weighs heavily on my mind.

With the prevalence of pornographic material readily accessible on the internet, it's challenging to monitor what content they're exposed to on their mobile devices. It's imperative to discuss strategies for avoiding such harmful influences.

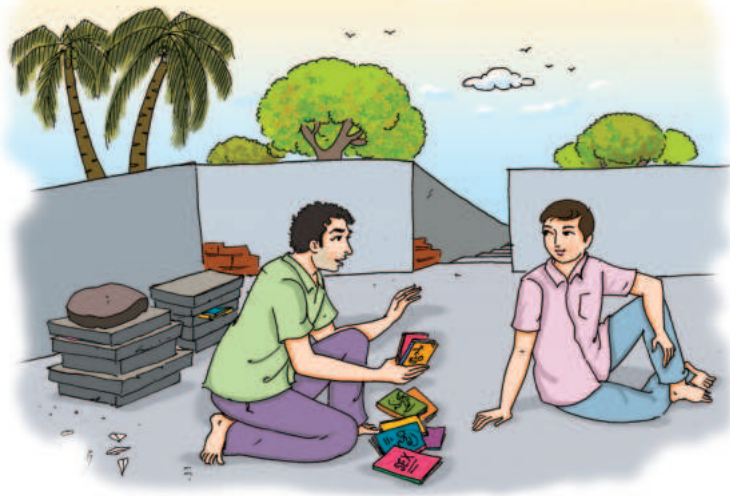
Elucidation:

As we grow, our curiosity naturally expands, leading us to seek knowledge about various subjects. However, this innate curiosity can sometimes lead children astray, exposing them to inappropriate literature. Avoiding such content is challenging, but it's crucial to guide ourselves towards wholesome reading material. The market is flooded

with both good and bad books, including those containing explicit content, violence, and extreme ideologies, which can easily influence impressionable minds. This issue affects not only children but also adults, emphasizing the need for awareness and proactive measures to address it. Let's prioritize addressing the problem at hand before delving into age-specific concerns. The natural curiosity to explore everything,



peer influence, and the prevalence of indecent content in various forms - be it advertisements, posters, newspapers, television programs, family dynamics, or the overwhelming presence of social media - collectively contribute to a negative influence on children.



I remember it very well. After writing my eighth-grade examinations, I was enjoying holidays in my house. One day my relative's son, who was one year younger than me, took me onto the terrace of their house. He took out some books behind the stones kept in a corner. They were short novels, detective books, and folk stories. Almost 20–30 books were there. I never saw such pocket-sized books before. Due to a change in his habits (stealing money from the house and buying these books), he started reading them. He gave it to me as if he were giving me some hidden treasure. Moreover, he told me not to tell anyone. Without knowing what they were, I started reading them as I got them free of charge. After a few days, it became a habit. I read them for years together and almost reached the state of neglecting my studies.

I knew that I was doing something wrong, but I didn't want to stop reading them. I used to keep these books inside the text

books, go onto the terrace, and read. I even read them sitting in toilets. This journey took me to bad friendships. I would often sneak off to the movies without informing anyone at home, sometimes resorting to sneaking into theaters by jumping walls if I couldn't afford a ticket. Consequently, a series of events unfolded one after another.

When I started going to the Balavikas Classes run by Sri Sathya Sai Organisation, I realised how I wasted my time reading these useless literature. I learnt a good lesson that ignited my mind. I came to learn how important morality was. I came out of that bloody habit slowly. But, the very same habit made me read hundreds of valuable books on the other hand. My saga of reading continued, from reading useless literature to thousands of worth-reading books. I have collected nearly 3000 books in my personal library.

Of course, I may not have read equally

well with the friends around me, but I could study to the best of my ability and complete my B. Sc. , L. L. B. , and FCS. When I looked back, I noticed that I was the only one out of 30 cousins in my family who did 3 degrees.

But my cousin, who introduced me these bad things, didn't finish college and has been having a hard time with life even after getting married.

Children! Realize one thing. If you habitually read that bad literature, your life will automatically become bad. So, here I want to share what Bhagavan Baba shared with us.

All boys and girls should stay away from three things. If you don't allow them to come to you, your life will certainly be a special one. Baba said that children should be away from bad literature, TV, Movie & Internet and politics. He talked about it almost thirty years ago. When Baba was preaching, I was also present in that assembly. I listened to him, and thereafter, I tried my best to keep myself away from them.

Suggestions:

1. *Make good literature available to kids.*
2. *Keep good books in houses, schools, and libraries.*
3. *Take time and read a few good things in the books for kids. Discuss with them and cultivate interest in kids.*
4. *Make kids learn about good people.*
5. *Explain both good and bad with relevant examples.*

6. *Tell them how technology is to be used for their progress.*
7. *Not to read bad literature before kids.*
8. *Teach the kids as to how to gain knowledge and new things in literature.*
9. *If you find the kids, reading bad literature, don't be angry with them. Explain to them about the loss of reading such books with a lot of love and patience.*
10. *Tell the kids about the adverse impact of reading such literature.*

Pieces of Advice:

We can find people who are influenced by bad books or bad literature who transformed into maniacs and terrorists, harming their own families, society, nation, and the world.

In the same way, we can find people who were inspired by the good books and achieved great things in their lives. Decide for yourself which category you would like to belong.

Suppose you have a problem and can't find a solution anywhere. If you want to follow books, take good books and look for the solution. For example, Bhagavad-Gita is a wonderful book that gives solutions to any problem at any age or time. It's not my word, it is what many experts and wise men believe and say.

Suppose you are not interested in reading books like Bhagavad Gita, the Bible or Quran. Many good poets and writers wrote so many good books. You can find them



in any language and in any country. You can read the books and follow them, which can inspire and guide you on the right path.

Inspirational Quote:

A good book can make you while a bad one can break you.

Inspiration:

Arunima Sinha is the first female disabled person to climb the world's highest peak, Mount Everest. She is a former national volleyball player who lost her right leg to brutality of thugs. She climbed Mount Everest when she was 25. When the conditions were not favorable to her, she read the book of Swami Vivekananda, "Call to the Nation," and restarted her life. Later, she became an inspiration to the whole nation. The Indian government honored her with the title Padma Shri.



Kids! Good books energize, inspiring movement even in the paralyzed. On the contrary, bad books can paralyze active individuals, leading to insanity and fostering antisocial behavior, ultimately damaging lives.



Doubts



35. No Goal



Issue:

When someone meets me, they ask, “What do you want to become?”. To such questions, some parents respond like, “If its a girl we will make her do this, but if its a son, we will make him do that.” But I don’t have any goals, I’m just studying. I don’t know what I want to become. I don’t understand how to respond to this question. People say that we should have a goal when we are studying. I say that I have no goal at all. What do you say about this?

Elucidation:

If anyone asks you, “What do you want to become?” Tell them, “I want to be a good citizen.” No doubt, their mouths will go wide open, or they will shut their mouths without saying any thing, either one is bound to happen.

Tell me one thing- “Children, when do you get up in the morning?”

What do you do after waking up? Do you think what sort of questions are these?”.

“Sir, I get up at 6 or 7 a. m. After getting up, I attend my nature calls. I go for brushing my teeth. Later, I take my bath”.

“Alright, but why do we need to wake up in the morning? Usually, we have various tasks to do. Why are you asking such peculiar questions?” children say.

“Why lament about not having a goal? Then why should you get up in the morning? What’s the consequence of skipping your morning routine? Do you see animals brushing their teeth and attending to their needs before they go about their day? Think about it.”

After listening to my question, you may doubt that I am crazy right!. OK, it’s all right. You can not answer my questions, I will only give you the answers.

Why should we get up in the morning?

If a man sleeps for 24 hours, he will die. So, we must get up and do some physical exercise. Give the required movement to the body. Is it not a goal?

Why should we attend nature calls?

Though you don’t work from morning to evening, due to weather and sweat, a kind of smell comes from your body. After eating and drinking, most of the food is digested. The rest will be stocked in the form of urine and stools. If it’s not sent out, illness starts. Bathing removes smell, and the body becomes bright and clean.

Why should we brush our teeth?

When we go to sleep, there will be no work for the mouth. So, germs gather to feast in the mouth and produce a foul smell. Food residues can get stuck between the teeth and damage them. Thus, whatever you do in your daily life, there is a goal. Why shouldn’t a man who is supposed to live for a hundred years have a goal? If you don’t know, it doesn’t mean that there is

no goal. God sends every human being with a particular goal to achieve before their death. It gets unveiled for everyone at a certain time. You will realize that goal by the time you are 25. Don’t worry about it. In case you can’t fix your own goal, nature and your surroundings will let you know about it.

Dear children, remember one thing. If you don’t have your own goal, you will have to work for somebody else’s goal. If you have goal then life is glorious.

There won’t be a life without a goal. Try to realize your goal. Until you realize your goal, observe every aspect in which you are being influenced. When you observe nature, surroundings, people, and incidents, do you find any message in them? Or might be useful to you in finding your goal?

Suggestions:

1. *No one is born without a purpose.*
2. *No one knows their goal by birth.*
3. *When you are studying, take all your likes and dislikes into consideration and try to realize your goal.*
4. *If possible, consult your parents, teachers, and elders of house.*
5. *Read inspiring stories. Learn how their lives have become messages to others.*
6. *Whatever the goal is, don’t worry about it unless it is a crime.*
7. *Choose your goal and make it your life’s mission.*



Inspirational Quote:

Take up one idea. Make that idea your life, dream of it, think of it, live on that idea. Let the brain, body, muscles, nerves, every part of your body be full of that idea, and just leave every other idea alone. This is the way to success, and this is the way great spiritual giants are produced.

Inspiration:

Many years ago, Sri Sathya Sai Organization conducted an awareness programme for the 10th grade students in Adilabad. Some volunteers and I went from Hyderabad to attend it. Nearly 2000 students from 20 government and private schools attended. The Joint Collector of the District also graced the event. All the guests shared a few words with the students as a formality. The Joint Collector also addressed the students and spoke a few good words to them. He was about to

leave the Hall, saying that he had some other engagements to attend.

At that time, I was standing in the midst of the gathering. I told him that his speech was not inspiring. I made a request to him to allow me to ask him a question on behalf of the students. He was astonished. Since I asked it among many people, he stopped and allowed me to ask.

“Sir, you are the first citizen of the district. When did you decide to be a collector? How could you reach your goal?”

He felt happy and talked to us while standing in the midst of the children.

“I suppose I was studying at a government high school in our village and I was in 7th grade. I was attracted by the sentence that was written on the board, which was in front of our Headmaster’s room. The board reads,” The District Collector is the

highest authority of this school.”

I asked my teacher, “Sir, is the District Collector really the highest authority of this school?” Then he explained, “Dear, not only this school; he is the highest authority for all schools in the district; moreover, he is the first citizen of this district.” I asked him innocently, “What should I do if I want to be like him?” “You should do IAS,” he said.

“I took this as a mantra. Thereafter, I worked hard every day. I focused only on studies and my only goal was to become an IAS. I didn’t rest until I achieved, Now I am the Joint Collector for this district.”

The children, who were listening to him, showered him with claps. They were thrilled and inspired by his words. They profusely thanked him. Dear children, no one is born with a goal. As we grow, we have to hunt for our goal.

36. My Interest is Different



Issue:

I have had an interest since my childhood. I am living with a goal. But my family members can't understand me and start showing that fellow and this fellow around, irritate me by saying how they are doing. What should I do? How can I pursue my interest?

Elucidation:

Here, you are not saying that you are against studying. What you are saying is that you love something else more than studying! Am I right, children? Children are saying that your interest is not noticed by anyone.

Children may have so many passions & interests in life. By showing their studies as a cause, we shouldn't take them away from their hobbies or interests. Studying

is important, but it is not the only thing we need. This is to be realized by both parents and children.

For example, children may like many matters such as music, literature, drawing, sports, dance, karate, physical exercise, yoga, current affairs, politics, cycling, trips and tours, meditation, writing, speaking, service, NCC, NSS, Scouts and Guides, spirituality, jokes, writing blogs, cricket,

radio, watching TV and making short films. Children may normally like one or two of these hobbies or interests. In fact, they build the personalities more impressively. They bring out wonderful creativity and inherent talents from children.

If parents believe that only studying is important and control them, children may excel in their studies, but they can't develop an all-round personality. By engaging in the activities of their interests they learn life skills, concentration, morality, keen understanding, observation, selfless attitude, and so many other good qualities besides their studies. This is why parents should understand their interests and encourage them to do good.

Adults know this very well. What do we do when we get bored? We go to a cinema or on a trip. It doesn't mean that we are not doing our job perfectly. They are recreations to break the monotony of life. They remove our slackness and laziness and fill us with new spirits. Then only mind will get composed. After recreation, we can engage in our routine activities more actively. Is it not our experience?

Thus, children do the same and gain new spirits by pursuing their hobbies and interests. If children participate in them for an hour or two a day, they can keep their focus on daily activities with double the interest. They can complete their one-hour homework in half an hour. Don't discourage them and create barriers for the skills and energies that are overwhelming in them. Join them in those activities if it

is feasible for you. Their love and respect for you will be doubled, and they will receive your words like a Veda mantra.

Suggestions:

1. *Understand studies and interests are different.*
2. *Interest shouldn't be a hindrance to studies.*
3. *Allocate more time to interests if it is necessary.*
4. *No one accepts, falling behind in studies in the guise of pursuing interests. In fact if you are pursuing your interests, it will certainly have a greater impact on studies. Through that, better results are possible.*
5. *After the completion of degree, if you believe that you can do wonders with your interest, you can go forward happily.*

Inspirational Quote:

You don't find difficulty in anything that you do with love. You can create wonders in it.

Inspiration:

He is 16 years old (2022), and he is studying 12th class. When he was at the age of 5, he thought that his father was doing some magic with letters and numbers sitting before a computer. He innocently used to pester his father to make him learn the computer and he too wanted to play with that.

His father, looking at the interest of the



child started teaching simple logics and coding which were related to additions and multiplications. Thus he started Coding from his childhood and prepared some applications for Apple Company. At present he is working as a freelancer for IBM. He is earning a lot and also learning a lot while pursuing his higher studies.

Getting a work at IBM is not an easy task. It is the goal of so many IIT students. Encourage children if they have good

interests and thoughts. Do you know who the boy is in the above story? He is Tanmai Bakshi, Son of Punith Bakshi. They are Indian settlers in Canada.

Dear children, did you understand the point! Our good habits and interests have the power to change our lives. You can do anything as per your choice. But it's your duty to check that your choice shouldn't be the wrong one.

37. No Inspiration



Issue:

Sir, No one takes care of me in my house. If I do something good, no one appreciates me. If I do something wrong, no one punishes me. I don't know for whom I should live. There is no one who can teach me good things and encourage me. My parents don't know anything. There is no one who can inspire me. I don't know what to do. Tell me, how can I study actively on my own?

Elucidation:

Children! I will ask you one thing. Tell me.

Has anyone motivated the spider to build its web?

Has anyone given inspiration to a bird to build its nest?

Has anyone taught the fish to swim in water?

Does anyone inspire you daily to eat your food?

To accomplish something, more than the energy from outside, the motivation from within is important. It's needed by all, from a small creature to a human being. Suppose if someone does keep interest in you, you may or may not like it. If you speak to yourself, an infinite amount of energy comes from within. A spider's webbing, a bird's nesting, the swimming of fish, even taking food... what are all these for? The only reason is to live and



get better, is it not?

What's the use of serving delicious food when you are not hungry? If at all you eat without being hungry, you don't like it, no matter how relishing it may be. It's the same when you don't have the desire, goal, and determination; nothing works out, though people try to explain it to you. It's all like blowing a conch shell before a deaf man.

Those who say that we don't have people to give us inspiration should understand one thing, no one will keep a board and sell "you can get inspiration here". Is it a product to buy from the market? It's not something that can be given. It's what we have to develop from within. Human life is the noblest of all creations. Have you ever thought of it? If it has been realised, you will come to know that the birth of a human itself is an inspiration to you. With the grace of God, we and our lives have to become an inspiration to the crores of people around in life. If you think so, you will take every action with a lot of honesty and discipline.

For better livelihood, Prema's parents migrated from Tamil Nadu to Mumbai in Maharashtra during her childhood. Her mother used to do petty household works, and her father used to run an auto. They used to live in the corner of the city in a single room. Her parents worked hard to provide education to Prema and her brother. With a lot of interest and dedication, the two children moved forward by achieving good grades in their

studies. Prema pursued her degree in commerce. She wanted to study well and support her parents. There was no one in the house to give her inspiration. No one was there to teach the life skills. At certain times, they were in difficult situations where, they could not even buy basic grocery. Even then, she didn't give up her efforts. She got first rank in her degree at the university. She wanted to pursue CA, one of the toughest professional courses in India. Later, I think it was in 2012... A column appeared in the newspaper: "An auto driver's daughter got 1st rank in CA." Then I came to know about her. She might be in a good position now, no doubt at all.



Dear Kids! Now tell me. Who gave inspiration to Prema in her house? In fact, she may have taken inspiration from so many around. Such attitude led her to success. Nowadays, I see parents who spend lakhs of rupees to make their children achieve CA. Why don't they have such success? Everyone thinks that they need people who can give them inspiration. But they are not noticing the hopes and sufferings of their parents, who are the visible gods on earth. If noticed,

their parents would have become their torch-bearers for life.

In fact, instead of looking for inspiration from someone around, try to get inspiration from the articles and things you see around. For example look at the spider which fails a hundred times but still succeeds in making its web. Can't it be our inspiration? Though the bird has no education, it still builds its nest so skilfully and artistically. Can't it be our inspiration? The fish swims in water until its last breath. Can't it fill our hearts with inspiration?

Do you know who gave inspiration and initiation to Lord Dattatreya? He got it from 24 things that appear in nature. Ant, tree, earth, sun, river, sea... everything taught him wonderful values and granted inspiration. Observe them once, and you will also understand the said fact.

If you look around with proper insight, you will get a lot of inspiration from them.

The fan, which hangs from the roof, spins around itself, giving cool breeze to the people in the room.

When the people go out, the lock remains on the doors for the safety of the house.

The milkman who comes early in the morning and

the servant maid who works for us, leaving her children in the house...

if you observe all these keenly, every aspect will give you inspiration.

Suggestions:

1. *Observe keenly the things that take place in your surroundings.*
2. *We can get inspiration in every aspect of life.*
3. *How you get inspiration from great personalities is not important; how much you get inspired by a small thing is more important.*
4. *Once you are inspired, then not to rest until you give inspiration to the nation.*
5. *Keep your inspiration before your eyes in the form of visuals, words, or music.*
6. *Always display your inspiration in your personality.*

Inspirational Quote:

*Let's have at least one mentor...
We will become No. 1 in life.*

Inspiration:

Mrudula is from a middle-class family. She is an ordinary student. When she was in her second year of engineering, for various reasons, she had to marry Parthu. He is also a well-educated boy. He gave up his higher studies because of family burdens. He wanted to look after the girl whom he married and asked her to continue her studies. That's all. This incident awoke her. She took her husband as her inspiration and completed the remaining course of two years. Later, she worked at Sri Indu College. She added her income to her husband's earnings. Her husband didn't stop there. He encouraged her to pursue an M. Tech course. She completed her



post-graduation successfully, besides doing her part-time job. They were blessed with a child. They bought a new house, too. They were living happily.

Meanwhile, Pardu faced a rare disease, and he started struggling for his life. They were still very young and did not see the full life! They had a child, too. They spent lakhs of rupees for the treatment. But it was not cured and he became paralysed for years. She stood by her husband. With the support of the inspiration she received from her husband, she took up all challenges. She was doing her job too. Thus, she continued for 6 years, and finally she could bring her husband back to normal condition. She fought like Savithri (in Hindu mythology, it is told that a woman named Savithri tries her best to pursue god Yama to save her husband).

The story didn't end. With her support and encouragement, Pardu became an optician. He opened an optical shop. He wanted his wife to pursue her studies further and encouraged her. This story happened nearly 12 years ago. Now Mrudula is doing her PhD. She is now awarded a doctorate degree.

If you ask Mrudula who her inspiration is?, the answer is Pardu. If Pardu is asked about his inspiration, the answer is Mrudula. When their son is asked about who is his inspiration, he says happily, my parents. He is the first ranker in his class.

Children, you don't require the blessings of millions of gods or billions of people to find inspiration. Sometimes, all it takes is just one person among those around us to achieve the seemingly impossible.



38. Can we Succeed without Education?



Issue:

Can't we become successful without education? Are jobs being offered to only educated people? Aren't there many unemployed who are educated? What is that we achieve by studying, Didn't Dheerubai Ambani become one of the richest people in the world without any education? In my opinion, nothing can only be achieved by studying. What do you say?

Elucidation:

Wow! that's surprisingly correct dear children!, That is why it is said, "A laundry-man is better than an educated man."

I will tell you one interesting thing that happened in my childhood, Listen to me. The educated people used to count their clothes before giving them to a laundry-man. He used to pile all the clothes and take them. Likewise, he used to collect

clothes from all other houses as well. The next morning, he would wash them all and hand them over in their respective houses certainly without any mistake. So studying is a mere waste. An illiterate laundry-man is also better than us.

"Though we study well, no one offers jobs." Children, you said it correctly. The rate of unemployment is very high in the



country. It is very difficult to get jobs, even for those who pursued higher studies. So, studying is a mere waste.

Do you know this? If we don't study, we can happily do other works. Instead of being an unemployed educated person you can become a lorry cleaner, or an auto driver, or a zomato delivery boy, or Ola taxi driver, or running small businesses on footpaths, somehow, without shame and insult, we can live and lead our life! If we are educated, unnecessarily we feel shy and hesitate to do petty and odd jobs, is it not?.

I have noticed another point. What you said is absolutely correct, even without a formal education, Dheerubhai Ambani become rich, you have noticed it very well. You know what? He was the only one who could reach that level without education among the crores of uneducated people. So, we too can do many wonders without studying. Isn't this what you wanted to say?

Do these thoughts resonate with you too? If they do, then we might be heading towards becoming ineffectual individuals. Are you taken aback by my statement? Now, let's scrutinize our thoughts more closely and pinpoint where we went wrong-

1. As the laundry-man is uneducated, he will only collect clothes from houses of educated people. If he had studied, he could have opened a shop and could have given employment to some other people as well. Am I right?
2. Even if one is not studying books, they are learning their livelihood skills

of their family. Whatever that may be, laundry, potters, blacksmiths, carpenters, goldsmiths and other. If they have studied in addition to this skill, they would have flourished more.

3. We are not getting jobs even after studying in this country. Then, without education, what can we do?
4. How will we lead our lives with these small earnings by doing petty jobs?
5. Lets say you get married in the future. If you earn 10 thousand rupees a month, will it be enough to feed your family?
6. If there are people who have become better even though they are not studying, it means they didn't study because they had no financial support. But they were not against studying.
7. Now about Dhirubhai Fans... Still, there are 30 crores of uneducated people out of 140 crores of our population. But there is only one Dhirubhai. What about the remaining?

Kids! Education is not for earning only. Education is to gain knowledge. Education bestows humility and wisdom. Look at this verse-

*Vidyayosangunnu vinayambu,
Vinayambunanu Badayu patrata,
patrata valana dhanamu,
Dhanamu valana dharmambu,
daanivalana Nibikamushkika
sukhamulandu narudu*

Education gives humility, humility gives worthiness, from that comes wealth, and from wealth comes righteousness, from that comes bliss.

We should understand that education is for life. If we study at least a little, we can understand what is happening around us. Education certainly bestows us with good manners. If you really want to know how the uneducated people live, then take a day off from all others works and observe every person in your neighbourhood. Conduct a survey and note down what these uneducated do for a living and how much they earn. If you take a sample of 100 people, only 5% of uneducated people live better. This is a fact.

Dear Kids! Seeing such rare people like Dhirubhai Ambani... not studying shouldn't be a goal in life because such people are not one in a billion. We should at least study until degree or its equivalent. It is not for the sake of a job but for common sense, to know information, to write, to be smart, to bring up your children, to learn a minimum of three languages, and to make decisions. For many such reasons we must study. We should understand the truth that education is not meant for getting a job.

I went to hundreds of villages across the country. I talked to thousands of rural young men and women. The situation in villages is awful. Let me explain to you what I have seen in the village.

1. 80% are uneducated.

2. They stay at home.
3. They may have one or two acres of agricultural land.
4. All the people in a family do not have enough work in the fields. Even if work is there, they don't get sufficient income.
5. They get married at an early age.
6. They are doing petty jobs and getting on with the life.
7. Their income is not sufficient.
8. Struggling to live with financial burdens.
9. If they become ill, the entire family will be disrupted.
10. Many of the parents are in the villages, while the children migrate to towns as laborers.
11. They become slaves to bad habits.
12. They take out loans and are unable to pay interest which is making their life distressed.
13. Taking their poverty as an advantage and luring them, political leaders are spoiling their remaining lives.
14. The government is also unable to create employment nor bring in a source of income to these illiterates. Hence it just started throwing petty handouts, and for ever these our young men are standing in queues like sheep. Such things also started very recently.
15. The expectations are in yards, earnings are in cubits. This is the situation.



Kids! More or less similar situations exist in city. Now tell me, can we live well without studying? Thinking that without studying, someone has become well, if people like you but in thousands and lakhs, decide that there is no need to study for a better life, the country will fall behind 5 decades.

We can excel at any field with minimum education. Of course, there may not be any link between your education and your job. But that education will alone make you excel in your chosen field.

Inspirational Quote:

Education is complementary for any field one chooses to live in life. But it is not mandatory for life!

Inspiration:

Pulla Reddy Sweets is a world-famous Telugu confectionary. Sri G. Pulla Reddy, who used to make them, once gave a speech at a college in Kukatpally, Hyderabad. He talked about the importance of education in his speech. “Those were the days I was making sweets in a small stall. On the suggestion of a

educated friend of mine, I started a confectionery shop in the city of Kurnool. In the same way, with the advice of a well-educated friend like you, I expanded my business to other states as well.”

Now he is not alive. But the fame that remained after him was taken beyond the boundaries of the country by his descendants. There are nearly 15 branches only in Hyderabad.

All these are business achievements. But our beloved uneducated Pulla Reddy, believed that education and educated alone brings prosperity to the country. He established various educational institutions. These institutions went on to be acclaimed as the finest in South-India. That was his vision. Education will make anyone noble from normal.



G PULLA REDDY

Estd. 1948

39. What's the Need of Education? When I Am Good



Issue:

Sir, isn't being good more important than studying? In today's world, there's a shortage of genuinely good people. Rather than focusing solely on academics and becoming skillful, I aspire to grow into a genuinely good person. I believe that I can take care of my family well and make a positive impact by helping at least ten more people. Wouldn't that be sufficient?

Elucidation:

In fact, no one has asked me such questions. But I have asked myself and am trying to answer them. You know, this is an important topic to be discussed. Dear kids, understand my words carefully, what I am going to tell you here.

I often openly question lakhs of students on what they want to become in numerous meetings. 100% students give

answers such as teacher, policeman, engineer, doctor, contractor, farmer, civil servant, businessman, singer, actor, director, etc. I can honestly tell you that we get the similar answers from parents as well. I feel very sad when I get such answers.

An individual faced a lot of conflict over what to become in his life. He wanted to choose a field that has a lot of demand in



society. He couldn't decide on his own and went to a wiseman. He greeted him and told him about his problem. He briefed his dilemma to the wise man and asked for his advice. The wise man looked into his face for a while and said, "Become a good man; that's enough."

He was shocked to listen to the wise man's advice. He hasn't ever seen people who have advised like that. He couldn't make out the meaning of his words. He requested the man to explain what he meant.

Then the wise man explained it with a lot of love. Today, the prices for all things are inflating. But the value of one thing is deflating day after day. Do you know what that is? It's the value of a human being. People who live with values are rare. It's a fact, not only in this country but across the world. Good people always have great honour and demand. That is why I told you to become a good man first and then you may choose to study or not, but goodness bestows the power and intelligence to create wonders.

People who live with humanity are slowly disappearing, on the other hand well-educated people are behaving like brutes and rogues.

Dear Kids! Now tell me? Who is needed in this world? Good people or educated people? If you ask me, I would say we need good people rather than educated people. By studying, we may learn alphabets but not good character. The fact that the students are able to read and write

is not that big of a deal compared to the character one should have.

*Tarachi chaduvu chadava tarkavaadame gaani
Poorna gnanambevadu pondaledu
Chaduvu chadivi chadivi chaavanga nerchiri
Chavu leni chaduvu chadava valayu.*

-Sri Sathya Sai Baba

Sri Sathya Sai Baba often used to say -

No one gets complete knowledge. Going on reading till death is useless. But learn the education that has no death at all. Our elders generally use some collocations. (word pairs) I don't know whether you have heard it or not. But I have heard them.

Education– Virtues

Knowledge – Character

Body – struggle

Focus - devotion

Education – Empowerment

Education sculpts good Character

Once I asked a person, "Why do people use these word pairs?" He explained it to me like this: "Education alone doesn't help society; we should learn character as well." Besides education, one also needs intellect. Besides the body, we should strive hard. In addition to focus, one also needs devotion. Waging certificates is not true life, living with empowerment is true life. Finally, people with good character can save the country and look after people's welfare. There is no use with the so-called highly educated, who have read a number of books.

*Chaduvlenno chadivi chaala vivekiai
Madini tanneragadu manda matudu
Entha chaduvu chadivi ye reethigunnannu
Heenudavagunambu tanu maana ledu.*

Meaning: An individual who lacks wisdom cannot attain self-awareness, regardless of how much they study. Similarly, a person with malicious intentions cannot overcome their wicked nature, even with extensive education.

Dear Kids! Have you got the point? Being good is not enough, we need education also. Education can't flourish without character, and vice versa. When these two go together, wonders will take place.

Inspirational Quote:

The function of education is to teach one to think intensively and to think critically. Intelligence plus character – that is the goal of true education.

Inspiration:

Dear Kids! I once heard Sri Sathya Sai Baba narrating the following during his discourse-

Long ago, there lived a couple and their two sons in a village in Uttar Pradesh. They looked after their children well. The kids went to Lucknow to pursue their higher studies. They used to stay in a hostel.

Once, the parents were going to another village. They came to know that the train would stop at Lucknow for a while. They sent this information to their sons. They wanted to see the children. They wanted them to come and meet them at the station. Both the sons came to the station. Soon after seeing their parents, the younger child ran to them and prostrated to them. He asked them about their health and well being. The elder son waved his hand into the air and greeted them. At the time of leaving, the younger child embraced his parents and took their blessings. But the elder son gave them a send-off by waving his hand and saying "Tata! Bye, Bye".

The father expressed concern over the elder son's behavior to his wife, stating, "While I am pleased with the good conduct of our younger son, I am distressed by the behavior of the elder son. I am uncertain where his education without manners will lead him."





In response, the mother reassured him, suggesting, “Perhaps he felt shy in front of others at the station. It’s a small issue; he will learn. There’s no need to worry.” With these words, she attempted to console him.

As events unfolded, the father’s concern proved true. The younger son, educated and well-mannered, rose to become a respected judge, receiving accolades from

all. Meanwhile, the elder son, educated but lacking in manners, found employment as a peon in the same court, where he had to humbly greet and serve the visitors.

Dear Kids! Who you know who he is? He is none other than our famous Justice Sri Premachandra. He has been honored greatly. Education and manners together can alone flourish an ideal life.



40. Difference Between Education and Employment



Issue:

There is no correlation between what we read and what we do now a days. I can find it very clearly when I observe the employees around me. Whatever we study, it won't be useful for the jobs that we will have in the future. This is why I don't want to study.

Elucidation:

In fact, education is to be connected with manners, but unfortunately, it is linked with the jobs we do. I am posed with such questions in numerous meetings, I can see the specific reason why our education fails often. Our elders often say, “Education is for life, but not for leaving.” But generations are changing, gaps are being erased, but there is no change in our destiny. This is because the children of today are associating their education to their jobs. But education is really for

gaining knowledge and leading a better life.

Dear Kids! Why do you think that you are studying to do a particular job? It's not correct. In India, there are no specific courses for jobs except for certain occupations. A degree or its equivalent will be a support for the specified work, jobs, occupations, businesses, and other matters that we will do. But it is not the required parameter for doing them.

For example we didn't start running on the



first day we were born. It takes at least 3 years to run. We have to shake our legs, we have to fall down, we have to crawl, we have to stand up with help, we have to take steps on our own, and only then can we run. Can we say that all these actions, from the day of birth to reaching the first three years, are useless? We have to realize that all these are important. In the same way, to achieve anything in life, education is mandatory. Don't think that the job you will do in the future is not at all connected to your education.

Can we teach English lessons to a student who doesn't know ABCDs? Tell me?.

There are certain pitfalls in our education system. So, we can't straight away deny the answers of the children. In ancient times, in Gurukulas, children were shaped as perfect human beings. But now, schools are continuing to train children to learn writing and reading. There are no mentors who can touch on aspects such as life skills, competencies, morality, patriotism, devotion to God, and life goals. Eventually, children reach the state of questioning the education system.

Their questions also seem reasonable. I often see the youth who are working in different organizations. There is no connection between what they are doing and what they have studied. Why are they doing so? We get the following answers when we ask them why they can't settle in the field they have chosen:

1. I couldn't get a seat so I completed my degree in another stream. Now, I

have settled down in the field that I am interested in.

2. There are no job opportunities in my chosen field. So, I am doing the job that is available.
3. I can't go outside my city. So I am doing the job which is irrelevant.
4. Since my childhood, I have had an interest in business. I pursued my education due to the force of my family members. Now I am doing the business that I like most.
5. After marriage, I settled as per the interests of my husband and doing some job.
6. Though I have completed my degree, it's my goal to pursue higher studies. So I am trying.
7. The selected field doesn't suit my body. So, I am getting on with another job. Which suits me!
8. When I am working in my field of interest, people look down on me. I'm not even getting any marriage proposals.

We are surprised to see the people who are giving so many reasons. When you look at their questions, you will know the adverse impact they have on children.

Even then, children should realize the following: education is not only for doing a job in the future. It is to make us learn a language, write, read, communicate with others, get information, cope up when we go to other states and support us in our foreign lands, and so on. Jobs, work, and business are only some of the benefits of education.

Children should learn all subjects up to tenth class. Then decide what you want to do. You can focus your attention on that particular aspect after tenth class. If you keep your focus on a particular stream from the age of 16 to 21 i. e. for a period of six years, no one can beat you. I often tell children, that “when you are doing any work don’t consider whether it is a big or small. Think whether it is a good or bad”. But unfortunately this is not how we see.

Who is responsible for this situation? Not one or two; all are responsible for this. The pitfalls in our education system, the

priority of the government, political will, parents perspective, and the lapses in the teachers’ vision, all these are responsible. The schools that are treated as temples of Goddess Saraswathi are converted into money making institutions. This has become an industry making students powerless.

Children, you have posed all these questions only after observing the whole situation. So, think carefully about how you can synchronize your studies and the jobs you do.

41. Falling Behind in a Subject



Issue:

Sir! I have the ability to show talent in every subject of my academics. But I struggle a lot with one particular subject. It influences my total score in examinations. The pressure I feel as I fail to perform well in one subject affects all other matters. I can study well in all subjects, but if I raise doubts in that one subject, I am afraid that everyone will laugh at me. What should I do?

Elucidation:

There is no rule that one should be an expert in all matters. It is ideal to be talented in every subject, but this is only possible for a select few. So there is no need to feel sorry. Every problem in the world has a solution, and the same applies to this situation as well.

There are two reasons for falling behind in one subject. One is that you don't like

it, and the other is that the teaching is not proper. Isn't it? Don't worry if the reason is not having a liking for it. Though you don't get 100 marks, there is no urgency. When you go to higher education, you will choose the subject that you are interested in. You don't need to fret over it.

Suppose the teaching is not good. Tell the same to your teacher or to the management. If both don't work out, take

tuition for that particular subject.

Dear Kids! understand that you don't have to worry, not only in this matter but in any matter. The system have introduced six subjects with an idea that you should be familiar with all of them. It's with afore thought that these subjects will enable you to display extraordinary skills in your chosen field later on in your higher education. Hence there is no need to digest every lesson.

If you are a little weak in one subject, note that there is no harm to your lives. Try to develop the ability to face all problems boldly instead of feeling fear and anxiety.

Long ago, a man was travelling in a boat to cross the Ganges. The boatman realized him as the disciple of Rama Krishna Paramahansa and started to abuse his Guru. The man felt very sad with those

words. He thought, because he is a monk, he shouldn't exhibit his anger and silently in the boat. The boatman looked sit down and laughed triumphantly.

When he came to the ashram, the guru came to know what had happened. He called his student and rebuked him for sitting silently. The Guru said," You sat there like a useless man. Don't you feel shy? Is this the respect you give to your guru? Coming back without giving a strong response, this shows your foolishness."

Swami Vivekananda silently observed all this. He travelled in the same boat the next day. The boatman started to abuse Ramakrishna Paramahansa again. Swamy Vivekanada gave him a strong beating and made him shut his mouth. When he came back to the ashram, the guru called him





and rebuked him the same way as before. The guru said, “When you have renounced everything to take Sanyasam, is it the way to behave? Shame on you, If someone babbles, will you behave like this? Whats the use of such behaviour?”

Then Swami Vivekananda said, “Oh Master! Yesterday, you scolded him for not talking back to the boatman. Today, you are scolding me for teaching him a lesson. I am not able to understand this.”

Then Ramakrishna Paramahansa said, “My dear, your colleague falls behind in the subject of courage. That’s why I have pumped some air into his tyre. But there is too much in your tyre, and it may burst. That’s why I tried to remove some.”

Dear kids! What should we take from this story? We have to put some excess efforts in the areas where we are ineffective. Let’s see some suggestions.

Suggestions:

1. *Sit in the front row of the class in the subject you have fallen behind.*
2. *Listen to the topics with more interest, make note of the points diligently and inculcate liking towards that subject.*
3. *Take special coaching, if possible.*
4. *If 1 hour is allotted for all topics, allot 2 hours for the subjects you have fallen behind.*
5. *Discuss with your friends the subject on which you are not strong.*
6. *Try to learn it practically. Then you won’t forget.*
7. *Focus more on that particular subject before examinations.*
8. *Ask your teacher without shyness or hesitation. They will appreciate you and clarify your doubts.*

Inspirational Quote:

Learning is not attained by chance; it must be sought for with ardour and diligence.

42. English Medium



Issue:

Sir! I have studied in Telugu medium. The subject, English, is very difficult for me. I can push on other subjects, but the English language is a big trouble for me. I studied until tenth grade in Telugu medium and later switched to English. I can't understand lessons in classroom. I don't know what to do. Reading, writing, speaking, and listening in English has become difficult for me. Please give some advice.

Elucidation:

This is a problem faced by many children who either come from small towns, government schools or rural areas. Further, the students who are studying in small convent schools in big cities have the same problem as well. But children you must know that this is not the end of the world. Let's think about how we learn our first words. We begin hearing sounds even before we're born. From when we're born

until we start talking, everyone around us talks in our own language. So, language kind of grows with us, and becomes a way for us to share our thoughts. Until we go to school, which is about 5 years old, we learn many words. But at school, we learn things in a more formal way. We start with letters and then move on to lessons. That's how we become really familiar with our own language. When we're taught in our



own language, everything just feels better and happier.

However, our challenge lies with English and studying in English. Yes, it's true. This is the difficulty we encounter. Dear children, I empathize with your struggle. Like many of you, I also studied in the Telugu medium from 1st grade to 10th grade. Furthermore, I attended a government school. Similar to you, I am very skilled in Telugu but inefficient in English.

But after thoughtful consideration, my parents enrolled me in an English-medium government college for intermediate studies. Adjusting became quite a challenge to me. While I managed to maintain average grades in other subjects, English posed a significant struggle. (In tenth grade, my English score was 52 out of 100.) Despite my indifference towards grades, transitioning to an English medium became a considerable hurdle during my intermediate years. Surprisingly, since young age I had never found studying burdensome nor did I worry too much about it. Time passed just like that, but the English-medium presented numerous challenges in my Intermediate.

1. My friends around me used to understand lessons very easily.
2. I used to get less marks in all subjects except Telugu.
3. My peers used to laugh at my English knowledge. (Will you believe it if I say that even today, my children whose education is supported by me

often correct my language.)

4. I left my small town, Tadipatri, and went to the district headquarters, Ananthapuram. Later, I went to Chennai, the capital city of Tamil Nadu, and Bangalore, the capital of Karnataka. I came to understand how difficult it is to live only with one language - Telugu.
5. When I was studying in reputed institutions, my friends used to laugh at my English. They often make jokes about my English language skills.
6. When I was pursuing Law and CS, teaching was completely in English. So I found myself in a lot of difficulty.
7. I used to freeze while I am talking to other, as if I were dumb and I couldn't speak.
8. I couldn't even read the name boards of buses.
9. Even when I moved to Hyderabad in 1996, my English was no good.

I never lost my spirit in such situations. (1986-1996). I tried so many ways to get command over the language. Even today, I learn it. It's a fact. Please remember one thing. Having strong communication skills in your native language equips you to converse in any other language effectively as well.

When I was pursuing my Law and CS course in Bangalore, the people of Sri Sathya Sai Seva Trust admired my communication skills in Telugu, and they helped me join a course in English and provided me with special leading in it. All

the elders realized that I was fluent in Telugu, and they believed that I could speak any language. They encouraged me to achieve command over English as well. I took a 3-month course in spoken English class to finally master it.

Now I am trying to achieve competencies in English, Kannada, Hindi, Sanskrit and Telugu as well. I have acquired the ability to write my thoughts, experiences, poems, newsletters, essays, stories, and books. Whatever the language, people are impressed with my expressive skills. They appreciate my language skills. I have received their compliments on so many occasions.

When I used to work for an organizations, for 3 decades whatever my performance was, I was given 100 out of 100 for my communication skills. I can say that it is not exaggeration when I say I have acquired good command over my English.

Dear Kids! Why am I saying all these? No one is an expert by birth. We have to learn everything. To be successful, we need patience and skill.

In the words of Yogi Vemana, the way to practice something, should be:

*Anaga nanaga raga mathisayilluchunundu
Thinaga thinaga vemu thiyyanundu
Sadbakamuna panulu samakuru dhara lona
Visvadabhirama Vinura Vema!*

Meaning:

As you practicing singing again and again, the melody (raga) excels; As you eat neem

again and again, it becomes sweeter. With practice, things become perfect.

I would like to mention the things that we have to remember in the process of practising. Remember that I have learnt all these on my own, practised and enjoyed the results. People like me benefited a lot from these, and I wonder how greatly the children of today will benefit.

Suggestions:

1. *Take a decision to acquire command over the English language.*
2. *Start paying attention to your lessons. If you come across new words, note them down and learn their meanings.*
3. *When you are listening to your teachers, make notes as much as possible in a rough note book.*
4. *Practise writing in English at least one page a day.*
5. *Speak English as much as possible, though the people around discourage you.*
6. *Keep a small book in pocket and note down the new words that you come across every day and learn their meanings.*
7. *Keep an English dictionary with you, and don't forget to use it whenever necessary.*
8. *Whatever it is, write in English only, though it is not related to your studies.*
9. *Read English news papers daily for some time.*
10. *Listen to the news in English if possible.*
11. *Write simple poems in English.*



12. *Write essays in English as well.*
13. *Express your experiences in English after coming back from a place.*
14. *Your lessons may come from any subject but familiarize them in english.*
15. *Note down your daily routine in a diary in English.*
16. *When you are going along the road, look for English words.*
17. *Speak English not only in your class but wherever you get an opportunity.*

It's better to learn at an early age instead of regretting your entire life that you don't know. There are 26 alphabets in English whereas Telugu has 56. So, is it that difficult to learn English?

Sri P. V. Narasimha Rao Garu acquired proficiency in 16 languages. He is also like us and our Telugu man. If he can learn, we too can learn.

Note: To improve your English skills, make an effort to think and respond in English when faced with questions. Often, individuals tend to think in their native language, translate to English, and then respond. This approach can lead to errors in grammar and pronunciation. It's

beneficial to grasp the skill of thinking directly in English. If you find it challenging, seek guidance from your English teacher. In case your teacher is

Inspirational Quote:

Practice makes a man perfect.

Inspiration:

Dear Kids, You are your own source of inspiration. I'm eager to hear about your journey to proficiency in English. Share your experiences, written in English, and send them to me via email. I look forward to reading them. (balachandra70@yahoo.com)



43. Comparison



Issue:

Sir, I study well for my part. Of course, I may not get top marks, but I get good marks. I try to give my best. I am happy when I get a good result. But when someone gets better result than me or excel at anything, I get jealous. It troubles me so much that I loose my focus.

Since my childhood my parents always weighed me with the children in our neighbourhood or the children of the people whom we know well. They used to say “he excels in his work, performs better academically than you, communicates more courteously, and looks better than you”. Being accustomed to such words, I find myself unintentionally comparing with my peers, though my parents have stopped. This affects my self-confidence, and I feel sad. Please tell me whether my attitude is right or not.

Elucidation:

Dear Kids! Though this problem looks small, it is a serious one. It doesn't confine itself to the student age, but it continues all through the life. Thus, 90% of people compare them with others and somehow

suffer a lot. The person next to him is more handsome than him, he has a better job than him, is earning more than him, he lives in a better house, or has a good spouse, thus they compare themselves with others and humiliate themselves.



You should know that comparing yourself to others for everything is a mental illness. But in one way, it is also useful. The runner, who wants to run fast, compares himself with the other runners. He learns about the strengths and weaknesses of his competitors and will try not to make the same faulty judgments. He moves forward with more confidence avoiding any setbacks. Similarly, students can also compare themselves with their peers in such healthy ways to improve their own performance.

What often occurs is that students fail to consider the necessary standards and instead compare their entire personalities to those of their peers. This approach is incorrect. While academic performance is important, it is just one aspect of a student's overall skill set. It's crucial to recognize that we should only compare skills, not personalities.

When a student achieves a low score, others may compare them to high achievers and deem them unfit. This type of comparison can be very damaging and hurtful. Therefore, we should refrain from doing so. Instead we should compare their study methods and approaches focusing solely on academics. Comparing academic performance to personality traits can significantly undermine a student's self-confidence. If differences are noticed in their examination results, it is better to find out the reasons for their shortfall and encourage them to correct their mistakes. Making a comparison and leaving it doesn't make any difference. The method of preparation need be changed to overcome

the shortfalls and putting the best effort to get the desired result.

Therefore, it is not advisable to compare yourself to your peers. Even if you do engage in comparison, focusing solely on one student will not enhance your abilities, instead it may breed hatred towards that individual. The path to real progress in life lies in rectifying mistakes, honing skills, and seeking clarification for your doubts.

Dear Children, often, we see some children begging on the streets or working in shops. You are certainly in a better position than them. For many children in a country like India, getting food once a day is a challenge. When we consider this situation, aren't we leading better lives? If we compare my life to someone who is in a more advantageous position, you might say that my life isn't as good. Comparisons have no bounds. For instance, after seeing a millionaire, you might aspire to become one yourself. Then, after seeing a billionaire, you might desire to achieve that status. You might even aspire to become as successful as someone like Ambani!

If you spend your whole life trying to emulate someone else, when will you have the chance to truly enjoy your own life? When you look back on your life at the end, will you remember how you spent your time constantly comparing yourself to others and wishing to be like them? Did you truly live your own life?

Kids, it's important not to measure ourselves against others in any way. Instead, let's draw inspiration from them.

Avoid comparing yourself to others and feeling disheartened. This doesn't mean that I'm discouraging you from personal development, in fact it's crucial that we strive to better ourselves every day. The only comparison we should make is with our own progress. Don't let comparisons with others bring you down; focus on your own growth and improvement.

If your parents are consistently comparing you to others and criticizing you or getting distressed themselves, communicate with them clearly- "Everyone's life is unique, and mine is no exception. I want you to know that I'm not concerned about what others are doing in their lives, my focus is on whether I'm able to improve myself than yesterday. It would be good, if you can understand me."

Do you know that every creature on this planet is different? No one has the same fingerprints as we do. Even the leaves of plants are different. There is no similarity between them. We don't have the same life what others have. We are different from one another. This is really a great thing. We should feel happy rather than comparing our lives to the lives of others.

Inspirational Quote:

Comparison is the death of joy. Everyone is unique and great in his own way.

Inspiration:

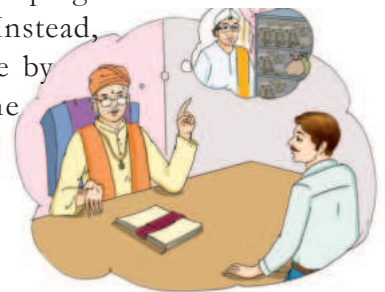
There is a famous and No. 1 merchant whom I know very well. He sets a target every year for how much is to be earned. Once, he earned double the income than he expected. But another merchant earned

more than him and stood in the first position. What did the first merchant do? Would he feel happy about getting double the income or worry about his co-merchant? I wanted to know and I asked him how he felt about this. He said "Sir, I am very happy to have earned more than what I expected. Not only that, I am very happy with the man who is in the first position. I take him as my inspiration and move further in the future." This is a real enthusiasm. We should be like him.

You see, if we compare ourselves to others and think about how to excel at them, we won't get contentment and happiness. We develop jealousy and deceitful nature. Though we may be in No. 1 position, the feeling that others may excel will develop fear and insecurity. We forget our skills, happiness, and contentment. Our behaviour, stress, and anxiety will lead to ill health.

Similarly, we always worry about our marks. First, let's change our attitude. What is real wealth? What is a real victory? Hoping for a big bank balance, high status, and a prominent degree is not at all a mistake. While achieving them, let's not lose the real wealth of life-living happily, isn't it?

Making comparisons with others and neglecting our own progress can lead our lives downhill. Instead, let's embrace life by reflecting on the improvements we've made today compared to yesterday.



44. Thoughts with “AGE”



Issue:

Isn't teenage meant to be enjoyed? Is this not the age when we sing and play with our friends? Feelings of mutual attraction persists. We are curious to know about them. We are eager to develop closeness and love with them. Due to this attraction, sometimes we are unable to focus on other matters. I know that all these thoughts generally come with age. It's my opinion that there is no mistake in it. What do you say?

Elucidation:

*Balastavat Kreedā Sakthah
Tarunastavat Taruneesakthah
Vriddhastavat Chintaskthah
Parame Brahmani Kōpi Na Sakthah*

Thousands of years ago, Sri Adi Sankaracharya told this Sanskrit Sloka. This is a reality of our lives. It means, childhood is spent in sport and play. Youth goes away in pursuit of lovemaking. Old age goes away in the sorrows of family. Then where is the time to elevate thoughts

to God. There is no doubt that any action that does not obey these rules will take a man to a wonderful stage. Children, what you said is also correct. The impact of hormones is very high at this age. Besides hormones, you have been blessed with intelligence and wisdom. When you are able to understand that it is the impact of hormones, why can't you realize that these attractions and distractions are purely temporary? If you behave under these influences then there is no difference

between a man and a beast.

The biggest hitch with the children in this age group is that they feel they know everything. In fact, what you know is only the tip of an ice berg, and what you have to know is enormous. Attraction to a person is quite common among teenagers. But it is fickle. If you realize this simple thing, you can get rid of all these attractions with a simple smile.

What I want to stress is that children of this age should refrain from engaging in romantic relationships. This is a critical stage of life; use this time to focus on immersing yourself in the joy of learning and finding happiness in your studies. Getting involved in a romantic relationship at such a young age will not only bring problems but also significant responsibilities. You lack the maturity to determine whether a person is suitable for you or not. If you feel tempted by physical relationships, it's crucial to resist those urges. Such thoughts are not appropriate at this age, especially for a student. If you give in to your physical desires and impulses, there is nothing more devaluing in life. At that point, there would be no distinction between a human and an animal.

Suggestions:

Stay away from love stories and movies. If you see them, remember that all those are fiction only. They are limited to movies only. They are impossible in real life. Though possible, they can easily ruin our lives.

Stay away from adult content. Today, they are everywhere due to smart phones. Remember that this is a poisonous web. If you become a slave to them, gradually they will turn you into animals and then cruel.

Not only that, if you are attracted and follow them, they will ruin not only your lives but many others. There is a problem with the unlawful act of transporting kids and girl children in order to benefit from their work or service, typically in the form of forced labour or sexual exploitation. (human trafficking)

Now tell me. To listen, it doesn't sound harmful, but how dangerous is it? That's why our elders bring up children in a traditional environment coupled with right conduct, behaviour and self-confidence. It is not advisable to exceed the necessary amount of talk with anyone.

45. Do Girls Need Education?



Issue:

Sir, I have an aspiration to pursue studies. But my family members are discouraging me, saying that girls don't need education. We have no scarcity of money and also have a very good reputation in society. Our lifestyle reflects modernization. But why am I not allowed to study. I feel women education and empowerment is a mere talk. What do you say? Do we need education or not?

Elucidation:

It's quite surprising that we find this problem here and there even after 75 years of independence. Our hearts cry when girls ask such questions. If the girls, who are yearning for education, get proper support from society, how wonderfully will they transform?

Kids! It's a pity that even though we stepped into the 21st century, different opinions are being expressed in so many

countries in regards to education of a girl child. When compared to other countries, there is improvement in India.

Education is everyone's birth right. Education is a golden tool that can empower people. Education changes our tendencies. Education makes you to learn about your interests and set your goals; thus, it gives opportunity to uplift our life.

Education is not merely for earning a

livelihood but to realize the purpose of life. The above-mentioned are not meant for boys but girls as well this is indisputable fact.

In fact, now a days, girls are excelling in all fields more than boys. Girls stand in first place in achieving ranks and shouldering the responsibilities in and out of the house.

In many houses, people consider a new born boy a glitter and girl a gloom. If brought up in the right way, they can achieve anything, irrespective of whether they are boy or girl, this is a fact. In fact, girl children are more affectionate towards their parents. Innocent parents fail to realize this fact and neglect their little angels at home. I know many uneducated girls who have shouldered the responsibility of their families. Hundreds of students who get help from abhaya Foundation are mostly girls. I feel proud to see how wonderfully they are transforming their lives. Women are first in line not only in education but in every endeavour undertaken by the abhaya. Nearly 10, 000 youth have received livelihood training in the last decade through abhaya Foundation. Among them, 75% are women. Just think! Who has the true desire to uplift their lives? Women.

I bow my head to the feet of the parents and make an appeal to them. Don't treat them with the feeling that a boy is superior to a girl. Don't show disparity between a girl and a boy. Provide them education and manners with love and affection. Girls will

be the light of hope in your lives in the future. Believe this truth.

Parents make plans for years together and save lakhs of rupees to spend them on their daughters' marriage. They take it as their lifetime goal. If 10% of those savings are spent on their studies, they will surely excel like anything. Wherever they go, whatever the challenges may be, even if husbands are inefficient, or if her children are not capable, or if husband doesn't care or have passed away, an educated girl can overcome all such problems. Some parents think that since daughters move to somebody else's house, and that marriages are expensive, some believe that a boy brings fame to their clan and hence pay more attention on boys than their daughters. Some believe that boys remain with them and take care of them in their old age and that daughter are temporary, in that fantasy, they give more importance to their boys than to their girls. They have to come out of that spell and realize that if a girl child is educated, she is safe guarding the development of the nation.

A girl plays different roles in her life, a daughter, a wife, a daughter-in-law, a mother, a sister, and so on. An educated woman, in any place and in any role will yield wonderful results. It's a fact that the respect of a family or a nation depends on women. If they are well educated with their values and virtues, they nurture everyone around, most importantly she makes sure her children grow as good citizens, soldiers and noble instruments of



Bharatamata.

Swamy Vivekananda says, “If a man is educated, he alone is educated. But if a woman is educated, the whole family is educated.

In the olden days, they felt education was an expensive matter, and it was burdensome for them to provide education to all. So they used to provide education only to boys. But now it is not like that, gradually changes are coming. A welcoming change is there in children, parents, governments, and leaders. Many welfare schemes are taken up for girls. State and Central Governments have brought many plans, schemes, and incentives. Now the girls who have an aspiration to study can grow like anything, the sky is the limit for them.

Nearly 170 years ago, it was very difficult for a girl to come out of their house. In such circumstances, a woman started a school exclusively for them. Many people opposed her in the beginning. They scolded her and tried to defame her. But she didn't back off. She achieved her goal. She created history as the first female teacher. If someone talks about girl education and their progress in India, first we have to remember her. She was born in a village named Nayagaon in West Maharashtra on January 3, 1831. As per the traditions of those days, she got married at nine. She supported her husband in social activities soon after her marriage. Her husband dreamt of equal rights for women. They believed that there

was no other way except for their education. In such situations he encouraged his wife to get education. There after, they decided to start a school for girls.

The pious couple started the school in a house in 1848 in Pune. It consisted of a group of nine students. She was the head teacher at that school. It continued for only six months, and later it was shut down. After a few months, they started a school in a new building. There was huge opposition from many sides. Mainly, some communities opposed her. When she was going to school to teach, people harassed her. When she was going through the streets, many narrow minded people tried to throw stones, soil, and mud on her. Men used to abuse her. She didn't lose her courage, though they tried to create problems and obstacles for her, she faced all of them boldly. She used to answer them patiently by saying, “I am performing my duty. God will excuse you.”

In the later years, she gave inspiration to many. The social activists of those days, Dr. Anandi Bai Gosh, Pandita Ramabai, Tarabai Shinde, and Rama Bai Ranade, got inspired from her. She had a strong influence on girls. Do you know who this kind woman is? Savitribai Phule!



Suggestions:

1. *Understand that education is your right.*
2. *If it is a burden to parents, there are government schemes.*
3. *It's foolish to believe that boys only will look after parents.*
4. *Educating children is a primary responsibility.*
5. *Girls should make use of the opportunities and go forward.*
6. *Education and manners will alone make anyone useful.*
7. *Never give up on your studies because of obstacles.*

Suggestions to parents:

1. *It is proven in many surveys that girls will only look after their parents in present times.*
2. *After getting married, sons are leaving to America or other countries and towns to achieve their goals. So there is no guarantee that they will look after their parents in old age.*
3. *Girls have many opportunities now. If they are encouraged, they will reach good positions in their lives. It is to be understood that they will also extend help to their parents when in need.*
4. *Even if you think as an average middle-class parent, if girls are well educated and settle in jobs, it will be easier for them to get her get married by offering a little or no dowry.*
5. *If disparity is shown between a girl and a boy, it is your ignorance, foolishness and misfortune.*

Inspirational Quote:

Can you better the condition of your women? Then there will be hope for your well-being. Otherwise you will remain as backward as you are now.

Inspiration:

Malala, after her speech in the UNO, handed over a representation to the General Secretary, signed by 40 lakhs people on behalf of 5,70,00,000 students who lost their educational opportunities across the world. There are 50 lakh children who are denied education in Pakistan alone. Now every girl child raises her voice in Swat Valley. The girls unanimously announced that every girl is a Malala here.

Malala expressed, "The ideal preached by my family is to 'Love your fellowmen.' Even if the Taliban, who have targeted





me with bullets, were to stand before me, I would forgive them. Gandhiji, Martin Luther King, and Mother Teresa serve as my inspiration.” Without hesitation, she pointed out that “Taliban people lack education, which is why they resort to such wicked acts.” Her words, spoken in front of world leaders, hold historical significance..

Her ambition was to take up the medical profession. She wanted to study with the support of her father. Her speech in September 2008 in the press club of Peshawar is the result of her realization. “Who are the Taliban to take away my right to education?” Her question echoed through the Swat Valley through the channels of electronic media. Thereafter, her family members became enemies of the Taliban.

Dear Kids! Malala, who risked her life for education and stepped forward with undaunted courage, should be a role model for you.

Sudha completed her electronic engineering degree from BVB Technology Institute. She was the class topper and was honored with a gold medal by the Chief Minister of Karnataka. Later, she earned her master’s degree in Computer Science from the Indian Institute of Science. She stood as the class topper and was again honored with a gold medal.

After completing her education, she was appointed as the first lady engineer at TELCO, India’s largest auto mobile industry. Before that, only men were given



positions in that company. She wrote a letter to the president of the company, questioning their decision to take only men into positions. The president responded positively and convened a special interview for her. He gave her an appointment order then and there. When she was working in the Pune branch, she got into contact with NR Naryana Murthy, which led to their marriage. Dear Children, do you know who I am talking about?

She is the co-founder of Infosys, Srimathi Sudha Murthy. Whatever the field is, be it in education, games, music, yoga, charity, security forces, defense, leadership, guidance, politics, or philosophy, girls prove that they are not left behind in anything.

46. Declining Reading Habit



Issue:

Day by day, our interest in reading is declining. We are unable to read books at all. For anything, we are more inclined towards watching or listening. But the idea of reading doesn't strike our minds. Even if it pops up, we are unable to sustain the interest for a long time. This problem doesn't confine itself to our academic books but all kinds of books. Swamy! Please tell us how to develop interest in books and reading them, both in us and our children.

Elucidation:

I remember very well back in the day, parents used to shout at their children to read books. I often wonder whether terms like books, scriptures, and magazines are removed from the dictionary of our lives in the past few decades. It happened due to the technological revolution. In other words, the interest in reading is slowly disappearing.

In olden times, when newspapers arrived

early in the morning, the family members used to take a page each and read it with a lot of interest, and exchanged pages among themselves. They used to read newspapers while enjoying their morning coffee or tea. I remember this very well, I am talking about the days when there were no other social media.

Today, with the advent of technology, the hands that used to hold newspapers are



now holding smart phones, tabs, and computers. We are able to unveil anything we want on this smart screen in our hands just by asking. For example, if I want information about Shivaji, within seconds, it gives total information in the form of photos, audios, videos, PDF formats, and word documents. Then there is no need to hold physical books in our hands. It is a matter of great concern.

In this society, education alone can change the fate of us. A strong foundation should be laid for the habit of reading in childhood itself. Only then, will the future citizens become change makers of the country.

A lot of pressure is mounted on children for ranks. Their lives are confined to the completion of the syllabus and getting prepared for examinations. If we want to pen down the glory of the schools, who never allow children to go beyond the prescribed syllabus, it will become the huge book.

Modern-day children are gradually drifting away from the pleasure of reading light-hearted books, mainly due to the overwhelming stress of academic curricula. This trend is prevalent throughout the country and has resulted in the unfortunate closure of children's magazines in the Telugu-speaking states of India. The magazines such as Chandamama and Balamitra, who have amused children for generations, which also provided knowledge disappeared into history. Due to COVID-19 pandemic the

remaining one or two magazines also took their last breath.

Children are neglecting their studies due to TVs and smart phones. There is truth in this argument. During lockdown in the country, nearly 65% of children were addicted to smart phones and tablets, a survey conducted by the medical experts in Jaipur reveals.

Children are becoming slaves to the games on smart phones and tablets. They can't stay without these devices, at least for half an hour. To put a check on this habit, parents are keeping these devices out of the reach of children. But they become stubborn and pressurize the parents to give them. This is an alarming discovery from the study.

Recently, a 15-year-old boy started using his mother's smart phone during the holidays and instantly became addicted. One day, when the mother was going out, she wanted the boy to give her the cell phone. When he refused to give it to his mother, she scolded the boy and took it from his hands. Instead, she kept a book in his hands to study and went out. The small boy couldn't contain his anger and destroyed all the home appliances items in the house before his mother returned like a beast. He even broke heavy items like refrigerator, furniture, and toilets as well. Who is responsible for such behaviour? We are!

If interest in reading is to be developed in anyone, the following suggestions are to be observed:



Suggestions:

1. *Make children sit near to us and read stories to them, or make them sing songs.*
2. *When you are with the children, don't immerse yourself in your smart phone or other social media.*
3. *All the family members should allot some time for reading books.*
4. *All schools should allocate one period to inculcate the habit of book reading.*
5. *Libraries are to be established in all schools with proper collection of books.*
6. *We have to create an atmosphere for children to read books in the house and at school.*
7. *When the children have become slaves*
8. *to smart phones and TVs, how can they understand lessons that are taught at school? We have to understand this and make necessary changes in our houses.*
8. *All the family members should discuss the book they read that week. So that the others will also get motivated to read such books.*
9. *We will be successful if we can make children write briefly about what they read.*
10. *We have to encourage creativity in children and publish their literature.*



In the survey that was conducted five years ago on the reading habits of children in the age group of 6–17 years, only 32% of students had the habit of reading books other than their academics. We may have to find fault with the management of schools for the declining habit of reading.

Finally, a word:

Let's resolve to encourage reading habit in children. School libraries are to be strengthened. We have to conduct book festivals, so as to inculcate the habit of book reading. In order to get positive results from such initiatives we may have to wait for some more time. Without expecting quick results, we have to continue such initiatives.

Relentless efforts must be put into such activities in order for a wiser or more knowledgeable generation to emerge into the society. We have to come forward to develop reading habits in children. Of course, the usage of smart phones, tablets, and other electronic devices may be essential these days, but it shouldn't swallow the habit of book reading itself. Adults should take the responsibility to avoid such circumstances. Parents and teachers should play a more vital role than government, as they are the people who shape the future of the next generation.

Inspirational Quote:

Reading maketh a full man; conference a ready man; and writing an exact man – By Francis Bacon (1561-1626) an English philosopher and statesman.





Sir! What Do I Do?



47. No Quality Teaching



Issue:

There is no quality in the teaching at school. Their interest is not in teaching but in their personal work. There is a scarcity of teachers. We can't make out what they are teaching. They don't teach certain subjects itself. We don't know whom to complain. Even if it is brought to the attention of the higher officials, by the time they arrange staff, our academic year comes to an end. What should we do? It's very difficult for us to learn on our own without teaching.

Elucidation:

These are the questions raised about teaching staff in so many of my meetings. There is a different issues at each school. All these questions are related to teaching staff. These issues are related to all government schools and colleges and the medium of instruction. We can say that most of these problems may not arise in private schools. But some private management schools are greedy for money

and are appointing teachers who are not well qualified.

Let's think about the various problems here. Teaching is a very sensitive matter. In many places I have observed the following. Assuming this question is raised by a student at a particular school I ask the other students who have come with him -

“Dear boys...How many of you in your

class are achieving a score of 8 out of 10?" Surprisingly, 35 out of 40 students raised their hands. This prompts a reflective inquiry if the teaching was subpar, only a fraction of the students would have excelled. It suggests that the issue may not solely lie with the teachers; perhaps one or two students may be dissatisfied with the teaching. This suggests we rethink where the problem lies, in students or the teachers? Think!

If the teaching was subpar, how can 35 students out of 40 get through? A teacher always tries to give his best in the classroom, and would want to bring name and fame to his school. The government also is bringing in new ways and means together with technology so that both teaching and the staff are administered. The present scenario in the government schools is not the same as it was once.

Suppose teaching is not up to the required level in one subject. Then let's consider one point. Have they scored good marks in all other subjects except this subject? This will also reveal whether teaching is good or not. Suppose your marks are more or less the same in other subjects as well. Then what is not good the teaching or the way your are studying?

It's not my intention to confuse you. I am trying to put forth various instances and not to find fault in you.

Let's consider that the teaching is subpar or there is a shortage of teaching staff, or the medium of instruction poses challenges, or other teaching-related issues

persist. Then assess whether the following suggestion are useful to you:

Suggestions:

1. *Have you learned everything in life just by being taught?*
2. *You can discuss with a student in your grade, who has knowledge in the subject.*
3. *If subject matter experts are not available, With the support of other teachers, text books and guides, you can learn.*
4. *You can seek help from senior students who study well to explain to you in their leisure time.*
5. *You can submit a request to your headmaster, asking them to take necessary action. Parents can also speak strongly on this issue. The officials concerned should take this seriously and appoint good teaching staff.*
6. *There are NGOs, who volunteer to teach free of charge. You can consult them.*
7. *With the intention of helping the students, some organizations come forward and appoint a teacher by paying them.*
8. *If all these do not work out, you have a smart phone in your hand. Use it in a smart way, and look for the lessons on YouTube.*
9. *If there is a good teacher in a faraway place, they can teach you online.*
10. *If none of the above work, the children can collect some money together and take tuition from the teachers available in the neighbourhood.*



Inspirational Quote:

Focus on the possibilities for learning rather than complaining.

Inspiration:

He belonged to the tribal group of Bhil. He was very active and intelligent. All the people depended on him for their survival. As he grew up in the forest, he became an expert in all kinds of wars. But he didn't have only one skill that is archery. He wanted to learn archery and become a skilled archer. Someone told him that Dronacharya staying in Hasthinapur can teach archery very well as he teaching the sons of the royal family. He left the forest and went to him with a lot of hope. He prostrated before Dronacharya. The Acharya was surprised to see the charm in his face. But the Acharya sent him away, saying that he could not teach him due to certain limitations. Once again, he prostrated at his feet to get his blessings and returned to the forest.

He was in agony. He dreamt of becoming the best archer in the world. All his dreams went in vain. But he was not disappointed. He made a decision not to go back to his hamlet without learning the skill. He



reached an isolated place in the forest. He made a sculpture of Dronacharya with clay and started to treat it as his guru. He started learning on his own. Even nature was thrilled at his determination. The five elements came to his control.

The Guru teaches what is good and bad. When there is no guru to teach, we make mistakes hundreds of times. Isn't this our fear? If there is no teacher for us to teach a subject, we will struggle a lot. But a teacher takes every responsibility to make us learn things. That's our confidence.

Even if Teacher is not there, we will definitely succeed atleast once in the hundred attempts we make. And the remaining 99 attempts will impart us with wonderful insights.

Thus, he practised relentlessly. He learnt things with a lot of effort, but it was not easy. Very soon, he became an Invincible archer and a warrior.

He surpassed not only Dronacharya in the art of archery but all other royal princes, including Arjuna who was the best disciple of Drona, who was immensely dear to him. He is none other than Ekalavya from the epic of Mahabharatha.

Dear Kids! Whatever may have happened there after, The story of Ekalavya keeps filling inspiration in children from generations.

Don't worry about good teaching. Learn how to master things on your own. If you can do that, no obstacle hampers you not only in your education but in your life as well.

48. Did Not Like School!



Issue:

I don't like the school.

The environment doesn't suits me!

My friends are going to another school.

Parents joined me here, saying NO to other school.

Going to the school which I don't like irritates me.

No basic facilities at school.

No playground at school.

I don't like school at all.

Tell me. How do I study?

Elucidation:

A few students asked such questions during my interactions with them in various meetings. You too might have had such thoughts in your mind at least once,

is it not? Then you might have struggled a lot, as you didn't know what to do or whom to tell. It's all right. Now, read what I am saying here.



During my visits to many states in India, I noticed different schools, such as Government Schools, Private Schools, Convents, International Schools, Gurukulas, Vidyamandirs, and so many more and will agree to the fact that school is an industry that produces good citizens for a country. If the school is ideal, the students will also grow ideal. After my experience with many schools, I can jot down how an ideal school should look like, see the following-

1. Beautiful buildings
2. Pleasant ambience
3. Wide playground
4. Teaching and non-teaching staff
5. Good students
6. Greenery around
7. A compound wall with a gate
8. Supporting parents
9. Government officials
10. Laboratories
11. Library
12. Moral instructors
13. Inspiring pictures on walls
14. Drinking water facility
15. Toilets
16. Games and its equipment
17. Social Service Teams
18. Exercises for physical fitness
19. Audio-visual rooms
20. Safety & security
21. Good results
22. Incentives
23. Should celebrate festivals
24. Should inculcate devotion and dedication
25. Encourage responsible behaviour

26. Should teach local, national and international languages
27. Leadership skills
28. Political awareness
29. Vocational Courses and skills
30. Natural resources

Dear Kids! Now, tell me. Do you think such kind of schools are there around us? There may be! But, you may not be aware of them. Nowadays, you find schools with old building complexes. There are no ideal schools. But we can notice the change in the attitude of the government. They have taken the initiative to transform schools into ideal ones. Now government schools are competing with private schools.

Now, let's see your questions. What do you need to study well? I challenge you. Tell me.

If you mentioned one of the things discussed above, then you failed in my test. These are all not the things required to study well. To study well, we require the urge, passion, and determination. If you have that urge, it doesn't matter whether you study at an ideal school or not. You will certainly grow well. I assure you. If you have that faith, the goddess of education will make you sit on her lap and make you learn.

I don't come from a rich family. I was born into a middle-class family. My parents brought me up with a lot of love and affection. We are four children and all of us studied in government institutions up to intermediate. We studied in Tadipatri (Ananthapuram Dist, AP State) but

children of our relatives used to go to reputed schools in the town. My paternal uncle's children used to study at Aurobindo Centenary School. Nonetheless we never regretted for studying in government schools.

When I was studying in 2nd grade at Dhanalakshmi Badi (the school that was in the lane of Dhanalakshmi Cloth Stores), rats and centipedes used to come out from the gaps between the floor tiles in our classrooms. People used to urinate in the lane through which we come to school as there was some concealment, a foul smell permeates. We were never the afraid of the creatures or uncomfortable with the facilities. If you compare that school with the present-day schools, there is a lot of difference. But, we are well educated in spite of studying in such Govt Schools. Now, all 4 of us are well settled. My brother is a Chartered Accountant, my sister is a Graduate, my younger brother is also a Graduate, and I am a Science Graduate, Law Graduate and a Company Secretary in spite of studying in such schools! Aren't we living happily? We are living more happily than the so-called rich people.



Dear kids! Remember one thing. You are saying that you don't like school, you don't like the teacher, the ambience is not favourable to you, you are not with your friends, you are complaining that you don't like school at all. In fact, is there any relationship between all these things and your studying?

If the school building is colourful, will our lives be rainbows?

Are the facilities in school, steps toward your progress?

Is our life and happiness linked the friends around?

Does anyone think so?

If you think so, then you really don't understand school. Remember your studies depend on your strong passion.

There is a school in the hilly region of Harka Bahadur in Kashmir. There is a hill on one side, and a low laying area on the other side. As there was no safety wall, the children were exposed to considerable danger. The need to put a protective fence around the school was felt by many people and raised concerns about the safety of the students as well. But no one came forward to resolve the issue as running a school in such a hilly reason itself is a big challenge and then who would come to help. Sometimes the students slipped into the lowland and got injured. Finally the resources needed for the construction of a fence were managed by the students themselves. While one group of students collected the used mineral water bottles,



another group arranged for wooden poles from their respective localities or homes. They fixed the polls on the ground, arranged bottles in such a way that it appeared as a wall. Cloth flags were fixed making it more attractive. Thereafter, incidents of slipping away and falling down reduced to a maximum extent. This innovative project of using discarded plastic bottles to build a protective fence around the school premises won a reward of Rs. 50, 000 at National level.

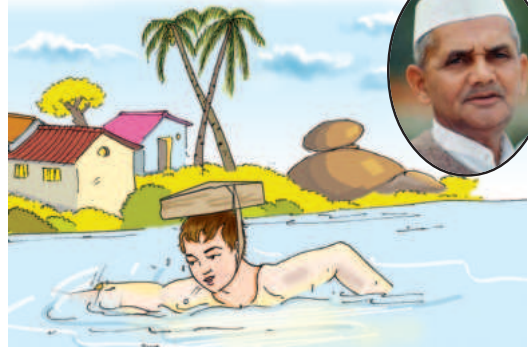
You see... The students who often say... I don't like school... no facilities... I can't study... should think for a while. Aren't we fortunate enough than those children who can't go to schools. Going to school and being able study is a boon. Don't miss out on such a boon with unnecessary thoughts.

Inspirational Quote:

In some parts of the world, students are going to school every day. It's their normal life. But in other parts of the world, we are starving for education... like a precious gift. It's like a diamond. – Malala Yousafzai.

Inspiration:

This boy was born in a small village in Uttar Pradesh. He was very delicate. He had a brother. His father passed away when he was young but his mother looked after her two children with a lot of love while doing petty work around their house. It was very difficult for them to make both ends meet. Her father visited them and understood the situation and took them away to his house. Theirs was



also not a rich family. Even then, they looked after these children with a lot of love and care. The two children used to go to the government school in that village. She used to tell her children that education was the only way for them to improve their family conditions.

After a few years, the elder Child had to go to a High School. He had to cross a river to reach school in that village. He was in need of money to meet the boat expenses. Watching the mother and the situation, he did not want to ask money in the house. He didn't like school, as it was difficult to reach. His family conditions made him think a lot. He learnt swimming with the help of village youth on the banks of that river. Every day he used to swim across the river to reach school. Later, he pursued his higher studies at Benaras University. He was an icon of simplicity who could give inspiration to the entire nation and extended his best services as the second Prime Minister of India. Do you know who he is? Bharata Ratna Shri Lal Bahadur Sashtri!

Dear Children! Now tell me. Do you think the above-mentioned issues and matters are really considerable for studying?

49. Parents Did not Give What I Asked!



Issue:

There is control over everything in the house. They don't give me even if it's needed for me. I am very angry with them. They shout and make a nuisance for everything. They hinder my work in everything. They never try to understand and encourage me. They don't give us what we ask for. We don't know why they gave us birth. Even for simple things like a pen or book, they feel that it is as difficult as climbing Mount Everest. In such circumstances, is it necessary to study? We don't even have good clothes. They don't allow us to go out with friends. No movies or recreation. Why all these? I don't even have a bicycle! In fact, I want to die. I don't want to study at all.

Elucidation:

Dear Children! What should be given to you? A house for you to live in... food to eat... clothes to wear... school to study in... the desire for you to grow in their hearts. What more could you ask for? Do you know how fortunate you are!

Do you really realize the conditions under which the underprivileged kids live? Some parents leave their infants at home when they leave for work. They give them some toddy wine to put them to sleep so they can go to work and earn a living because they fear they might wake up and cry while



they are gone. It is because there is no one at home to watch the children. I know parents like that.

Ever notice the migrant workers? They pile their possessions on top of their heads as they travel from place to place in search of employment and income. Are you aware of the fate of their kids? They lack enough food and appropriate clothing. They wander around in the dust, eat whatever they can find, roll around and play carelessly, sometimes even lose their lives at a very young age.

Children should realize the difference between necessity and luxury. We should also think about the different socio economic classes: upper class, middle class, lower middle class, poverty, and below poverty. For upper and middle class, education is a blessing.

But can you believe that education is a sour grape for lakhs of children in India? Even today, after 7 decades of independence. Can you believe that still there are students who don't have minimum facilities to study?

Recently, a news item appeared in the newspaper. It says that there are no toilets for girls in the school. There is just one toilet that too without a door. Two girls hold their scarf on each end to create temporary concealment while a girl was using the toilet. Situations like that are most deplorable. We have constructed toilets in that school which is located in Mahaboob Nagar Dist of Telangana.

Through the collaboration between the abhaya Foundation and Deccan Enterprises under Corporate Social Responsibility, we are also providing support to address issues at the Government High School in Sultanpur, near the Outer Ring Road in Hyderabad city. Upon visiting the school, we discovered that students from nearby villages, located within a 5-kilometer radius, were walking to school. These children lacked the skills to safely ride bicycles across the Outer Ring Road. What do these children want? What do they need? Fortunately, the village Sarpanch took note of this situation and arranged for auto-rickshaws to transport the children to school.

You might have seen the children causing distress to their parents over small and trivial things such as not buying a new dress for their birthday, not purchasing a smartphone, restricting access to certain TV channels, or not allowing them to socialize with older peers. Do you feel these are real problems? When such simple things worry you a lot, what will happen if you face big challenges in life? Give it a thought.

What is to be noticed here? What do you really need in life? Whether expensive clothes, books, pens, bicycles, smart phones, or the minimum needs for our education? Tell me! In fact The government looks after everything for the children who study in government schools in most of the states of the country.

Things like books, uniforms, midday meals, and sanitary items for girls, are being arranged by the government only. The government is trying to provide so many things and facilities that are not even possible for parents. Even then not being satisfied and demanding their parents who do daily wage jobs is not appreciated in any manner.

Suggestions:

1. *Observe the circumstances at home*
2. *Know the family income and expenditure*
3. *Think about what you are asking, for. Is your necessity or luxury?*
4. *Though it is your need, think whether parents have the ability to fulfil your desire.*
5. *Think whether you can address it on your own.*
6. *If in case, you can't fulfil it, see whether it is really needed or you can manage without it?*
7. *If it is not needed to continue your studies, go forward happily without it.*
8. *Otherwise read my suggestions given under Chapter 7: Financial Problems.*

Inspirational Quote:

Never complain about what your parents couldn't give you. It was probably all they had.

Inspiration:

This is the story of a boy who came to Hyderabad from a remote village in Medak District in Telangana. He was born to his

parents when they are ageing. When the boy reached 15 years old, his father was 60 and his mother was 50. The family migrated to Hyderabad, and his father started working as a watchman in an apartment in Gandhinagar. The boy used to study at a nearby government school. He used to study with a lot of interest. He was active and good at studying. As his parents grew older, they couldn't do other work due to health issues. He realized that it was beyond their capacity to meet his needs. He used to clean the vehicles parked in the apartment and bring water for the residents there by, he could earn Rs. 300 a month. Thus, he could buy things he needed. He never did things for luxury. He never asked his parents for anything. He used to bring medicines for them if possible.

He got through his 10th class with a good grade. He got free admission to the government polytechnic college. After his college hours, he used to sell water bottles to the passengers at the railway station in Secunderabad. He used to earn Rs. 200/- per day. He kept Rs. 50 for his needs and





gave the rest to his parents.

Later, he approached abhaya Foundation for help. They were very happy seeing the boy and his honesty, simplicity, perseverance, and tendency to work hard, and they extended a helping hand to him. Thereafter, he never looked back. He stood first at college and got placement in ADB at the age of 18. He further studied his Engineering. He worked for 5 years and settled in life. Later married a good girl. He stopped his parents from working and

took a house on rent for the family. Recently he joined IBM. In the mean time, he could build his own house. Now he is living happily in Beeramguda. He is also contributing his part to abhaya Foundation every month.

What is our necessity? And What is luxury? If we understand the difference, life will go on a successful path. Arolla Narasimha is a living example of it, and this story is his.

50. Teachers' Behaviour not Proper



Issue:

Sir,

Some teachers' behaviour is not proper at school.

They focus their attention on some students only.

They mock me, if I ask doubts in the class.

If asked a second time, they get angry.

They are partial to some students.

Their behaviour with girl students is objectionable.

If we won't follow them, then they give us less marks.

Keep something in mind and award marks.

Giving corporal punishment for simple mistakes

The condition of our hostel is awful.

Their behaviour obstructs our studies.



Elucidation:

We can influence people and their occupations, but their attitude remains beyond our control. When children approach me in person to share these concerns, I empathize with them. It saddens me to hear about such situations with teachers. Even in these challenging circumstances, children continue to focus on their studies. Let's explore how to address these issues. It's crucial to determine if there's any misunderstanding with your teachers. Many times, teachers respond based on the behavior they observe.

Teachers occupy the next place after parents in Bharat culture. God comes only next to the teacher. Such an important status is given to the teachers, that is our tradition. It is because teachers can do magnanimous work which is not possible for parents. They can even re shape the destiny of the nation. If they are determined, they can instill profound thoughts in children's empty minds.

If a mother doesn't think properly, there's a chance her kids may take the wrong path. If one among four boys sharing the same bench is mischievous, the other three may fall under his influence. But, a teacher's negative behavior can affect all the students in the classes they teach, leading nearly 200 students astray each year. Over a 30-year career, nearly 6, 000 students would have been negatively influenced. Consider the ripple effect, where these 6, 000 students could influence thousands or

even lakhs of people in their lives.

Teachers should realize all these things and behave accordingly. Nowadays, social media plays an active role as well. If the behaviour of a teacher is questioned by a student, within ten minutes, it will spread to all nooks and corners of the world. Due to the unscrupulous behaviour of a few teachers, highly talented and good teachers will remain dishonourable in society.

The role of Guru has been prominent in the land of Bharat for ages. They treat all their disciples as their own children. Though he is a prince or a poor boy, they treat all alike and teach them equally. But nowadays, the teaching process is not very effective. Besides this, the behaviour of such teachers cannot transform students into righteous citizens.

Suggestions:

1. *Keep the contact numbers of Headmaster, Mandal Educational Officer, etc.*
2. *If any teacher doesn't behave properly in the classroom, inform the higher officials. Don't ignore.*
3. *Don't forget to bring everything to the attention of your parents.*
4. *Partiality, favoring specific students, and unwarranted punishments are unacceptable. Be sure to respond firmly to such situations.*
5. *Transgressing the boundaries of reasonability warrants consequences. Better to recognize and address it.*
6. *Awaken the spirits within you and*

refine your leadership qualities. If anyone errs, do not overlook it.

7. *We should all move carefully these days*
8. *Do not forsake your studies due to reasons like hurt and shame. You won't accomplish anything by doing so. Instead, study with even greater perseverance, or you risk becoming a pawn in someone else's game.*

Inspirational Quote:

O Teacher! If you run, the students will walk, if you walk, the students will sit, if you sit, the students will sleep, if you sleep, the students will die, the whole nation will die.

Inspiration:

One day, some students ate peanuts and threw the peel on the floor. When the teacher came into the class, he became very angry after seeing the condition of the class. When the teacher asked, no student admitted their mistake. The teacher decided to punish the whole class and took out his stick. He told every student to hold out their hands, and after that, the teacher beat everyone in the class. But a boy did not hold his hand out when his turn came. When the teacher was about to punish, the boy held the stick and said, I have not eaten peanuts. Therefore, I won't accept the beating. Punishing for no crime is quite an injustice." The teacher was surprised at the boy's words and kept silent. Do you know the small boy who opposed his teacher's mistake at such a young age? He is the man who declared,



"Freedom is my birth right." - Bala Gangadhar Tilak

There are many such incidents. When their teacher's behaviour was not correct, there were so many remarkable people who opposed them. Read the stories of national leaders. You will get a lot of inspiration.

Children! You know the story of Prahlada. Hiranyakasapa, the king of demons, ordered Chandamarka to teach Prahlada. When Acharya's thought process was not correct, Prahlada opposed it. When his Acharya said, Hirnyaksipa is our God, and offer your worship to him only," Prahlada replied, "Parents are gods on this earth. I respect my father as a father only. I respect him with the same devotion that I show to God. But to you, and to me, and for this entire universe, Lord Sri Hari is the Supreme. I pray Srimannarayana as my god."

Role Models:

In fact, there are many students who have taken their teachers as role models. There



are teachers who have done a lot of research and won fame. They have brought glory to the country. Teachers and parents are role models for students.

Rama Krishna Parmahansa was a role model for Swami Vivekananda. Sri Ramana Maharshi is an ideal for so many. Jagadgurus are our role models.

Recently, in a meeting, possibly at Kadiri town, a student asked me about my role model. I responded to her humorously but accurately.

Dear girl, my inspiration varies at different

stages of life. Right after birth, it's my mother. During my formative years, my father. While studying, it's my teacher. As I grow older, leaders making positive impacts. In adulthood, actors engaged in social service. With age, spiritual guides advocating for societal change. I have numerous role models, allowing me to learn a multitude of life lessons.

The students who were listening to me went on clapping with a lot of excitement. What I want to say is that we should have ideal people in every phase of life.



51. The Management's Behaviour is not Proper!



Issue:

I attend a private school where students seem to be regarded more as financial assets than individuals. If we arrive late or struggle to grasp lessons, the consequence is severe corporal punishment. In their eyes, we are perceived as mere grade-producing machines. There is no consideration for our involvement in sports, games, recreation, morale, or the various aspects of our lives. The situation is so distressing that it feels preferable to endure any hardship than continue studying at this school. What steps should I take?

Elucidation:

In ancient times, Gurukulas (schools) were nestled in tranquil surroundings, fostering collective learning, compassionate teaching, equanimity, and holistic development. These institutions dedicated themselves to nurturing both the spiritual and intellectual dimensions of life, imparting knowledge across all sciences. The disciples, benefiting from

this comprehensive approach, excelled in a myriad of subjects, reaching their best in life.

In the present day, these traditional Gurukulas have transformed into conventional schools, where teaching has evolved into a business enterprise, driven by the pursuit of financial gain. The primary objective of the management is profit, and students attending these



schools often acquire subject-specific knowledge but lose touch with the true essence of life. Many grapple with numerous conflicts and resort to legal avenues, knocking on the doors of courts. In contrast to earlier times when children attained esteemed positions before reaching adulthood, today's scenario sees adults approaching the Supreme Court with various legal challenges. The responsibility for this shift may lie predominantly with the school management.

On the flip side, the blame cannot be solely placed on the management's approach. Parents also share responsibility for this issue. Often, they neglect the holistic development of their children, seeking instant and prepackaged outcomes. From the child's time in the mother's womb, they intricately plan their future without considering individual factors such as likes, dislikes, behavior, intelligence, and lifestyle. In the pursuit of specific institutions, they overlook the track records of colleges. Exploiting these aspirations, certain managements treat children as mere commodities, subjecting them to various difficulties under the guise of shaping their futures.

The solution to this issue is possible only with a change in the attitude of parents. The school management is planning academics to meet the expectations of the parents.

For instance, parents with children enrolled in private residential schools or colleges

often reach out to the management, requesting restrictions on their children's movements. They inquire about Sunday examinations, voice concerns about academic performance, and question if their children study until 10 p. m.

In meeting these demands, the management turns children into mechanical entities, subjecting them to a monotonous routine. Despite being immersed in a competitive world, middle-class parents often fail to instill a spirit of facing competition in their children.

A child flees the school, angered by the management's treatment... breaking news!

Tragically, a student takes their own life due to the excessive discipline of the teaching staff... flash news!

A girl's distressing complaint about the warden's harassment... a pitiful story!

The management's deceptive practice of luring bright students with discounts in the first year, only to later demand full payment of fees, exposes their unethical culture... the paper story.

Students facing punishment for non-payment of fees... news.

We have heard famous people saying how children are being taken away from other things in life except education.

All these are unforgivable mistakes. But who is responsible for all these? Is it the mistake of the parents who are expecting a lot from their kids and schools? Or the mistake of the school management which

is striving to fulfil the desires of the parents?

You might have seen the recent film ‘Three Idiots’. The problems of the protagonist were shown. The management, teaching staff, and peers altogether portrayed the present education system in a humorous manner.

In the first half of the movie, the director offered a sensitive critique, while in the later part, an attempt was made to depict an ideal education system. The film garnered admiration from the audience and was dubbed into many other languages. Despite being viewed as entertainment, it’s quite amusing that people, upon returning, sent their children to the same wash houses! Isn’t that ironic?

Dear Children,

Always bear in mind that to experience the joy of life and evolve into an ideal citizen, it’s crucial to thoroughly assess the school and its management where you intend to study before making any decisions.

If you find yourself in a school or college lacking the necessary standards, don’t hesitate to bring it to the attention of your parents. Refuse to tolerate anything that hinders your personal growth.

If the behavior of the management becomes intolerable, don’t shy away from questioning them. Make sure to communicate your concerns to your parents. If the situation escalates, don’t be afraid to lodge a complaint with higher

authorities or the police.

However, remember that when expressing criticism, refrain from making shameful or personal comments. Your feedback should be constructive rather than destructive. When opposing the management, keep in mind the impact on your future and proceed with diligence.

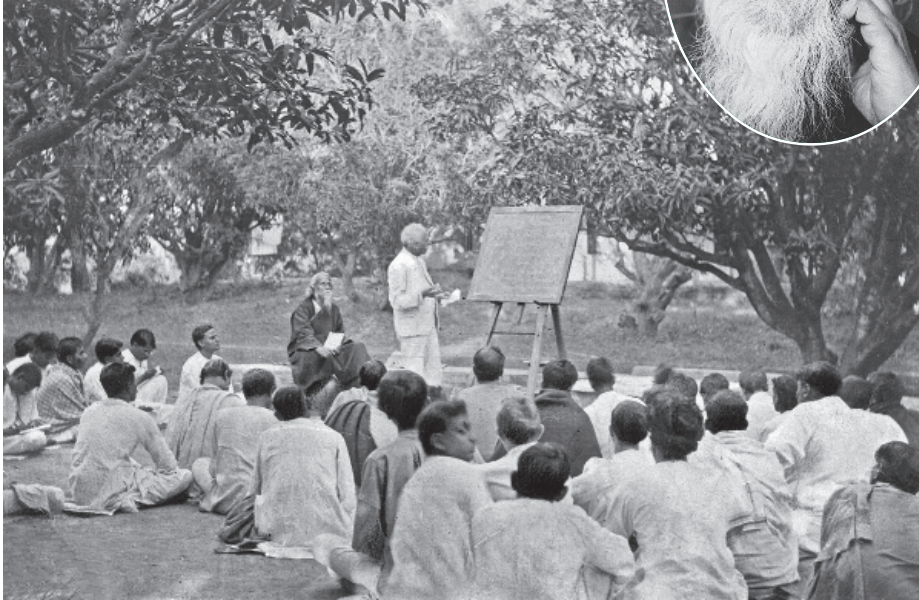
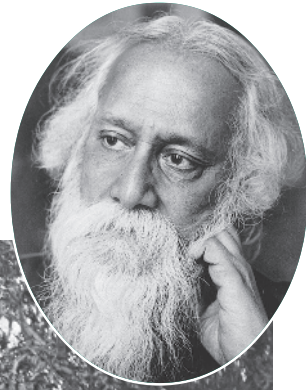
Do you know about the Shantiniketan (Viswa Bharathi Vidyalayam) that was established by the Noble Laureate Rabindranath Tagore? Many remarkable personalities appreciated it as a wonderful experiment.

Inspirational Quote:

“She is our own, the darling of our hearts, Shantiniketan. In the shadows of her trees, we meet in the freedom of her open sky. Our dreams are rocked in her arms. Her face is a fresh wonder of love every time we see her, for she is our own, the darling of our hearts.. Rabindranath Tagore

Inspiration:

In 1862, Maharshi Debendranath Tagore, while on a visit to Bhubandanga, was fascinated by the landscape and decided to build his abode there. In 1925, Sri Rabindranath Tagore made an experiment and started a Gurukulam there on the same spot. He named it Tapovan. Ancient Indian education and celibacy were the systems there. Later, they formulated a new education system combining both the Indian and Western education systems. Inquisitiveness, honing skills of students,



and comprehensive personality development are the important aspects of their education system. Even today, the children sit on mats there. The classes are conducted under trees. In leisure time, students can wonder among the groves, in the forest, and play. In the later stages, its name was changed to Shantiniketan. We can't find their education system

anywhere in the world. It is the one and only educational institution that can make people realize that education doesn't mean earning a degree; it is the light that can lead you forward in life. In fact, all educational institutions should take inspiration from it and make at least some changes to their systems.

52. Technology~Pros and Cons



Issue:

Dear Sir, The incessant development of technology is causing me considerable distress. The modern gadgets constantly in my hands are consuming a significant amount of time, diverting my focus from important matters. Despite my efforts, the mobile phone, tablet, video games, and TV are proving to be time-wasters and are disrupting my studies. I feel critically trapped in the clutches of these technological gadgets, and I'm unsure about what steps to take.

Elucidation:

Dear Children! Tell me one thing. Who has caught whom? Are you in the clutches of technology? Or is technology in your clutches? Can any object in this creation hold a man? No, it can't. Then, is it not

easy for you to leave the object that you are holding? Not only children but also adults are not able to do this easy task. This is the main issue. Due to this problem, our studies are getting spoiled.



Our lives become critical.

The elders often say, “New things are thrilling, and the old things are useless.” It’s natural that when we come across something new whether it’s an object or an idea we tend to invest a lot of time in it. However, as students, what should be the primary focus? Should it not naturally be on education. Unfortunately, our fascination with electronic gadgets is causing us to waste precious time and, consequently, impacting our lives.

Children of present age are catching up with technology when they are in their mothers’ wombs. This is because when the baby is in the womb, the mother listens, watches, and uses the things that are tied to technology. The child, before opening his eyes, habituates to use technology. It is becoming highly impossible to control the use or avoid technology from our daily routine.

If certain measures are taken, technology can be controlled rather than avoiding. Children should realise the idea of self-control is very important.

“Technology has made life so easy, but I would like to say that too much technology is turning kids lazy”.

It’s an undisputed fact that technology cannot be separated from our lives. It’s associated with us from waking up to going to bed. Alarm, calendar, Suprabhatham, walk, run, yoga, meditation, diet, taxi, driver, office, daily commodities, friends, friendships, sociability, travel, tourism,

experiment, photos, videos, audios, buying, selling... all are associated with technology.

Even in schools, lessons are being taught using technology. Then, whether children use them carefully or keep themselves in control of technology is a question without an answer.

But children, you should remember one thing, the technology linked to education can be used without any control. But while using technology, we should be vigilant. Technology should be used as a knife in a doctor’s hand, but not as a knife in the hands of an insane person. Let’s make technology our slave, but we shouldn’t become slaves to its tricks. If not handled properly, this technology might end up being more about deceit than real progress..

The development of technology in the last decade has not been seen in human history. It has a lot of aspects related to both good and bad, not only for children but for adults as well. That’s why, children, it is to be chained to some extent by our attention and practice.

Suggestions:

1. *Connect any technology to education.*
2. *Whenever you come across a technology, question whether it holds educational significance or not..*
3. *If there is no educational value, assess if it at least brings benefit to your life*
4. *Use technology based on your preferences but ensure it doesn’t hinder your education.*

5. *If parents notice their children becoming overly dependent on technology, immediately seek counseling or consult a psychiatrist.*
6. *Practice self-control with technology when there are school-going children in the house.*
7. *Caught up in the charm of technology,*

have you forgotten to enjoy the world around you? Take a look at it.

8. *Using technology should hone your personality and intelligence, but it shouldn't take you backward.*
9. *Realise the fact that too much of anything is fit for nothing.*

Inspirational Quote:

"It has become appealingly obvious that our technology has exceeded our humanity."



53. Social Media



Issue:

Dear Sir, I've lagged behind in my studies due to being deeply engrossed in social media. Time slips away unnoticed, and despite a strong desire to excel in my studies, the influence of social media keeps delaying my academic focus. I find myself more drawn to daily happenings, spending all my time unproductively. Despite my family members frequently pointing this out, I struggle to heed their advice. I am uncertain about how to break free from the influence of social media.

Elucidation:

In the 21st century, the perilous grip of social media, irrespective of age, is pulling us into a virtual underworld. Enveloping us from all directions, it transports us to an alternate realm. In reality, it injects poison into the fabric of our actual lives.

Two decades ago, information about societal events reached people primarily

through newspapers and traditional media channels like phones, pagers, TV, and radio. At that time, these were the predominant sources of news. However, in the last decade, social media has emerged as a transformative invention that has profoundly impacted human communication and information dissemination.

In our time, if we wanted to watch songs on TV, we used to wait for Friday to watch the special programme, Chitralahari. I still remember that nearly 200 students gathering before a TV set in a big hall in our hostel to watch such programs. The remaining time was for studies, tuition, and a movie per week. For that small deviation, we sometimes failed examinations. Those were horrible experiences.

But now, once you look around, there is no need to wait for anything or anyone. Everything appears before us in the wink of an eye. Whatever you want comes to you in no time. It takes you to another world. The social media people coming with their innovative ideas every hour. They are making people crazy.

Facebook, Instagram, Whatsapp, Telegram, PUBG, Tik-Tok, Face Time, Amazon, movies online... not just one! if we have time, we can watch them 30 hours a day. It's a challenge to have focus when we have social media in our hands. Students are facing a major threat from social media. Even intellectuals are becoming slaves to them. Who will tell us? Who will guide us?

Vulnerable children are losing themselves in the pitfalls of social media. Their thoughts are now consumed 24 hours a day with matters beyond their immediate concerns, such as the desire to appear more attractive, curiosity about others' opinions by sharing minutiae of their lives, an eagerness to stay updated on their

surroundings, and a keen interest in their friends' activities, among other things.

Children, observing their elders and peers flooded away in the flow of social media, are inundated by its influence. Those who have recognized the adverse effects of social media are proceeding with caution, achieving remarkable feats. However, those who have become slaves to it are detrimentally impacting their lives. How can we break free from this toxic web?

If elders feel it inappropriate and try to keep the children or students away from social media, many unwanted things are taking place. Following are just a few such instances:

Mother scolds not to be in the Facebook group, and the little girl who is studying commits suicide.

Make friends through Facebook, which results in an incident where a bright student leaves her house with a boyfriend.

Taking a selfie, doing a dangerous feat, a student fell down and died.

A pleasure trip with friends to a nearby lake, taking photos in water without knowing the depth of the water... slipped and drowned.

Watching videos on YouTube developed a criminal attitude.

A student was caught taking indecent photos of classmates.

Posting messages using vulgar language, even to their teachers



Spoiling their lives watching and reading obscene things on social media

We are all aware of the alarming news and consequences of social media influence, and even children are well-informed about these matters. In the present times, nothing can be concealed from anyone.

Yet, I firmly believe that if children dedicate themselves to sincere and focused studying, they can achieve anything and everything in life. This is why I continually engage in discussions on such issues. When we recognize the presence of poison in something, explanations become unnecessary. However, I am attempting to offer a few straightforward tips, hoping that you read, understand, and incorporate them to achieve success in life!

Suggestions:

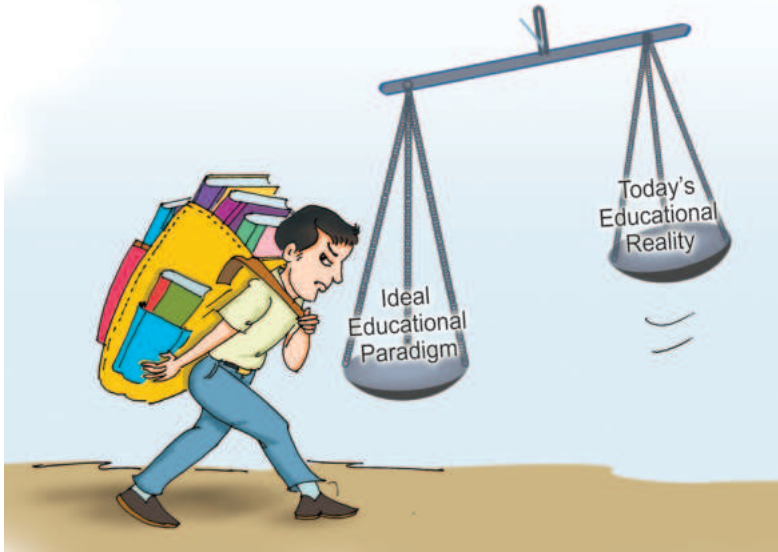
Are you aware of how much time you're dedicating to it? What benefits have you gained? What have you learned during that time? Can the same time be utilized for a more constructive activity? Can our lives be improved by minimizing time spent on social media?

1. *If you genuinely want to mitigate the adverse effects of social media, consider deactivating your individual accounts.*
2. *If that's not possible, cultivate self-control.*
3. *During study time, limit yourself on social media to just an hour.*
4. *Define in advance what you intend to watch on social media and stick to that, come what may.*
5. *Consider distancing yourself from social media.*
6. *Acknowledge that, as a student, books should be in your hands, not the phones.*
7. *After a week, evaluate the benefits of implementing these changes.*
8. *Recognize that the interesting things learned from social media can be retained in your mind. Imagine the benefits if you channel the same interest into your studies!*

Inspirational Quote:

What is more important in life is not using Facebook... But, making your face on the book.

54. Education System is Not good



Issues:

Dear Sir, the education system in our country is not good. Students' bags are loaded with many books and they are pressurized to memorize the topics. They are compelled to achieve marks, and it has become their life goal.

The present education system is not beneficial. It is doing more harm than good. Students are not learning anything by experience and experiments.

There is no black board. They write only a few things on the digital board for the sake of teaching only. They are not teaching us whole-heartedly.

The lessons are not appropriate to learn in the present education system. They can't make a student efficient. What do we do in these circumstances?

Sir, I think the present education system is not good. We didn't study, and our parents did too. Though our children are studying and then children will study, there will be a gap of 100 years. We think there should be a revival in our education system. How should the current educational system be like? Tell us your opinion.



Elucidation:

As the generation changes, the gap becomes wider. We observe lot of gap, when we examine the 100 years of our education system. The way our grandfathers and parents studied, the way we studied, the way our children are studying... You will find a lot of differences between them. I have seen these four generations. I witnessed my elder paternal uncle's passing away, who was 100 years old, and his mother's demise as well.

My paternal uncle studied up to 6th grade. But his perceptual power, memory power, handwriting, service perspective, financial planning, social ethics, and family relations were really wonderful. I wonder as to how he could manage to uplift 10 of his siblings after his father's death? It was a miracle.

We can't find his intelligence and view of life in the present post graduates who have taken 3 degrees. In those days they learnt life skills along with education. Not only that, they face many challenges in life. They learnt devotion to God, devotion to country, devotion to community, devotion to mother in a natural way.

Prayers, words of wisdom, morals, poems, legendary stories, and epics all were taught to them with certain values. Though he studied just 6th standard, what changed him into a wonderful man? It was due to the then education system only. We want the same Indian education system now.

The Indian education system is meritorious and it's an ideal system in all the countries of the world:

How the Indian education system be? Since my childhood, I may have seen hundreds of Gurukulas, educational institutions, and ashramas and the education systems, parents, and teachers. I always feel that, It would be better if we had the ancient Indian education system now. They became the basis for my thoughts.

If the following things are incorporated into our education system, our children will be the winners in this world. Am sure that our country will stand as Viswa Guru. As there are so many factors, I tried my best to explain them briefly.

1. Holidays... Holy days:

In fact, why are holidays given to schools? The students don't know, and even the teachers don't know either. I am not talking about the summer holidays or the winter holidays. Festivals, National Leaders' Days, National Festivals etc. , they are spending holidays without knowing the importance of them. Let the students realise that they are not holidays but holy days; they are the days that give us inspiration. We need to celebrate national festivals at schools. By explaining the prominence of the day, we can inspire the tender hearts at school!

2. Education is for Life, but not for Living:

Many of us think education is for living. But we should know that education is to

know what life is. This kind of thinking is to be developed in our system. Then today's children will grow into the champions of the future. Macaulay's education system is to be changed. We should teach them about ancient dharma, civility, culture, tradition, and moral values. We have to bring reforms in the text books. They should speak about the facts of Indian history.

3. End of the Education is Character:

The End of education is right character only. But the ideal features of good character are not found in today's students even if we see through magnifying lenses. This needs to be changed in our educational system. Otherwise it will be a threat to our existence. Character building should be the motto of educational institutions.

4. Guru Devo Bhava:

It means treating Guru as God. Nowadays, forget about treating him as God, he is not even treated as a man. This great saying has lost its charisma. This feeling is present not only in children but throughout society. Teachers are also somehow responsible for this. How should a teacher be? Having the required degrees is not enough. Teachers are also partners in the huge lapses that are found in the present education system. We need ideal teachers. Students must receive education from such teachers.

5. Livelihood Skills – Life Skills:

There are so many schools, like industries, that teach only livelihood skills. There is no education system that can teach moral values and life skills. The educational institutions should teach good values and transform them into ideal citizens, but not teach them only how to make money. Then only our country will move forward in the progress index.

6. Self Dependent – Self Reliant:

The quality of depending on themselves instead of relying on others is to be developed in children. When they have self-reliance, they will be independent and autonomous. When this kind of teaching is adopted in our education system, then it will be the beginning of creating a wonderful society.

7. Classroom – Exponential Learning:

When children are confined to classrooms, they don't gain knowledge of the outside world. They can reproduce whatever they learn in the classroom, but they are not in a position to identify the roots of it. That's why they should learn everything experimentally. Then they can apply them in their everyday life.

8. Extra Curricular Activities:

In the present scenario, only a few institutions have provided space in their curriculum for sports, songs, public speaking, culture, tradition, personality development, leadership, and other



extracurricular activities. So many things that are to be learnt besides education are ignored. That's why they are becoming less useful and sitting in a corner in life.

9. Social Service:

Social service should be incorporated into our subjects. Through this, they learn responsibility, social attitude, social living, patriotism, and service attitude, and they can turn the social service into a tool in developing their lives.

10. Politics:

Today, there is a lack of efficient leadership for the nation. Politics have become hereditary in some families. It happens due to a lack of morality. People don't have a liking for or interest in politics. As there are no discussions, lessons, seminars, and so on. Since young age, we are bifurcated into different categories on the basis of caste, community, region, religion, language and living like sheep. Let the children have a better understanding of village, district, state, national, and international politics from their childhood days so as to change the future political scenario.

11. Indian Culture – Heritage

Indian culture and heritage are the torchbearers for the whole universe. A few of us, who are influenced by western culture, are taking our children away from our great culture and tradition. So our children are adopting the excessive liberalism of western culture. We should make our children inherit our great culture.

12. Science & Spirituality:

The science that has been taught to our students is the root cause of their crazy deeds. They are doing all this in the disguise of scientific thinking. We didn't teach them spirituality. We never made them realise the fact that education is not for living but for life. That's why our elders often say, "Spirituality starts where science ends." The time has come for us to teach them science, clubbing it with other subjects such as logic, philosophy, vyakaranam, law, and economics.

13. Yoga and Meditation:

Our ancient yoga and meditation are to be taught to children from their childhood. Then they will grow into able citizens of our country. India has given them as gifts to the whole world. But they are not taught to the children of our own country, which is very sad.

14. Infrastructure:

The suggestions given under Chapter 48 (Don't like School) are to be added here to get an idea of what an ideal school should be.

15. Morals in every subject:

I have been watching for many decades. I have visited hundreds of educational institutions. Moral values and human values are being taught as subjects only. But they have never been part of every subject lesson they learn. Our elders gave top priority to values only. When they are imbibed in their subjects, our education

system will regain its previous glory.

16. Sarva Matha Sama Bhavana:

Children believe that they belong to the religion they were born into. Parents, elders, and teachers should teach them the greatness of their religion, its roots, and what is preached in their religion. Everyone should observe the traditions and religious practices. They should learn what other religions are preaching. They should accept good wherever it is. They should follow their religion and respect other religions as well. Your mother tongue, your motherland, and your religion are respectable to you, just as you respect your parents. We have to learn, respect, and observe them. Don't look down on other religions, languages, and nations. All religions preach the right path only. Whatever the path is, the ultimate destiny is to reach God. Do benefit to the entire human race. Our education system should promote children respecting all religions and having faith in all religions. Love all; Serve all should be the ideal.

17. Until 10th grade, the common syllabus:

There should be a slogan, "One nation, one syllabus," until 10th grade, so that the same thoughts and teachings become possible from the beginning. After 10th grade, they can choose courses as per their interests.

18. Agriculture be part of curriculum:

We get rice from supermarkets is the answer from students if they are asked where we get rice from. Children don't have an idea about agriculture, and it's really a curse for the country. Let our children realise there is culture in agriculture. Then they will understand that it is one of their livelihoods. They realise that it's not a burden, but their responsibility.

19. Service as part of daily routine:

The Gurukula system is to be restored. Children should be taught concepts such as health, cleanliness, protection of the environment, sanitation, growing vegetables, facing natural calamities, and helping at home. If they learn such things besides their lessons, they will do good deeds when they grow up. They understand the difference between good and bad, whether they are young or old.

20. Games indoor & outdoor:

There are 140 crore people in India. Even after 75 years of independence, we don't have perfect system for sports and games. There are no sports centres or facilities. Sports and games are to be part and parcel of our education. Every student should learn skills, at least in one game. Then we can produce lakhs of good sports personalities. Children may or may not have time to play at other times. So children should play sports and games in



school, and the needed physical exercise is to be given to them. It is good for their health and the country's health as well.

21. Humanities & Arts:

There is a wrong notion that children who don't get good marks in academics generally choose music, literature, and language expertise. In fact, these arts develop creativity in them. It's my strong belief that when these fine arts are given due importance, children will compete and join those institutions.

22. Disaster Management:

The present education system has produced children who run away during natural calamities. In the old days, children were taught measures to be taken during cyclones, storms, floods, fires, and more. They learned how to respond during earthquakes, what to do for sunstroke, and how to act when buildings collapsed. We should teach them how to efficiently manage and face any challenge.

23. Earning while Learning:

We are seeing the people who after reaching 25 years old, still depend on their family members. We should teach them to earn while learning since their childhood. Teach them that working is not a shame, but they win with it. They will become confident enough to face all obstacles in their lives. They will see that standing on their own is an honour and their right.

24. Good Citizenry:

Teach them about constitutional rights. Teach them that nation doesn't mean soil, but nation means its people. Teach them the tendency of what I have given to my country rather than what has been given to me. Otherwise, children will develop a negative attitude, and thus, they may turn into anti-social elements in society.

25. Local/National/International Languages:

Besides their mother tongue, they should learn national language and an international language. Thus, they should learn skills in three languages. Then they can go anywhere and live courageously with self-confidence.

26. Love for God, Fear of Sin & Morable in Society

We should teach these three aspects since their childhood.

27. Simple Living – High Thinking:

Let us train our children to live a simple life and do wonders with their extraordinary ideas. The teachers should practice them and teach the ideals that they believe in to their students.

55. Parents are Discouraging



Issue:

I have a strong passion for learning. I excel in my studies and consistently achieve high marks. However, there is no one at home who acknowledges my efforts. In fact, they question the purpose of my studies and what I can achieve through them. Despite my academic success, my skills go unnoticed and unappreciated. Their discouragement dampens my motivation. I find myself questioning why I should continue striving for success and whom I should be doing it for. Please advise me on what steps I should take.

Elucidation:

Children! You might have known this. Before polishing, a diamond appears like a normal stone. An expert can only identify it. Perhaps your position is the same. Some parents don't have an understanding about value of education. Perhaps it is due to the way they were brought up or their lifestyle. Though they know the value of

education, sometimes they disappoint their children because they doubt their financial position. They worry whether they can afford their education or not. They don't want to create hopes, as they may not fulfil them. Perhaps they don't want to make them feel sad.

In fact, it's not a critical issue. You can sit with your parents in private and peacefully



explain to them how education changes life. Talk about those in your neighbouring houses / areas and how they benefited from education.

Education not only changes our financial status but, also changes lifestyle and brings us respect in society. If your parents understand that you get respect in society due to your education, no parent will disappoint or discourage you.

Children! Parents alone are not the people in life... There are so many people in life who are around us, siblings, elders, neighbours, friends, teachers, well-wishers and many others. They never discourage you. Then, would it be appropriate to stop you education if one disappoints you?

Dear children, answer my question. You are hungry. If your mother says not to eat food because your hunger doesn't satisfy you by taking food, instead, watch TV, listen to music. Will you be happy? What will you do? Do you take food to satisfy your hunger or simply follow their words? You will say, "Mom, I am hungry. Please serve food and I don't need any other thing right now"

If you have a hunger for a wonderful life and know what to do to satisfy your hunger, no one can stop you. Hope is life, and despair is death. If you want to achieve something, no one can hamper your progress.

Inspirational Quote:

The greatest pleasure in life is doing what people say you cannot do!

Suggestions:

1. *Study well.*
2. *If you achieve progress, gradually your parents will change.*
3. *Take the help of your teachers or principal and explain it to them.*
4. *Take the help of people who are family friends.*
5. *Even though they discourage you, don't stop your efforts.*

Inspiration:

Once a big fair was taking place in the kingdom of frogs. All the frogs reached that place. They were hopping happily. There was a lot of bustle near the water tank. The youth gathered there. A competition was going to be held. The frog who could climb on to the water tank would be the winner.

Hundreds of frogs registered their names to participate in the competition. Many frogs gathered there to watch the competition. They were standing in rows with a lot of excitement to watch. The competition started.

With the hope of winning, the frogs started running. The frogs standing in rows were encouraging the competitors. But they slowly realized that it was very difficult to climb the water tank. So they started shouting not to go. They started discouraging the competitors. Many frogs quit the competition and came back listening to those who are watching them. The number came down to ten. The frogs in rows approached the well-wishers of



the competitors' family members to make them quit the competition. Nine frogs felt that it was an impossible task and returned.

But, to everyone's surprise, one frog could reach the water tank successfully. The frogs who were watching his feat went on shouting and cheering for the frog. The frog, who was declared as the winner too was surprised by its feat. It couldn't understand what had happened to the other frogs who participated in the competition.

What really happened was that those who quit the competition listened to the discouraging words of those watching. The frog who was the winner in the competition was deaf and couldn't hear their words. It kept its eye on the target only. It never doubted its ability and ultimately succeeded.

Children, don't let this story confuse you. It's our own journey. When you're striving for success, don't pay heed to the discouraging words of others. Keep your mind on the target, just like the deaf frog, and go ahead! Success will be surely yours.

56. Don't Like Online Education System



Issue:

Dear Sir, due to many reasons, online classes are being conducted for students of all ages. Though they are conducting classes with a good motive, we are unable to follow them. Sitting before the screen all the time causes headaches and eye strain. We are not able to concentrate on lessons. On the other hand many of us don't have laptops or smart phones. Our elders have smart phones. But it is not available to me when they go to work. It will be available to me during the night when they come back home. So I can't even hear all the lessons. How should I read? Please give me a solution for this problem.

Elucidation:

Lessons were taught to students in the lap of nature in the ancient time. Gradually, those Gurukulas, teachers, studies, and nature's thrills have gone. We witness the

fact that more importance is given to technology than their teachers. Due to changing trends and techniques in education, they were capable to teach concepts in easy ways, but they are not

showing any good impact on students. It is because there is no school ambience, classroom, teacher, students interactions. Of course, we may have the ability to use technology in a wonderful way, but the influence of physical teaching is superior to it. Understand that physical classes are far better and healthier for our students any day.

Dear children,

You have heard about the dreadful coronavirus (2019-20) that affected all the countries globally. Nearly 1 crore people were badly impacted by it. Many incidents have taken place in our country that we haven't seen before.

Closing educational institutions for months together was one of them. Furthermore, we couldn't conduct examinations for students. Then, what could have been done? How could they run schools in such circumstances? How could they teach children? Then, technology became the only alternative available for teaching the children in our country. With the help of the internet, students and teachers were connected.

In fact, the idea of conducting classes online is really wonderful. It shows the commitment of the government and teachers. The situations changed completely beyond our imagination. No one has an idea of how to find a solution to a problem.

If you really think honestly, these problems are not serious at all. When we have no

college or school, what could have been our first choice at home? Is that not a smartphone? We should realize that we spend hours together on our smartphones, irrespective of age. When we are able to pass our time on social media and playing video games for days together, how can the online classes, which are for a few hours daily, cause inconvenience to you? Question yourself.

You may face such issues if you don't have an interest in studies or lessons. No one knew when things would return to normalcy. That was the reason why online classes were introduced and continued for some time. There was no alternative except maintaining social distance. You should understand that the same may be continued in the future even after the coronavirus pandemic, considering it is a cost-effective solution.

Lessons may not be as interesting as when learned in physical classes, but it's far better than remaining without teaching for days together. To attend online classes, a laptop is not necessary; you will have a smartphone with you. If you don't have a smartphone, let's think about what can be done. Nowadays, a smartphone is not very expensive. We can get a smartphone for three or four thousand rupees. You can buy it with your pocket money or by doing some part-time work. A survey reported that the highest number of people using smartphones are in India alone. So, saying that you don't have a smartphone is not a fact at all.



If the above are not possible for you, you can use the smart phones of your relatives, brothers, or neighbour for a few hours, and you can return.

Suggestions:

1. When you are listening to lessons, your concentration shouldn't be diverted. Keeping the lessons away and playing with video games is not correct.
2. Children shouldn't be attracted to the adult content that comes in advertisements.
3. After attending virtual lessons, close your eyes for ten minutes and do meditation or sleep for some time. It is good for your health.
4. When you are listening to virtual classes, don't hold your smart phone in your hands. Fix it at an ideal height and distance, and attend the virtual classes.
5. When virtual classes are going on, one of the elders in the family should be with the children.
6. Whether it is online or offline doesn't matter. Better be in line with life and learning.
7. Presently, it's not an exaggeration to say that the entire world is online. See these terms, E-learning, E-commerce, E-videos, E-books, E-libraries, and E-business and so on and so forth... totally, the E-world around us.

Suggestions:

1. *Use the Blue Light Filter to protect your eyes.*
2. *Adjust the brightness to the required level and watch videos.*
3. *Set a dark screen in the background.*
4. *Download the recorded video if possible and listen to it keeping the phone in the flight mode.*
5. *Imagine your teachers are in front of you, and do note-taking sincerely.*
6. *If we are habituated to attend virtual classes, we can save time commuting to school. Watch virtual lessons with an idea that we can utilize this journey time and read for two more hours.*

Inspirational Quote:

Online learning is rapidly becoming one of the most cost effective ways to educate the expanding work force.

Inspiration:

Children! Do you know?

We are aware of studying in traditional ways.

Have you heard about distance education? If it is not feasible to attend regular classes, people continue their studies through distance learning. Classes will be conducted once a week. I have seen people pursue higher degrees through distance education. They continue their studies by doing small jobs.

You will be surprised to know that 60 lakh people are studying through online classes

with the help of technology. Not only that, about 50% of them registered their names to continue their studies through distance education.

Nearly 85% of students say that online learning is very useful. During the Corona virus period, I heard people talking about online learning, and many educational institutions conducted classes through

audio-visual mediums. No group activities were conducted for almost a year. It may be continued in the future. By adding more technology, virtual classrooms may come before you.

So, instead of developing hatred toward the new education system, go forward with the idea of learning. Everything certainly teaches you a new thing.



***Journey Towards
the Truth***



57. Competition is Everywhere



Issue:

Dear Sir, this 21st century is becoming competitive world. We always have to compete with others. The competition is very high, particularly for our students, but success is measured by where you stand. I believe all are talented. Please suggest how to achieve success, facing such competition and pressure.

Elucidation:

What you have expressed is quite correct. There is competition everywhere. Innovation, quality, and expertise will come out only when there is competition. If there is no competition, there will be no interest in life. “Spardhayaa vardhathe vidya,” the Sanskrit proverb, says that competitiveness makes our skills more enriched.

Haven't we heard in our early years the story of the hare and the tortoise? What happened in the story? The tortoise, which

couldn't walk fast, achieved success with a lot of commitment, awareness, and perseverance. The hare lost the race due to overconfidence, laziness, and egotism. Actually, it was not a real story. We heard it when our elders were talking to us or teachers were explaining lessons. It is the story that tells the truths of life. They told us this story because it explains what a competition is.

Due to rapid technology, this world has become a small village. So there is competition between one nation and

another nation, one state and another state, one house and another house; to be frank its between one individual and another individual. But the fact you have to realize is that you don't have to compete with another person or an organization. You have to compete with yourself only. You have to compete with the challenges you have and the bad habits that are pulling you back.

You have to move forward, refining yourself. If there is anything that you don't know or dint learn, learn it yourself. We always focus our attention on the person next to us, not on ourselves. We can create wonders if we concentrate on ourselves. That's why you should try it, though it is hard. Don't give it up until you achieve command over it. Make yourself better than yesterday, even if it is only 1%. By doing so, you will emerge as a new person with wonderful abilities after sometime. Then you need not worry about your competitor, as you have already transformed into a very able person. You can face any situation and answer any challenge in life. No competition can bother you.

Children! You should remember one more thing. If there is no failure, success has no value. Failure gives us the desire to win and perseverance to achieve. So there should be bitterness and sweetness as well. Then your victory will be historic.

Do you know why I like sea tides? Not for falling down but rising again... raising every time it falls down. If we go and sit

before it, we will know it. Humiliation for failures is the act of cowards. You should be bold and courageous!

Suggestions:

1. *Healthy competition is beneficial to you.*
2. *Learn to always welcome competition.*
3. *Notice the good qualities in your competitor.*
4. *Learn how to prepare for a competition if you really want to give a tough fight.*
5. *Test your own abilities by competing with yourself.*
6. *Competition doesn't mean being afraid of something; it's a way to reach a new level.*
7. *What you need is confidence to face all the competitions that you come across in your life. Don't pull yourself back with fear.*
8. *Prepare for the competitive examinations with perfect planning.*
9. *You will face competition not only in examinations but in many aspects of life as well. Do not get overwhelmed with the competition in front of you. Hard work and self-confidence are essential for facing competition. Feel happy when you achieve success. At the same time, receive failure with the positive attitude that it will certainly make you better.*
10. *Don't assume that we are great. There are so many who are greater than us.*

Inspirational Quote:

Be a better person today than you were yesterday.

58. Who is a True Friend?



Issue:

Sir, there are many friends in life. Different kinds of friends at different phases add to us. We are making friends with so many people through social media. I can't understand who real friends are. How can we recognise true friends in life? Please through light and enlighten us.

Elucidation:

Dear Children! Do you know that the people around us play a vital role in shaping our personalities? The friendships that we make, the thoughts they share with us, our conversations, and behaviour all go together in shaping our character. No matter how good we are, the people around us certainly influence us.

Suppose we make friends with the students who study well; certainly it

influences our studies as well. If we make friends with those who have bad habits, we too will cultivate bad habits. You might have heard our elders say, If our gold is good, why should we blame others? If your personality is absolutely correct without any flaws, others cannot influence you. Moreover, they will adopt your good qualities... is it not?

The lotus and its leaves never lose their purity by being there in the mud. You might have seen that the mud water in

the pond cannot make the leaves dirty. They look fresh. But it is highly impossible to shine in life when bad people are around us. Why? Because our friendships are the main reason for whatever we do. We should move with them, as the lotus in the mud water which doesn't spoil the lotus or leaves... then alone you glow like a diamond in bunch of stones.

Adi Sankaracharya says in his Bhajagovinda slokas:

Satsangatve Nissangatvam |
Nissangatve Nirmohatvam ||
Nirmohatve Nischalatattvam |
Nischalatattve Jivanmukthi ||

Meaning: Through the good company there arises detachment; from detachment comes freedom from delusion; where there is freedom from delusion, there is abundance of self-knowledge, which leads to salvation while alive.

We may have many friends but we have one true friend. How can we identify them?

Suppose you have a friend. You should be able to speak to him without any hesitation or filters and shouldn't make you lose his love and care. Such friendship alone will continue. Things, interests, likes, and dislikes that are agreeable to both of you. Though there is a lot of difference between him and you, like an apple and an orange, you can be true friends.

A true friend loves you so much, and hence will speak and point out your flaws freely and frankly, guide you on the right path. Friendship is the sweetest of all in this world. That's why it has more honour than love.

“Who is a true friend?” Aristotle, the famous philosopher, answered in a beautiful way saying that “a single soul lives in two different bodies.”

Everyone in this world has friends in some way. If we have no friends at all! it is very unfortunate and is a bane to us.

Some friends follow us as shadows when we are in the light of happiness. When we walk into the darkness of sorrow, they disappear like shadows. They make friends with us because they have a need. They talk to us and meet us when they feel a need. One great man said, “When the whole world goes away from you, the one who comes to you and be with you alone is your true friend.”

Suppose a friend is having a problem. We may not solve his problem, but we can be with him, giving support and courage. Such a company is like a small lamp in a dungeon. It may not drive away the entire darkness, but it gives him confidence to make a step to move further. The true friend supports the one in need, solving his problem and if possible, go the extra mile as well. Give him confidence that you can do anything. Give him surety that he can depend on you when he is in need.



Inspirational Quote:

Tell me your company, I shall tell what you are!

Inspiration:

Dear Children! All of you know the story of Mahabharatha. The Pandavas never left one man in their entire lives. Who is he? Lord Krishna! In their happiness, sorrows, and difficulties, Pandavas never left Lord Krishna. He too never left them, instead always followed them by giving His love and kindness to them. Like a true friend, He was with them till the end. As they made friends with God, they could achieve success in all aspects. A true friend is like having god next to you.

But by joining the Kauravas, the wicked people, Karna became one of the Four Villains and lost his charm.

Arjuna said. "Lord Madhava! Your friendship is enough for us. We don't want



it even if you offer us the support of ten thousand people like you." So He became their true friend and strove hard for their victory. He became the charioteer of Arjun. That's the value of true friendship. For such kind support... He also gained the title; Pardhasaarathi.

Dear Children! If you want to recognise a true friend, think about the true friendship bondage between Sri Krishna and Arjuna. Certainly, you can realise the true friend amongst the people around you.

59. A Complete Personality



Issue:

Dear Sir, I often follow the books, discourses, talks and videos that are related to personality development. But I haven't ever read about the building of a true personality. What should a complete person look like? I want to know about the qualities of a complete personality. Let me know how useful is the personality development stuff available in the society.

Elucidation:

From my childhood, I have consistently demonstrated a keen interest in actively listening to others wherever I go. Whenever I come across valuable books, I make it a point to read them. Attending talks by great individuals in our village was a habit, where I would eagerly take a front-row seat, joyfully noting down the essential aspects of their discussions. The

cultivation of these positive habits and practices can be attributed to my upbringing in a traditional family that values devotion and beliefs, my education at Saraswathi Vidya Mandir, and my association with Rashtriya Swayam Sevak Sangh, among other influences.

In my later years, I used to attend the Balavikas every Sunday which was



founded by Sri Sathya Sai Baba. There were so many spiritual lessons I learnt there. It was like adding wind to the fire.

Later, I could get Darshan, Sparsan, Sambhashan, Padanamaskar, Prasadam from Sri Sathya Sai Baba and lead a life with his values. I followed his teachings and I was quite fortunate to have had such a wonderful life. Since the past 5 decades of my life, I have met wonderful people, sages, great men, experts, and talented people whom I could observe and learn from.

Since childhood, when I was thinking about personality development, I often felt that the information provided would make us Human, but not shape us to be Divine. What would make a man, Divine? I read so many books. I interacted with so many and discussed with experts.

Children, the questions you've asked me were once a source of trouble for me. Now, I'll share with you the valuable principles I've learned from my experiences. If you embrace these principles and practice them, you can develop a well-rounded personality.

These principles weren't taught to me by anyone, but you'll find that they embody the virtues preached by others.

Complete Personality:

Dear Children! You write final exams in every grade and will be promoted to higher classes. How many subjects do you read? You read six subjects. How many marks are required to get through in each subject?

It's at least 35/100. No student gets 100 out of 100.

Now I tell you that we have to get through 5 subjects to attain the level of Complete Personality. Here, every paper is for 20 marks. For 5 subjects, the overall score is 100 marks. But here, the pass mark is not 35. Here, we have to score 100 out of 100. Then only you will get through the test.

Understand the following questions carefully and award marks honestly to yourself. You will certainly know whether you have a Complete personality or not.

1st Paper – Excellent Individual:

We can bring all the aspects of personality development into this paper. Appearance, grooming, behaviour, and morality are the topics of the first paper. Unless we pass this test, we can't get success in other papers. Did you understand?

I will tell you a story. Listen to me. Suppose the mother wanted to make kheer (porridge) as guests were coming to the house. She knows the recipe well. She kept all the needed ingredients ready and happily prepared the kheer. But it was spoiled. She couldn't understand why it was spoiled.

You tell me. Why was it spoiled? Now, many thoughts ring in your mind. But they are not the answers. Everything was all right, but the container which was used to cook the kheer was not properly cleaned. The kheer became poisonous. If the container is not good then, it's not only

Kheer whether its dal, sambar, rasam, and whatever will be spoiled. Purpose is completely defeated when the utensil is not clean.

Have you understood the connection between this anecdote and the first paper that deals with the Excellent Individual? Yes, you must understand it because you are very active. To prepare delicious food, a container is essential. In the same way, to better your life, we should be good in the first instance.

If you are not a good person then, nothing can be made possible from you. All the books and the experts who talk about personality development often talk about the person & that's only the first paper which is 20% of Complete Personality.

In fact, if we observe all these in our lives, we can score only 20 out of 100. That's why the difficulty is found in the first paper. If we apply all these good things to our lives, there will be no looking back. We should be careful about our personal habits, hygiene, personality development, and character. We should keep everything ideal. Think about yourself. You are the king and you are the minister for your life. The decision is yours!... The principle is yours!

2nd Paper – Excellent Family:

It's not enough if only you are perfect. Who else should be perfect along with you? I asked the same question to many people. Father, mother, and family members

should also be perfect. This was the answer that nearly 90% of children expressed. When will your parents be good? In fact, I will ask them immediately in my interactions. Children say altogether with one voice, "When we are good." Then I will ask them, "What do you mean by being good?"

- Being healthy
- Studying well
- Having good habits
- Listening to parents
- Not to trouble family
- Helping the family....

Then I will ask them, "Tell me, children, honestly, how many of you are really doing all these. If I ask them to raise their hands, not even 10 students dare to do so. You are also the same. Am I correct?"

All the family members should agree on one point. Love your parents and respect them. Our elders often say, "A house is made of bricks, while a home is built on values." If such an atmosphere is present in the family, it means you will be successful in the second paper. As an individual, you show great excellence, but if you are moody and don't mingle in the family, if you don't extend help in the family, if you neglect your wife and children, does that mean you are successful in the first paper? Is your role good? It means you are deceiving yourself.

One who becomes successful in the first paper proves himself ideal in all aspects. As a son, as an elder brother, as a younger brother, as a husband, as a father, and as a



grandfather, he proves himself. Not only that, as a doctor, as an actor, as an engineer, a clerk, a collector, whatever it is, he will be useful for his family, society, and the nation.

Do you know the meaning of the word FAMILY?

Father And Mother I Love You!!

If you are that much ideal, it means you are successful in the second paper as well.

3rd Paper – Excellence in Education / Work:

Consider that you are successful in the first and second papers. It means you have achieved 40/100 marks. You and your family are good. Now, who else should be good? When the same question was posed, I received so many responses. But I never heard children give answers about education or jobs. That's why our country is still on the list of developing countries.

Children! Is it enough if you and your family are good? What about your education and job, which can earn your livelihood? I often find children saying, with their tongues biting, yes, it is also correct. You are children, so I can say that you should create wonders in your studies. But after growing, the business or jobs that we do will become part of our lives. If you want to be a perfect human being, your profession or business also to be ideal.

When I was young, on one occasion, we had an opportunity to have personal audience with Sri Sathya Sai Baba. When

Swamy was talking to us, he asked us a question.

Bangaru! How are you working?

Swamy! Working with love

I am working honestly.

I am working for the salary that I get.

Thus, we gave our answers.

Then Swamy told us something like this: If you deliver a work worth Rs. 10/- for a Rs. 10/- salary, then you will be called a Labour. If you do at least that, that is also good. But many of us deliver work worth Rs. 8/- for a salary of Rs. 10/-. It means you are stealing Rs. 2 from others. But, truly speaking... what is the correct ideal? If a work of Rs. 10/- is given to you, add value of Rs. 2/- to it. Then you are giving a profit of Rs. 2 to your employer. Then you will have the upper hand.

Your work will be your worship. It will be beneficial not only to your master but to your nation as well. This is not something confined to your profession or job. Link it to your education. Then you will get not only an education but good character as well.

I often find so many employees in many firms. The employees who work with dedication are only a few. Companies never lose such dedicated people. I have worked for more than 10 firms in my 30-year career. I haven't ever heard a bad remark in any firm. Though I stopped working for them, I still maintain good relationships with those managements. A

few people with whom I worked in 1990 are no more. Still, I continue my friendship with their families. Wherever I worked, I followed the principles of Sri Sathya Sai Baba. Suppose you resign at one place, accepting your resignation in the next moment and If they arrange a farewell party for you immediately, it means they are not happy with your work. If the management says, “We need you, and your services are required for the firm and please withdraw your resignation.” It means you are successful in your third paper.

4th Paper – Excellent Society:

I am good. My family is good. My job is super. What else do you want? The answer I got was social perspective. Elders and children have some service perspective in the present scenario. But it shouldn't be a fashion; it should be our passion.

Whatever the period you take, whatever the civilization it is, whatever the religion it is, whatever the state it is, the common thing that we can see is social perspective. Service! It has been there since ancient times that we should do some service to our fellowmen.

Children, will you do service with a social perspective? When this question is asked in my interactions, 90 children out of 100 say, “We are children. What can we do? What service can we offer?” I smile at them and say, “To offer service, what we need is willpower but not the age and

money. You can happily serve without money. There are many ways. You can do physical work. Join NCC, Scouts & Guides. You can work for a voluntary organisation. You can help the elderly. You can help others with your pocket money. Finally, we can donate our blood. We can do organ donation and live after death as well. Think for a while. There are so many that are not linked with money.”

When you can't bend a sapling, how can you bend a tree? If the service motto has not there in you since your childhood, how will you cultivate it when you grow? Tell me.

Elders should spend at least 10% of their resources on charity. That attitude will prosper the individual, family, society, and country as well. Then you will be successful in your fourth paper as well.

Society doesn't mean only your fellowmen. All living creatures, the five elements—environment, nature, and all things in this creation—are part of society.

5th Paper:

Children, what else do you want? We have touched on all aspects in the above mentioned 4 papers. Even then, we scored 80/100. What is to be added to make us a complete personality? All four papers we have read are like Indian Dal dish. The fifth one is a pinch of salt, which makes it delicious. Tell me what will be the fifth paper?



Not even 5% of people could answer this question. I have asked the same question to lakhs of people. I have offered a cash reward as well. I could only get the correct answer on rare occasions.

Can you say the answer? Think for a while. What is the title for the fifth paper?

To achieve a complete personality, the essential thing we have to add and learn is spirituality. Whatever the religion you belong to, connect your ideals with spiritual aspects. Vasudhaika kutumbam is a Sanskrit saying that means ‘the whole

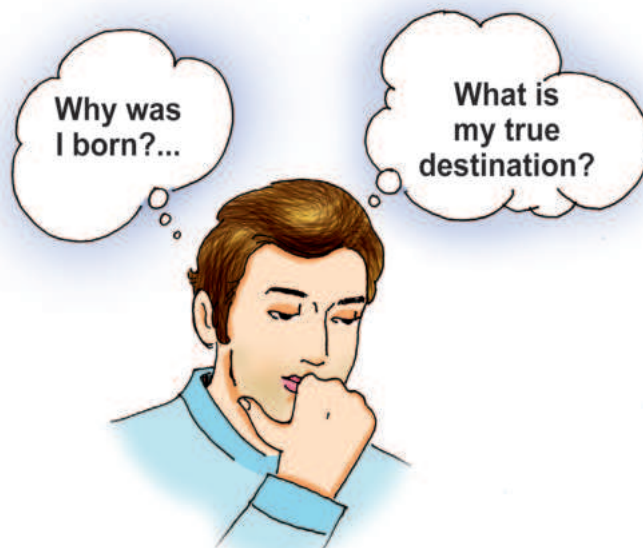
universe is one family.’ May all beings everywhere be happy and free. “Love all, serve all” to make our lives meaningful and purposeful.

We should work with the discernment of morality, love for God, realisation in religion... and offering self to God.

Whatever the religion is! Lead a good life with humanity and be close to divinity. Then it’s certain that you will live after your death in the hearts of your fellowmen.



60. The Ultimate Destiny of Life



Issue:

“Sir, I appreciate your insights, and I’m eager to learn from you. Could you please clarify the ultimate purpose of life?”

Is life merely about indulging in pleasure and leisure activities? Or is there a deeper, overarching goal that everyone should strive to achieve before they pass away?

Why do I exist? What is the overarching purpose of my life?

Could you provide a clear explanation that I can easily understand?”

Elucidation:

Dear children, to be honest, I’ve never been asked such profound questions before. Nowadays, the phrase “Ultimate Goal” is not heard much. But, when we recognize the existence of an ultimate purpose in life, many of the topics discussed in this book become unnecessary. Understanding the ultimate goal allows one to lead a purposeful and meaningful life.

From a worldly perspective, happiness, fame, and recognition may seem like the ultimate pursuits. Those who achieve fame often leave a lasting legacy even after they’re gone. However, true fulfillment comes from realizing the ultimate goal, which is often seen as moksha or salvation. While such realization is rare, those who attain it are remembered and revered for eternity, even if they’re no longer physically present.



Every human being has a goal in life. What is it? People inevitably encounter this doubt at certain times in their lives. Elders often assert that there is something to be achieved before death. Our ancient sages and Maharishis stated that the ultimate goal of life is to achieve the four objectives of human pursuit: Dharma, Artha, Kama, and Moksha. By learning and practicing righteousness, one can earn a livelihood. This righteous way of living alone can grant fulfillment of desires. When these three—dharma, artha, and kama—are experienced properly and fully, one attains satisfaction in life and turns towards the path of moksha or salvation. As you can see, there are only two things that need to be achieved. In my opinion, the two objectives of pursuit are Dharmartha & Kaamamoksha—earning money righteously and living with the desire for moksha (salvation).

Though we die, our legacy should remain eternal. According to the elders, as long as one is remembered, they are not truly dead. Physically, one may not be alive on this earth, but our legacy and reputation will make us live forever. Certainly, not all of us will achieve that. But How to earn that sort of acclaim? By demonstrating sacrifice, generosity and love towards others, we can set our legacy to continue.

The Upanishad says, “Thyagainaikaina amrutatva maanasuhu!” Sacrifice alone gives man immortality.

Sri Bhagavan Vedavyasa Maharshi wrote 18 Puranas in Sanskrit. People say that he is the incarnation of Lord Vishnu. Once, Maharshi Narada went to him and asked

to give the gist of all his scriptures in two words. Then Vyasa Maharshi told.

*‘Ashtadasa puraneshu Vyasasya vachanam dvayam,
paropakaraha punyaya papaya parapeedanam’*

The meaning of the above sloka:

In the eighteen puranas Maharshi Vyasa wrote, the gist in just two verses: To help others is the virtue (punya) and to trouble others is a sin. (papam)

Indeed, the pursuit of human life centers on the aspiration for happiness. If individuals lead content and joyful lives, they can be deemed successful. Notably, success need not be measured solely by grand accomplishments. It is essential for everyone to fulfill their duties with love and respect toward all relationships, recognizing distinctions between elders and children. Embracing a love for fellow beings and unwavering commitment to the principles of truth and dharma is imperative. Tranquil moments bring about pious reflections, where peaceful minds harbor thoughts of God residing within their souls Sacchidananda, the divine essence. The ultimate life goal remains happiness, even though individuals may harbor various temporary aspirations. For instance, students consistently aim to excel in their examinations year after year.

Suggestions:

Their aspirations are what they aim to attain—an overarching purpose in life. Striving for these aspirations is a form of practice. Goals tend to evolve throughout our lives; they encompass facets like education, employment, marriage, children, and

grandchildren. These become benchmarks at various stages of life. Attaining career objectives often stands out as a significant goal. However, are these truly the ultimate goals of humanity? In reality, they serve as stepping stones, not the final destination.

Individuals may have distinct goals shaped by their thoughts or ambitions. Some aspire to achieve specific objectives aligned with their ideals. Yet, irrespective of outward actions, those who cultivate a mind filled with thoughts of God are truly blessed. This mindset aligns individuals with their ultimate purpose. An essential perspective emerges: service to humanity equates to service to God. Those who engage in serving others are, in essence, serving a higher purpose.

Inspirational Quote:

A life worth more than a valuable salary!!

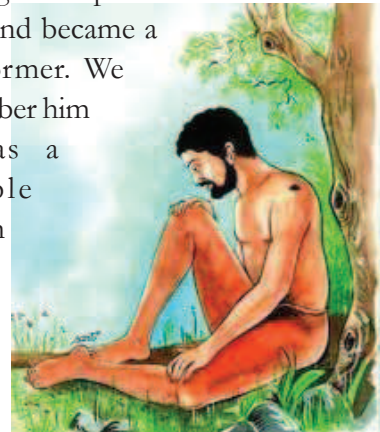
Inspiration:

You can not find even a single Telugu person who hasn't heard the verse 'Viswadabhirama vinuravema' There is no one who hasn't gotten wet in a rainstorm or who hasn't learnt a verse of Vemana. This poet lived between the 15th and 16th centuries. He belonged to the Reddy dynasty. Everyone knows his story. He was habituated to enjoying all pleasures. In his early life, he was said to be a womanizer. He realised that the purpose of life is not about connecting with worldly pleasures. He renounced everything around and became a wandering monk.

In the 17th century, it was the age of chaos. The irregularities of rulers, famines and miseries that permeated society ignited thoughts in his mind. He wanted to learn Pasaru Vidya to reform the lives of people. He met many yogis and sages. He practised what they preached to him. He realised there was hypocrisy and deceptiveness in this worldly life. He noticed the same qualities in the lives of sanyasis. He tried to bring their treachery to light. He was transformed into a social reformer and realised the ultimate purpose of life.

When he was asked to come back to the house, he rejected his wife's request and went on to all the villages opposing caste, power, egotism and the offenses of the rich. Some people called him insane. He marked himself as a foolish man. He incorporated the philosophy of life into his simple verses.

He taught about the culture of self, the culture of caste and economic culture. He condemned the hypocrisy of the Gurus. He practised and preached the ideals of life. He gave up all his pleasures and became a social reformer. We will remember him forever as a remarkable person in history. He remains in our hearts forever.



61. How to Achieve Anything in Life?



Issue:

What should I do to achieve something in life? How do I overcome the challenges while achieving something? How to do what we wish for? What to do? So I won't deviate from the path of success. Why should we achieve something in life?

Elucidation:

Life itself is an exercise, How? Dear children! Every task, from birth to death, carries its own sense of achievement. If you think about it, being born itself is an achievement. But these universal experiences of birth, growth, eating, aging, and death are common to all living beings, devoid of any exclusivity.

True achievement in life implies contributing something exceptional.

Simply living and dying like any other creature lacks distinctiveness. The extraordinary leave a lasting impression, ensuring people to remember them. Particularly, actions rooted in philanthropy ensure a legacy that endures beyond our time on earth. Merely navigating daily activities such as eating, drinking, sleeping, and eventually passing away lacks the special essence that makes a lasting impact.

Once, a sage engaged a group of children, posing a question to which they responded enthusiastically in unison.

Sage: Ramu, what is your father's name?

Ramu: Krishnaiah

Sage: Dear girl, what is your grandfather's name?

Girl: Subbaiah

Sage: Dear boy, what is your great-grandfather's name?

Boy: ????

Sage: Jaya, Can you name your great-grandparent's father's name?

Jaya: Sorry, I don't know.

The sage continued, "Do you know Swami Vivekananda?" The children chorused, "Yes, we know him."

Sage: "Dear children, do you know Gandhi?"

Children: "Yes, he is the father of our nation. We call him Bapuji."

Sage: "Do you know Thomas Alva Edison?"

Children: "Yes, we know him."

Finally, the sage asked, "Dear Children! Do you know Adi Sankaracharya?"

The children joyfully affirmed their knowledge of him.

The sage then imparted his wisdom: "Children, you don't know the names of your great-grandparents. You don't have blood relations with these great men. You

haven't seen them, as they lived hundreds of years ago. How can you remember them all?" The children, taken aback, responded, "They lived with purpose and contributed greatly to society. How can we forget them?"

The sage told the children, "If you do something amazing, your future generations will always remember you. But if you don't, your own children might forget you. So, do things that will keep your memory alive even after you're gone. Otherwise, your life won't have much meaning, and it's like being dead."

If your work is useful for your family - family members

If your work is useful for the village - villagers

If your work is useful for the nation - the people of the country

If your work is useful for this world - the whole world

They remember not only your effort but your name as well. Individuals accomplish tasks depending on their abilities. If you want to live in the hearts of people even after your death, achieve something that benefits the world.

Making a lot of money

Doing a good job

Building palaces and enclaves

Earning property

Doing business

Settling in abroad

Establishing industries

A responsible government official



Serving as a legislative member
Becoming a minister or a Chief Minister
Becoming a President
Showing excellence in any field
Inventing something useful for the human race
Becoming a Sage to be a preacher or mentor
Making life purposeful by doing services
Living for others without selfishness
There are so many... But
All of these can be achieved. People choose fields and goals according to their capabilities.

Take a pen and paper, and write the names of 10 remarkable people. Mention the period they lived in and their age, too. Notice the people who lived long ago. You will know what their efforts were. Think about why you remember them. You will understand what to achieve.

Suggestions:

1. *Make a list of what you want to achieve by age 50. Consider goals for yourself, your family, your career, and society.*
2. *Keep track of how long people remember you for achieving specific tasks.*
3. *Select a task as your lifelong goal if you're satisfied with it.*
4. *Evaluate whether each task aligns with your lifelong goal. Discard tasks that don't contribute to reaching your goal.*
5. *Build your confidence to overcome obstacles on the path to your goal.*

6. *Be willing to let go of anything that doesn't support your goal.*
7. *Have faith in yourself and a higher power. This is the key to success.*
8. *True progress comes from pursuing tasks that leave a lasting impact even after you're gone.*

Inspirational Quote:

*Desire makes you live few years
Hope will make you to live until last breath
Ideal alone will give you immortality
Listen oh! Balachandra, humble man*

Inspiration:

Dear Children! I am giving you some home work. If you think that the present essay is useful to you, write the story of a wonderful man who you like the most, along with the answers to my questions below and e-mailing me at balachandra70@yahoo.com

What did he to achieve in his life?

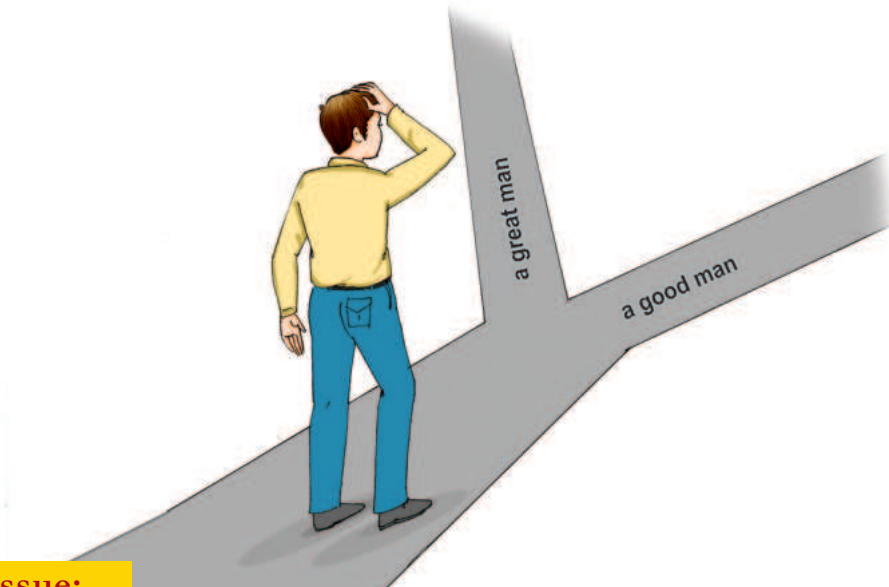
How did he overcome the challenges in life?

How did he achieve what he wanted?

How did he go on the path of success without deviating?

Why did he achieve that particular goal?

62. Great Man? or Good Man?



Issue:

Sir, I am always confused. In life, should I become a great man or a good man? I often discuss this with many people around me but I never got a satisfactory answer to it. I feel we need to learn this at the time of studying itself, hence I make an humble appeal to you to explain it for all of us.

Elucidation:

Dear children! Since my childhood, I have seen and heard many people say, “Be a great fellow!”. I always wondered the same as you guys, Why do they keep saying to become a great man?

I was associated with the RSS and Saraswathi Vidya Mandir in my young age. Hence I was disposed to listen to discourses, learning spiritual things through moral & ethics classes and reading

the life stories of Exceptional personalities, I firmly started believing that we get happiness from being a good man.

When I was 12, I started going to “Balavikas”, which was run by the Sri Sathya Sai Organisation. There, I came to understand the difference between a great man and a good man better. For instance if we take the Epic Mahabharatha, the Kauravas were great men, but Pandavas



characterized the “Good”. I feel that even god as well showers his mercy on good people. I have come across such men while reading so many historical and mythological stories who inspired and filled me with zeal to become a good person. There were many experiences to justify this.

I quite remember, in 1985 (when I was 15 years old) mine was a middle class family.



Having cultivated a passion to serve the needy, which was intensified after joining the balavikas classes kept me on my feet. For Baba’s 60th Birthday I determined to go to a slum area and give 60 kids a healthy meal. This went on for 40 days, on my bicycle and I would go around Tadipatri, to devotees houses, get some grains, get them to a mill, store the powder in a tin and distribute it to the kids.

One day, I went to one of the devotee’s house (Sri Kulluru Subbarayudu) to collect grains as usual. But he took me into his puja mandir, inquired about my well being. He told me that he was well aware about my father and our financial situation. He

said, “My dear, you are doing such good things at this young age, I am very happy. I know your family’s condition and I have brought some books and stationery for you.” He took a bag kept near the altar and handed over it to me. While handing it to me, he folded his hands to make a traditional namaskara. I was 15 years old then. This incident inspired me a lot. I experienced and understood that by being good, I would be adored.

Beloved Children! When you exhibit kindness, the entire world will embrace you and you’ll experience it firsthand. True goodness isn’t about attire, makeup, or ostentation. It’s about speaking words of kindness and performing acts of goodness; that’s all that matters. By embodying goodness, you also earn the love of God.

A young boy, upset after quarreling with his mother, vented his frustration on a hill, shouting, “I hate you.” To his surprise, the words echoed back, frightening him. Rushing home, he confided in his mother, puzzled by who could hate him. His mother, smilingly, advised him to say, “I love you” and listen for the response. When he did, the echo returned with “I love you,”



bringing him great joy.

The world responds to you based on your behaviour. So, children, if you behave well, you will receive the same from the world. World is just resound, reflection and reaction of your behaviour.

You might have heard about the ancient Greek King, Alexander the Great. He said, “We carry nothing with us when we leave the world.”

Inspirational Quote:

All Good People are Great. But, not all great people are good in the society.

Inspiration:

Allow me to share the story of two individuals whose lives were widely known across the country. One hailed from a modest family in a small coastal town, while the other was born in a bustling financial hub situated on another coast. Both adhered to the Islamic faith. While one pursued an ordinary academic path, the other exhibited extraordinary academic prowess.

In their later years, one obtained a technical education degree and commenced work in the public sector, while the other attained qualifications as a Chartered Accountant (CA) and embarked on a professional journey. One earned widespread acclaim, whereas the other amassed substantial wealth and engaged in diverse business ventures. One ascended to the role of Director at the

DRDO, leading numerous scientific experiments, while the other aligned himself with extremist factions, involving himself in radical activities.

The former dedicated himself to elevating India’s stature through advancements in space science and played a pivotal role in nuclear testing. Conversely, the latter provided financial backing for extremist and terrorist endeavors. While one rose to become the nation’s President, the other faced consequences for his wrongful actions, enduring imprisonment and ultimately, capital punishment.

Throughout his life, the first individual remained committed to noble ideals until his final moments. Even in retirement, he dedicated himself to nurturing the nation’s youth, breathing his last while in service to their cause. The other, however, met a starkly different fate, confined to incarceration and ultimately meeting his demise on the gallows.

It’s likely evident by now who these individuals are. The first, our revered Bharat Ratna, Dr. APJ Abdul Kalam, endeared himself to the nation, leaving an indelible mark on history. His legacy





endures, and he remains a cherished hero in the hearts of the people, even beyond his passing.

The second individual was Yakub Memon, the founder of Menon & Menon, Chartered Accountants in Mumbai. His involvement in supporting organized terrorist activities led to a tarnished

reputation.

Children, upon close observation, a crucial lesson becomes apparent: true existence stems from goodness. Let us strive not for greatness, but for living virtuously.

Bear in mind, the primary aim of education is the cultivation of character!



63. How to Live A Distinguished Unique Life?



Issue:

Dear Sir, It's universally acknowledged that living with a purpose is essential. However, our elders frequently emphasize the importance of living uniquely alongside having a goal. I kindly request your guidance on cultivating a distinctive way of life.

Elucidation:

“DNA”, “Fingerprints”, these are couple of things that no two people share. That means these are somethings that can be used to identify a human being physically. However, the challenge lies in understanding how to lead a life that sets apart one's personality from others.

Children! Many esteemed personalities have served our nation as the Presidents. But when asked to recall who left a lasting impact, whose name would you take?. In

various meetings, when posed with this question, immediate responses often include names like Dr. APJ Abdul Kalam or Dr. Sarvepalli Radhakrishnan. Even today, these names are prominent choices. Occasionally, individuals may also mention the name of the current president.

What sets apart certain individuals, like Dr. APJ Abdul Kalam or Dr. Sarvepalli Radhakrishnan, in our collective memory despite having numerous remarkable



presidents serve the nation? While all of them have held the presidency, these individuals stand out because of their one-of-a-kind lives and shared ideals that resonated with many.

People who have goals will certainly achieve them.

But those people who live uniquely, forever remain in the hearts of people.

You might have heard the letters USP in the commerce field. The letters stand for Unique Selling Point. When a product is compared with other products, it has speciality.

While appearance may be similar among all human beings, those who possess distinctive styles are exceptionally rare. Their way is a royal way.

This notion brought to mind the renowned South Indian film actor, Superstar Rajnikanth. He is renowned for his unparalleled style - from his actions, dance, to his delivery of dialogues. Rajnikanth is rightfully labeled a unique actor due to the distinctiveness in the way he walks, dresses, talks, his appearance, and even in seemingly trivial habits like wearing glasses or putting a bubble gum into his mouth. It is this extraordinary uniqueness that made him such a worshiped actor.

Now coming back to our topic, let's talk about the presidents and look at some unique qualities they had-

1. Kalam is famous for his honesty and simplicity. He used to go to bed around 2 o'clock at night and get up

between 6. 30 a. m. and 7 a. m. He had no TV set in his house. Books, Veena (a musical instrument), clothes, a CD player, and a laptop were his property. He didn't write any wills.

2. When he was working as the director for DRDO, he immersed himself in making missiles. He was the key man behind the experiments with missiles named Agni and Prudhvi. Hence, he was also called the MISSILE MAN.
3. He became a scientific advisor to the Indian Defense Ministry. He was the chief of this advisory board and hence was also given a seat in the cabinet. His efforts resulted in the successful testing of Pokhran II nuclear weapon.
4. Kalam was a vegetarian, opposed alcohol, celibate, and was very disciplined.
5. He was honoured with the highest civilian award, the Bharata Ratna.
6. He lived till his last breath with the youth.

He resides in our hearts because of how he chose to live. This itself is called "Uniqueness". If we consider remarkable personalities across various fields worldwide, they all possess a lifestyle that is uniquely their own.

Children! It does not matter how many years we've lived, the key lies in how we've lived those years. The true measure of success and leaving a lasting legacy in history is defined by the uniqueness of our deeds. Take, for instance, Mahatma

Gandhi his distinctive quality, that cannot be missed by anyone, is his adoption of non-violence as a weapon. Breaking the chains of oppression, he secured India's freedom. Even his attire sets him apart, making every word he spoke a guiding mantra for Indians.

Do you want to live a unique life? Look at the following suggestions once.

Suggestions:

1. *Sharpen your intelligence.*
2. *Keep your personality regal.*
3. *Don't lose faith and values.*
4. *Always be positive.*
5. *Know the situation you are in before you respond*
6. *Live with a noble goal.*
7. *Keep your life experiences in mind*
8. *Let your work display originality and innovation.*
9. *Behave, knowing likes and dislikes*

10. *Observe what kind of thoughts you spend most of your time with.*
11. *Have good communicative skills*
12. *Keep a check on yourself and your habits.*
13. *How are you spending your leisure time? Give a thought.*
14. *How joyfully you are living? Think.*
15. *How in your relationship with others?*

Hence, by embracing these ideas, we can lead a distinctive life. In Sanskrit, there's a saying: Yadbhavam... Tadbhavathi, meaning our thoughts shape our personality. Despite being ordinary individuals, adhering to the aforementioned suggestions will allow us to live an extraordinary life regardless of the field and path we choose.

Inspirational Quote:

You're born to be an original. Don't die a copy.





The essence of life is to walk towards the light from the darkness. The staircase leading from ignorance to knowledge was paved through this book by Balachandra. It can be said in confidence that if students, as well as teachers can take one topic a day, discuss in depth and assimilating it, the true capabilities of the children can be discovered.

- **Dr. Chukka Ramaiah, Ex MLC, Educationalist, Hyderabad, Telangana.**



I am greatly surprised to see his eagerness and enthusiastic spirit when he told me that he wanted to supply these books to approximately around 10000 Government schools for free of cost in all over Telangana and Andhra Pradesh. I firmly believe that this book, which has been designed by such a great personality, Mr. Balachandra, will truly serve as the Compass to guide the students, teachers and parents to walk in the right path.

- **Kanneganti Brahmanandam, Filmstar, Hyderabad.**



63 chapters are 63 formulae, No shortcuts for success, we need to ascend all 63 stairs. Every step that you take will make you stronger. Balachandra is a monk, a practitioner, a selfless sage detached to all personal desires. I implore the Almighty to shower blessings upon every reader of this book, infused with the genuine spirit of Sunku Balachandra. May it inspire, motivate, and contribute to the collective upliftment of our beloved motherland.

- **Vadrevu Chinaveerabhadru, IAS Retd., Renowned expert in Literature.**



Each topic from “I can’t remember” to “How to live a unique life?”, encapsulates true challenges faced by every student. Taking these as the basis, Balachandra remarkably and meticulous developed 63 topics, each supported by compelling examples. These transcend ordinary suggestions These embody guidance from a dearest person.

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