



# FOUNDATION *for* RESTORATION of NATIONAL VALUES

ॐ सर्वे भवन्तु सुखिनः । सर्वे सन्तु निरामयाः ॥  
सर्वे भद्राणि पश्यन्तु । मा कश्चिद्दुःखभाग्भवेत् ॥

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## NEWSLETTER

March 2017

THOSE WHO  
STAND FOR  
NOTHING FALL  
FOR  
EVERYTHING.  
- ALEXANDER HAMILTON



### Message from CEO

*In order to live life with joy, contentment, bliss and happiness, we have to live with greater awareness. All great masters prescribe this way of living but very few practice it. Most of us are living unconsciously and most of the time our behaviour is compulsive. The result is erosion of values and escalating incidents of deceit, cheating, corruption and other crime cases. This causes suffering, which beget more suffering and pain.*

*Cultivating awareness enhances the quality of our lives. It helps us to make conscious choice; and consciously we will always choose joyousness, happiness and blissfulness. Love, compassion and understanding are natural by-products of individuals who live life with awareness.*

*In this edition of our newsletter, we highlight gender discrimination caused due to decline in values and importance of living simply but consciously.*

*On the occasion of this prosperous and colorful festival, we wish all our Friends and Members, a very bright and joyful holi.*



**Anupama Jha**

### **Values: Not a common currency anymore**

**- Neeraj Saxena, Guest writer , Senior Journalist, Times Internet Ltd.**

Values are defined as standards of what is important. Epitomised by role models like Raja Harishchandra, Shravan Kumar and Maryada Purushottam Ram in Sanatan history since times immemorial, values have provided the glue that held the Indian social fabric together and made us truly evolve as humans. But things are changing fast.

Sanskars or a Dharmik way of life is not about a set of rituals that emanated in Sanatan Bharat, but formed a code of life that all were to adhere to regain our Devatva, or godhood. A life not that of an ascetic, but most definitely not one of unrestrained animal existence either... the latter being the state where citizenship is neither understood nor appreciated, rights are demanded but duties forgotten. In righteous living, India had always been far ahead of most civilisations. Until now!

This millennium is like no other in our past. So what changed suddenly? Despite all the conversions, divisions, brutalities, subjugation, plunder and economic exploitation that turned a prosperous India bankrupt within the span of few hundred years, India had never seen such rapid and cataclysmic decline seen in the past three decades. Why so alarmist, some may wonder.

Because, money is the standard of what is important to people today. Has money replaced values? If values can be defined by an unending and overriding desire of maximum people to earn way beyond needs, the answer would be yes. So whatever happened to the honest, content and values-driven Indian?

### **Failings of Success**

The culprit appears to be the trappings associated with the notions of wealth and growth that typify success. While it spurs the capitalist in us towards 'success', the socialist, or shall one say humanist, in us dies a silent death, drowning the values charter with it.

Everything is interlinked. When an agrarian nation like India ignores its farmers, its rural society and economy and paves way for creation of mega unplanned and unmanageable urban behemoths, the country's youth feels it can do no better than hide behind job security for life.

We have failed by and large to create a strong manufacturing or R&D base like China, nor augmented entrepreneurial skills in our people.

Despite the education and employment bandwagon having failed to take along a significant cross-section of population, India has managed to create a huge services sector that swears by a Westernised culture and ethos, including the dog-eat-dog competitive spirit, and one that often gives a short shrift to values, compassion and peaceful co-existence.

It has instilled huge insecurities even in the minds of those employed. A never-ending unhealthy race and sense of competition topped by faux notions of progress measurable only in materialistic terms and low esteem about traditional knowledge has led urban Indians to embrace crazy, hedonistic lifestyle and widespread tamsik practices as the new norm.

An unchecked spurt in population has eaten into much of our progress. Extreme inequalities have forced a very large number without proper housing. Concentration of wealth in the hands of a few hundred and the rise and rise of rich, famous and powerful elite in a nation of 1.3 billion cannot be good news. If anything, it is proof of how this wealth is not getting evenly distributed. Corruption and poor ethics are to blame as much as policy paralysis and even worse implementation.

### Wants, not the means

Huge disparities in the society fuels wants, but many lack means to fulfil them. For instance, mass media and entertainment medium beam sexually explicit messaging with gay abandon... beam the underlying message of consumerist life as 'THE better life'.



Despite the education and employment bandwagon having failed Yet, there are not enough avenues/opportunities for most people to satiate their lust for money, fame, power or sex, thus creating ever increasing chasm and scope for moral and financial corruption.

Similarly, how can a society allow constant objectification of women and glorification of violence for selling everything from aeroplane to *masala* to gaming to films, and yet expect good values to be retained by its people? We have experienced and lived this decline in the past three decades, more rapidly since the liberalisation of economy and spread of television in the early nineties.

Harassment of women and rape cases do not occur in India alone, but are as prevalent in the developed economies of the West. The stark difference, however, lies in reporting mechanism and effective post management by police and judiciary. Another difference is how incestual crime has risen in India, indicating a breakdown in familial chain over the decades, akin to the West.

### Tech

### assault

In the last two decades, three things happened that have accelerated the process. Internet's advent & spread coincided with that of Smartphone's, making them cheap and ubiquitous, followed by the tsunami of social media in a rapidly shrinking and technologically advancing global village. While all three have given incredibly powerful tools in the hands of rich and poor alike, these are also the instruments of disaster for minds with under-developed mental faculties.

Without getting into a debate over socialism versus capitalism, it would suffice to say artificial desires being created, bolstered and nurtured in a society is a sure recipe for disaster, akin to the monkey with multiple razors! When such a large number of 'have nots' are beamed with imagery that encourages more and more consumerism, an already stretched moral fabric is bound to tear into shreds.

### Corruption a state of mind

Corruption starts in the mind like all actions. It begins by doing on the sly what one should not be doing, what one is not expected to. It is not about the money initially, in fact it rarely is, but has much more to do with our own perceived insecurities and the desire to beget more than one can otherwise get or requires. Psychologically speaking, it is about the value system taking a hard knock when nobody is watching. This chasm is where the link between spirituality and corruption is typified at its best. A person who stops listening to his soul in the favour of mind is much more likely to go astray and commit all types of corruption. Hence, the genesis of corruption of any kind - financial, ethical or moral - almost always lies in the suppression of the soul's voice, and grows roots thereafter.

Spirituality-based value system and basic awareness of the self and life – not the fear of God - can and does address the problem effectively and healthily. India, in its quest to regain its lost economic superpower status and having stumbled away from its spiritual moorings, is floundering. And only a return to spiritual strength can ensure a dent in corruption.

It is doable. If only we realised our future self would be watching us through memories, our human consciousness might awaken to a higher self.

### Need to bolster the foundations

There are a few societal strengths that Indians still hold



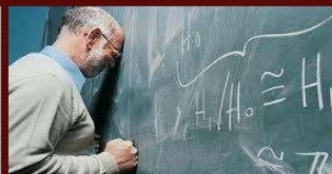
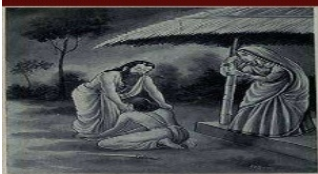
on to ... joint family, parents, and teachers. But while the real role models have been replaced by the reel models and false heroes today, the joint family has been a big casualty thanks to rapid urbanisation and employment generation.

We have always believed in mother being the first teacher and *Gurukuls* for inculcating *sanskars* till the adolescence. Today's extremely commercialised schools, the advent of smartphones and TV have changed that beyond recognition.

Ours is a society where open exhibition of affection has been taboo, leave alone discussing sex. It is under severe attack by a highly mutilated and raucous picture of the same in young minds. Highly vulgar, suggestive and overall inappropriate content is dished out by movies, songs, ads, serials, TV channels, newspapers in the garb of liberalism.

Porn stars are openly feted & googled for by the youngsters. TV serials and movies eulogise corruption of all kinds, even associate drinking of alcohol, smoking and promiscuity with emancipation and as sign of having arrived.

#### LOSS OF MORAL VALUES WITH ADVANCEMENT OF AGE



Moral degradation of youth is an important problem of emerging India. Morality helps one to present morally acceptable behavior which is really needed in our society. Youth power is the driving force of a nation if it moves in the right way. But now a days, youth aren't able to do that thing being diverted through different immortal activities. For that, not only present Indian society being influenced, but also the future generation of our civilization being stimulated.

So, it is our main duty as a citizen of a developing country to find out proper tricks by which this crucial problem is going to solve. Then only we can establish our country in the world of peace and harmony.

#### Putting the jigsaw together again

A country of myriad values systems conceived by ethnicity, religions, economic strata, regional sensibilities, and the indulgent lifestyles of the rich and the powerful. India is falling through an abyss and the personal values system is eroding as rapidly as the individual's income graph is going up. The institutions are crumbling: joint family, which gave values system a lot of strength is disappearing fast. The schools which instilled discipline, ethics, moral science, love for nation etc have turned cut-throat commercial shops themselves.

If a way out is to be found, the society's true representatives – you and me – need to claw our way back through this maze. But first, we must focus on values education weaved into our curriculum. An overhaul of the education system is much needed, along with a cleansing of mass media messaging for saner content; a ban on porn; inculcating right way of living – learning from the nature, living simply; and ensuring poison-free food chain for healthy mind and body. Soul will cleanse itself.

#### NEWS AND EVENTS

□ During the month of February, three community meetings were conducted at Hauz Rani, Sangam park and New Ashok Nagar to introduce VBE project of FRNV. The idea of the meeting was to motivate parents and other community members, in order to include them as active stakeholders in our intervention. We believe that parents need to be encouraged and stimulated so that they come up with their own solutions to instil the value of truthfulness in their children.

□ Community meetings were also held at Munirka Village, Saraswati Camp, Ren Basera, R.K. Puram Sector III, Govindpuri and Chirag Delhi, in collaboration with Anganwadi workers on Gender Equality and Social Justice. FRNV representatives were invited by Child Development Project Officer (CDPO), South Delhi, to share issues of Gender discrimination and ways to tackle this evil, with the adolescents' of these camps.

Information was also shared on Health, & Hygiene related issues such as menstrual process, pain management, and other facets of reproductive health issues.



#### Social Values and Women

-Neeru Sharma, Project Manager, FRNV

Decline in the basic Social Value system – such as equality and respect, increases incidents of crime and corruption, which reinforces gender discrimination in our society as well as several societies of the world. Women suffer more because of declining values than men, which is evident from news stories and several studies.

Gender-Sensitive Budget Analysis proves that men profit much more from public expenditures than women. In many countries, the allocation for programmes focusing on women is only a fraction of the total national budget. And when these limited resources – say, public health and social security schemes get leaked out to corrupt officials, it affects women disproportionately. Similarly, if there is a cut in public spending, maternal and child health services are more likely to be the worst-hit victims.

In 1993, in order to empower women, GOI mandated reservation for women in Panchayati Raj Institutions. However, it is found that often women have no ability to make important decisions without the consent of a male relative – be it husband/father or even son. Also, often women Sarpanchas with access to Government resources, by virtue of their position, are coerced by the males in the family to resort to corrupt means.

Similarly, despite laws and legal system, in many cases, women are unfairly treated with regard to marriage/divorce, family law, child custody, financial independence and inheritance and property rights. Corrupt judicial procedures and the prevalence of "old boys networks" makes it in many cases impossible for women to win legal battles in a transparent and open way.

When women are discriminated against principles of equality of rights and human dignity, it leads to sexual violence and domestic abuse. Sometimes, when the victims seek justice by getting the cases reported, they have been allegedly forced to pay bribes – not necessarily by giving money, but through sexual favours. The already victimised woman undergoes deep trauma resulting from sense of hurt, loss of self respect and identity. In most cases, they choose not to report.

We recognise that laws are important to protect women from crime and corruption. Creation of laws and their proper implementation helps. But it is equally important to inculcate values in children about equality and respect for all. Parents are the first teachers for the children, so they have to set examples for their children, by treating women folk at home with utmost respect and kindness. Schools and educational institutions are great places for introducing human values in the younger generation. An ecosystem has to be created that will help in developing a social conscience as well as an individual conscience in children, which will aid them when they are faced with difficult external situations or have to take important decisions in life.

NGOs and Community based organisations can play an important role in introducing values in the younger generation. At FRNV, we focus on 'Living Values', demonstrating Values, not just periods, classes, tutorials or exams on morals and values. Values can be 'lived' by making them an integral part of the lesson plan for each subject, in the school educational system. We are working on developing an education ecosystem that decides to embark upon values based living. It identifies the values to be lived by all stakeholders and collectively co-create an environment which is conducive for such a living, thus encouraging each ecosystem to become a 'Living' values based system. This collectively will lead to a Values-based society.

**Power Does Not Corrupt.  
Fear Corrupts... Perhaps  
The Fear Of A Loss Of Power.**

## **WHO will teach the youngsters VALUES?**

*When the ancient Chinese decided to live in peace, they made the great wall of China. They thought no one could climb it due to its height. During the first 100 years of its existence, the Chinese were invaded thrice. And every time, the hordes of enemy infantry had no need of penetrating or climbing over the wall...because each time they bribed the guards and came through the doors.*

*The Chinese built the wall but forgot the character-building of the wall-guards. Thus, the building of human character comes BEFORE building of anything else..That's what our Students need today.*

*Like one Orientalist said:*

*If you want to destroy the civilization of a nation there are 3 ways:*

- 1. Destroy family structure.*
- 2. Destroy education.*
- 3. Lower their role models and references.*

*1. In order to destroy the family: undermine the role of Mother, so that she feels ashamed of being a housewife.*

*2. To destroy education: you should give no importance to Teacher, and lower his place in society so that the students despise him.*

*3. To lower the role models: you should undermine the Scholars, doubt them until no one listens to them or follows them.*

*For when a conscious mother disappears, a dedicated teacher disappears and there's a downfall of role models, WHO will teach the youngsters VALUES?*

*Think!*

*Has our home also been invaded?*

**Dear Readers,**

**FRNV invites stories from its readers on deep-rooted values that have helped us in our everyday lives. Some of these stories will be featured in the next issue of our newsletter. So put your thinking caps on, recall the values integral to your life which you cherish and write to us at [shilpi@valuefoundation.in](mailto:shilpi@valuefoundation.in).**