

# Value Insight

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## IMPLEMENTING RIGHT ACTION

75th Year Of  
Independence  
Our New Aspiration :  
Freedom From  
Inner Shackles

National Values  
Before And After  
Independence



A bi-monthly magazine of  
Foundation for Restoration of National Values (FRNV)  
Website [www.valuefoundation.in](http://www.valuefoundation.in)



# Value Insight

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# Value Insight

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# 75th Year Of Independence Our New Aspiration : Freedom From Inner Shackles



## Poojya Swami Bhoomanada Tirtha

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

Dear and blessed soul:

Harih Om Tat Sat. We are completing 75 years of independence. It is a reckonable period in the history of any independent nation. For me as well as those like me, everything in, of and by India is noble, great and glorious. We have made substantial progress in various walks of life, though all people are not aware of this fortune. What are the excellences we have achieved, and what should we look forward to?

Our reckonable progress in prosperity

Over 99 per cent citizens have Aadhar card. Thanks to the financial inclusion drive by the Union Government, over 80 per cent of Indians have bank accounts, enabling them to receive direct monetary benefit transfers from government and allied agencies. This has empowered people even in the remotest corners to access financial services. From a mere 4 per cent in 2007 to over 47 per cent



now, internet penetration has grown remarkably in the country. The way we have digitized the Nation is amazing indeed. Smartphone connectivity in the country has crossed 54 per cent. School children are using computers, smart phones and televisions for learning online or accessing lessons. The potential displayed by all this is tremendous. I see incalculable advancement for our country in the immediate future.

More recently, the manner in which the country fought COVID-19 by mass vaccinations, inventing Covaxin, and exporting it to countries that sought it, has gained global recognition.

Largest democracy, 5th largest economy

India is the largest democracy in the world. Democracy is our lifeline. Although democratic freedom at times tends to interfere with progress stalling the collective will

of the majority, we as a Nation have flourished and reached this far only because democracy is in our blood and spine.

According to 2019 estimates of IMF, India is the fifth largest economy in the world. In purchasing power parity, we are the third largest economy. India's overall exports in April-March 2021-22 were estimated at USD 669.65 billion, registering a growth of 21.31 per cent over previous fiscal year. India's potential and influence in the international arena have been growing enormously. Before long, India should, and will get a permanent seat in the UN Security Council. To delay or thwart this will only be to the disadvantage and detriment of the world.

Our ancient heritage

But is this all the real might, excellence and glory of our Motherland? Do we only have seven decades of history after independence

or countless millennia of pre-independence history? Do we not have National discoveries and achievements that extend to prehistoric times, right from the age in which our Eternal Vedic literature was evolved, pursued and preserved with unparalleled admiration and fidelity? Ramayana, a creation of Sage Valmiki in Treta Yuga and Mahabharata, a poetic excellence of Sage Vyasa written 5157 years ago, are to mention just two marvels of Indian thinkers and writers. We had equally enviable achievements in the field of objective sciences like mathematics, physics, chemistry, economics, public administration and other branches of knowledge.

The lasting memorial of any Nation is not what is erected using physical earthly substances, which perish in passage of time. The eternal knowledge treasure is preserved and reinforced generation after generation,

by those who love wisdom and its untold potentials. In any era, personal stories are the prevailing influence in humanity. This is how Valmiki's Rama and Vyasadeva's Krishna and Pandavas still continue to live, inspire and lead the minds and intellects of people devoted to culture and civilization.

Paradigm shift in industries -- societal concern crying need now

Yet, we have to gain far more prosperity. Only then the quality of life can be improved creditably. Wealth grows through investments. In economy, industries are the major players. Government can only levy taxes from industries. Generation of wealth needs investments to produce goods and services. This requires specific skills and competence.

Leaders of industry and business should remember that they get their capital

from the public through share subscriptions. It is people again who buy the goods. Industrialists should earnestly begin to feel that they are the accredited custodians of people's welfare. On this ground, they should make their goods and services available to people at affordable prices. By so doing, their revenues will only grow appreciably, paving the way for diverse investments, greater returns and more widespread societal benefits.

Twin challenge before the Nation

Government should display timely insight in the matter and give the industries their place and honour. The more wealth industries generate, the greater will be the revenue for the government, and such enhanced income alone can be used to benefit the poor and develop the Nation.

Therefore, the twin challenge before the Nation is whether i) industries will honestly

renew their role and status for the advancement of the Nation and ii) will the Government update values and insights to augment this paradigm shift.

National Values to be taught from kindergarten

Our educational system should be revamped to incorporate national values and cultural patriotism, making no reference to religion. All our values are grounded on the emotional mind and rational intelligence. They do not smack of any religion. Religions may come and go, but values do not; they remain eternal!

Best education should be made available right from kindergarten. Teachers at all levels should be remunerated well, so that the best qualified persons will take up the mission, with the necessary insight and resolve. We have time-tested, well documented

values and insights. These have the power to shape and strengthen the mind and intelligence of the individual, family, society, the Nation as well as the globe.

Any value, when appropriately presented, will evoke an emotional persuasion and rational compulsion in people. We want everyone to love the Nation and strive for its growth, enrichment and welfare. It is time that every citizen is 'nationalized' in heart and mind. Only then will India become cohesive, strong and invincible!

Integrating economic, social, cultural and spiritual excellences

The Union Minister for Road Transport and Highways has said that "we are sitting on gold" – a revelation that should provoke and inspire one and all. For the country's fast development, we need a number of highways, each of which will mean saving distance, effort, fuel, traffic

wear and tear and costs. Productivity will increase in leaps and bounds. Toll collection on highways will bring revenue in lakhs of crores of rupees. Let us be discreet but fast in handling this tremendous resource.

When we are completing 75 years of independence, let us rededicate ourselves to the welfare of our Motherland, through its sustained economic, cultural, social and spiritual advancement. The whole world should look to India for inspiration and guidance. Remember, we are perhaps the most long-living and resilient society upon earth.

Gifted Bhagavad Gita to the world

It is in this light that we should consider 'gifting' Bhagavad Gita to world countries, to enlighten and guide their leaders to administer their countries and people benevolently, grounded on the principles

of virtue, coexistence and tolerance. Bhagavad Gita is not a religious text. It is a historic document of the events that transpired in the battlefield of Kurukshetra, just before the fighters began to discharge arrows. Its sole intention was to redress the grief, fear, doubt and delusion of Arjuna, the illustrious fighter, and empower him to fight and win the 18-day battle. In fact, Bhagavad Gita is an administrative treasure trove.

Bhagavad Gita's message directly appeals to the emotions and intelligence of every one. It teaches and trains the human not to fear

poverty nor adore riches unduly. Our vision makes us equal to all dvandvas, pairs of opposites life presents. We have an inner wealth, which cannot be outshone by any material gain.

Cherish and preserve inner Cultural Treasure

Only when this inner treasure is cherished and preserved, India will remain prosperous and luminous. Let us remind one another of our great legacy and grow confidently under its grace. This is the best we can think of and do on this eventful occasion of our 75th year of independence.

Love, regards and benediction to one and all.

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# National Values Before And After Independence



**E. Sreedharan**

India, that was Bharath, got independence from British rule and dominance on 15th August 1947. The patriotic struggle for independence, which was a common effort and goal for the entire nation, brought out the very best eternal values of our nation such as passionate patriotism, non-violence, truthfulness, Dharmic virtues and concern for the poor and downtrodden. “Sathyam Vada Dharmam Chara” (speak the truth and follow righteousness) was the call of the day. In a way, it gave an opportunity to the society to evoke national pride and throw up a galaxy of exceptional leaders, who were role models and inspired the society. That generation is now gradually disappearing. The present

generation is more educated, ambitious, self-centered and after creation of wealth for themselves. The age-old ethics, values and principles of the mother country are getting eroded.

Let us examine the main reasons for erosion of national pride, basic human values such as truthfulness, Ahimsa and empathy for the less fortunate members of the society. Corruption, violence, disorder and greed for power are manifesting unabashedly in the country.

India is the largest democracy in the world. It enfolds all major religions of the world including Buddhism and Jainism. Yet, ours is a secular country giving full freedom to the citizens to practice their own faiths. The Population

of the country has multiplied three and half times since independence. Now it stands close to 135 crores. Uncontrolled population growth and huge influx of illegal immigrants from neighboring countries has added to the uncomfortable chaotic situation, the country is facing today. The explosion in population growth is like water being dropped into milk. The pristine purity of the original milk has got diluted.

The other reason for the erosion of national values can be traced to the change in our educational system. Britishers, realized if they have to subdue the country the easiest way would be to destroy the traditions and culture of the country and impose English education. In

the process a new system of education, suppressing our glorious past, culture and traditions was imposed. They succeeded exceedingly well in their effort, converting national pride to colonial loyalty, siphoning our wealth and changing the nation to enslaved status in all matters.

The new education policy rolled out by the present government at the center, is a wise step to cleanse our present educational system. This will help in molding a new generation of patriotic citizens, wedded to the eternal values and principles of our country. Let us hope all State governments will join in the efforts to build a new Nation.

**Dr. E Sreedharan**  
**Life President, FRNV**

## From President's Desk



We will be celebrating the 75th Independence day on the 15th of this month. In these 75 years we have progressed considerably on many fronts. One such, very laudable and obvious one is in the field of agriculture. From a country with deficits in food, we have become a significant exporter of food grains. This is not a mean achievement, considering we are not a less populated country. This is something we should be proud of.

Another more recent source of pride has been our expertise in the digital world. We are today digitalizing many activities across the length and breadth of India, with many innovative measures also being taken to bridge the digital divide.

This is a feat achieved by few developed countries.

Therefore it is that, today, we are standing as a powerful nation shoulder to shoulder with some of the most developed countries.

And yet, we all know deep in our hearts that there are many areas where we have still a lot more to do. The foremost among them is to build a value based environment both for the present and for our future. The 'present' of a country is largely shaped by the leaders we elect in positions of power and policy making. The single strength that holds a democracy in its place and makes it truly representative of its people's aspirations are the values that the people of a nation cherish and uphold. Today there is a



lacuna there. Many political parties ignoring values, fight for coming to power. Equally many people, distracted by political freebies offering short term benefits, are in personal interest, disregard values when they vote, if they do. This weakens the foundation of the entire democratic process.

Here comes the relevance of FRNV. FRNV will be taken seriously by the people if we speak from a position of strength. That is why my

emphasis has been, right from the beginning, to strengthen the organization. Once again, on this landmark occasion I request you all to whole heartedly pitch in to strengthen the organization by enrolling more members and creating regional chapters.

Let us resolve to fulfill the objective of FRNV

**S. Regunathan**  
**President/FRNV**

# Subhashitam

यथा चित्तं तथा वाचो यथा वाचस्तथा क्रिया ।  
चित्ते वाचि क्रियायां च साधूनामेकरूपता ॥

जैसा मन वैसी ही वाणी, जैसी वाणी वैसे ही कार्य।  
सज्जनों के मन, वाणी और कार्य में एकरूपता  
रहती है ।

What is in mind should be reflected in  
one's speech and what is in one's speech  
should be reflected in one's actions. Thus,  
one whose mind, speech and actions are  
consistent is a saintly person.

# Making Ethical Decisions

**Aruna Srinivasan**

Aruna Srinivasan talks of the nuances in decision making and quoting Mahatma Gandhi concludes that if it benefits the last man in the line, it is a decision well taken.

Sometime ago, a friend of mine faced a dilemma. Her mother, who lived in India, had died. My friend, a non – resident Indian, began planning for the trip to India from the moment she heard the sad news. And up cropped the problems one by one. She was caught up in a programme that involved a lot of investment, both money and time, and her absence for a few days would put her in a position from where she would have to start everything all over again. To add misery to the woes, the Covid Pandemic was still raging across the world and the travel restrictions were too many, leave alone one's own safety. Risking everything that was precious she had to make a decision weighing the merits

of the pros and cons of her decisions. On the one hand, attending her mother's funeral and to be in the place where her mother breathed her last was sentimentally important to her – as important as her very breath of life. On the other side all the significance of material logistics – all that was important for her career.

Now, let us not go into the details of what she decided finally. But each one of us has gone through similar or more complicated occasions to choose an option... to decide one way or the other.

Be it making personal choices or taking decisions that impact the larger circle of organizations and

communities, the decision-making process is multi-dimensional. From a simple decision of what to wear, what to eat or what to do on any given day, to making decisions that have greater impact on the larger circle – the community, the nation, the humanity, the environment, the world, the process is often more complicated than we think.

Is there a right decision? One can never put it in black and white nor is there any template “right decision”. It depends on individual situations and the ultimate goal of those decisions. The demands on one’s ability, the compulsions of one’s life, or the complications of each situation as it unfolds make the decisions right or wrong.

You make some decisions; you make changes. Often problems are not completely solved. Sometimes, you accept what is on a platter and move on...

In the corporate world, the

leader has to be decisive and steer the institution along the right direction, towards success and profit. Whether you are a leader or an ordinary individual, your decisions determine the course of your life or your organization.

In a book titled “Leadership Experiences in Asia”- a compilation of essays by prominent industry leaders, David Messick, formerly a faculty in Kellogg School of Management, Northwestern University, and an expert on ethical aspects of human information processing and decision making, cites a case study where a senior manager had to take a critical decision. It was a case of a high performing sales executive about whom the senior manager was receiving complaints from the customers. The said sales executive was promising rebates in return for buying certain volumes from their company. The executive denied doing anything wrong. But the company was

losing credibility among the customers and he needed to be sacked. "It was a tough decision," the senior manager is quoted in the case study. "This executive was generating millions of dollars' worth of sales for the company and his departure would set us back financially and hurt business in the short term." However, after deep investigations, the executive's inappropriate handling of business came out in the open and his services were terminated.

Sometimes you make decisions using common sense although your ambition drives you to do the impossible. Everest Summiteer Ranvir Singh Jamwal narrated his experience in a recent interview.

"Almost all mountains are frightening but climbing the 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 take because we had prepared so much and were 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 did go back and summited," said the Summiteer.

Decisions often stem from what you desire; material; peace of mind; resolution of conflict; happiness; for you or for those who are important to you; or the desire to achieve/

secure something for the common good. The process goes like this. First, there is a desire – to scale; to compete; to win, to defeat, to acquire, etc. Then you analyze your abilities and resources; and then you make the decision. In any project, identifying the goal or the problems and then making the decisions is half of the battle won. Implementation is a sequential process based on those decisions.

Decisions are made taking several factors into consideration. You often make decisions based on well researched inputs. But there are also times when you intuitively decide.

Be it a decision in personal life or in public life, at the core of the decision making is the inherent desire or the urge to do something – to take action. The decision could be based on a sense of duty towards one's desire to do the right thing – right thing from one's own perspectives. Sometimes,

you decide to do certain things because you feel it should be done. Just do it. As simple as that.

In 2004, when a Tsunami struck a small village near Nagapattinam in Southern Tamil Nadu, many individuals plunged into saving people with no other thought other than saving people. In a research project that I was part of, documenting the revival of normalcy in those regions, many rescuers spoke to me of their decisions to risk their own lives. One carried several women and children to safety; another felt a sense of belonging, not just to his community, but to all of humanity. "As I brought child after child to the hospital, I realized that I had gone beyond thinking whether they belonged to our village or were outsiders. To me, the utmost thought in my mind was that so many lives were involved and my job was to save them all as many as I could at any cost," one of them recalled.

Although oft quoted, to me, Gandhi's Talisman remains the final word on decision making.

*"I will give you a talisman. Whenever you are in doubt, or when the self becomes too much with you, apply the following test. Recall the face of the poorest and the weakest man [woman] whom you may have seen, and ask yourself, if the*

*step you contemplate is going to be of any use to him [her]. Will he [she] gain anything by it? Will it restore him [her] to a control over his [her] own life and destiny? In other words, will it lead to swaraj [freedom] for the hungry and spiritually starving millions?*

*Then you will find your doubts and yourself melt away."*

# Parents – Symbols Of Love And Justice

**Prema Raghavan**

*Prema Raghavan says if each single family unit follows the path of right action, the nation will naturally follow the same.*

An old Sanskrit adage that glorifies the great four entities in our lives – Mata, Pita, Guru and Deivam. Mata is the first relationship we recognize, she shows us our Pita, who takes us to the Guru, who leads us to God. This phrase from the time of the Vedas represents the hierarchy of the divine influence.

Once upon a time, Lord Shiva and his wife received the gift of a ripe mango. Both their children, Ganesha and Karthikeya, wanted the fruit. The parents were in a dilemma and decided to give them a test, Whoever circled the world and returned first would get the fruit. Karthikeya immediately set off on his peacock. Ganesha merely sat

on his mouse, went around his parents once and claimed the prize. Because for him, his parents were the whole world.

The following words of wisdom convey the role of parents in a simple but powerful way.

‘Not every successful man is a good father

But every good father is a successful man’

- R.Duvall

Parents are the first and foremost teachers. With the benefit of a long life, I have grown more convinced on the validity of a belief that I have long held. That parents have good intentions even if at



times they have bad strategies. And that is what makes all the difference.

The greatest influence we have on our children is through our own daily routines.

How we sleep and wake up: Getting up spontaneously before sunrise without use of an alarm clock is a conducive biorhythm cycle that anchors us in peace and vitality. Parents who watch TV until midnight and wake up just in time to get ready for work cannot expect children to follow the axiom 'early to bed, early to rise'.

How we eat: Parents make feeding the children their responsibility though desire to eat is based on hunger, a fundamental survival induced relationship. A young couple stayed with me with their three-year-old daughter Arundhati. They fed the child according to a regular time table, forcefully at times which made the child cry bitterly. On the other hand, I noticed that

the one-year-old child of a construction worker next door ate his food independently. These children don't have the luxurious punishment of eating industrially processed foods. They follow a natural rhythm between their hunger and eating cycles.

How we intervene: When a child misbehaves, we often criticize them instead of their behavior. We label them as bad, disobedient or undisciplined. Instead, parents should explain to the child the consequences of their actions so they can understand for themselves why it is not something that strengthens them but rather weakens them.

Positive affirmations: No child is spoiled by love. Parents' should actively acknowledge the good in children, to encourage and motivate them. It sets up a virtuous internal cycle that makes children pursue what they sense is good for them. If a child's team loses a game, acknowledge their

effort and encourage them to participate with a spirit of playing the game rather than winning it each time. I always took my children to a nice restaurant for a meal if they lost. If they won, they got their rewards from the school.

### Life-long influences

The same philosophy is true for every sphere of activity, such as education, sports and their later careers. The parent's job is to identify a child's talents and encouraging and motivating them in the right direction. This support from parents is crucial for a child's success and well-being. Parents must take active interest and participate in the lives of their children. From their academic calendars to their friend's circles, they must keep an eye for every detail. Failure and success go hand in hand and the role parents play in their kid's life shapes them. They act as problem solvers lending their hand in difficult situations.

A person's sense of self-worth is important for their happiness. When children feel confident and secure, they're more likely to face the challenges of life with an even temperament. Building a child's self-esteem is an ongoing part of parenting. Letting children do things by themselves helps them acquire needed skills, especially for daily activities.

I used to celebrate Krishna's birthday with music, drama and dance every year. I gave opportunities to all the children and was able to identify some talent in each and every child which boosted their self-confidence and improved their academic performance as well.

Parent must help the child to counterbalance his weakness by capitalizing on his strengths. A child can establish his niche in music, sports and other related fields. When parents respect their children, the children learn to respect themselves. When

parents build their Children's self-esteem, a foundation for a strong, loving relationship is laid.

### IQ versus EQ

In his book Emotional Intelligence, author and psychologist Goleman suggested that EQ (or emotional quotient) might actually be more important than IQ.

Emotional intelligence refers to a person's ability to perceive, control, evaluate, and express emotions. In fact, the most successful and famous people in the world have endured the most failures in life due to high EQ. The five components of emotional Intelligence are self-awareness, self-regulation, self-motivation, empathy and social skills.

Children deserve good memories. We are responsible to provide our kids with some space to dream, have fun, and enjoy each other. My best memories from childhood

are very simple – going to the beach, making sand houses and standing in the sea holding my father's hands and feeling like a brave heroine. We were denied food sold there except ice cream. We learnt to accept "NO" to our demands. We saw a good movie during the summer holidays and spent time with the extended family. I learnt to do rangoli (kolam) and making garlands for the temple, which slowly encouraged me to immerse in more cultural activities and provided me with an anchor to my daily routines that has been passed down through generations.

We all know that it's the little things that matter and that we remember most. Parents have the right to set rules and limit privileges when rules are not followed. Admitting a mistake is a virtue. Parents have the right to make mistakes and change their minds. Mistakes happen, learning to fix a mistake and apologizing is important. No one is perfect

and your willingness to apologize and correct a mistake is a good to model for them.

The irony of life is if IQ is not backed with EQ, it results in corruption and other illegal activities. We read about powerful, highly educated people using their intelligence for unethical activities. This is success of the hollow kind. When a poor and uneducated auto driver returns the cash left by the passenger in his auto, his actions make the world better and richer. This is real success.

Abraham Lincoln is famously known for being the 16th President of the United States. He was a champion of equal rights and he blazed a trail towards the freedom of slaves in America. But Lincoln didn't start out as a success story. He failed numerous times before attaining the highest office in the land.

Albert Einstein dropped out of school but gave us the theory of

relativity, won the Nobel Prize and created the beginnings of quantum theory. His advice was, 'Try not to become a man of success, but rather try to become a man of value'.

Thomas Edison went through thousands of iterations to make his dream a reality. In fact, he failed over 10,000 times trying to invent a commercially-viable electric bulb. At one point, when asked by a reporter whether he felt like a failure after so many unsuccessful attempts, he said, "I have not failed 10,000 times. I have not failed once. I have succeeded in proving that those 10,000 ways will not work. When I have eliminated the ways that will not work, I will find the way that will work."

But there is a story behind this greatness. As a young boy, Thomas Edison returned home from school and gave a paper to his mother. He told her, "My teacher gave this paper to me and told me to only give it to my mother."

His mother's eyes were tearful as she read the letter out loud to her child: "Your son is a genius. This school is too small for him and doesn't have enough good teachers for training him. Please teach him yourself."

Many decades later, after Edison became the greatest inventor of the century and his mother died, he was looking through an old collection of family memorabilia and saw a folded paper in the corner of a drawer in a desk. He took it out and opened the letter. On the paper was written: Your son is addled [mentally ill]. We won't let him come to school any more.

Edison cried for hours and then he wrote in his diary: "Thomas Alva Edison was an addled child that, by a hero mother, became the genius of the century."

Our reputation is what people think we are. Our character is

who we really are. If we take care of our character, our reputation will take care of itself.

There is a wonderful American hymn which says:

*When there is righteousness in the heart,*

*there is beauty in the character.*

*When there is beauty in the character,*

*there is harmony in the home.*

*When there is harmony in the home,*

*there is order in the nation.*

*When there is order in the nation,*

*there is peace in the world.*

The need of the hour is disciplined action by all citizens. Any country is as good as its citizens. Their values, ethos and their character will determine the future of the country. We have a responsibility to leave a positive legacy for posterity.

# Swami Vivekananda

## The Universal Man

Shri S Regunathan

A Glimpse of the Swami in young Naren

She was sleeping quite soundly, or so she thought. Bhuvaneshwari was tired. Nowadays she was engaged in severe penance. She busied herself the whole day making offerings and observing several austere measures. The belief was that you had to be in Varanasi to perform this particular practice. But since she was in Kolkatta (then Calcutta) she had requested her aged aunt who was in Varanasi to perform the rites required, while she did it in Calcutta. This way it was taken that she herself was performing the ritual at Varanasi. She was doing all this as a prayer to Lord Siva to bless her with a son.

Bhuvaneshwari was married to Vishwanath Dutta, a very well-known lawyer in Calcutta. In fact he was the third generation of lawyers in the family. Bhuvaneshwari was a very young girl when she bore two children, a boy and a girl, and unfortunately lost both of them. Her loss saddened her till she gave birth to three lovely girls, one after another. She, however, still yearned for a son. That is why she was performing the penance.

That night when she was sleeping she had a vivid dream. She dreamt Lord Siva Himself had got up from his seat of meditation and walked into her womb. Soon enough she conceived and the child born to her was resplendent

in beauty and charm. He was born on the day of Makara Sankranti, falling on the 12th of January in the year 1863. The family wanted to name him Durgaprasad after his paternal grandfather. But Bhuvanewari was very vociferous in her protest. Durgaprasad had become an ascetic renouncing family and home. She wanted her son to enjoy life. She named him Vireswar. In later years he came to be called Narendranath.

There was something about names and the boy, for in later years too he changed his name several times. The name by which he is most well-known today is Swami Vivekananda.

Naren, as he was called at home was not just delightful to look at but was also a bundle of mischief. While most others enjoyed his pranks and of course, they make good stories to narrate now, they quite exasperated

his mother. It is mentioned in one of the books about him that she would dunk the little son of hers in cold water saying "Siva Siva," to calm him down. It is said that it did have effect. But for how long is a debatable question! The mother was very proud of her son and yet there would be times when she would wring her hands in exasperation, saying, "Oh Siva I asked for you, not the demon beside you!" You can imagine the bright eyed boy smiling at his mother's helplessness!

He was naturally highly pampered by his sisters but he teased them so much, sometimes to tears. When he was very young two maids had been employed to keep an eye on him. Naren grew up in a full house. A prosperous father had many relatives living on his income. Bhuvanewari was an accepting hostess and so if the young boy had much scope for mischief, he also had many people to watch over him. And yet, two maids

were required.

You may remember that Bhuvanewari's reluctance to name Naren after his paternal grandfather stemmed from the fact that the grandfather had become a sanyasi. He had left home in search of truth. Young Naren showed a distinct fondness for wandering monks. It was customary in Bengal to make the boy wear a dhoti when he was just past infancy. So maybe he was about five or six years old. The first ever dhoti bought for Naren was a highly ornate embroidered one. He barely wore it when he saw a monk and gave it away to the monk. When Bhuvanewari asked him what had happened, she heard he had given it away to the monk. That sent a warning signal to Bhuvanewari. She gave strict instructions that Naren was to be led away from the place where monks could be seen visiting. Often if they were going past the house,

young Naren would be locked up inside his room to prevent any possible interaction. But did that deter Naren? No. That naughty boy found ways of calling the monks to his window and carried on conversations with them, often donating anything he could lay his hands on. That seemed to delight the young child.

Naren's maternal grandmother was a great story teller. A Vaishnavite by faith, she used to regale Naren with stories after stories from the Bhagvatam, of Gods and Goddesses, of the Ramayana and Mahabharata and even of the evolved sages of those and ancient times.

In fact, it is said that Swami Vivekananda became fond of Krishna in his later years because of these stories.

**...to be continued**



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# Yoga

*Banu Suresh*

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## PRANAYAMA Segment I

### Part 1: Yogic Breath 1

1. Nerve Cleansing/ Nadi Shuddhi: (clears nasal passage) Fold in first two fingers on right hand; extending other three. Left hand on left knee; (palms facing up if sitting on heels, and down if sitting cross legged) thumb and index touch. Close eyes.

Cleansing of Left Channel (Chandra Bhedan) –

Press the right thumb lightly at the base of the right nostril. Inhale through left nostril (belly/ midriff/ chest)

5 seconds. Press right ring finger lightly at the base of the left nostril. Hold right thumb and right ring finger down 5 seconds. (Visualize fresh oxygen wash up and down your spine).

Exhale from left nostril (chest/ midriff/ belly) 10 seconds). Cleansing of Right Channel (Surya Bhedan) – Press right ring finger lightly at the base of the left nostril. Inhale from right nostril (belly/ midriff/ chest) 5 seconds. Press right thumb lightly at the base of the right nostril. Hold right thumb and right ring finger down 5 seconds. (Visualize fresh oxygen wash up and down your spine). Exhale right nostril (chest/ midriff/ belly) for 10 seconds.

This is one round; takes 1 minute. Do 3 rounds early morning (5-8). With time, increase length/ frequency of

each round to 1-2 minutes.

## Yogic Breath 2

Alternate Nostril/ Anulom  
Vilom: (activates brain  
function)

Fold in first two fingers on  
right hand; extending other  
three. Left hand on left knee;  
thumb and index touch. Close  
eyes. Cleansing of Alternate  
Channels Moon Channel/  
Pingala (left nostril) -

Press the right thumb lightly  
at the base of the right  
nostril. Inhale through left  
nostril (belly/ midriff/ chest)  
5 seconds. Press right ring  
finger lightly at the base of  
the left nostril. Hold right  
thumb and right ring finger  
down 5 seconds. (Visualize  
fresh oxygen wash up and  
down your spine). Exhale  
right nostril (chest/ midriff/  
belly) for 10 seconds. Sun  
Channel/ Ida (right nostril)-

Press right ring finger  
lightly at the base of the  
left nostril. Inhale through

right nostril (belly/midriff/  
chest) 5 seconds. Press right  
thumb lightly at the base of  
your right nostril. Hold right  
thumb and right ring finger  
down 5 seconds. (Visualize  
fresh oxygen wash up and  
down your spine). Exhale  
left nostril (chest/ midriff/  
belly) for 10 seconds. This is  
1 round; takes 1 minute. Do 3  
early cycles (5-8).

Note - With time, increase  
length/ frequency to cover  
1-2 minutes. Drink hot water  
frequently, especially before  
& after each practice.

## PRANAYAMA Segment I

### Part 2

### Yogic Breaths 3 & 4

3. Breath of Fire/ Kapalbhati  
(untangles the mind) Inhale  
deeply and fully from the  
belly, all the way up to the  
lungs. Forcefully exhale in  
short sharp bursts, until all  
the air is exhausted. Each  
burst is considered one  
stroke; aim for 30 strokes a

minute. Once lungs, midriff, and belly are fully collapsed, repeat inhale. With hands on knees, keep all parts of body still, except the belly. Caution – Keep eyes closed. If you feel any breathlessness, stop.

4. Bellows Breath/ Bhastrika (enhances digestion) Sit upright; take a deep, full inhale, moving from belly, midriff, lungs. Forcefully exhale and inhale through belly, with loud, strong sounds. Keep pumping belly in and out until all air is exhausted from lungs. One full inhale/ exhale is one stroke; begin with 10 strokes/ minute. As the abdominal muscles get stronger, aim for 30 strokes/ minute. Caution – Keep your eyes open. If you experience dizziness, stop.

Note – Techniques 3 & 4 are high energy, keeping us alert late a.m. (8-11). With time, increase number of strokes to travel at least 2-3 minutes. Drink hot water

frequently, especially before & after each practice.

## PRANAYAMA Segment II

### Part 1

#### Yogic Breaths 5 & 6

5. Cooling of Teeth/ Shitali (moistens the mouth) Sit upright, chin parallel to the ground; hands on lap, palms down. Curl tongue sideways so the tip rests lightly on ridge of upper teeth. (Like a tube placed sideways inside mouth, with both ends open). With mouth open, inhale sharply through sides, till saliva bubbles. Close mouth, chin down, hold; then release softly through mouth. This is one cycle. Takes one minute. Practice three cycles a day.

6. Cooling of Spine/ Shitkari (relaxes the spine) Sit upright, chin raised slightly; hands on lap, palms facing down. Curl the tongue from sides, stick it out like an open-ended tube. (Hold the tongue lengthwise, lips gripping the sides with

no gap). Slurp in air forcefully, like nectar/ soma washing down the spine. Draw tongue in, close mouth, hold; exhale gently through mouth. This is one cycle. Takes one minute. Practice 3 cycles each day.

Note – Techniques 5 & 6 are cooling breaths for early afternoons (11-2). With time, increase length of each breath cycle to last 1-2 minutes. Drink hot water frequently, especially before & after each practice.

## PRANAYAMA Segment II

### Part 2

#### Yogic Breaths 7 & 8

7. Lion Breath/ Simha Prana (releases stress) Sit on the heels, knees splayed, palms facing down in front of knees. Straighten arms, elbows facing out, fingers extended, facing inward. Chest puffed, head facing up, inhale deep and strong through nose. Stick tongue out fully, chin to chest, exhale with a loud

“ha” sound. This is one cycle. Takes one minute. Practice three cycles each day. Note – Simha Prana may be considered static version of Kapalbhathi.

8. Dog Breath/ Svana Prana (eliminates toxins) Sit on the heels, knees together, palms facing down in front of knees. Straighten arms, elbows slightly

bent, extended fingers facing forward. Chin up, inhale long and deep through nostrils, breathing from belly. Stick tongue out partially, exhale and inhale in 10 short sharp strokes. This is one cycle. Takes one minute. Practice three cycles each day. p.s. – Svana Prana may be considered a gentler version of Bhastrika.

Note – Techniques 7 & 8 are energizing; practiced best late afternoons (2-5). With time, take deeper inhales to increase the intensity of each round. Drink hot water

frequently, especially before and after each practice.

### PRANAYAMA Segment III

#### Part 1

#### Yogic Breaths 9 & 10

9. Ocean Breath/ Ujjayi (energizes whole body) Place both hands on respective knees; thumb and index touching. Chin is level with the floor – i.e. parallel; shoulders back. Close eyes. With mouth closed, full inhale back of throat, belly, lungs, 5 seconds. Chin to chest, 5 seconds; exhale fully with hissing sound from the throat, 10 seconds. This is one breath; practice 3 breaths a day; and during stretching.

10. Sealing Gesture/ Shanmukhi (refreshes facial muscles) Index finger below eyebrows, middle finger at base of nostril. Ring finger is above the upper lip, little finger below lower lip. Thumb on tragus (small cartilage stub at the entrance of ear).

Inhale deep; press and hold; exhale with soft humming sound. This is one cycle. Takes one minute. Practice 3 cycles a day.

Note – Techniques 9 & 10 are mildly energizing; practiced early p.m. (5-8). With time, increase length/ frequency of each round to 1-2 minutes. Drink hot water frequently, especially before & after each practice.

#### PRANAYAMA Segment III/ Part 2/ Yogic Breaths 11 & 12

11. Bumble Bee/ Brahmari (calms the brain) Thumbs on tragus (small cartilage stub at entrance of ear). Open palms, fingers outstretched partially above the crown. Two fingers each front-to-back over respective cranial lobes. Inhale deep, press and hold, exhale with soft humming sound. This is one cycle. Takes one minute. Practice 3 cycles a day.

12. Sound of OM/ Omkara

(a+u+m) (rejuvenates body & mind) Place right palm below the navel, and left palm over heart; begin. Inhale deeply through

nose - start from belly, midriff, and into lungs. Exhale from mouth "a" from belly + "u" from heart, + "mm" in brain. Maintain vocalized sound of "a+u+m" (1:1:4), until

all air is expelled. This is one round; takes 1 minute. Do 3 rounds in the late evenings.

Note - Techniques 11 & 12 are calming breaths, good for bedtime (8-11). With time, increase length of each breath cycle to last 1-2 minutes. Drink hot water frequently, especially before & after each practice.



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# Childrens Corner

## The Glitter of Gold

This rufous treepie lived in a dense forest. But, she loved flying about so much that she was sometimes in this city and sometimes in the city that lay on the other side of the forest.

One day, she had just come back from one of her flights. She was sitting on the branch of a tree, feeling a little bored. As she looked around and saw the beautiful forest, she caught sight of something glistening between the tall grass, just a little further away.


You know her nature...a rufous treepie is also called a taka chor, or a coin thief because she loves to pick up glittering things. Our friend has stolen people's earrings, money and even aluminium wrappers. Her favourite was a butterfly brooch she had picked up last week. Now she wanted to check out what

was glittering between the bushes and the grass.

Can you guess what she found there? A sleeping tiger whose whiskers were shining under the rays of the sun. The foolishly brave rufous treepie, went and plucked at it and flew away. Only when she flew a little distance did she realise she had nothing in her beak. She should have tugged harder.

So now that became her past time. She kept going back to the sleeping tiger and pulling at his whiskers. The tiger was too fast asleep to care. At times he did feel a slight pinch, but brushed it away.

This went on for some time. This time when the treepie flew to peck at the whiskers and pull them off the tiger's face, the tiger woke up. She flew away in extreme fright while the tiger yawned. He yawned so loudly that all



the animals of the forest who were having their afternoon siesta woke up. They shivered in fright and tried to continue their nap. All except the owl who had to call out to the rufous treepie and say, "Sister, I think you are doing something very dangerous. You should not play with anything that can be dangerous to your life. Please find something else to do."

The rufous treepie smirked.

She waited for a full ten minutes when everyone had gone back to sleep and once again went back to the tiger

and pulled...alas, the tiger opened his mouth ...and you know what happened.

Seconds later, all the forest dwellers, including the owl, heard a big burp and a little later, the snoring recommenced.

You may be lucky once, twice, but this kind of risk taking is not being brave. It is being foolhardy. Bravery means resisting the temptation to peck at the glittering whisker by realising life is more precious than the glitter of gold.

# Childrens Corner

## Epithets for some great Indians:

1. Who was known as the ‘Nightingale of India?’
2. Who is called the ‘Mahatma?’
3. Who was called ‘the missile man’?
4. Who was called ‘chacha’?
5. Who was called ‘Lokmanya’?
6. Who was called ‘Sardar’?
7. Who was called ‘Gurudev’?
8. Who was called ‘Maulana’?
9. Who was called ‘Loknayak’?
10. Who was called ‘Netaji’?

1. Sarojini Naidu
2. Mahatma Gandhi
3. Dr. A.P.J. Abdul Kalam
4. Chacha Jawaharlal Nehru
5. Lokmanya Gangadhar Tilak
6. Sardar Vallabhai Patel
7. Gurudev Rabindranath Tagore
8. Maulana Abul Kalam Azad
9. Loknayak Jayaprakash Narayan
10. Netaji Subhash Chandra Bose

# Childrens Corner

## Story: King Harish Chandra

There was a king in India named King Harish Chandra. He was a very, very honest person.

One day he had a dream, and in his dream, sage Vishwamitra appeared.

The king asked him, 'What do you want from me, O Sage?'

'If you so want,' the sage replied, 'give me your whole kingdom without keeping anything back for yourself.'

The king was delighted, and he said, 'It is given to you. Now you are the king.'

The sage left and the king woke up. He thought about the sage.

'Now this kingdom belongs to him. It does not belong to me. I've already given everything to him,' he said to himself.

He was waiting and waiting

for the sage.

At last the sage came. King Harish Chandra bowed down to him, and said, 'Now, you take care of your kingdom. It is your kingdom now.'

'You are handing over the charge of your kingdom to me in order to fulfill your promise,' the sage said, 'but there is the custom that when you meet any sage, you must give them dakshina (gift).'

Now, because he had given his kingdom to Vishwamitra, the king did not have anything of his own, and he could not take anything from his own kingdom.

So he asked the sage, 'Please wait for some time, and I will give you your dakshina.'

And the sage agreed.

The king left his kingdom along with his wife and his

only son, Parikshit, and went to Banaras [Varanasi]. He was searching for a job, but he could not find one.

With great difficulty, the queen obtained a job as a cook in the house of a very cruel, high-caste Brahmin.

King Harish Chandra obtained a position in the cremation grounds. His job was to collect a tax whenever a dead body would come.

One day, prince Parikshit was bitten by a cobra, and he died. The Brahmin was so cruel, that he did not give the queen any money for the prince's cremation.

The queen, weeping, carried the dead body of her son on her shoulder to the cremation ground.

King Harish Chandra recognized the dead body of his son.

He also recognized his queen, but said, 'I am appointed here to collect the tax.

Therefore, I cannot permit you to cremate our child unless you pay the tax.'

'I have nothing,' the Queen replied. 'I have nothing else, only this sari.'

Her husband, the king, replied, 'I cannot allow you to cremate our child until you pay the tax.'

So you must give half of your sari by way of the tax.'

'Whatever you like, you can take,' the queen replied.

She offered her sari to Harish Chandra and asked him to cut it in half, and take half of it for the tax.

The king was about to cut off his wife's sari when the sage Vishwamitra appeared, and said to the king, 'I was testing your honesty. And you passed my test. I am very much touched with your honesty. Now go back to your kingdom and rule.'

# Childrens Corner

## How a Dream Came True

About 4000 years ago, there lived a pious man in Palestine called Yaqoob. He was the chief of his tribe. He had 12 sons, Yusuf being the second youngest of them. Yaqoob loved Yusuf very much not only because he was so handsome, but more because he was also very wise and sincere.

Yusuf had ten elder half brothers. His real brother, who was younger than him, was called Benjamin.

One day, Yusuf had an unusual dream in which 11 stars, the sun, and the moon all bowed down to him. When he told his father about his dream, his father said that the dream meant that good things were going to happen. "But do not tell your brothers, they will be jealous of you," warned the father.

The ten brothers were already jealous of their father's special love for Yusuf. They made an evil plan. They carried him away and threw him into a dry well deep in the forest. No one ever went to that part of the forest...it was dark, deep and lonely. Now they could enjoy all of their father's love, they thought.

However, God came to Yusuf's rescue. A caravan from Midian that was going to Egypt happened to pass nearby that place. A caravan member came searching for water and on seeing the well, let his bucket down. Yusuf was about 16 years old. He got hold of the rope and came up when the rope was pulled up.

In those days people used to have slaves working for them. So the members of the caravan took Yusuf to Egypt

and sold him as a slave there. That was how he travelled from Palestine to Egypt.

Luckily his master in Egypt was a courtier of the Egyptian King. After some years, when Yusuf was older, he came in contact with the King. The King was greatly impressed with Yusuf's personality and wisdom. He made him his most trusted minister of agriculture.

But what do you think happened? Egypt and the surrounding areas were hit by severe drought. Yusuf, however, managed the agricultural affairs so well that the Egyptians accepted him as their hero.

People from all surrounding areas began pouring into Egypt since food was available at a fair price only here. Palestine, too was affected by drought. So Yusuf's brothers also came to Egypt to buy grains at a cheaper rate; little did they

realize that the minister they had come to seek provisions from, was their own brother. As soon as the stepbrothers entered the palace, Yusuf recognized them, but they did not recognize him, for it never occurred to them that the young boy whom they had thrown into the dry well 20 years ago, could have survived to rise to such a high rank!

However, Yusuf did not tell them who he was. Yusuf gave them enough provisions and treated them well. The brothers told Yusuf that they had old parents and one younger brother. So Yusuf asked them to bring their parents and younger brother on their next visit. When they arrived, Yusuf welcomed them, embraced his parents, and pardoned his stepbrothers. Showing them the deepest respect, Yusuf made them sit on the throne and said, "Welcome to Egypt in safety."

Seeing the splendor and the high position of Yusuf, all the eleven brothers fell prostrate as a mark of thanksgiving. That is how the dream that

Yusuf had had as a boy of the sun, the moon and 11 stars prostrating themselves before him had, at last, come true.

### **List of healthy and unhealthy activities:**

1. Eat lots of fruits and vegetables. - HEALTHY
2. Getting 8-10 hours of sleep at night. - HEALTHY
3. Brush your teeth in the morning only. - UNHEALTHY
4. Wash your hands with soap after going to the toilet, before and after eating. - HEALTHY
5. Comb hair daily. - HEALTHY
6. Bathe daily. - HEALTHY
7. Exercise every day. - HEALTHY
8. Cut your nails and keep them short. - HEALTHY
9. Use only water when washing your hands. -UNHEALTHY
10. Always wear clean clothes. - HEALTHY
11. Cover your nose with handkerchief while sneezing or coughing. - HEALTHY



# FRNV News And Events

## 1. Annual General Meeting Of Frnv

The 14th Annual General Meeting [AGM] of the Foundation for Restoration of National Values [The Society] will be held on Sunday, the 4th September 2022 at 4.00 pm at the Registered Office of the Society i.e. at M-75 Greater Kailash, Part-I, New Delhi - 110048.

Meeting will be held in Hybrid Mode (Physical and Google Meet [meet.google.com/tor-tdpz-iiig](https://meet.google.com/tor-tdpz-iiig))

## 2. Registration With The Registrar Of Newspapers For India (Rni)

FRNV Journal Titled “Value Insight” has been registered with the Registrar of Newspapers for India (RNI) vide Registration Certificate No. DELENG/2022/81829.

## SUBSCRIPTION

Readers may subscribe to the print version of journal “Value Insight” for six (6) issues on payment of Rs.1,000/- (inclusive of postage). Payment may be made online/RTGS [Foundation for Restoration of National Values, Savings Bank Account No. 76620100009436, Bank of Baroda, Defence Colony Branch, New Delhi IFS Code BARBoVJDEFE (5th digit is zero)] /cheque favouring FOUNDATION FOR RESTORATION OF NATIONAL VALUES and sent to Chamber No.10, o/o CPM-5, DMRC, Airport Express Metro Station, Dhaura Kuan, New Delhi - 110010. After payment, postal address along with copy of payment confirmation may be emailed to [frnv@valuefoundation.in](mailto:frnv@valuefoundation.in) or [frnvindia@gmail.com](mailto:frnvindia@gmail.com). Bank QR Code is also available on our website [www.valuefoundation.in/contributions](http://www.valuefoundation.in/contributions).

# **Public Interest Litigation (PIL) On Kerala Floods – Indian Express 9th August 2022**

FRNV filed a PIL in the High Court of Kerala on 25th January 2019 which was admitted by the Chief Justice Bench on 29th January 2019 and the Court has issued a notice to Kerala Government and concerned authorities. The PIL has brought out that that floods and deluges that took place in part of Kerala in August 2018 was a man-made disaster and had pleaded for a high level technical committee to be appointed for unraveling the reasons for this tragedy so that similar disasters do not get repeated in the State and in the country also.

Now, in August 2022, the High Court of Kerala has initiated a case suo motto to monitor the mechanism put in place by the State Government

to manage emergencies during the monsoon season, and otherwise, under the provisions of the Disaster Management Act, 2005.

Torrential rains in the state cause disaster in many places due to landslides, denudation etc. There is damage to the property of people residing in ‘puramboke’ lands, colonies, slopes, isolated locations, plantation areas etc. The state has to take proper and prompt action for the prevention of disasters. There are instances of flooding in some areas as well,” observed the court.

The decision was taken by a Division Bench on a petition filed by the Foundation for Restoration of National Values, New Delhi, seeking a directive to set up a high-

level technical committee to ensure dam safety. The organization wanted the committee to have three or four eminent engineers with at least the chairman and another member from outside the state. “We are of the view that a suo motu writ petition should be registered to hear the government and any other interested parties/aggrieved and issue appropriate directions,” said the Bench. The court noted that, as of now, there is no Dam Safety Authority in the state, with the matter regarding the constitution of the national authority pending before the SC.

Referring to the ‘Report of Actions Taken in 2022 for Monsoon Preparedness and Disaster Response’,

the government pleader submitted that there is a committee to monitor the operations as per the rules curve of all major dams in the state chaired by the additional chief secretary (disaster management). “It also includes the member-secretary, KSDMA, additional chief secretary (water resources), principal secretary (power), chief engineers concerned and the collectors of districts with dams. It has to meet once in 10 days from June to December. It was also stipulated that in case of Orange Alert and Red Alert in districts with dams and/or when the water level of the major reservoirs crosses all alert levels, the frequency of the meeting shall be increased,” the pleader said.

# **Give Guidelines For Freebies Till Law Made, Centre Tells The Supreme Court - The Times Of India, 12th August 2022**

NEW DELHI: The Centre on Thursday fervently pleaded with the Supreme Court to use its powers under the Constitution to lay down do's and don'ts on freebies till the legislature steps in and warned that the country is being led towards a financial disaster as some political parties have now elevated distribution of freebies to the level of an art.

This was strongly opposed by the Aam Aadmi Party, whose counsel A M Singhvi told a bench of Chief Justice N V Ramana and Justice Krishna Murari that freebies are not amenable to judicially manageable standards and that heeding the Centre's plea would be embarking on a journey which can lead nowhere else but to the political thicket. AAP's

counsel said, "Various welfare measures, pejoratively called freebies, are a political bargain between the electorate and the elected. The electorate is capable of understanding the terms of the bargain and its implications. Such decisions are beyond the court's jurisdiction. Judicial reassessment would make the court enter into a political thicket. The judiciary neither has the expertise nor the democratic mandate to dictate the terms of a political bargain."

The bench disagreed with Singhvi and said, "This is a serious issue... AAP cannot say that the Supreme Court should not examine this issue at all. That cannot be.

"Senior advocate Kapil Sibal said the court has initiated an important national debate.

The CJI said, "The economy losing money or getting ruined is one issue and, at the same time, welfare measures for the poor... both have to be considered. Both have to be balanced. That is the reason why we initiated the debate. We want an expert panel to put its collective thinking and wisdom into the issue and give a report which can be the basis for the court to take some measures.

"Solicitor general Tushar Mehta handed over the Centre's suggestion on the composition of the expert committee, which the apex court intends to set up to examine the impact of freebies on the general public, taxpayers and the economy. The court wants the panel to also differentiate between freebies and welfare schemes, which it sees as essential for sections and categories needing a helping hand." So far as welfare schemes are concerned, every government does (implement them) and

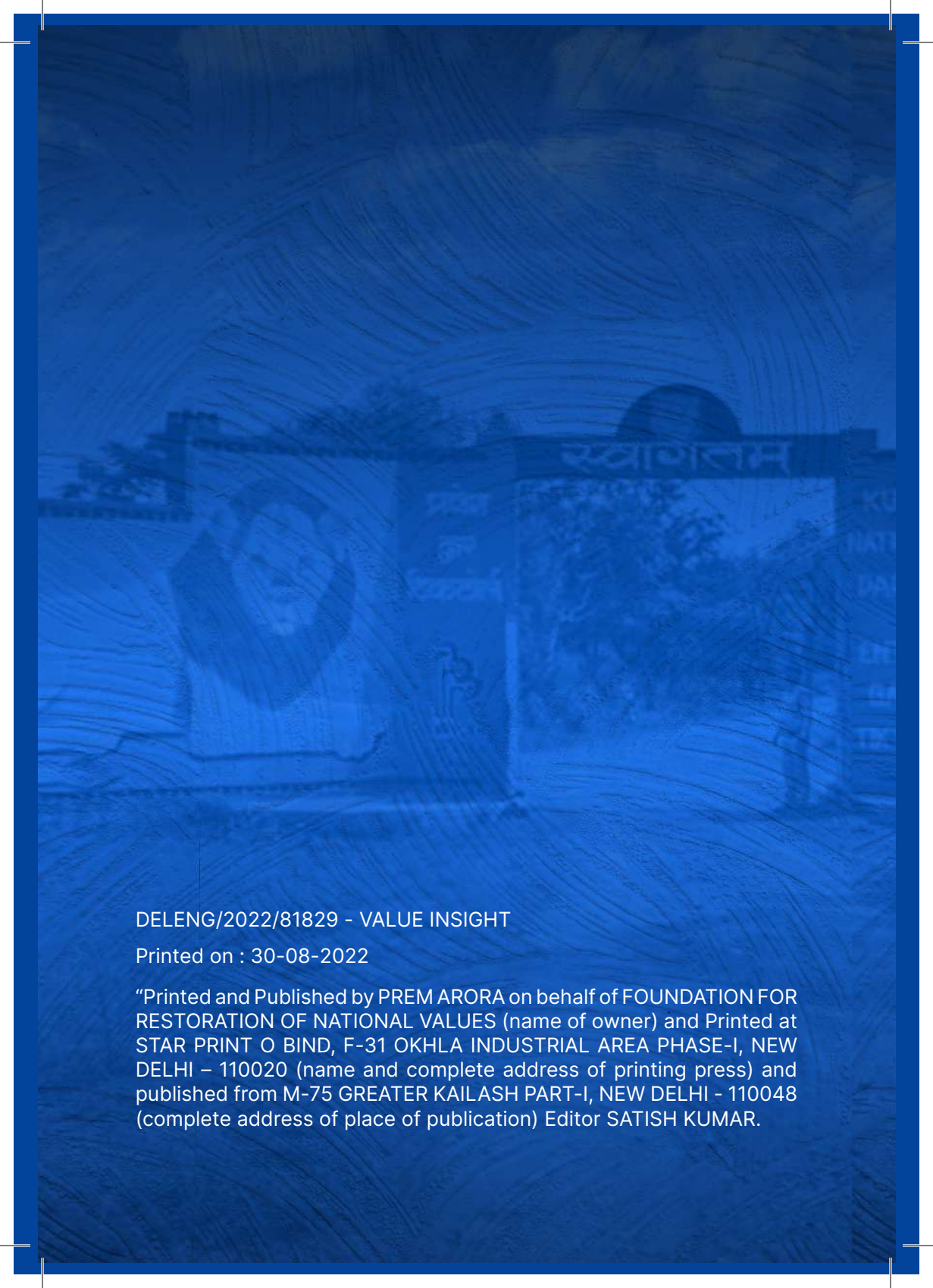
should do so. Now this freebie culture, distribution of something free, has been elevated to a level of art and sometimes elections are fought by some political parties only on freebies. If it is the understanding of any political section of our country that distributing freebies is the only way of doing welfare for the people, it is a dangerous situation. We are leading the country to disaster," the SG said. Indirectly hitting out at the "free electricity" poll promise, the SG said, "Please look at certain stressed sectors. Many electricity generating companies and distribution companies, most of which are government companies, are severely stressed financially... Till the legislature steps in, the SC should lay down guidelines. Till the court has the assistance from the considered view of the committee (to be set up), it may consider issuing certain directions or lay down do's and don'ts for political parties

in the larger national interest. Welfare scheme every responsible government must understand, but distributing everything free and taking it to the level of an art, is not welfare." Appearing for petitioner Ashwini Upadhyay, senior advocate Vikas Singh said every political party or candidate announcing freebies must be asked to also explain their plan to mitigate the state's debt, resources from which the debt is to be addressed and revenue generation sources which would enable them to distribute the freebies. "Otherwise these parties should be deregistered," he said. When CJI Ramana said that unless a candidate or a party is elected and forms government, they would not know the financial status of the country and the budgeting measures to be taken, senior advocate Vijay Hansaria provided the debt burden statistics for each state

Justice Ramana said,

"Ultimately, in a country of more than a billion people, the effect and impact of freebies on economy and people has to be studied and debated. A direction for deregistration of parties cannot be given just like that in a democratic country like ours. In the anxiety of doing something, we must not commit a blunder." The SC posted the matter for further hearing on August 17, with the CJI saying, "Let me see whether something I could contribute before my retirement." Election Commission's counsel Maninder Singh said the SC, in its 2013 judgment, had said that promises to distribute things free were part of the Directive Principles and that the court could not interfere in it. The CJI said, "Please look into the provisions of the Constitution and Representation of the People Act to make us understand for what purpose the Election Commission is there?"





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