

# Value Insight

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Bi-Monthly

## POWER OF POSITIVE THOUGHT

Eureka! Power of an Idea  
Power of Thought



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



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# Value Insight

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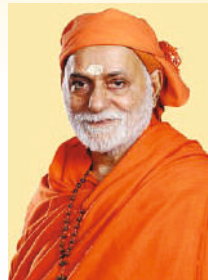


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## **Poojya Swami Bhoomananda Tirtha**

The mind has got great power. Mind is the instrument by which you access the invisible supreme Reality. You cannot access it with your eyes or your body. With the mind alone you can commune with the invisible, because Whether you are praying with humility or demanding with confidence, it makes no difference. Whatever tune or tone suits your personality, you may adopt. But you have to be sincere and earnest. Your yearning must have intensity. Then you will always find that the direction and the strength do come. Never lose heart. Never lose confidence in life.

Life is always dear – whether you are surrounded with pleasant things or with unpleasant ones. There is a lot of dearness in life. If nothing, the mind can produce any degree of contentment and peace. It may not give you other

things, but it will give you joy and contentment. It can also give you peace and 'quietude'. To generate and bestow these, the mind needs no other agency or help.

You carry such an infinitely potent mind. Never fail to recognize this great potency of the mind. We call it mind, but actually it is a projection or expression of the Self, the Supreme Reality, which has created and which is preserving this great endless Universe. It is not a small thing. Man is great, because he has such a greatly potent mind.

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## From the President's Desk



Elections are in the air. We have not heard of any drastic change in the selection of candidates or in electioneering in general. It is just more of the same. We all know that unless suitable candidates are elected there is no hope for good governance or in fact unity amongst the people of the country. I do feel there is an urge in almost everyone to do something about it and yet most of us are helpless witnesses to what is happening.

FRNV has taken some steps in this regard including going to the Supreme Court on a PIL about the candidates with criminal records being nominated by all political parties. It is true it has not had the impact on the political parties as we would have desired. But we have to keep trying. These are not issues that can be resolved over the table. Attempts have to be repeated and we have to all join together.

Recently Mr. Bharat Wakhlu

initiated a discussion on this subject in which former Chief Election Commissioner Mr. O.P Rawat joined with the General Body members. They had interesting and meaningful discussions. Such discussion, debates and deliberations have to be widespread across different people, different conditions, different regions, all over the country, mobilizing all right thinking people.

This edition of the magazine talks of the power of thought. Let us all think seriously and collectively for the change to take place and I am sure it will happen. I am reminded of this verse from the Rg Veda...I feel like evoking it only for its meaning... Sangachadvam Samvadadwam ....(RgVeda X.191)...which says may we all walk together in one mind, one purpose, one aspiration and one goal.

**S. Regunathan**  
**President (FRNV)**

# SUBHASHITAM

मुक्ताभिमान्नी मुक्तो हि बद्धो बद्धाभिमान्यपि ।  
किंवदन्तीह सत्येयं या मतिः सा गतिर्भवित् ॥

(अष्टावक्र संहिता 1.11)

यदि कोई अपने को मुक्त माने, तो वह मुक्त हो जाता है, यदि अपने को बंधा समझे, तो वह बंधा ही रहता है। यहां यह किंवदन्ती प्रसिद्ध है कि जो जैसा सोचता है, वैसा ही बन जाता है।

If one thinks of oneself as free, one becomes free, and if one thinks of oneself as bound, one becomes bound.

Here this saying is true, "Thinking makes it so".



# EUREKA!

## The Power of an Idea

Omesh Saigal

*Everything begins with an idea,  
a thought and then it manifests...*

'I have an idea!' 'Wow! Is this my eureka moment?' If this thought suddenly appears in your mind, will you think of developing this idea or sharing it with someone? Unless you are still a toddler, it is more than likely that not only will you fear sharing it with others - even your near and dear ones - but may also find it hard to whisper it to yourself! Is it because of your lack of self-confidence and esteem or is it for fear of being laughed at or being ridiculed? Most likely, it may turn out to be a combination of both.

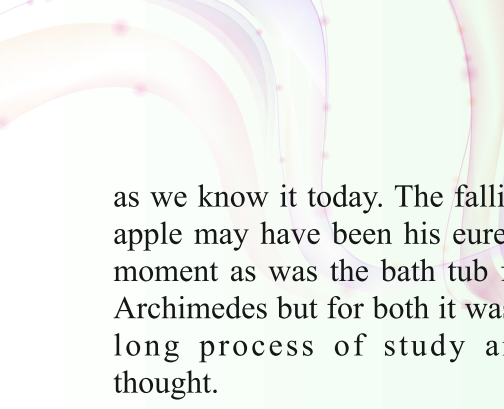
"I think so I am" said Descartes, making thought a basic facet of human existence. Rene Descartes believed that if a thing does not think it is not a



mind. In his philosophy, the mind is an existing substance and thought or thinking is its attribute. In a letter that he wrote he said: "It is certain that I can have no knowledge of what is outside me except by means of ideas that I have inside me". Gandhi too said: "A man is but the product of his thoughts. What he thinks, he becomes." In Descartes philosophy thinking is a basic element of existence and that thought is expressed through ideas.

Isaac Newton could not have worked out the gravitational theory merely on seeing the falling apple; it must have been the result of a long process of thinking and study that must have suddenly crystallized into the much heralded world changing 'theory of gravitation' that has become the backbone of science





as we know it today. The falling apple may have been his eureka moment as was the bath tub for Archimedes but for both it was a long process of study and thought.

Do we have to be a Darwin or Newton or Einstein to have our eureka moments? What these great minds and their discoveries tell us is that we have to have a long process of education and thought while we keep our eyes open to the wonders of the world to discover something new about the world. And to do all this we have to cultivate the art of positive thinking.

Easier said than done? Yes in a way. Your hours and days of thought and years of hard work leading to nothing sometimes give you the feeling of worthlessness and failure. If you continue with these feelings these soon become part of your subconscious mind, which now start to control your life. If you fail to detect these negative thought patterns, your life will continue to be run by them.

"Unless you make the unconscious conscious, it will direct your life and you will call it fate." (Carl Jung) If we want to avoid such a 'fate', we must realize positivity into our lives.

Enunciating his philosophy of positivity, Gandhi said: "Keep your face to the sunshine and you cannot see a shadow." He also believed that "every day there are 1440 minutes...the only time you fail is when you fall down and stay down..." He went on: "Man often becomes what he believes himself to be..." and that "if I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it...." But "... on the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning."

In my own life too I have had eureka moments but often they died within me. But there were times when I could manage to overcome my inner doubts and let them surface. The first one of



these that readily comes to mind is the one time I conquered my inner hesitations but unfortunately I only managed to miss it.

During the earlier part of my career, I was seconded by the government to a position in the Central Warehousing Corporation as a Planning Manager and Secretary. I was not yet too many years out of the IIT and, though I was basically in a non-technical position, I could not stop technical thoughts from popping into my mind with some of them even emerging as half-baked ideas. One of them was about using my technical knowledge to help the farmer use solar power for drying his grain shortly after harvesting.

He was already traditionally using the power of the sun to do this. He spread the newly harvested wheat stalks on the road to dry where, apart from using the sun to dry them, he also had the advantage of the wheels of vehicles driving on the highways to, at least partially, 'thresh' his

grain. It seemed fine except that the threshed grain, though substantially dried, was often broken and dirty. This required expensive processes later to clean and grade the grain before being taken for sale to the market.

My technical mind worked hard and came up with a solar dryer which could be built in the warehouses of the Corporation. The cost was also well within the budget of this profit making institution. The construction was simple: a brick chimney-like structure with ledges to keep the grain filled bags at alternate heights which would enable the hot air to rise and zig-zag through the bags and out of the chimney-like structure. The hot air would be generated through a horizontally placed glass covered box with black colored asbestos sheets inside (solar heater) to absorb the heat.

The bags could not be exposed to heat above a certain temperature. This temperature would be controlled by two suitably designed convergent



divergent nozzles at the entrance of the solar heater. I worked out a design that the size of the solar heater would be such that it could dry the grain in 8 working hours.

I was excited. In the seventies, when I had designed this solar dryer, the idea of using solar energy was not considered a la mode. I took the idea to my MD confident that he would agree as he really liked me for my work. After I explained the scheme to him his first question was: "Has it been tried before?" I said not to my knowledge anywhere in India. But what about South America, he asked?

His obvious reluctance put a wet sop to my eureka dreams; I tore away the project report and went back to my mundane bureaucratic existence. It was not too much later that I again got a chance to put ground to my 'eureka ideas'. This time there was no MD to go to and no one else to put a wet sop on my ideas.

It was in the early eighties that I was posted to the islands in the

south western extremity of the country as the Administrator. Lakshadweep in those days could only be reached by ship that did about one trip per week. My predecessor briefed me that the one limiting factor in the development of Lakshadweep was water, the only source of which was rainwater which quickly went down the sandy terrain and got mixed with sea water. As I learnt from books that I picked up that he was right and the only source of freshwater was the thin film that formed just above the sea water and only a couple of meters below the sandy island surface and if that was broken there would be no fresh water at all!

What luck that condemned the lovely islanders to a fate that ensured they were by-passed by all the positive developments that were taking place elsewhere. The water had to be drawn from shallow wells manually: pumps were not allowed since over pumping would result in breaking the thin film of fresh water and saline water would cover it. This



fresh film of water was recharged whenever there was rain and that was not infrequent.

I had my eureka moment: Why not make the bottom and part of the wall of the well pucca with concrete? This way even if the mechanical pump was used there was no chance of directly pumping from the thin water film; after the water in the well was used no further pumping would be possible. The water in the well would be collected from the areas around the well through steel pipes. Yes this water would need treatment because it was collected from close to the surface. The water pumped from the well would be taken, after treatment, to an overhead tank from where gravity would carry it to taps in the homes.

The idea worked and soon all the houses had a water tap outside their homes. No longer did they need to trudge long distances to the well and manually carry buckets of water home. Not only could they now get water nearer home but, more importantly, the

'negative thought' that somehow the lack of water meant a limit to their development was gone: soon even the helicopter and aircraft seemed a clear possibility. The jinx of 'limits' to development had been broken and the islanders could now forge ahead in their journey of development and progress.

Thought gives rise to ideas; most of them die, many in your mind and others due to external factors. It is easy to break down under a series of failures but if one remembers that such failures only goad you along and all that you need is one breakthrough idea — but first you have to break the mental barriers that prevent such ideas from being born. But contrary to popular belief, breakthrough ideas don't always come like a sudden stroke of lightning; it needs constant working on and renewal and faith in one's self. And one such idea can change the world...at least for some people.



# The Power of Thought

Swami Sivananda

*Thought is a vital, living force, the most vital, subtle and irresistible force that exists in the universe.*



. Mind assumes the form of anything it contemplates. When you think of an object, your mind shapes itself into the form of that object. When you change your thoughts, your mind also changes its shape. Many modifications continually arise in the mind. Your thoughts rapidly change. Your mind also changes its shape rapidly. Every moment, the mind is continually creating hundreds of these thought-forms and continually dispersing them again. It never holds on steadily to one thought-form for some time.

Every thought has a certain name and a certain form. Form is the grosser and name the finer state of a single manifesting power called thought. But, these three are one. It is the unity in trinity, the three degrees of existence of the same thing.

Wherever the one is, the others also are there. Suppose your mind is now perfectly calm, entirely without thought. Nevertheless, as soon as thought begins to rise, it will immediately take name and form. Thus you find that every idea that man has, or can have, must be connected with a certain word as its counterpart.

Language is different, but thought is one. Mental image is the same in all. Sound has got four forms, viz., Para, Pasyanti, Madhyama and Vaikhari. Vaikhari is the ordinary speech. It differs in different countries. But Para, Pasyanti and Madhyama are one and the same. Para is undifferentiated sound that lies dormant in Brahman. The language of the Devatas, the language in the mental plane is one. It is Madhyama. The rotatory

vibration of the causal body (Karana-Sarira) is Pasyanti. That is your real name. When you operate through your Karana-Sarira, (lower Prakamya or lower Divya Drishti), you will hear the Pasyanti sound, your real name.

### ***Thought is Subtle Matter***

Thought is subtle matter. A thought is as much solid as a piece of stone. You may die, but your thoughts can never die. They have form, size, shape, colour, quality, substance, power and weight. A spiritual thought has yellow colour; a thought charged with anger and hatred is of a dark red colour; a selfish thought has a brown colour; and so on. A Yogin can see directly with his inner Yogic eye all these thoughts. The stronger the thoughts, the earlier the fructification. Thought is focused and given a particular direction and, in the degree that thought is thus focused and given direction, it is effective in the work it is sent out to accomplish.

### ***Thought is a Creative Force***

Thought is a great force. Thought is a dynamic force. Thought moves. Thought is

infectious. Thought creates. You can work wonders with the power of thought. Through the instrumentality of thought, you acquire creative power. There are nowadays numerous books on thought-power, thought-dynamics and thought-culture. Study them. You will then have a comprehensive understanding of thought, its power, workings and usefulness.

The power of thought is very great. Every thought of yours has a literal value to you in every possible way. The strength of your body, the strength of your mind, your success in life and the pleasures you give to others by your company-all depend on the nature and quality of your thoughts. You must know thought-culture.

### ***Thought gives Health***

If you entertain healthy thoughts, you can keep good health. If you hold on to sickly thoughts in the mind, thoughts of diseased tissues, thoughts of weak-nerves, thoughts of improper functioning of organs or viscera, you can never expect

good health, beauty and harmony. The body is the product of the mind. If you hold on vigorous thoughts in the mind, then the physical body also will be vigorous. Evil thoughts of all kinds befoul the mind and, if persisted in, will become veritable diseases and maiming of the mind, incurable during the period of life.

### ***Thought builds Character***

"As a man thinketh, so he is."  
"Man is created by thought; what a man thinks upon, that he becomes." Think you are strong; strong you become. Think you are weak; weak you become. Think you are a fool; fool you become. Think you are God; God you become. A man forms his own character, becoming that which he thinks. If you meditate on courage, you shall work courage into your character. So with purity, patience, unselfishness and self-control. If you think nobly, you shall gradually make for yourself a noble character, but if you think basely, a base character will be formed. Steady persevering thought sets up a definite habit of the mind and that

habit manifests itself as a quality in the character.

The thread of thought is woven into mental and moral qualities and these qualities in their totality form what we call character. You can build your character as surely as a mason can build a wall, working with and through the law. The first step towards a deliberate creation of character lies then in the deliberate choosing of what we will think and then of thinking persistently on the quality chosen. Ere long, there will be a tendency to evince that quality; a little longer, its exercise will become habitual. Thought makes character. You spin the thread of thought into your destiny.

### ***Thought weaves Destiny***

That which man thinks upon in one life, he becomes in another. If the mind dwells continually upon one train of thought, a groove is formed into which the thought-force runs automatically and such a habit of thought survives death and since it belongs to the ego, is carried over to the subsequent earth life as a



thought tendency and capacity.

Every thought has its own mental image. Every man has a mental world of his own, his own views, his own sentiments, his own feelings, his own habitual thoughts, his own experience and his own mode of thinking. The essence of the various mental images formed in one particular physical life is being worked out in the mental plane. It constitutes the basis for the next physical life. Just as a new physical body is formed in every birth, so also a new mind and a new Buddhi are formed in every birth.

It is difficult to explain the detailed workings of thought and Karma. Every Karma produces twofold effects, one on the individual mind and the other on the world. Man makes the circumstances of his future life by the effect of his actions upon others. Every action has a past which leads up to it; every action has a future which proceeds from it. An action implies a desire which prompted it and a thought which shaped it. Each act is a link in an endless chain of causes and

effects, each effect becoming a cause and each cause having been an effect; and each link in the endless chain is welded out of three components—desire, thought and activity. A desire stimulates a thought; a thought embodies itself in an act. Selfish coveting of the possessions of others, though never carried out into active cheating in the present, makes one a thief in a later earth-life, while hatred and revenge secretly cherished are the seeds from which the murderer springs. So again, unselfish loving yields as harvest the philanthropist and the saint; and every thought of compassion helps to build the tender and pitiful nature which belongs to one who is a friend to all creatures.

### ***Like attracts Like***

The great law, "Like attracts like," is ever operating. This is a great cosmic law. This is a law in nature. This law operates in the thought world also. People of similar thoughts are attracted towards each other. That is the reason why the maxims run as follows: "Birds of the same feather flock together... A man is

known by the company he keeps."

A doctor is drawn towards a doctor. A poet has attraction for another poet. A songster loves another songster. A philosopher likes another philosopher. A vagabond likes a vagabond. The mind has got a 'drawing power'. You are continually attracting towards you, from both the seen and the unseen sides of life-forces, thoughts, influences and conditions most akin to those of your own thoughts and lives.

In the realm of thought, people of similar thoughts are attracted to one another. This universal law is continually operating whether we are conscious of it or not. We are all living, so to speak, in a vast ocean of thought; and the very atmosphere around us is continually filled with the thought-forces that are being continually sent or that are continually going out in the form of thought-waves. We are all affected more or less by these thought-forces either consciously or unconsciously and in the degree that we are more or less

sensitively organized or in the degree we are negative and so are open to outside influences, rather than positive, which thus determine what influences shall enter into the domain of our thoughts and hence into our lives.

Carry any kind of thought you please about with you and so long as you retain it, no matter how you roam over land or sea, you will unceasingly attract to yourself, knowingly or inadvertently, exactly and only what corresponds to your own dominant quality of thought. Thoughts are your private property and you can regulate them to suit your taste entirely by steadily recognizing your ability to do so. You have entirely in your own hands to determine the order of thought you entertain and consequently the order of influences you attract and are not mere willowy creatures of circumstances, unless indeed you choose to be.

### ***Good Thoughts and Evil Thoughts***

A good thought is thrice blessed. First, it benefits the

thinker by improving his mental body (Manomaya Kosha). Secondly, it benefits the person about whom it is entertained. Lastly, it benefits all mankind by improving the general mental atmosphere. An evil thought, on the contrary, is thrice cursed. First, it harms the thinker by doing injury to his mental body. Secondly, it harms the person who is its object. Lastly, it harms all mankind by vitiating the whole mental atmosphere.

Every evil thought is as a sword drawn on the person to whom it is directed. If you entertain thoughts of hatred, you are really a murderer of that man against whom you foster thoughts of hatred. You are your own suicide, because these thoughts rebound upon you only.

A mind tenanted by evil thoughts acts as a magnet to attract like thoughts from others and thus intensifies the original evil. Evil thoughts thrown into the mental atmosphere poison receptive minds. To dwell on an evil thought gradually deprives it of its repulsiveness and impels the

thinker to perform an action which embodies it.

### ***The Progeny of Thoughts***

It is not sufficient that your thoughts are not bad. You must transmute bad thoughts into good thoughts. This is the first part of your Sadhana. You must make them helpful thoughts. When they are sent out, they must be capable of doing immense good and benefit to the suffering humanity and your neighbours.

Thoughts are your own real children. Be careful of your progeny of thoughts. A good son brings happiness, name and fame to the father. An evil son brings infamy, discredit to his father. Even so, a noble thought will bring happiness and joy to you. An evil thought will bring misery and trouble to you. Just as you rear up your children with great care, so also you will have to rear up good, sublime thoughts with great care.

### ***Thought is Contagious***

Thought is very contagious, nay, more contagious than the Spanish Flu. Thought moves. It

actually leaves the brain and hovers about. It enters the brains of others also. A sympathetic thought in you raises a sympathetic thought in others with whom you come in contact. A thought of anger produces a similar vibration in those who surround an angry man. It leaves the brain of one man and enters the brains of others who live at a long distance and excites them. A cheerful thought produces cheerful thought in others. A thought of joy creates sympathetically a thought of joy in others. You are filled with joy and intense delight when you see a batch of hilarious children playing mirthfully and dancing in joy. In broadcasting, a singer sings beautiful songs at Calcutta. You can hear them nicely through the radio-set in your own house at Delhi. All messages are received through the wireless. Even so, your mind is like a wireless machine. A saint with peace, poise, harmony and spiritual waves sends out into the world thoughts of harmony and peace. They travel with tremendous lightning speed in all directions and enter the minds of thousands

and produce in them also similar thoughts of harmony and peace. Whereas a worldly man whose mind is filled with jealousy, revenge and hatred sends out discordant thoughts which enter the minds of thousands and stir in them similar thoughts of hatred and discord.

Thought is very contagious. Keep a good and honest man in the company of a thief. He will begin to steal. Keep a sober man in the company of a drunkard. He will begin to drink.

### ***Thought-Transference or Telepathy***

What is the possible medium through which thoughts can travel from one mind to another? The best possible explanation is that Manas or mind-substance fills all space like ether and it serves as the vehicle for thoughts as Prana is the vehicle for feelings, ether is the vehicle for heat, light and electricity, and air is the vehicle for sound. Mind is Vibhu (all-pervading) like Akasa. Hence, thought-transference is possible. Thought-transference is telepathy.



If we throw a piece of stone in a tank or a pool of water, it will produce a succession of concentric waves travelling all around from the affected place. The light of a candle will similarly give rise to waves of ethereal vibrations travelling in all directions from the candle. In the same manner, when a thought, whether good or evil, crosses the mind of a person, it gives rise to vibrations in the Manas or mental atmosphere, which travel far and wide in all directions. While electricity travels at the rate of 1,86,000 miles per second, thoughts virtually travel in no time, their speed being as much faster than electricity as their vehicle Manas is finer than ether, the medium of electricity. Thoughts are like things. Just as you hand over an orange to your friend and take it back, so also you can give a useful, powerful thought to your friend and take it back also. You must know the right technique to handle and manipulate a thought. The science is very interesting and subtle. You can aid a friend in trouble by sending him thoughts of comfort, a friend in search of

Truth by thoughts clear and definite of the truths you know. You can send into the mental atmosphere thoughts which will raise, purify and inspire all who are sensible to them.

If you send out a loving, helpful thought to another man, it leaves your brain, goes directly to that man, raises a similar thought of love in his mind and returns back to you with redoubled force. If you send out a thought of hatred to another man, it hurts that man and hurts you also by returning back to you with redoubled force. Therefore, understand the laws of thought, raise only thoughts of mercy, love and kindness from your mind and be happy always.

When you send out a useful thought to help others, it must have a definite, positive purpose and aim. Then only it will bring out the desired effect. Then only that thought will accomplish a definite work.



# Free Thinking

Dr. Sanghamitra Mukherjee



*A system that ignites curiosity a sense of inquiry and an unshackled, care-free learning can go a long way in creating the foundation for independent thinking.*

Ideally, one of the many attributes that an educated person is expected to portray is the power of independent thought which enables him to assess and analyze situations, draw relevant conclusions and make informed decisions. How is this power of thought to develop if not within the framework of education imparted during the schooling years? Education at the initial stages should cause the awakening of the power of thought which should eventually develop to prepare an individual for higher education, a career and a future as a responsible member

of society. However, the Education system in our country as we know it has not always succeeded in producing capable and thinking individuals as is often evident from results of job interviews held for graduates. While definitions are parroted the ability to think critically is absent. Among other skills therefore, ways and means must be explored to develop the power of thought in education as an essential and empowering skill.

The conventional framework of teaching, learning and assessment followed in schools is

syllabus-centric to the extent that much time cannot be afforded for innovative teaching and learning. It may, however, be in the interest of students to reorganize at least the junior school years to accommodate unconventional methods of learning which will help to promote independent thinking rather than rote learning which only succeeds in transferring knowledge from books onto examination scripts. Besides, innovative methods of teaching may demand more class time as well as a different mode of assessment. Instead of written examinations a pattern of continuous assessment could be evolved in keeping with the methods of teaching employed. In short, far more flexibility is required to replace the existing rigid format.

The pre- school and primary school years which usually adopt the principles of Montessori and Kindergarten training concentrate primarily on

developing basic faculties in children. We often hear people observing how intelligent children are, which indeed they are, appearing smarter with each generation. They seem to have minds of their own. Hence, handling these children requires enormous insight on the part of their teachers. For starters the teacher-child ratio should be such that each child can deserve individual attention from the teacher. Childhood after all covers the very sensitive and formative years. While the basic faculties of physical coordination, sensory abilities, and recognition develop they are best left to their carefree activities, free of any kind of regimentation. Outdoor activities are essential. Since Nature is the best teacher, their attention can be drawn to observe and enjoy the environment around them. In particular, an awareness of other forms of life can be encouraged. This unshackled, care-free learning can go a long way in

creating the foundation for free thinking as the child grows older.

At a pre-school I happened to visit in England I was astonished to hear tiny tots singing  
One, two, three, four, we all need to recycle more,  
Five, six, seven, eight, save the world before it's too late.  
They were being treated like little adults and as they poured all their vigour into this song every day, awareness of the environment and the need to care was surely getting etched into their minds.

At the end of primary school a vibrant and uninhibited set of youngsters are expected to be ready for junior school. Since the capability of thinking independently must be initiated from an early age, innovative teaching plans may be employed at this stage while their exuberance is channeled into various activities. A few exercises are discussed below which can also be presented to middle

school students simply by varying the level of difficulty.

Pictures of certain activities being performed by groups of people, children or even animals may be presented to students individually. They can observe and enjoy the pictures for a few moments before they are asked questions about the people in the pictures and their activities to test their observation. Further they may be asked to add a thought on what they imagine happens next or what they think happened before the event depicted in the picture. This is where their imaginations can be triggered and they are prompted to think a little more deeply into what the subject of the picture is suggesting. Teachers can assess students on the quality of their answers which reflect their thoughts.

Again, composition writing can be rendered more thought provoking by providing the first sentence in the introduction and

the last sentence in the conclusion as suggestions for the completion of the introduction followed by a suitable body and a conclusion to match the last sentence. Further they may be asked to furnish a title for the final form of the composition. This same exercise may elicit different levels of competency depending on the class it is assigned to and assessments can follow accordingly.

To develop mental arithmetic skills the teacher could read out a string of (say) four numbers and then pause long enough for the students to add them mentally and write the sum without scribbling the numbers. This exercise can be repeated (say) five times with different strings of numbers. Finally they may be asked to add the five sums on paper to check the final result. This exercise can be repeated, increasing the level of difficulty gradually. Of course the arithmetical operations can be varied according to the skills

expected from the students.

To improve mental arithmetic skills further students can be presented with numbers arranged in rows or columns or arrays according to some rule which must be worked out to generate the missing numbers. Take for instance the very simple arrangement in the following row  
10 8 6 4 2 1 2 ... 4...

where the spaces are to be filled.

Similarly the array

1	3		1	5		1	9		2	5
14	...	20	...	07	08	...	...			

requires four spaces to be filled.

The difficulty level of these quizzes of course is best determined by the teacher depending on the class they are being presented to.

Some of the best schools ensure that student-centric practices are followed in middle and high school and initiate various activities which encourage independent thinking



and working. Most syllabi integrate project work on which students are assessed. There being no dearth of information on the internet there may be a tendency to resort to 'cut and paste' shortcuts or there may be a lack of genuine effort when help from parents is sought instead. Such practices must be detected and discouraged in the interest of the student. Original ideas and presentation of matter is what a teacher must look for and encourage. On submitting their projects students can be asked to share their thoughts on what they have achieved with the rest of the class. Their talks may elicit questions and clarifications from classmates so that proper understanding of the subject matter together with organization of thoughts and expression is demanded. Posters and exhibitions on projects also require thought on the best possible presentation of matter.

Apart from project work, class

discussions, debates, quizzes and extempore speaking competitions can help students to organize their thoughts rapidly, to make effective arguments and on the spot deliveries. All of these require an intelligent thought process. Though there is nothing very new about any of these activities, what is important is the manner in which they are pursued and presented and how sincere students are in executing them. The success of these activities depends to a large extent on how seriously teachers go about organizing and motivating students. Teachers are often more concerned about the coverage of academic content because eventually students have to sit for their examinations in a result-oriented system. In fact many schools skip most of the activities mentioned and confine school hours entirely to academics.

When students join college they are required to opt for choice based combinations which

introduce them to the concept of interdisciplinary studies. They begin to enjoy exposure to seminars and symposia attended by experts where they are encouraged to read papers and to add original perspective to academic discussions on their majors. An investigative approach is also encouraged when scope for participation in projects and dissertation writing is possible. Eventually this enables the thinkers amongst them to cross boundaries and to visualize applications of their specializations in other areas of interest.

In conclusion I am tempted to mention Tim Berners Lee, the famous British computer scientist who is credited with the conceptualization of the Internet without which we are rendered quite inadequate these days.

Working at CERN, he originally conceived and developed the idea of the 'Mesh' in 1989 for information sharing between scientists in universities and institutes globally. This 'Mesh' eventually expanded and took the form of the World Wide Web available to anyone at the click of a button. I wonder if Lee thought for a moment that his idea would become a universal phenomenon to the extent that it has, such is its brilliance and outreach. Such is the potency of an original idea. In fact the invention of every device and utility that we use to make our lives more comfortable has been sparked by a 'thought' which eventually became a 'thing' as is often said these days. These motivating stories should spur our young to be brilliant thinkers and future innovators.



# The Silent Superpower

Prema Raghavan



बन्धुरात्मात्मनस्तस्य येनात्मैवात्मना जितः ।  
अनात्मनस्तु शत्रुत्वे वर्तेतात्मैव शत्रुवत् ॥

प्रकृतेः क्रियमाणानि गुणैः कर्माणि सर्वशः ।  
अहङ्कारविमूढात्मा कर्ताहमिति मन्यते ॥

*bandhurātmātmanastasya yenātmāivātmanājitaḥ  
anātmānastu śhatrutve vartetātmaiva śhatru-vat*

*For him, who has conquered the mind,  
the mind is the best of friends;  
but for one who has failed to do so;  
his mind will remain the greatest enemy*

Ego – mind – intelligence

All activities are carried out by the three modes of material nature. But in ignorance, the soul, deluded by false identification with the body, thinks of itself as the doer.

Ego is the identity of a living entity. In the material world, this

identity is false. It is not the true identity - that of the soul - and hence not permanent. The mind is a collection of thoughts and the master of all senses. Intelligence is a weapon to control the mind. The soul is a spiritual spark, the real identity of the living entity. This body is the chariot, *buddhi*

(intellect) is the charioteer and the senses are the horses. Obviously, one who has control over his mind can live happily, and the one whose senses are not under control will be destroyed by his own mind. Lord Sri Kṛṣṇa said: *“O mighty-armed son of Kuntī, it is undoubtedly very difficult to curb the restless mind, but it is possible by suitable practice and by detachment”*.

### ***Thought and Energy***

We dissipate a lot of our thought power and energy in fighting with people whom we perceive as enemies. The Vedic scriptures say the biggest enemies -lust, anger, greed, envy, illusion, etc. - reside in our own mind. These internal enemies are more harmful than the outer ones. The external ones may injure us for some time, but the demons within our own mind can take away our peace. I know people who have everything good in life, but live a miserable life due to their own mind being affected by greed, depression, hatred, tension,

anxiety, and stress.

Hinduism emphasizes the consequences of thoughts. Illness is not only caused by viruses and bacteria, but also by the negativities in the mind. Psychosomatic disorder is an illness that connects the mind and body. This occurs in such a way that the physiological functioning of the body is affected by the psychological tensions that either cause disease or aggravate a pre-existing condition. If someone says something unpleasant, it may continue to agitate your mind for years. This is the immense power of thoughts.

In the Buddhist scripture, the *Dhammapada* (1.3), the Buddha also expresses this truth vividly: *“I have been insulted! I have been hurt! I have been beaten! I have been robbed! Misery does not cease in those who nurture such thoughts. Resentment is like drinking poison and hoping that the other person dies.”*

Most people do not realize the harm caused by their own uncontrolled minds. However, the same mind has the potential of becoming our best friend, if we bring it under the control of the intellect, through spiritual practice. The more powerful an entity is, the greater is the danger of its misuse, and also the greater is the scope for its utilization. The mind is such a powerful machine; it can work as a two-edged sword. Another inbuilt mechanism of the divine is we get peace only with good thoughts and action and the reverse causes disharmony and agitation.

### ***Dharma & Action***

In Hinduism the concept of dharma or righteousness divides the world into good and evil, and explains that wars have to be waged sometimes to establish and protect dharma, this war is called Dharmayuddha. This division of good and evil is of major importance in both the Hindu epics, the Ramayana and Mahabharata. However, the main emphasis in Hinduism is on bad

action, rather than bad people. The Hindu holy text, the Bhagavad Gita, speaks of the balance of good and evil. When this balance is lost, divine incarnations come to help restore it.

In Indian history, there was a robber named Ratnakar. Once, he tried to rob the sage Narada so that he could provide for his family. Narada asked him if his family would share the sin he was incurring due to the robbery and asked him to confirm this with his family. When the robber asked his family, none of them agreed to bear the burden of his sins. The robber understood the truth of life and asked for Narada's forgiveness. Narada taught the robber the mantra for salvation. Later he went on to write an epic about lord Rama, the "Ramayana".

Those who slide to demoniac levels do so because of their own mind while those who attain sublime heights also do so because of their purified minds.



Franklin D. Roosevelt, former President of America, expressed this very nicely: *“Men are not prisoners of fate, but only prisoners of their own minds.”*

Be grateful and happy if something good happens in your life. Feel like you have repaid an old debt when hardships cross your path. This is the way of manifesting our faith in the divine and trust in ourselves.

### ***Practical Ways to Harness the Mind***

Self-motivation propels us to focus on our goals. It drives us to seek external inspiration to strengthen our inner aspirations. In mountaineering, if you do everything right, it's very hard to get hurt or killed. But if you make one mistake, you're dead. One thing that's common among climbers is that they tend to be 'genuinely happy people'. They live in the present moment, which infuses them with positive energy. Their fears and doubts recede. And it culminates with a sense of accomplishment—at the meeting of a goal.

A clean home environment is an effective way to reduce stress. Getting rid of excess stuff can benefit your mental health by making you feel calmer, happier, and more in control. A tidier space can make for a more relaxed mind.

Early to bed, early to rise. How you start your day sets the tone of your mind for the whole day. Wake up spontaneously. Make your own bed. Practice your daily gratitude prayers. Switch off the lights, fans, AC and geyser on your way out. Self-regulation to improve self-control. Energy saved is energy earned. Take a five minute break amidst our daily chores for conscious breathing and relaxation.

Healthy eating habits. There is a close relationship between the brain and the gastrointestinal tract, often called the “second brain.” Your GI tract is home to billions of bacteria that carry messages from the gut to the brain. Eating healthy food

promotes the growth of “good” bacteria, which in turn positively affects how you think. A steady diet of junk food affects not only your body but weakens your emotional resilience.

Yoga and meditation make our mind calm and peaceful so that we can find real happiness and relief from worries, unhappy feelings and mental discomfort. It helps us modulate our minds so that we can consciously decide which thoughts to focus on and which to let go. Understand your emotional intelligence. Watch your thoughts because they become your words and actions.

Good hobbies help reduce stress levels and keep you grounded. These can also include playing with young kids, serving senior citizens. Any activity that we find relaxing and inspiring anchors us in ways that are healing to the mind. Sports teaches us to embrace the inevitability of failure and the importance of effort and resilience.

**T i m e m a n a g e m e n t .**  
Parkinson's Law is the old adage that work expands to fill the time allotted for its completion to discipline your mind, you must develop a greater sense of self by focusing on your self-development instead of focusing on only the goals you have set. By training your mind to create productive thoughts that lead to better and healthier habits and positive behaviors, you can become successful, live a prosperous life, and show up as the best version of yourself.

### ***The Three Energies in Action***

Sattva [goodness], rajas [passion] and tamas [ignorance] are the three gunas which bind us to certain qualities of thoughts, feelings and activities. Our behavior, thoughts and actions are influenced by these three modes. Sattva choices in our everyday life improve our awareness by living in the, 'here and now', thereby gaining more control of our inner lives.

Peace or Success – whatever

way you may see it, all starts with an inherent ability for self-control through self-discipline. It is disciplining your mind, your thoughts, emotions, behaviors, and your habits. As Stephen Covey said, *"The ability to subordinate an impulse to a value is the essence of the proactive person."* Willpower or mental discipline is what separates us from animals. It's the capacity to restrain our impulses, resist temptation and do what's right and good for us.

### ***Conclusion***

Each one of us has been designed to be unique and for a purpose. Celebrate your individuality and do not compare yourself with others.

A person's character is revealed during a time of crisis. If we keep realistic expectations, hoping for the best and preparing for the worst, our energies are harnessed in the right direction. The two levels of happiness are pleasure and a life of purpose. The former is a fleeting experience

and wanes with time. The latter brings joy, contentment and forges a disciplined mind. Renunciation does not mean giving up everything but using everything for the right cause. See the good in small things. Appreciation attracts positive energy.

### ***Thinking Green***

People who will not sustain trees will soon live in a world that will not sustain people,





# Swami Vivekananda

*The Universal Man*

*S. Regunathan*

*A person's inherent traits, they say,  
can be traced back to childhood.  
It is Understanding Narendra:  
Vivekananda as a child*



Fascinating to see that Narendra, as Vivekananda was known as a child, showcased all the traits for which he is famous for in his childhood itself. Last episode we met with his ability to enter into deep meditation even when he was quite young in years. He also had the ability to abide by his conviction.

Narendra had excellent power of concentration even as a child, so unbelievable it was that even his educators have misunderstood it. It was in his classroom on a hot

and sultry afternoon when he sat with his eyes closed. The teacher was going on and on. The teacher saw Narendra close his eyes right at the beginning of the class and he found the child never opened them, even if he spoke louder or said something provocative. Finally, with his patience wearing thin, he asked the student sitting next to Narendra to wake Narendra up. Narendra opened his eyes. The teacher admonished him for sleeping in the class. Narendra told him he was actually listening to every word of his.

And then to the disbelieving teacher, he narrated the entire lecture without missing even a single word. The teacher was astonished and thereafter he never disturbed Narendra in class. Such and similar incidents kept happening. Another incident chronicled by his biographers is when he sent a library book to be returned. He sent it through his friend. The librarian was rather insulting to the boy and said something to the effect that your friend is wasting everyone's time.

He never reads the book, but borrows a new book every day. Saying so, he refused to issue another book, the book Narendra had told his friend to get. A trip that Narendra wanted to save, he could not. He came to the librarian himself and it is not an exaggeration when the biographer says, he repeated the contents of the book that he had just returned verbatim. Further he threw a challenge to the librarian. "Ask me anything from the books I have already read," he said and the librarian did so. Narendra

answered it all. The librarian then accepted that this student was reading one book per day.

Another biographer also says that Narendra or Vivekananda had memorized 8 volumes of the encyclopedia in one reading.

The question is not whether he memorized 8 volumes or 5. The point is that he had such concentration and photographic memory that he learnt so much. Here I appreciate another aspect. In later years as the great spiritual messenger of India, if he was able to speak with confidence and clarity on so many different subjects, it is because of the knowledge he had accumulated in his growing years. The adage reading maketh a man is not without basis.

I must take the help of another adage...empty vessels make more noise, they say in English. In Tamil it is *nerai kudam talumbadu*. In a sense that is how I view another trait of his: fearlessness.



Once, it is said, he was in his geography class and the geography teacher felt he had committed a mistake. Narendra said he had not. But the teacher was convinced and asked the young boy to stretch out his hands and beat it as a mark of punishment. It was common in those days to mete out such punishments as hurt the child and poor Narendra bore the repeated onslaught on his hands with a ruler, unflinchingly.

Before the day was over, the teacher found he had been wrong and Narendra had indeed been correct. He had the grace to apologize to his student. The lesson learnt from this stayed with him for life. It came not from the geography teacher or the cruel punishment; it came from his mother who was an abiding influence in his life. As always Narendra came home and reported the incident to his

mother. Though she was pained that her son was unjustly treated, she said to him, "If you are right, my boy, what does it matter? It may be unjust and unpleasant but do what you think is right, come what may." And that he followed, throughout his short life of 33 years. He never swerved from this advice.

It was in the United States. Vivekananda, which was how he was known now, was speaking. A pleasant speech would have got him claps then but perhaps history would have buried him in ignominy. He spoke from his heart. He spoke of how he admired the Saviour, Christ and how his followers were living quite in contradiction with the great teacher's teachings. His criticism was vocal. He was told to refrain from going on in this strain, but to that he replied that he was a man of god, and could not say anything but the truth.



## Children's Corner

### Purity of the Golden Crown

R. Senthamarai

A Long time ago, in the 3rd century B.C, a king called Hiero II ruled over the city of Syracuse in Greece. One day King Hiero gave some gold to a goldsmith and also gave him the design of a crown. The crown was to be a votive offering. A votive offering is that made to a temple and in ancient Greece it was to adorn a statue in the temple. The crown was to be made of pure gold.

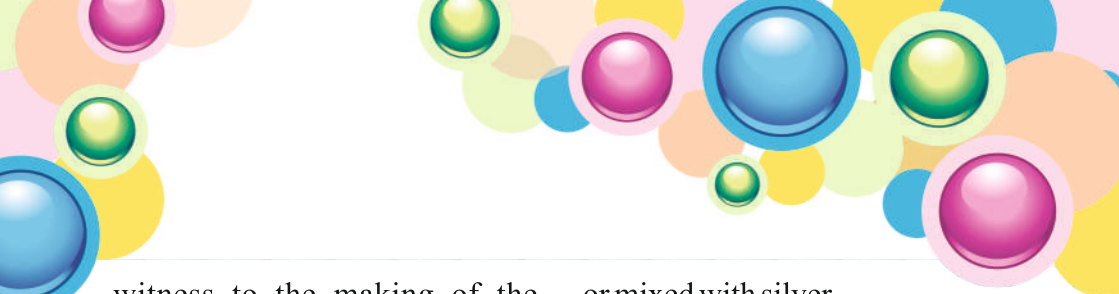
The goldsmith was a skilled man and he produced a rather beautiful crown. Once the king had finished admiring the beauty of craftsmanship, a thought began to nag him.

The king wanted to be sure the crown he was offering was pure.

But how could that be checked? There was only one way of doing that: melt the crown and see. But that would mean destroying the crown.

He called the most respected and famous scholar, mathematician, astronomer and inventor to his court. His name was Archimedes. The king asked him to find out if the crown had any silver mixed in the gold without tampering with the crown.

Archimedes was baffled. How was he to do that? How can one find out if there was silver mixed in the gold of the crown unless one was a magician or had been

A decorative header at the top of the page features several overlapping circles in various colors including blue, yellow, pink, and green. Some of these circles have a 3D effect with a gradient and a shadow.

witness to the making of the crown? He spent many sleepless nights wondering how to find the answer.


Days flowed into a week and messengers from the king started pestering him for the answer. “What will I do? How will I face the king?” With these thoughts, Archimedes looked up at the rising sun. He was sweating with tension. He decided to have a bath. The bath tub was three quarters filled with water. Archimedes's mind was on the crown as he undressed and stepped into the bathtub. The water rose. “What is this?” thought Archimedes. He got out of the tub and then the level of water fell back to what it was earlier. Again when he sunk into the water its level rose. As he stretched himself in the water it suddenly struck him! He knew how he was going to find whether the crown was made of pure gold

or mixed with silver.

“Eureka! Eureka!” he cried and ran out into the streets.

Eureka means, “I found it!” Everyone gathered to hear what he had found. He said: when an object is immersed in water the volume of water displaced is equal to the volume of the object. If we divide the mass of the crown by its volume we can get the density of the crown. If only gold had been used, its density would be high. If silver or other cheaper metals had been mixed with it, its density would be lower.

Another way of finding if the crown was made of pure gold would be to submerge the quantity of gold the king had given to make the crown and the crown itself. A comparison of the water displaced would show whether the crown was using pure gold or a lighter metal.



It is only because Archimedes thought about the problem that he could find the solution...mind is where most solutions are found...find them and you too can have the Eureka moment.

What happened to the crown? Was it made of pure gold? Unfortunately no. The goldsmith had cheated and Archimedes caught him!

### **BOX**

Archimedes was born in Syracuse in 287 BC and lived till 212 BC. He was the most famous mathematician and inventor in ancient Greece. His contribution to the progress of human life and knowledge has been immense. Some of them being:

1. The articulation of the relation between the surface and volume of a sphere.
2. Archimedes principle : Stating that any body completely or partially submerged in a fluid or gas, at rest is acted upon by an upward, or buoyant force the magnitude of which is equal to the weight of the fluid displaced by the body.
3. A device for raising water, still used, known as the Archimedes screw.

## Be a Leader



As the camel reached out to bite the fresh green leaves on the topmost branch, it felt a tug. “Has my master returned so soon?” wondered the camel. His master had told the camel to wait there while he went to have his lunch.

As the camel looked down, he saw a little mouse tugging at the tether. The camel was amused. Perhaps the mouse had accidentally caught the tether in his mouth. But, the mouse tugged again. And this time looked up at the camel, commandingly.

Then, with a sudden jerk, the mouse straightened itself and started marching ahead. It once again looked back at the camel

...a look which said, “Follow me.”

The camel was amused, but he decided to follow.

As they walked, passersby stopped to watch. “Look at that,” a child screamed, “a mouse leading a camel!” Some people were amused. Some marveled at the courage of the mouse and some thought the mouse was downright foolish. The mouse was enjoying himself. As he was scampering around, he had, out of curiosity, tugged at the tether. He saw a camel come along with it. He was so thrilled to own and lead a camel. “Wait till I show my friends,” he thought.



As they walked along, they came to a river and the mouse stopped. "Go on, leader," said the camel.

"Can you not see the river?" asked the mouse. "How do you expect me to cross it?"

The camel stepped forward and tested the depth of the waters and said, "Oh! It is just ankle deep, come on do not be scared."

"If it is ankle deep for you, it can drown me," exclaimed the mouse.

"So," said the camel softly, "May be you should not be leading a camel. Stay with those like yourself. A mouse has little to do with a camel."

The mouse realized its folly. "Come on my back and we can cross," said the camel, and so they crossed the river.

The famous story told by Rumi, a Sufi, says, "Do not open shop yourself. Listen. Keep silent. You are not God's mouthpiece, Try to be his ear."

The friend, as Rumi called the teacher, is within us. We have to learn to listen.



# FRNV NEWS AND EVENTS

## DMRC CORPORATE WORKSHOP

A special Corporate Workshop with Shri O P Rawat ji, former Chief Election Commissioner (CEC) as a lead speaker on Ethics and Values was organized for Delhi Metro Rail Corporation (DMRC) on Thursday, the 17 th November 2022, with the approval of the Managing Director, DMRC at Dhaula Kuan Office, New Delhi.

Twenty officers from DMRC including Executive Director (Civil Projects-2) Shri A S Bisht, DMRC participated along with Officers from D M R C representing Civil, Electrical, Finance, L&E. Shri Rawat ji's presentation on Universal Values emphasize that emerging technologies and other disruptive developments in the process of creation of wealth require a new thinking on global values as the old concepts proved the inadequacy in making the system work smoothly and deliver.

He mentioned that Shri

Amandeep Gill of UN suggested a set of four Universal Values to be adopted by the global community to meet the challenges thrown by the emerging digital technologies alone. These are Tikkun Olam from Israel, He Xie from China, Pratyahara from India and Eudaimania from Greece.

❖ Tikkun Olam meaning “fixing the world”, while the world is inherently good, the creator gave agency to human beings to improve it, and anyone can participate.

❖ He xie means harmony and can effectively address fears that we are heading towards a future of disappearing jobs and unbridgeable gaps between the ordinary people and the techno elites.

❖ Pratyahara meaning turning the senses inwards and under the command of a focused mind. This inwardness becomes the well spring of our ability to learn, express ourselves and solve

emerging problems. This leads us to become smart consumers of emerging Techs.

❖ Eudaimania meaning flourishing or happiness but not the hedonism of momentary pleasure. It points to self fulfilment in material comfort to a considered life.

These four working together provide an innovative solution to adjust our value system to cope with the Brave New World. Eudaimania providing the propulsive force, he xie facilitating equitable sharing of benefits, tikkun olam to harness new technologies for social good and pratyahara guiding us to understand that ultimate solutions lie in the analog world, i.e., connected world and not in virtual world.

Shri Rawat ji also showed a film of the Election Commission - how the Election Commission is streamlining the election system in India. He mentioned Indian voter is matured and systems, procedures are best in the world. He highlighted Ethics are by characters and values are changing as per the situations. We should rise above the law to strengthen the time-tested values.

India has been “Vishwa Guru” and we should restore this.

Shri Ashwani Kumar ji, General Secretary, FRNV had given a presentation on the activities of FRNV and on the values and ethics.

Vice President, FRNV Shri Satish Kumar ji gave a brief presentation on the Values and Ethics inculcated by DMRC since its initial years viz: professional competency and transparency, integrity, punctuality and health. He emphasized integrity is not just honesty or absence of corruption, it embraces much wider area of our existence and is briefly stated as quality of having strong moral values. These values are continuing and current members are following it.

Some systems, however, and procedures need relook considering the need and technology up gradation having taken place. He also mentioned that India has a population of about 30 crores school going children who have a productive life of 40-50 years. Values need to be inculcated in them and schools and teachers are the best guide for that.

FRNV with little effort is working towards this how the teachers of different schools can be encouraged to impart value education in every field to the students. Participants raised many pertinent questions ranging from current education systems, compulsory voting, freebies, simultaneous elections, etc., Shri O P Rawat ji answered the questions and gave examples based on his field experience.

Participants were happy with the interaction of Shri Rawat and FRNV members.

He also mentioned about ECI Election Literacy Club, which is a platform to engage school students through interesting activities and hands-on experience to sensitise them on their electoral rights and familiarise them with the electoral process of registration and voting.

Shri O P Rawat ji also suggested that FRNV may consider to join hands with ECI Election Literary Club to spread its message.



ED DMRC Welcoming Shri O.P. Rawat



Left to Right: Shri O.P. Rawat, Shri Satish Kumar



Section of Participants



Right to Left : Shri Prem Arora, Shri A.S. Bisht



Left to Right : Shri O.P. Rawat, Shri Satish Kumar, Shri Ashwani Kumar



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