

Value Insight

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PERSEVERANCE

- » Path to progress
- » Commit to hope
- » Perseverance, awareness, acceptance



A bi-monthly magazine of
Foundation for Restoration of National Values (FRNV)
Website www.valuefoundation.in



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Content

06 Contributors

07 Swami Bhoomananda
Tirtha

10 Subhashitam

11 From the President's
Desk

12 Path to Progress
Sanjay Joshi

15 Commit to Hope
Prema Raghavan

22 Marathon of
Perseverance
Neharika Srivastava

26 Perseverance, Awareness,
Acceptance
Prof. C. S. Krishnadas

28 Perseverance in the
Wilderness
Akashendu Das

30 Peak to Peak
R. S. Jamwal

36 Swami Vivekananda
“The Universal Man”
S. Regunathan

38 Children’s Corner

41 FRNV News and Events

43 Subscription

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śraddhā, or Assiduous Application, Another Pre-requisite for the Seeker

Poojya Swami Bhoomananda Tirtha, a well-known exponent of spiritual treasures like Bhagavad Gita, is the head of Narayanashrama Tapovanam, Trichur, Kerala. He has provided inspiration to people across the globe including corporate leaders on ethical practices



Poojya Swami Bhoomananda Tirtha

... Today I thought I would speak about *śraddhā*.

The word *śraddhā* in Sanskrit means something very precious and very specific also. I don't think there can be an English translation for this word, *śraddhā*. But nevertheless I have been using two words to indicate what *śraddhā* means. What is that? Assiduous application.

Whenever you are able to apply your senses, mind, intelligence, heart towards anything in an assiduous, wholesome, tenacious, persevering manner, then it becomes *śraddhā*. There are many people who are not able to do it.

In Jamshedpur, there was a boy who would speak a lot, very energetic. So I gave him about half a litre of a very minor cereal and asked him, "You count it." What does it mean? ...

suppose I give you, half a litre of mustard and ask you to precisely count it, that means you have to patiently try removing or moving two or three particles at a time, pieces at a time and then wait patiently to complete it. Now this kind of perseverance is something very, very important. Many people are not able to apply their own body, their own senses, their own mind in anything whatsoever.

You know, the Vedic recitation – the Vedas are taught by a process of mouth to ear. So the Vedic teacher will have to sit and start chanting the Vedas. You must have a feeling of sanctity and sacrosanctness about what you do. Consider your own life to be precious, wholesome, not because of you, because of the human hood. After all we are living

within the orbit of the universe and that too on the surface of a very small planet called the earth.

The earth is surrounded by practically *śūnya ākāśā*. It is just swinging and it is suspended but without any rope. It is hovering around the sun. It is revolving around its own axis. On such an earth we are living, and this earth is connected to the sun, connected to the moon, connected to... maybe a galaxy and there are so many galaxies in space. So the very life denotes something very great, supreme and incomprehensible. Whenever you think of or you see something like this, automatically a note of adoration, respect, a note of providentiality will occupy your mind. That is why I say, you must consider your life to be something extremely sacrosanct. It is something very divine. That feeling should be there. The more you are able to feel divine about things, the greater will be your attitude, the more wholesome will be your approach.

So never be trifling with regard to anything what-so-ever. If you are able to add attitudinally a sense of divinity and supreme-ness about everything, I think your mind will become very great.

Any job we have to do, we must be

able to apply ourselves to it. Students will have to apply themselves to their studies. Suppose somebody lectures, you have to faithfully listen to him. The inability to listen to him is a defect that you are suffering from. Sometimes you have to listen to, sometimes you have to write, sometimes you have to go on looking on, looking on, and looking on like this. So let us be very clear about what is *śraddhā*.

Now, so far as spiritual matters and spiritual life are concerned, what is this *śraddhā* focused on?

*guru vedānta vākyeṣu bhaktih
śraddheti viśrutā*

The devotion, the devotional attitude, attunement, you are able to feel, develop and express towards the statements made by the guru and the statements made by the Upanishads. How much you are able to faithfully attune yourself to them that will determine the measure of your *śraddhā*.

See, whenever our shastras say something, you must have a lot of devotion to those statements, they are time-tested. They are prehistoric; they are tried, pursued, imbibed, actualized, manifested, and then disseminated.

athīti [bodha](#) ācaraṇa pracāraṇaiḥ

First of all people learnt, thereafter they realized, then they practiced and pursued, then they started disseminating about it. So, whenever the Upanishads make a statement, you have to be very devotionally, respectfully be attuned to them and use them, be governed by them. Now this kind of an assiduous application, if you are able to make towards *guru vedānta vākyaṣu* – the statements of the Guru as well as the Upanishads that is called *śraddhā*.

We only have one more quality left - *samādhāna*. *śamaḥ, damaḥ, titikṣā, uparati, śraddhā, and samādhāna*.

All the six put together and you will find, in all these four-fold prerequisites, you will never find a mention of Atma or God or Brahman.

It only speaks about

नियनियवतुविवेकः,

इहामुफलभोगिवरागःशमादमदिषकसपः, मुमुवं

nityānitya vastu vivekah, ihāmutra phala bhoga virāgaḥ, śamadamādi ṣaṭkasampattiḥ, mumukṣutvam.

(Part of *Vivekachoodamani Verse 19*)

The word *mumukṣutva*, as I already explained, means an aspiration to have an abiding note of freedom, wherein the shackles of the mind and those of the intelligence would be completely untied. They will be away, you feel free internally. Initially like air and ultimately like space. So, you will have a spatial mind, a spatial heart, a spatial intelligence, and a spatial ego, absolutely unfettered. This is the type of liberation we are aiming at.

Harih Om Tat Sat. Jai Guru. Jai Guru.

* * *

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SUBHASHITAM

नात्युच्चशिखरो मेरुर्नातिनीचं रसातलम् ।
व्यवसायद्वितीयानां नात्यपारो महोदधिः ॥

जो मनुष्य स्वयं के प्रयत्नों पर निर्भर होता है, उसके लिए
पर्वत की चोटी उंची नहीं,
पृथ्वी का तल नीचा नहीं, और महासागर अनुल्लंघ्य नहीं।

For one who relies on his own perseverance alone, no mountain
is unscalable, no surface on earth is too low to reach, and there is
no sea he cannot cross.

From the President's Desk



The nation is proudly celebrating the Presidentship of G 20. Organizations like G 20, NATO etc. are formed on the basis of Commercial, Economic and Defense considerations. The consideration may be one or a combination thereof. It has also been seen that if one block of nations support these organizations, another set of countries build a parallel institution to combat their influence. So it is not surprising that none of these organizations have achieved peace, prosperity and happiness anywhere in the world as yet, or at least impacted the overall picture of happiness, prosperity and peace.

The question arises as to whether these organizations are sufficient, need something more, or do we need a completely different kind of

organization to bring in Universal peace, happiness and equity?

Each and every nation has got its spiritual traditions and values, yet there is no organization to bring universal spirituality. Should there not be an organization with the participation of every nation to foster spirituality? In our society as a whole and in individuals. We have to seriously ponder over this question at this juncture.

One thought which could lead the discussion is that the purpose of the existing organizations are all for the self, be it at the individual level or nation level. When we are looking towards global good, do we not need to put the interest of others as priority? Is this not at the core of the value system of every nation?

S. Regunathan
President (FRNV)



PERSEVERANCE

The Path to Progress

Sanjay Joshi


Success is propelled by perseverance. The tenacity to rebound and overcome failures determines the quantum of success and glory.

Who has not tasted failure in life? But should that be a hindrance in my progress, should I stop trying again and again, and again? Believe me, it could well be a steppingstone to success. How? When I fail in doing something, I am sure of at least one method of failure. So, I avoid it and approach differently. But what is it that I need to possess that will help me to try again and again until I succeed?

It is perseverance, a value that has stayed with every successful person. And as long as it stays on with the person, the person continues to grow and prosper. Think of any famous artist and you will find that becoming famous has a direct bearing on one's perseverance and tenacity to survive the admonishing

rejections of the past and try again. Recall the useful invention or discovery of any well-known scientist and you will be compelled to appreciate the perseverance and pain the person endured failing in previous experiments, but not failing to try again. Revisit the struggles of Indian freedom fighters who had to bear the humiliation and torture of their tormentors but kindled perseverance and stubbornness to engender the spirit of freedom with a never say die attitude.

I have been in the development sector and worked with under privileged communities and have witnessed several accounts of disappointments and accomplishments. Failures have added value in informing me about avoiding what should not be pursued. I have also observed the struggles and victories of programme-beneficiaries in my professional encounters, and they



have confirmed that resolute behavior and standing steadfast to one's actions will surely turn the tide towards victory and growth.

I am reminded of a life story of a Grade VIII girl from a remote village in Jharkhand who wanted to pursue her academics despite familial challenges and upheavals. Her family's social and economic standing was weak and fragile. Her father was an alcoholic, did not contribute a penny but only indulged in domestic violence and wife beating. However, this girl was unrelenting in her desire to seek academic enhancement. A feeble but hopeful encouragement from her mother to let her join and enroll at a non-profit organization's remedial education programme helped her transform her life journey. I recall that, initially at the time of enrolment of the girl under remedial-class session, she did not score well in her first assessment and needed to improve in all her major subjects. She was determined to learn and achieve. She started attending all her tuition classes regularly with dedication. Daily, she had to walk almost 3 kilometers, one way, to reach the learning centre. But I noticed that she was always trying to complete her assignments and constantly inquisitive to understand

what was being taught. Gradually she started showing academic improvement and in her half-yearly assessment she easily scored above 55% marks. With a little motivation from her teacher and regular practice of grammar assignments, revising mathematics problems and resolutely participating in other 'learning by doing' activities organized at the remedial centre, she had become an ardent learner. I was curious to know the fate of the child and was informed by my Programme field-staff that she cleared her school examination with flying colors. Time passed by, and in few years, she not only completed her board examination with over 70% marks, but she had become a smart young girl who could read and write fluently in English and Hindi. This girl is now 21 years old and working as a receptionist in a corporate office in Ranchi and taking good care of her mother. Persistently following her dream this first-generation school-goer had carved out a winning career path for herself.

It is not always required to be the best student in the class to excel in life. But it is extremely crucial to follow your dream relentlessly with a positive attitude. For young students, chasing goals and their desire to succeed is propelled by

perseverance. The tenacity to rebound and overcome failures determines the quantum of success and glory. There is no shame in falling; the shame is in accepting the fall as total loss. Nelson Mandela once said, "The greatest glory in living lies not in ever falling, but in rising every time you fall." That is the essence of persevering - finding the courage to get up even though one knows one is being counted out. Then why is that we hear more stories of failures than success? Simply because we declare ourselves defeated before a defeat. To reach the summit, we need to break our journey into small sojourns and count our successful steps and muster strength to achieve the impossible with hope.

I vividly recall the book I read in my 20s, written by Robert Schuller with the title- *Tough Times Never Last but Tough People Do!* An

extremely inspiring and encouraging read, the author recounts several turbulent instances of people who displayed unusual doggedness to rise after every fall and then how they rose to victory. I have always believed that when one door closes in life then another door automatically opens, it is on us to make the best use of it. Remember, nature is interrelated, interdependent, self-healing and it does not differentiate among beings. If there is failure, then the seed of success lies in 'failure' itself. Transform failures into success with perseverance. Believe me, every problem comes with a solution. With perseverance we can succeed. All because of this attitude of *Never Say Die*.

Come what may in my way, if I possess perseverance, I will surmount all obstacles and achieve my goal.



PERSEVERANCE

Commit to Hope

Prema Raghavan



“Expect nothing – be prepared for anything”

“We must accept finite disappointment but never lose infinite hope.”

- Martin Luther King

This is a world of joy and pain. In this duality, we discern and appreciate the former due to the presence of the latter. Most of us face a time when life seems shattered by a crisis --- a death in the family, terminal illness, divorce, loss of a job, loss of money, etc. Such experiences produce shock, fear, anxiety, confusion, anger, and hopelessness, any of which could paralyze our normal coping skills. The first thing to recognize at such points in time is that in a universal context, such situations are normal, temporary, and will change in due course. Change is the only permanent factor in life. Though difficulties are universal, how we handle them makes all the difference. Moreover, to face life on an even keel, the most fundamental requirement is to remain alive to the moment and imbued in a sense of positive energy. While hope may be conventionally

understood as relating to the future, the act of hope is in fact entirely related to the moment. It is eventually a sense of benevolent hope that provides us with the energy to walk through the trials and tribulations of life with a sense of abiding peace.

The ancient Zen saying, “expect nothing – be prepared for anything”, evokes a sense of detachment, lightness, and simplicity. It is these basic qualities that prepare us to recognize that a crisis situation is a call for action. A crisis can be perceived as a threat that creates anxiety, a loss that generates despondency, or a challenge that instills courage. We need to find meaning in suffering to go beyond it.

We need to realize that no crisis can affect who we truly are. It is our lack of understanding of our true selves that transforms the impact of a crisis on us. A crisis drives us to

realize our true nature and aligns our perspectives in a manner that allows a sense of inner stability and certainty under the most extenuating circumstances. It is for this reason that mastering a crisis provides tremendous potential for self-fulfillment and emotional growth. It gives us an opportunity to recognize our dormant potential and use it. Encouragement from a relative, friend, or counselor can help the individual to emerge from a crisis as a stronger person. We need the wisdom to learn from adversity and the strength to build a new, different, and better way of life.

Even if all our familiar goals are snatched away, the last human freedom always remains – which is the ability to choose one's attitude under a given set of circumstances. What is attitude? Attitude depends on our spiritual/social worldview, value structures, family conditioning, culture, traditions, life circumstances, life experiences, and a whole lot of other variables. If our past was filled with disappointment, unrealized potential, or unsatisfying relationships, then we tend to continue to do what we know, as we are conditioned to internalize our behavior in a cycle of habit. We must understand the roots of our mindsets to be able to change our attitudes. Understanding is a quest and a

journey. Whatever it is man's capacity to transcend his predicament and discover meaning in life is very powerful. It is beyond the effects of genetics or environment on personality. This is a hopeful view of humanity.

The Foundation of hope

Self-esteem

Self-esteem comes from within us. Self-worth is, 'the experience of being capable of meeting life's challenges and being worthy of happiness. It is something more fundamental than the normal ups and downs associated with situational changes. Healthy self-esteem is based on our ability to assess ourselves accurately and still be able to accept and value ourselves unconditionally. This requires being able to really acknowledge our strengths and limitations {which is a part of being human} and at the same time accepting ourselves as worthy and worthwhile without conditions or reservations. Our self-esteem develops and evolves throughout our lives. Experiences during our childhood play a particularly large role in shaping our basic self-esteem. Self-esteem or self-worth is independent of external variables. If our self-esteem depends on us and not on external circumstances, this inner security provides self-

confidence and courage. Our efforts (even if they don't result in success), integrity, and goodness can provide us with a sense of self-worth. It need not be dependent on our accomplishments, skills, physique, financial worth, earnings, etc. There are successful students, executives, and businesspersons who feel good about themselves when they are achieving but inadequate when they are not excelling in their chosen fields. Such self-esteem is not independent and depends on external factors. This is not a healthy state for an individual. We must have an inherent sense of self-worth and stability. We are powerful beings who create both our negative and positive experiences.

Faith

Faith is not 'belief without proof' but 'trust without reservations. If our faith is strong and does not wane, we feel the beautiful experiences of warmth, love, comfort, healing, and inner strength to help us through our crisis with hope. Denial of faith is hopelessness.

As Robert Louis Stevenson put it, "Who has seen the wind? / neither you nor I / But when the trees bow down their heads / the wind is passing by"

In the same way, if we survive tough times like the wind, hope touches our lives. Our faith does not

make us immune from suffering. It teaches us that no loss is the final tragedy. Faith is the ultimate support that provides hope.

Trust in oneself and faith in a higher power – this conviction makes one struggle with courage and hope. It is like being trapped in a dark tunnel and uncertain of which direction to head in to find the light. This is where hope comes in. It is not easy, but as the Greek saying goes, '*it is the difficult things that are beautiful*'. When one cannot change a situation, one must feel free to make changes in one's life. These changes are a part of what will bring us successfully through a crisis.

Love

The ultimate victory belongs to the power of love. Hope and love abide beyond the moment's loss Faith. Trust and love sum up hope to face our personal challenges.

No one can promise us a comfortable life without pain. Parents hope that their children do not suffer and provide the best for them through education, finance, and material possessions. The vital factor and the ultimate support is to give them love, a sense of self-worth, and faith, which will automatically give them hope, courage, and the required skills to cope with life's challenges.

Hope is like a phoenix that grows

out of the ashes. Ashes have the connotation of individual despair. Self-interest is only one aspect of our life. When the bottom seems to fall out in our individual life, we tend to forget the other facet of our role in life. Our roles in intellectual, social, and spiritual realms continue to exist. We can also rise beyond the limited perspectives of our lives to help the less privileged like a Good Samaritan. It implies giving with grace with no strings attached to it. India offers us many opportunities to show our compassion, give hope and touch someone's life - slums, municipal hospitals, orphanages, and victims of natural disasters. The Divine is not a judge sitting up in the sky but living amongst you and me. The divine presence is powerfully present in our loving actions that give hope to people.

The Dynamics of Hope

“He who has a why to live can bear with almost any how”

Nietzsche

The Perspective of Hope

- Hope looks for the good in people and situations ·
- It considers problems as opportunities. It makes you move forward when it is easier to quit.
- It does not escape and finds temporary relief in drugs, alcohol & gambling, which tend to aggravate the problem
- It focuses on the “difficulties” and not on the person.
- It accepts the reality of things and is determined to face the problem.
- It finds the best in us & others and makes us more humane, touching the core within us
- It learns from the mistakes of the past.

The Genesis of Hope

- A clear vision of your goals in life
- great commitment to your goal
- capacity for hard work and teamwork
- a desire to come out of your present situation
- determination and resilience
- a willingness to take calculated risks.
- Positive attitude
- Self-confidence
- No self-pity

False hope: Wishful thinking, denial, and unrealistic goals surface in discussions about hope. Not hoping is the easiest way to avoid disappointment. However, while this does mean that the subject eschews hope to avoid disappointment, it would definitely mean that the subject has bypassed the hope stage and gone directly to disappointment. If hope is logic-based, then hope becomes a mathematical probability of success. Some people die of

statistically safe surgery and some survive a risky transplant. Yet *the possible is always in terms of a particular individual with unique capacities and limitations.*

“The last step of reason is to acknowledge that there are infinitely many things which surpass it”

Pascal

Viktor E. Frankl and Logo therapy

V. Frankl, a psychiatrist who had many profound personal experiences in a concentration camp, is the founder of logo therapy. Logo therapy literally means, “Therapy through meaning”. It is an active directive therapy aimed at helping people who have lost hope. While Freud said human's have a will to pleasure', and Adler spoke about the 'will to power, Frankl says we have a 'will to meaning'. It emphasizes the freedom of the will and the consequent responsibility. He says, other things being equal, those apt to survive the camps were those oriented towards the future- towards a person or task, towards a meaning to be fulfilled by them in the future.

The basic assumptions are:

- Life has meaning under all circumstances
- people have a will to meaning
- people have freedom under all circumstances to activate the will to meaning and find the meaning

For instance, in India, many old people live dynamically, looking forward to the marriage of a grandchild, or the birth of a great-grandchild. This traced back arises basically from a natural instinct for continuity.

Ultimately, meaning does exist and is unique to each person and each situation. Each moment offers a sequence of unrepeatable situations, each of which offers a specific meaning to be recognized and fulfilled. The mind has the power to will the body to extraordinary feats. No matter what the state of the world is, our attitude can always help us. We can turn any situation into a supremely meaningful one.

Logo therapy optimistically looks at life and into the healthy spiritual core of man for resources of healing.

Maslow's theory and hope

Abraham Maslow is considered to be the father of humanistic psychology, also known as the “third force”. Maslow's motivational theory states that man's behavior is controlled by both internal and external factors. In addition, he emphasizes that humans have the unique ability to make choices, Moreover, exercise free will He says people have certain needs, which are unchanging and genetic in origin.

These needs are the same in all cultures and are physical and psychological. Maslow describes these needs as being hierarchical in nature, with some needs being more basic or more powerful than others are. As these more basic needs are, satisfied, other subtler or higher needs emerge.

If one has achieved a particular aspiration, one hopes to graduate on to the next stage of one's personal fulfillment. When hope has attained its object, it ceases to be hope and becomes a sense of fulfillment.

To explain why people are driven by certain needs at certain times, Maslow asked himself why one individual would spend so much time and energy on his own safety whilst another individual would focus on achieving greater esteem from others? What Maslow found was that human needs are arranged in a hierarchy, going up from the most pressing to the least pressing needs. According to Maslow, there are five levels of needs. In order of importance, there are physiological needs, safety needs, social needs, esteem needs, and self-actualization needs.

People try to satisfy the most important needs first. For example, a starving person would not be interested in having his photo in the media but rather in finding

something to eat. People's needs therefore continually evolve as they rise up this hierarchy. He divides the hierarchy into basic needs and growth needs. Once these needs have been reasonably satisfied one may be able to reach the highest-level called self-actualization.

Tailoring hope

On accepting that our life as it stands today is a consequence of our choices made in the past, it follows that our future will consequently be shaped by the choices of today. Regardless of who we are and where we come from, we can rise above the odds against us. All one needs to have is a different attitude and spirit. We have all heard stories of sinners who transform into saints or people who rise out of rags into riches.

Each day, we have many possibilities from which to choose within our areas of freedom. We must choose the most responsible option and make the best choices for ourselves and the people around us. Then happiness and fulfillment will be ensured. Sometimes the choices of action are limited. If so, never give up, prepare for the worst, and hope for the best. Healing comes when an individual knows that she/he has done everything possible about the problem and finds a way out with hope.

Ralph Waldo Emerson advises,”

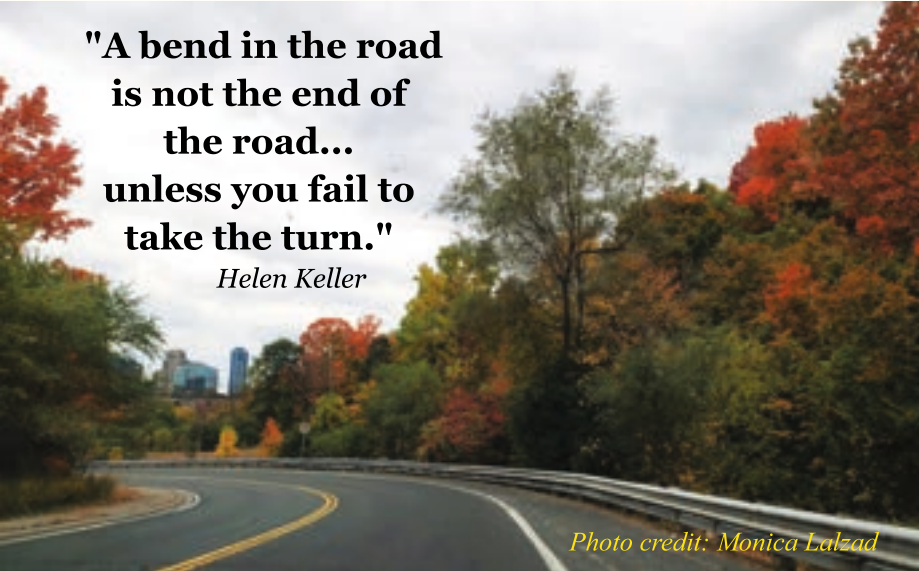
Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in. Forget them as soon as you can. Tomorrow is a new day. Begin it well and serenely and with too high a spirit to be cumbered with our old nonsense”

Conclusion

The element of hope has its seed in the individual. But it need not remain only with the individual. Once stimulated, hope can spread out a much wider circle - from the individual to the family and then into society. Widening your hope circles ensures the principle that in the survival and health of the society around us lies the survival of the

individual. For instance, when a partner of a company promotes his individual interest at the cost of the company, the returns can only be temporary. In the long run, the company will fall, bringing down the partner too. His individual hopes should therefore be realized within the larger context of the company's interest. This is true in all areas of our life. Hope, trust, faith, and hard work play a key role in transforming people. There is no limit to what we can do once we break out of the limitations, which are in our minds.

Let hope brighten the days to come.
The best may be yet to come.



**"A bend in the road
is not the end of
the road...
unless you fail to
take the turn."**

Helen Keller

Photo credit: Monica Lalzad

Marathon in Perseverance

Text and Photographs: Neharika Srivastava

Neharika tells us how sharing her passion for running with her son taught them so many lessons in perseverance.



I fell in love with running in 2007 when I participated in a 5 km fun run organized by my company and have been running ever since. It felt natural to pass on this love to my son, which became one of my personal goals in 2015.

There are many reasons why we started running but only one that has kept us running for so many years. It's a personal sport where you compete only against yourself and keep testing your limits; it is about perseverance. While today it's persevering through a sport, someday it will translate to persevering through tough times in life. As a runner, I felt it important to share our story about why we run and how it all began.

It's all too easy when you're new to running to look at more experienced runners and feel inadequate. May be feeling that it's

somehow out of your reach. This story is here to tell you it isn't.

It's a parallel yet intertwined perseverance story! My story is about how I went about achieving that personal goal of getting my son, Bhim, onto the program, investing time and effort to convince him to not only try, but also willingly share the same goal. Bhim's story is truly about sheer perseverance, not giving up, constant effort to better himself and reach out towards the goal. The hope is that anyone reading this – who is feeling unsure or incapable – will gain some confidence and perhaps even the drive to achieve what they are striving for.

How it all started

In 2015, I introduced my son, aged 6 years, to the concept of running and started his training. Bhim at that time didn't have inclination towards any particular sport so I thought why

not get him to start running to build stamina and endurance – it comes handy in any sport.

I had to plan on ways to develop this skill. First step was to start



running!

To kick off, we started with a simple goal – be able to run for 1 km nonstop.

We followed an easy training plan – run 5 minutes (Mommy, this feels like 5 hours!), walk 2 minutes (Are you sure it wasn't 2 seconds?!) and repeat. We decided to practice 30 minutes over 3 times a week.

A lesson we learnt very early in the game was that we must have a carrot dangling at the end of the stick

to sustain motivation. Bhim is a big 'foodie' so it was easy to keep a lot of 'carrots' ready for him at the end of each run, each week. I noticed that he was very focused and ran very well if he knew there was a big food treat at the end of the run.

Next step was to run longer. We built up momentum by running for longer distances. Running 200 metre stretches interspersed with 100 metre walks. Then 300 meters, 400 meters, 500 meters and in a month we were able to run a kilometer without stopping. This was a moment for celebration and we did... with dosa, and sambhar ...Bhim's favourite food those days!!!

The first official run

Emboldened by our first victory, we decided to turn it up a notch and participate in an official timed run.

It was fortuitous for us that around that time, a reputed running group by the name of 'Gurgaon Road Runners' (GRR) introduced the first ever running event for children – 'Juniorun' – similar to the famous Airtel Delhi Half Marathon. Bhim decided to sign up for his first official 3 km run.

Training was tougher because being a 7 year old you tend to get bored or distracted beyond 15

minutes. This is where I had to bring in creative ways to keep him interested in practice. We went to different parks, we ran with friends and celebrities, we ran with groups, we ran with pets, we ran during holidays around forts, lakes, forests and hills. We also kept incentives such as post run breakfasts in cafes, little treats after each round and prizes for breaking our previous distance or speed records.

Bhim still remembers his first 3 km run with his pet, Sanju, a giant lazy bhutia dog. We had decided to do that



run in a dog park with no distraction or traffic. Sanju gave up after 800 meters and sauntered off to lie down under a shady tree. Bhim completed the 3 km run because he felt Sanju and his reputation was at

stake! I realized that once you are committed to a goal, the feeling of euphoria that you get on completing it cannot be put into words. But I also know the feeling of bitterness and disappointment when you don't accomplish it or narrowly miss it by a margin. Which is why it is so

important to set goals that are realistic, achievable and ambitious, but not overly so.

On D-Day we got up early and reached the JNU Stadium at 5.30 am. Bhim wore the official run jersey and the timed running bib. He went to stand at the start line with all other kids while parents waited and cheered on the side lines. One of the biggest ways you can help your child persevere is to be their biggest cheerleader. And he did it!! The joy and thrill on his face at the finish line was a kodak moment.

Our running journey since then

There was no stopping! We saw many 'firsts'...

Bhim, at the age of 8 years, went on to participate in his first outstation run in Jaipur. We, as a family, drove down to the Pink City. He was a mini celebrity as the only outstation runner who came all the way from Delhi.

At 10 years, he ran his first 5 km. He managed to complete his first official 5 km run in just 32 minutes!

In January 2020, he achieved his





first podium finish, standing at 3rd position in his age group.

Then came the Covid lockdown. Did that stop us? No!! We continued our practice, albeit limited to running around the tiny park outside our house. We managed to participate in at least 20-25 virtual official runs during 2020 – 2021. I am not saying Bhim enjoyed each and every practice. There were good days and bad days. Hot, humid days and cool rainy days with puddles to splash. Boring runs and exciting runs. The only reason we did not become complacent is because we always had a goal with a deadline hovering over us. We would participate in a timed run, enjoy a feast and party afterwards, chill and relax for a couple of days and get back to practicing for the next run.

We saw a hiatus in 2022. Bouncing back in 2023, we started off the year with a 7 km run in the Aravalli trails – another first! Here's hoping this is a hobby that will stay for life.

Lessons learned

1. Have goals in life. It gives us a purpose to work towards
2. Break the goals into smaller ones. Makes it easier to commit to
3. Celebrate your wins. Big and small
4. Perseverance makes the impossible achievable
5. Running taught us we could do hard things and it is a reminder that we are capable of doing scary hard things if we keep at it
6. Stay focused on the reasons you like to run and the benefits it brings. In life, stay focused on your goals and the reasons you have them
7. Never Give Up. *“Run when you can, walk if you have to, crawl if you must; just never give up.”*

Perseverance is one of the most valuable skills we can teach our children. It is a value that is useful in almost every aspect of life.



PERSEVERANCE

Awareness, Acceptance, Belief

Professor C.S. Krishnadas



A true devotee is not perturbed even by the heaviest sorrow because he perseveres in his belief and remains convinced that everything is part of the Divine Play.

Hindu philosophy delineates two ways of life as *preyas* and *shreyas*. *Preyas* is to tread the worldly path, by pleasing the senses. *Shreyas* stands for goodness by leading a value-oriented life. While *preyas* helps the purpose of worldly life, *shreyas* aims at spiritual development by promoting higher values at the individual and societal level. Patience and perseverance plays a significant role in realising the benefits of *preyas* and *shreyas*.

Lord Krishna glorifies a true devotee as one who is in possession of virtues such as patience, forbearance and forgiveness. The *Bhagavad Gita* clearly states that a true devotee is patient and forgiving in the face of unfavourable circumstances. He is so engrossed in devotion that he beholds God everywhere in every being, object and action. A true devotee is not perturbed even by the heaviest sorrow because he perseveres in his belief and remains

convinced that everything is part of the Divine Play. Patience and perseverance are about being calm, composed, and gentle and unwavering in the face of adverse situations in life. It is being tolerant under difficult times, being steadfast and composed. Patience is good for vital health. Impatience unleashes anger, agitation and restlessness.

What are the impediments on the path of cultivating patience and perseverance? The four important challenges are attachment, aversion, excess joy and grief. It is left to our knowledge to forgive and be patient with people who do not come to our level of perception. Jesus Christ's attitude on the cross is a picture of this quality: "Father, forgive them, they know not what they do". Each one acts according to his own tendencies. Every person is a combination of positive and negative qualities.

Dualities plague our worldly life which is ridden with irreconcilable factors; good and evil, love and hatred, justice and injustice, fairness and unfairness falsehood and truth, a condition impossible to change. Man

is half and the world is half. So long as dualities are not appreciated and accepted, awareness is not complete. Acceptance is the right step to cultivate patience, to live in the world by transcending the dualities. A 'let go' attitude will reinforce the basic needs of patience.

Patience and perseverance help in developing excellence in our chosen field of activity and social relationship. It will bring crystal clear clarity in the mindset to encourage the most impactful solutions and as a result drive excellence in every way. Patience plays an important role in any team work. When leaders demonstrate patience, the level of creativity, productivity and collaboration increases. A patient atmosphere is conducive to a calm, happy and cooperative relationship among the workforce. Being impatient causes stress which has detrimental effects on physical and mental wellbeing. Patience and perseverance have a lot of advantages. It helps to stay focussed on long term strategies to translate cherished dreams into action. It helps taking rational and realistic solutions. It provides ample scope to develop persistence and resilience.

Practicing patience is all about how we act by internalising

emotions and interpreting the situation in which one is placed. Nature is replete with the lessons of patience. Nature's wonders bear testimony to the power of patience. The oak sleeps in the corn, the bird waits in the egg, the baby waits in the womb of the mother, what the caterpillar calls the end of the world and God calls a butterfly. Think of a farmer whose untiring struggle with phenomenal patience yields abundance of crops.

Biographies of great leaders are sagas of patience and perseverance. Mahatma Gandhi's leadership in the freedom struggle of India was a brave story of patience with determination to liberate the country from colonial rule. The Father of the Nation said, "To lose patience is to lose the battle". The South African legendary figure, Nelson Mandela who won freedom from apartheid regime, symbolised the epitome of masterly patience and perseverance having spent more than two decades in jail. These leaders demonstrated that perseverance is not just an ability to wait but the ability to sustain a positive attitude while waiting. Leo Tolstoy was absolutely right in his observation, "The two most powerful warriors are Patience and Time".



Perseverance in the Wilderness

Text and Photographs: Akashendu Das.

A photo essay presenting a unique blend of art and photography with images reminiscent of intricately detailed etchings by old masters.

There are three crucial ingredients in photography: Perseverance, persistence and patience. The longer one is prepared to wait for the 'decisive moment' in wildlife, the more likely it is that one will be rewarded with something special.

More often than not, due to the weather or other conditions, the only recourse is to try again - tomorrow, next month or next season. If you persist with perseverance, you will be rewarded with the perfect shot. Waiting cold and alone for the subject to show while the light strengthens and changes hue is what wildlife photography is often about. It's a time to gently observe and to be ready.

You might loosen your grip to warm a cold hand, or get irritated by so many flies or become absent

minded. You might take a second to wipe the sweat from a brow or put some sunscreen on a burning arm and in that second miss your opportunity. The perfect condition



and subject that you have waited hours to photograph suddenly appears and in the blink of an eye it is over and you are left with nothing but expletives hanging in the air.

Sometimes you might spend hours waiting for a tiger to come out of the thicket. Sometimes you pack up and move on. It remains a battle of will at every sighting. To stay or not to stay, that is the question!

If you are lucky the magic happens. My best experience was when I was in a thickly wooded forest of Sal trees. The elusive tiger came out of the forest and started walking in front of me on a long stretch of snake path. A streak of light filtering through the forest fell on the tiger as if God had sent a torch light on the path of the tiger. It was a

sublime moment for me. My day was made.

Patience and perseverance had paid off.



Perseverance is the hard work you do after you get tired of doing the hard work you already did.

From Peak to Peak

R.S. Jamwal

Sudhamahi Regunathan talks to Ranveer Singh Jamwal, who has climbed 40 peaks across the world and Mt. Everest several times, to learn that perseverance is as great an aspect of courage as bodily strength is.



A young army officer was coming home for dinner. His name, I had been told, was Ranveer Singh Jamwal VSM**, a colonel in the Indian Army. The name was familiar. I googled him and realized I was all set to meet a legend.

Ranveer Jamwal has a pretty wife Kiran, as courageous as him...I will tell you why I say that.

Jamwal is a mountaineer and has braved many hazards to reach the top. Even as pride and power reigns at the top, it is his wife's tacit support that gives him the courage to pursue his passion, to go back again and climb yet another peak. Her support is built in patience as she watches weather reports and waits for news while looking after her two children. Caught in a blizzard once, Jamwal and his team risked their lives to save those who were already there and

had to be rescued. "That was his duty," said Kiran, as her eyes brimmed with tears and her heart beat out of control, but she did not tell him to return without helping others.

Jamwal says he is confident as his main weapons and main assets are his patience and his 'never-say-die' attitude. With patience and perseverance many peaks can be conquered, he asserts. In a wonderful conversation with him he speaks more about character building as the way to success, whichever field it may be in, even something as brawny as mountaineering.

SR: May I begin by asking you to recollect some of your most fulfilling moments?

RJ: When I won the prestigious Tenzing Norgay National Adventure Award in 2013, it was very fulfilling.

What was most satisfying was the way my mother looked at me when she heard that I had won the award. She perhaps thought her son was finally doing something worthwhile! That made me happy.



Seriously speaking the year before that when I scaled Mt Everest (in 2012), I could not believe that I had done it! When you reach the top, you are exhausted and excited, but you are also thinking of returning. Only when you start coming down and are half way down, do you realize the enormity of what you have just done! It hits you then. The exhilaration is second only to the desire to go climbing back again!

Leading the Indo-Nepalese Everest expedition was another very fulfilling experience. Very challenging, but the fact that we overcame the challenges is the

source of satisfaction.

SR: How did you develop an interest in mountaineering?

RJ: I was detailed from my battalion to undergo a Mountaineering course in “High Altitude Warfare School” (HAWS) which is located in Gulmarg. I loved climbing hills & skiing. It gave me a lot of confidence and I got the Best Student in Mountaineering Course. After two years I got posted as instructor in HAWS and that is when I really honed my skills as a mountaineer. 2007 onwards, it became an annual affair to climb at least two mountains in a year. A journey from a 6000 meters to 7000 meters to Mt. Everest, then climbing the highest mountain in all of the seven continents... and the journey continues.

SR: How many mountain peaks have you climbed?

RJ : I have climbed 40 major mountains so far but there is a lot more to do... the bucket list is long.

SR: What are some essential qualifications to be a mountaineer? If you had to name the most important one what would it be?

RJ: Well, the first qualification is to have the basic knowledge of mountaineering. For a civilian there are mountaineering institutes like JIM-Pahlgam (J&K), NIM-Uttarkashi (UK), HMI-Darjeeling (WB), ABVIMAS-Manali (HP) &

NIMAS-Dirang (Arunanchal Pradesh), where any wannabe mountaineer can hone his skills and then can plan to climb any mountain which he/she wishes for.

The most important trait which I feel defines a mountaineer is patience. You cannot challenge Nature. You cannot challenge a mountain. The mountain will always be there, choose the right time for yourself, be patient for that right time and you will succeed.

SR: I heard in your TED talk that you think a little bit of fear is essential...can you tell us more about that?

RJ: I do believe that a little bit of fear is important in life because it keeps you focused.

Moreover, for me the philosophy has been very simple. If you are not afraid of anything you take it lightly and you don't give your 100%.

For example: While crossing a crevasse on a mountain if you are not putting your 100% efforts on that ladder & the steps, you might fall. And this thing does have a scientific reason too....When your body, senses fear, it prepares you for an emergency, so it makes your blood flow to the muscles, increases blood sugar, and gives you the mental ability to focus on the thing that your body perceives as a threat.

SR: Which expedition was your most

exciting one and which was the most frightening one? Can you describe some of your experiences?

RJ: My first Mount Everest expedition (in 2012) for obvious reasons will remain my most exciting expedition. Climbing the highest mountain and walking in the footsteps of famous climbers like Tenzing Norgay & Edmund Hillary and standing on top of the world is a feeling which cannot be described in words.

Almost all mountains are frightening but climbing Everest through the Khumbu Glacier was the most frightening one wherein you have to cross more than hundred crevasses with their depth ranging from 10 meters to 100 meters.

When we reached Camp 4 during our climb of Mt. Everest, I knew I had just a two day climb left to be called an Everest Summiteer...something I had been waiting and preparing for so many years. But as we reached Camp 4 we were welcomed by a blizzard... So we decided not to go up the summit. It was a difficult decision to make because we had prepared so much and was so close to the goal.

But, this is the reason why I say patience is very, very important. Some of our friends had gone up despite the warning and many of them lost their lives due to the

blizzard. To wait for the right time is the key. We waited and then went back and summited.

In 2013 and 2015 I went back again. In 2015, I was so confident that I had done this many times and so would be fine. But at that time there was a huge earthquake in Nepal, so much so that even the Everest Base Camp was in danger. A 10,000 ton heavy snow ball came

hurtling down causing heavy destruction, 18 people had died and more than 60 were injured. The motivated army team was now wondering whether to go up or down. Our instruction was to go down. But we convinced our superiors that we had to rescue the people already there...we stayed there for 15 days more and were able to help the people there.



This rescue was as, or perhaps more, satisfying than climbing Mt. Everest. Of course we were a little disappointed that we had not summited but we came back in 2016, the same team, and summited. Where there is life, there is hope!

For me, personally, the climb of 7273 meters, Mt. Mana in Garhwal region is the most frightening memory because many bad things happened to us. We were frostbitten, couple of climbers had snow blindness and we had no rope left to come down because the fresh snow had covered the entire stretch of rope which was fixed to the summit, somehow we could manage to take out approximately 300 meters from the snow and we took a risk of rappelling down the ice wall in a white out condition. Thankfully we survived but it did teach me a lot of mountaineering and life lessons.

SR: Have you faced disappointments or failures? How have you tackled them?

RJ: Failures are part of the journey. Failures and disappointments are the biggest teachers in anybody's life and mountaineering teaches you that very clearly.

I would like to share many instances. As a little boy, having completed my education till class V in a school in a small village near Jammu, I sought admission in the

Army School for my class VI. And I failed. Then when I reached class 12, I appeared for my NDA examination and failed again.

But I never gave up. I was determined to join the forces and joined as a soldier in the army. After four years of tremendous hard work, I gained my commission to the Army Cadet College in the ACC Wing (which is a part of IMA) for four years. In three of these four years I sustained injuries, once my knee broke, my kidneys had to be operated upon and finally my eyes sustained injuries! When I was passing out to become an Officer Cadet I was given a tag line, all cadets are given, ...mine was , "Undaunted Spirit, Damaged by Injuries."

When I was leading the expedition up Mount Mana, it was an important expedition for me because I was the team leader. I wanted to do well but what do you think happened? We had just summited and were returning when we faced a terrible blizzard. All of a sudden! We had checked all weather reports, there was nothing like this forecast. We had to make snow caves and sit inside. After 17 hours of being out in the snow we somehow reached the summit camp. Our problem was that all the ropes that we had fixed were buried in snow. With whatever rope we had we came down and then we

went to the doctor. My finger was extremely frost bitten by now. I knew I would soon lose that finger. But I did not lose my patience. It took three days for us to reach the hospital. I sent the entire team safely back to Bareilly and then went to the hospital. I did lose that finger.

My spirit remains undaunted. I think failure is important to learn. I have climbed Mt. Everest 3 times and been part of 40 climbing expeditions.

SR: What was your learning?

RJ: Perseverance. I have persevered despite all odds. Do you know that Tenzing Norgay took 18 years to climb summit Mt Everest? You have to be at it.

Whenever you have something to achieve, something keeps motivating you. I have always found that one faces a hundred setbacks, but one resolve is enough to overcome all of them. I had resolved that I would never sit back or accept defeat. That resolve has kept me going.

Once you go through such

dangers, it gives you a lot of experience in tackling life threatening situations. The ability to take calculated risks makes you a different person and I do believe that those decisions made by me in those trying circumstances has made me what I am today.

Whoever summits is called a summiteer, whether you do it in 6 hours or 14. So another lesson is not to compete with others...we each take our time, and that time is right and meant just for you.

SR: Has being in the Army helped you pursue your interest in mountaineering?

RJ: Surely yes. Whatever I am, is because of the Indian Army. I was an 18 year old boy when I got enrolled as a sepoy and today I am a Colonel in the Army with various medals on my chest. Army has enabled me to fulfill my passion as a mountaineer, firstly by training me in High Altitude Warfare School and then by giving me the opportunity to lead the prestigious Army expeditions to Everest not once but three times.

**“ If four things are followed-
having a great aim, acquiring knowledge,
hard work, and perseverance - then
anything can be achieved.**

Swami Vivekananda

The Universal man

The Question

S. Regunathan

Young Narendra always stood for truth and his search for the truth began at an early age. When he was young and the country was undergoing political and religious turmoil, he also went through mental, intellectual and financial upheavals.

While still in college, he lost his aristocratic father, leaving the family not just in penury but with heavy debt. Narendra sought help and employment from known friends and families and when he did not get any help, he realized that the world is not what it appears to be. His struggles make for an entire volume. But that, however, did not deter his spiritual quest. He continued to seek answers to his questions concerning many Hindu rituals and practices. He did not blindly accept all the rituals nor was he totally convinced about praying to various deities. During this time Raja Ram Mohan Roy's Brahmo Samaj attracted many



intellectuals like Devendranath Tagore, Keshav Chandra Sen and others, for Brahmo samaj tried to reform the Hindu religion, its rituals and did not believe in polytheism, image worship, divine incarnation and guru cults. Vivekananda accepted all the tenants of Brahmo samaj like many youths of Bengal.

As he was a young lad with all

aspirations of the family resting on him, he was divided in his thinking: should he get married and lead the usual humdrum life or should he adopt brahmacharya and spend his life in the search for truth. He was often torn between these two ideas. Finally he settled for the latter. And in his pursuit to find the truth, Brahmo samaj seemed to provide some relief and direction. Yet, he felt a yawning gap ... while he agreed with many or most of their ideas, he felt he was not able to reach the ultimate Truth through it. He felt there must be a way to find the Truth. Accidentally in one of his English classes, his principal Rev William Hastie while explaining the poem *Excursion* by Wordsworth, where the state of trance is referred to. To illustrate the meaning of the word he mentioned the name of Ramakrishna Paramahansa, as the only one whom he had seen who had experienced trance.

That was the first time Narendra heard from the mouth of an Englishman about Ramakrishna Paramahansa. Coincidentally within a short period of time thereafter, he was invited to the

house of his father's friend Surendra Nath Mitra where Sri Ramakrishna had come. On hearing Narendranath singing devotional songs, Sri Ramakrishna went into a trance. As Narendra was still influenced by Brahmo samaj at that time, he did not give much attention to it at that time. He was not touched by it.

But later when his search for God continued, he asked many people if they had seen God. He did not get a satisfactory answer from anyone. In this quest, he finally went to Devendra Nath Tagore, father of Rabindra Nath Tagore, and asked him the question.

Narendra was sure he would have the answer to his question. Instead of giving him a reply, Devendra Nath praised Vivekananda's eyes and said he had the eyes of a mystic and that he should concentrate on meditation. Disappointed with this reply, Narendra suddenly recollected his meeting with Sri Ramakrishna at his father's friend's house. He decided to go and meet him to ask him this question: Have you seen God? And so he went to Dakshineswar.

Children's Corner

“Psst..!” The Secret of Perseverance

Aakash was a very creative and imaginative boy. But he could not draw! His parents noticed his failed attempts at drawing and his hopelessness. To encourage him, they presented him a big box of colour pencils. Aakash could not resist picking up a pencil and drawing a circle but he was unable to form a perfect circle. In frustration, he was about to throw the pencil away when he heard a voice... “Psst!” It was the drawing! “Why are you leaving me? At least draw me a pair of eyes so I can see.” Aakash was shocked. However, he picked up the pencil and drew two tiny dots inside the circle. “Aaah! Now I can see myself” said the circle.... “Arghh! But what have you done to me?!” “I don't draw very well,” said Aakash. “Hmmm, I think I'm going to have to teach you how to draw until you can draw me well,” said the circle in a firm voice.

Aakash found himself drawing and erasing circles again and again. The drawing then started adding more suggestions like “Hey! Draw me some hair!”

A whole day was spent drawing and erasing. Finally by the end of the day Aakash was able to draw a cute face within a circle. He was enjoying it so much that he did not want to stop drawing. Before going to bed that night, Aakash thanked his new teacher for having taught him how to draw so well. “But I didn't do anything,” answered the drawing. “Don't you see that you've been practicing a lot, and enjoying it all the



Dhriti Baruah

while? I bet that's the first time you've done that!”

The next morning Aakash jumped out of bed and went running to find his drawing but there was no sign of it. Aakash began to worry whether he had dreamt the whole thing. So, to find out, he picked up another pencil and some paper and tried to draw a little man. It turned out not bad at all! He realised that to succeed to do things, you only needed to keep trying and to enjoy doing so. From that day on, whenever Aakash tried to draw or paint, he always had fun imagining his work protesting and saying “Come on, my friend, draw me a bit better than that!” You may not be great at everything the first time, but with perseverance you will succeed.

The Forest of Persevering Dreams

Dhriti Baruah

Once upon a time there was a beautiful village near a lush forest through which a sparkling river flowed. In that village lived a boy called Dhiren. The forest was the playground for the boys of the village. They gorged on the fruits that grew there. They fished and swam in the river and collected wild honey. They would go home at sunset carrying bundles of dry twigs for the hearth and other bounties from the forest. What happy, healthy days those were!

Then Dhiren's father was appointed postmaster in a town far from the village and the family moved away. Dhiren grew up, studied and became an engineer. During all the years that he had been living in the concrete jungle of towns and cities, he dreamt of the green forest of his childhood so he decided to go back for a visit. What a shock he got! The village was parched and brown. The river was choked with weeds and the beautiful forest of his dreams was gone. He couldn't sleep that night. The forest of his childhood seemed to call out to him. "Restore me," it kept saying. "How?" he asked. "With perseverance anything is possible," the voice replied. "Don't you remember your science lesson of how seeds are spread by wind, water birds, animals, and man? Nature will help you." Dhiren found the purpose of his life. He gave up his job and returned to his village. He started clearing the land. People mocked him but he carried on resolutely till the villagers began to feel uneasy about dumping garbage in that area. Next, Dhiren fertilized the land. Nature sent helpers.....millions of earthworms showed up, burrowed in the soil aerating and enriching it further. Then began the planting of fruit trees, flowering trees, shrubs.... Nature sent the wind, blowing spores that settled on the now fertile soil

and began to take root. Birds flew over the place and the seeds of digested fruit in their droppings began to sprout. The



villagers watched and wondered at his perseverance. They asked, "It will take years for these saplings to become a forest. How will you enjoy the result of your hard labor?" "This is not only for me," Dhiren replied "but for future generations." Years passed the forest flourished. The river flowed free, abundant with fish. The forest hummed with bees and birdsong. Monkeys and deer were back. Elephants too were spotted on the river banks.

Dhiren was honored, rewarded and interviewed. When he was asked, "What should this forest, which you have created, be named?" He replied, "**PERSERVERANCE**".

Patience, persistence, perseverance make an unbeatable combination for success.



**"The giant tree you see today
was once a
small seed that held its ground."**

Amit Kalantri

FRNV NEWS AND EVENTS

Universal Human Values (UHV)

All great people of the world have tried to realise the truth (सत्य) and to live by it in terms of love (प्रेम) and compassion (करुणा). They have tried to:

1. Understand themselves (human being, स्वयं, मानव)
2. Understand the underlying harmony in nature/existence (प्रकृति/अस्तित्व)

They have tried to understand the role of the human being in nature, in existence,

to live by it and

to make effort for the wellbeing

of all (सर्ववशुभ)*

For all such great people and for the tradition (परंपरा)

we have a deep feeling of gratitude (कृतज्ञता)...

This effort on Universal Human Values (साववभौतमक मानवीय मूल्य) is in continuation with that tradition of self-enquiry (स्वयं में खोज), for the wellbeing of all...

Drawing upon universal essence, it is put forth as proposals for self-exploration on one's own right...

* Unconditionally, by a process suitable for the conditions, time and



(L-R Shri Sivasubramanian, Shri Sushil Jain, Shri Satish Kumar, Shri Prem Arora, Shri Rajul Asthana, Shri Ashwani Kumar and Shri Gopal Babu on 2nd March 2023)

place

Approach of UHV are:-

Universal

The content needs to be universal – applicable to all human beings and be true at all times, all places
It should not depend on sect, creed, nationality, race, gender, etc.

Rational

It must be amenable to logical reasoning

It should not be based on blind beliefs

Verifiable

The student should be able to verify the values on one's own right

Should not be asked to believe just because it is stated in the course

Leading to Harmony

Values have to enable us to live in peace and harmony within our own self as well as with others (human being and rest of nature)

Background

UHV has been developed by IIT-Delhi professionals led by Shri Rajul Asthana, Shri Sushil Jain, Shri Gopal Babu and other eminent people. They have been working on UHV for the past 20 years. Their courses are scientific; not religious and apolitical. UHV has been working with higher technical educational institutes and spreading the values. The courses are approved by AICTE. CUSAT of Kochi University and Punjab Universities have been following the courses.

All good people, groups, organizations... have made, and are making, effort for wellbeing of all. Their approaches may be different

but their goal is same.

FRNV AND UHV

With the above in mind, FRNV and UHV Team are in discussions since January 2023.

The 1st meeting was held on 28th January 2023, wherein Shri S Regunathan, President/FRNV, Shri Satish Kumar/Vice President, Shri Ashwani Kumar, General Secretary, Shri Prem Arora, Treasurer and Shri Sunil Kumar Sinha, Member attended the meeting. From UHV team, Shri Sushil Jain and Shri Gopal Babu participated.

FRNV's Values Based Education (VBE) is targeting school children and training teachers on Values & Ethics. UHV is addressing higher technical institutes. The goals are similar in nature.

The next meeting was held virtually on 25th February 2023. Along with other FRNV members, Vice President/FRNV Shri Anand S Krishnan joined the meeting. From UHV side, more members like Shri Rajul Asthana, Dr. Kumar Sambhav, Shri Jitendra Narula, Dr. Upasana Mishra, Dr. Deepa G. Nair, Shri Deepesh Ayirathi, Shri Sunil Kumar and Shri Sarathchandran M. B participated in the meeting along with Shri Sushil Jain and Shri Gopal Babu.

Meeting discussed ways to jointly work together and spread the values amongst the people.

Another meeting was held on 2nd March 2023 in FRNV office. The meeting was chaired by Shri S Regunathan, President/FRNV.

SUBSCRIPTION

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