

Value Insight

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Bi-Monthly

PATRIOTISM

- Beyond Symbolic Gestures
 - A Matter of Dharma
- A Sentiment Beyond Geographical Boundaries



A bi-monthly magazine of
Foundation for Restoration of National Values (FRNV)
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Value Insight

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Commander S. Mohan Sought voluntary retirement from the Indian Navy after an exciting sea-going career of a quarter century as an electronics engineer supervising construction of new warships and project management of ship-construction. He was Head of the Electrical Department on board a missile-frigate, an anti-submarine frigate (INS KIRPAN). With a philanthropic inclination, the Cdr helps a poor family from Bihar and also is a Home-tutor for school children, teaching a variety of subjects.



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Anuradha Khandelwal is a prolific writer. Her love for writing about current affairs and 'tongue-in cheek' articles on various issues led her to start a popular online blog on Facebook called 'AnuSpeak'. Alongside, she also started an online cookery group called 'ANU can COOK so can YOU'. She has been invited to artisanal markets to showcase her work...which is blending spices making relishes and tea concoctions. She has also been featured in 'Better India' on Red FM. And asked to give talks in various places.

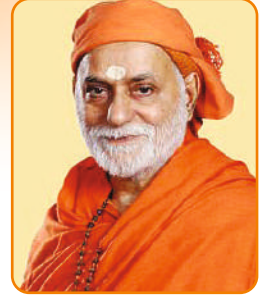


Sanjay Joshi

Sanjay Joshi is a Social Development Specialist and has worked in the social sector for almost 30 years. A graduate in Commerce, a gold medalist in Law, and a postgraduate in LL.M in International Human Rights Law, University of Essex, England, he also holds a Master's degree in Development Studies, Institute of Social Studies, The Hague, Holland. He has worked with local, national and international NGOs covering issues like Human Rights, Education, Child Rights & Protection, Environment, National and International Relief & Rehabilitation Work, Corporate Social Responsibility, Children's Home Management, School & College Management, Hospital Management and Research. He is currently working as Executive Director (Operations) at Literacy India.

Sadhana and its Pre-requisites

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



Poojya Swami Bhoomananda Tirtha

Educational system the crucial means for rearing National Values

Harih Om Tat Sat. In human life, knowledge and education are most fundamental and paramount. The difference between individuals, families, societies and nations consists primarily in their education and knowledge level. Generally modern day education revolves around the visible, material world, its constituents and our ability and skill to utilize or harness them. Branches of knowledge are more, and so also specializations. Naturally a thought arises as to what should be the ultimate object of education and what its fundamental branches or facets are.

In the matter of education as well as knowledge, there are two important

factors. One is the contemporary aspect; another is the continuing or the lasting, eternal one. The contemporary will go on changing, depending upon the taste, tendencies, fashion and many other influences brought by time and circumstances. Despite all this, the eternal and core level can never change at all, as human personality has not fundamentally changed.

The most ancient person had a biological body, a thought-full and emotional mind as well as a rational and enquiring intelligence. Supporting and coordinating these, he also had an ego. Further, as Indian thinkers have found, there is the consciousness, the soul, the substratum of everything. Think of

the most modern person. He too has only the same biological body, psychological mind, rational intelligence, the static ego and the great substratum. Our whole body is but an instrument for these to employ.

In all our activities and pursuits, mind along with intelligence becomes the fulcrum, the deciding factor. For education to become truly effective, it must equally go into the supra material or non-material aspects like mind and intelligence.

Mind and intelligence can be enriched and empowered only by incorporation of values. Values act as nutrition to the mind and intelligence, as food is to the body. In the absence of values, the mind becomes weak, behavior turns to be ineffective, even dangerous.

In adopting and pursuing values, we have no option at all. Any value is indispensable because of the strength, invigoration, it provides to mind and intelligence. All values are in the nature of emotional persuasions and rational compulsions.

Because the fundamental constituents of human personality

are not subject to change, the values, enrichments, elevations and enlightenment, which right from pre-historic vedic times our people have been exposing, are even today valid. They are, in fact, the only anchor and refuge for anyone in the world.

In inculcating values, exposure is what counts most. It is to facilitate continuing exposure, that our people have authored the eternal scriptures like Vedas, epics like Ramayana and Mahabharata, mythological compositions called puranas, treatises like Ayurveda, Dhanurveda, Arthasastra and many others. These cannot be displaced or replaced. Their content will continue to be eternal.

One can read and understand them. Or exponents can expose them, as Krishna did to Arjuna in the most untimely hour, to face the most adverse circumstances. With exemplary excellence, Krishna gave the exposition, which has ever since shone as a paramount message in our country for one and all.

Again, it is such an exposure, that enlightened and freed Pareekshit from the fear of death, that empowered, enlightened and

enabled Sri Rama, the prince, to assume the throne and rule Ayodhya with singular excellence. Everyone can imbibe sufficient inspiration, insight, strength and enlightenment from these illustrious narrations.

That is why we, through FRNV proposed and also demanded that we, as loyal children of this great country, must have a national educational system, whereby the eternal time- tested values freed from religious constrictions, can be instilled right from the primary classes, stage by stage. Unless this is done, our people will be inwardly weak and hollow, lending themselves more and more to the notorious corruption, nepotism and the like.

India has about 6.5 lakhs of villages and I always wonder whether a day will come when a spiritually enlightened person or Mahatma visits each village and remind the residents “You are a great people, the most blessed one can think of, with a great heritage. You embody a great immortal culture, which is very hard to evolve, preserve and perpetuate. You have a great potential in your mind, intelligence and ego. The body alone is small and changeable but mind,

intelligence and ego are not.” “While the body is very small and the world quite huge, understand mind within is still greater, more extensive than the world. Intelligence is still more so, and ego still further. The Soul, denoted by the term 'I', something beneath and beyond the substratum of all these, is infinitely so. That makes you infinite, invincible, equal to everyone in the world. None can excel you. Such a great power you have.” At least this message should be delivered to the people, so that they will have some identity and aspiration hold on to.

May our education equip itself to address this ideal, basing itself on these fundamental principles and values.

Harih Om Tat Sat. Jai Guru. Jai Guru.

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SUBHASHITAM

नमस्ते सदा वत्सले मातृभूमे त्वया हिन्दुभूमे सुखं वर्धितोऽहम् ।
महामङ्गले पुण्यभूमे त्वदर्थे पतत्वेष कायो नमस्ते नमस्ते ॥

हे वात्सल्यमयी मातृभूमि, हम तुम्हें सदैव प्रणाम करते हैं। तुमने सदैव हमें अपने बच्चों की तरह स्नेह और ममता दी है। मैं इस हिंदू भूमि पर बड़ा हुआ हूँ। यह भूमि अत्यंत मङ्गलमय है, एक पुण्यभूमि है। मातृभूमि की रक्षा के लिए इस नश्वर शरीर को अर्पित करते हुए मैं इस भूमि को बार-बार प्रणाम करता हूँ।

O motherland full of affection for all, we prostrate to you always. You have always given affection and love to us, as your own children. I have grown up on this Hindu land. This land is very auspicious and is a land of punya. While offering this mortal body in defence of the motherland, I prostrate to it again and again.



From the President's Desk



Last month I was in Ladakh, sitting on the banks of the river Sindhu or Indus. She is always in a hurry. It was in full spate. My mind went to the Indus Valley Civilisation and all that I had read about it. Now on the shores of the river, it seemed to come alive. I was thinking its still undeciphered script will reveal to us in more concrete terms our ancient heritage.

I thought of how Alexander the Great crossed the Indus to come to “India” as early as 300 BCE. Of how the Mauryan and Kushan empires had extended up to the Indus valley and later how many invaders like Mohammad Ghazni, Mohammad of Ghor, Timur and Babur crossed it to enter our lands. The dancing waves of the Indus told me stories after stories of our past.

As we celebrate our 76th Independence Day on the 15th of this month, I reflected that our independence is not just from the British but from the history of invasions that have taken place time and again. Today we are a proud country which has strengthened its frontiers, democratically unified the nation and cherish our many achievements in different aspects of development.

You will all agree with me that there is lots more to be done. We are key participants in the actions that will build a strong future for the coming generations. I eagerly await the day when our members and readers will effectively use the platform of FRNV to float ideas/projects to help in the building of our nation and its people. To galvanise FRNV into more meaningful action is the dream. A dream which we can all see with our open eyes, share and work to actualise.

As a beginning, I make a request to all those who read these words to open a channel of communication with FRNV either through the website or through letters to the Editor, selected some of which will be published. Interactions with like minded people always throws up a bright new idea, sooner or later.

In wait of that, I take this opportunity to wish you all, the very best on our 76th Independence Day

S. Regunathan
President (FRNV)



Patriotism Beyond Symbolic Gestures

Aruna Srinivasan

August 15, Independence Day!

People are caught up in a festive atmosphere.

Waving flags and celebrating a national holiday.

Do mere symbolic displays suffice to make us a patriot?

What does patriotism really mean?

Merriam Webster dictionary defines a patriot as "One who loves and supports his or her country". What defines a patriot is as simple as that. However, if we want to interpret and expand the idea, we can go on discussing it for hours.

One often hears about the concept of Global Citizen gaining currency these days. In a melting pot of milieu,

where people keep relocating to places across the globe wherever their work or wherever their fancy takes them around, they grow attached to places other than those of their countries of birth. For many, the Sanskrit verse, "*Vasudeva Kudumbagam*" - the whole world is my family, becomes true. While the idea is noble and in fact is ideal for Mankind, where amity and warmth

envelop the entire comity of nations in a borderless world, it is not practical given the geo political quagmires.

Therefore, let us explore the traditional patriotic approach to one's place of birth. The dictionary sources the word to Greek. In Greek, "*Patrios*" means one's father. The dictionary also throws up an interesting fact about the word. It says, "For much of the 17th century, to be deemed a "good patriot" was to be a lover of one's country who agreed on political and/or religious matters with whoever was doing the deeming. British loyalists applied the word like a badge to supporters of the ruling monarchy, but then the word took on negative connotations as it was applied first to hypocritical patriots—those who espoused loyalty to the Crown but whose actions belied that espousal, and then to outright anti-royalists. But in the 18th century, American writers, including Benjamin Franklin, embraced *patriot* to define the colonists who took action against British control. After the American Revolutionary War, *patriot* settled back into more neutral use, but to this day writers on both sides of the aisle grapple over the word."

While we leave the dictionary's etymology aside, in a broad sense, the term patriot does trigger a justified pride in us.



Picture credit: Ashok Nath

When I was in school, I remember my teacher telling us to stop doing whatever we were doing and stand up in attention silently the moment we heard the National Anthem. That advice, command or whatever one calls it, stuck in my mind and for years I followed that religiously - even on roads while I walked or at home - even when I knew that no one was seeing me and I knew that I wasn't impressing anyone by my act - or non-act. Whether I call it as inculcating patriotism by my teacher, when I was young, or whether I should attribute it to a natural and inherent love that springs in one's heart to everything that associates with one's birth - like love for parents and siblings. I don't know. But the National Anthem continues to fill my heart with emotion. As years passed by, and as I grew up into my 60s and into my 70s, gradually I stood up for the Anthem only in public functions. While walking on the road, I didn't stand up in attention if the tunes of the Anthem fell in my ears. At home I stopped standing up,

but I stopped doing whatever I was doing when I heard the Anthem.

Does it mean I became less patriotic? In my opinion, no. My thought process has evolved over the years. I feel that my patriotism is much more than symbolic gestures. My concerns about my nation's welfare are still at large. I get worried reading every piece of information that tarnishes the image of my country and I feel elated when the opposite occurs.

Here is a significant difference between patriotism and nationalism. Although both are connected with one's home land, the spirit behind the words differs. A research paper in 2016, published by the U.S publisher The International Institute for Science and Technology says, "While nationalism puts emphasis on the heritage of language and cultural unity, patriotism puts more emphasis on values and beliefs and aims to achieve love for country and nation." Citing George Orwell, the paper further says that patriotism is a term "...which has no intention of putting pressure on the other people, and it defines a place which is the best in the world and has the best life style and people's boundary toward this idea. Patriotism has a nature of protection both militaristic and cultural. On the other hand, nationalism can't be separated from

the desire of authority. All nationalistic views have a common aim, that is, providing reputation and power for the nation is more important than the individual himself.

It may be a play on words. But patriotism is a virtue that makes us proud and triggers a sense of warmth with everything that is associated with one's nation. Or the nation one chooses to identify with one's identity. I say this because there are many young people today who have a quandary over their real identity. There is a generation who has grown up in the melting pot of cultures, where their parents and ancestors hail from regions other than the ones they live currently.

Young people from this immigrant generation sometimes struggle to feel any sense of belonging or anchoring to any geographical place. Often the first-generation immigrants live a juxtaposed lifestyle with the memories of home land reflecting in their lives. The next generation find it difficult to toggle between the culture of their elders' past and the cultures they currently grow up in. At home and outside, from language to food and lifestyle they see vast differences. The home or the nation that their parents and grandparents called 'home' wasn't actually this

generation's home. Their home, the nation, is different from their elders'. They were born and grew up in a land that was 'foreign' to their close relatives. Whenever they went to the elders' home land, the difference was stark. They shared the tastes of the food, the language and even many of the cultural aspects with their relatives in those regions. But they were actually foreigners. This generation feels out of place in both the geographical regions - their place of birth and the place of their elders' birth. They face this dilemma often: where do they belong? To the place where their elders came from? Or the place they were born but never lived there? Or the place they grew up and where they actually warmed up to? While these are personal dilemmas for them, their home lands, however, are determined by the political borders. And that is what is practical too, given their situation.

Patriotism is not something that could be inculcated into young minds. Because, it is a natural emotion that is inherent in one's being. Like what one feels towards the mother and father. One need not be inculcated into loving their parents. So is the love of one's nation. However, while the emotion itself is intrinsic and not a tangible substance, the outward expressions and gestures, even if they are symbolic, could be inculcated. This is to express one's solidarity towards

the motherland to the outside world. In situations like war and sports, these outward expressions reach a peak in any nation.



Picture credit: Neharika Srivastava

And schools play a vital part in teaching these national values to the young minds. Patriotism doesn't stop with standing up for the Anthem or sending contributions during war and natural disasters. One's every action and every spoken word should have the nation's interest at heart. When one abides by the laws of the nation, one is a patriot. By observing one's duties as citizens – be it voting to elect the right government or keeping one's surroundings clean - one could express their love for the nation. Schools can inculcate young minds these values not only by narrating stories of great patriots but also by sharing small real-life anecdotes in any common person's life. Such stories kindle respect for the nation and encourage young minds to keep the nation's interest at heart all the time, going beyond one's individual's political leanings.



Illustration credit: Ganesh Teji

Patriotism : A Matter of Dharma

Jishnu Devvarma

Patriotism in the Indian thought process or value system is more a matter of Dharma

Nowadays there is lot of debate and rancor on the topic of patriotism and nationalism. Nationalism is about power – acquiring as much power and prestige as possible for the nation. Whereas “patriotism is devotion to a country and a way of life one thinks is best but has no wish to impose it on others.” The western concept of nationalism is somewhat jingoistic. As a result of this, patriotism found expressions through subjugation and colonialism. All things were done in the name of patriotism for the

'motherland' or 'fatherland'. Exploiting others was justified through this process.

The untenable logic that “our country is the greatest, so it is our solemn duty to make it greater - by expansion and conquest” was the dictum that history has witnessed. The people of other nationalities and religions at most were needed to be tolerated for cheap labor. Patriotism embodied a sense of superiority in the European mind and that gave them an imaginary right to rule over

others and convert those whom they called “pagans” to their faith.

The patriotism envisaged in the Indian thought process was never in its narrow sense. It is because the philosophy of India stood for universality. It stated that politics cannot be devoid of spirituality. According to Indian tradition *Rajdharm* or *Rajni* should not only talk of materialism but it must also have an element of spirituality, in order to fulfil not only the bodily needs but also those of the human heart and mind. Politics and patriotism were therefore not put into a small box where material greed overshadowed everything else

A thoughtful mind, when it sees a Nation's flag, sees not the flag only, but the Nation itself; and whatever may be its symbols, its insignia, he reads chiefly in the flag the Government, the principles, the truths, the history which belongs to the nation that sets it forth. –

Harry Ward Beecher

The patriotism of India was to teach the world to live in harmony; not to conquer or colonize. When Swami Vivekananda spoke of India becoming a *Viswa Guru* (Master of

the World) it was certainly not of becoming a colonizer but of becoming an example to show the world that patriotism is not about subjugation but equality. National pride is not about feeling greater than others but seeing oneself in others. This is what is termed “*Ek Atma Manavbad*.”

The most often quoted lines of the *Mahaupanishad*- “*Vasudhaiva Kutumbaka*” - The world is one family - is part of the Indian ethos. Where regardless of difference of color, caste, community and religion - the world is woven together as a family. To work together for the greater good of mankind, forms the core of the Indian thought. This was bequeathed to us down the millennia by wise men, sages and philosophers of India, through texts such as the *Vedas* and *Upanishads*. It is in this context that patriotism in India needs to be seen and defined.

Even our great epic, *Mahabharata*, on which a scholar had remarked, “If it's not here it cannot be found anywhere. If it is nowhere it can be found here.” He was commenting on the universality of the great book. The terrible war for Dharma in the *Mahabharata*, had no gains for either the victors or the vanquished. The defeated perished as well as the

victors- the five Pandavas - went off leaving everything behind.

In the *Ramayana* too Lord Rama did not subjugate the people of Lanka nor did he colonize it by appointing his brother as the ruler of Lanka - the land of riches. He left Ravana's brother, Vibhishan, to rule over Lanka. Lord Ram went back to his Ayodhya saying, "The glory of my motherland is more than heaven." This was his patriotism.

Both these great Indian texts are examples of all that is Indian - wars are not fought for material gains or expansion of kingdom but to establish *Dharma* as it means to each one. Patriotism in the Indian thought

process or value system is more a matter of Dharma than loud claims and assertion of one's right over the others.

हे लक्ष्मण, यह स्वर्णमयी लंका भी
मुझे आकर्षक नहीं लगती।
जननी और जन्मभूमि स्वर्ग
से भी श्रेष्ठ हैं ।

O Lakshmana, even though
Lanka is a land of gold,
I am not attracted to it.

In my mind,
one's mother and motherland
are greater than even heaven.



The Clarion Call

Commander S. Mohan.IN



*"Breathes there the man, with soul so dead,
Who never to himself hath said, This is my own, my native land...."*

Sir Walter Scott

Rarely have I met a person who is not moved by the inspiring words of 'Jana gana mana..', or the clarion call of the bugle amidst the staccato gunfire in battle, or has not shown love for ones' country. This is what makes people willingly go into battle – and in extreme cases, even die for the country!

Patriotism -- a word that invariably evokes intense feelings of love for one's country along with a feeling of shared unity with compatriots -- can also be associated with pride, devotion, and a close attachment to 'his fellowmen from the same regiment'. Bravery, discipline, and respect for authority (especially one's country, symbolized by the flag) are values that cannot be dissociated from patriotism.

The words patriotism and

nationalism were once considered synonyms, but later they have taken on different connotations. While both are the feelings of love that people feel for their country, the values upon which those feelings are based are very different. Feelings of patriotism are based on the positive values the country embraces—like freedom, justice, and equality. The patriot believes that both the system of government and the people of their country are inherently good and work together for a better quality of life.

In contrast, feelings of nationalism are based on a belief that one's country is superior to all others. Thus, if patriotism runs wild, there is danger of this feeling getting enmeshed with other factors like race, culture, religious beliefs, or history. It also carries a connotation

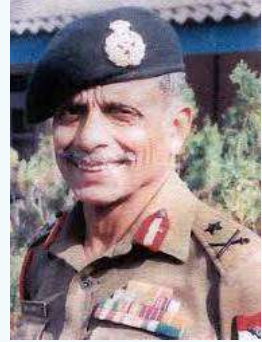
of distrust or disapproval of other countries, as nationalists do, sometimes to the point of calling for their country's global dominance. Nationalism, through its protectionist beliefs, is the polar opposite of globalism. It was also a key factor in the rise of the German Nazi Party, leading to “the Aryan superior race”, the '*Pogrom*', and the Holocaust.

Few countries survive and prosper without some degree of patriotic feelings among their people. A love of country and shared pride brings people together, helping them endure challenges. Without shared patriotic beliefs, colonial Americans may not have chosen to travel the road to independence from England. The potential downside of patriotism is that if it becomes a mandatory political doctrine, it can be used to turn groups of people against each other and can even lead the country to reject its fundamental values.

However, rather than dryly analyse this topic further, I would like to narrate anecdotes from history which are as soul-stirring and heart-rending as they are motivating.

Let me begin by giving an account of Major Gen Ian Cardozo, AVSM, SM, a resident of Goa, who showed

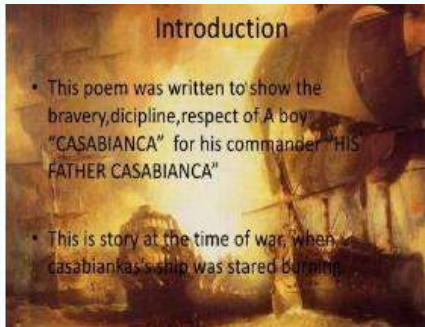
extraordinary
p r i d e ,
courage, and
bravery in
battle. In the
last INDO-
PAK war of
1971, Major
Cardozo was
leading his
men in East



Pakistan (now Bangladesh) when one leg was blown off due to a landmine. His soldiers wished to stop advancing and attend to his injury. The fiercely loyal Gurkhas were not going to leave him behind, but he ordered them to continue, even though their leader was profusely injured and may bleed to death. To spur the men on, he pulled out his *khukri* from its sheath and amputated his own leg!

After the war, despite having a prosthetic leg, Cardozo marched and scaled the Himalayan slopes to a height of 14,000 feet, thereby proving to his superiors his fierce love for his men, the Gurkhas. He is a rare officer who was promoted four times – and rose to become a Major General. Gen Cardozo proved that his physical impediment did not mar his performance and became the beloved “Cardozo Shaab” of the Gurkhas! Can you imagine what

drove this remarkable man to chop off his own leg? Patriotism!



Patriotic men often get driven by this elusive emotion, and age has little relevance. In the Royal Navy, during the French-British battle in 1798, patriotism is wonderfully immortalized in the poem '*Casabianca*', which stirringly describes how "*The boy stood on the burning deck....*" A boy, a thirteen-year old boy, refused to abandon his ship



shot to smithereens and burning fiercely - because he had not received orders to do so from the

ship's Commander, his own father who was fatally wounded and lying below decks, motivating his men.

Talking about patriotism in the Indian Navy, the glorious manner in which INS KHUKRI went down to the bottom of the sea - with Capt. Mulla calmly sitting in his chair - definitely needs re-telling. Hence I shall digress here from the main topic, and narrate this episode in greater detail.

It was the 4th of December 1971, when hostilities between Pakistan and India had been declared. Our anti-submarine frigates, INS KHUKRI and INS KIRPAN, were at 'Battle Stations', patrolling in the Arabian sea. In this state of war, every man on board had to wear a life-jacket at all times. The two ships were sailing on a parallel course, just

two miles apart. It was a dark, moonless night. At about 8.30 pm, the ship got hit by three torpedoes, (fired by a Pakistani submarine) and INS KHUKRI sank within four minutes. The Commanding Officer

from his vantage position at the Bridge immediately announced on the ship's main-broadcast system

announced: “*This is your Captain speaking. Abandon ship! Abandon Ship!*” Those sailors and officers who were anywhere on the upper decks jumped into the sea, and some were able to board the life-rafts that could be lowered in those few minutes. But there were 18 officers and 176 sailors trapped in the four decks below, in the Engine room and Boiler rooms, who didn't even have an inkling of what hit the ship, let alone think of abandoning the ship.

How could the Captain abandon his ship, knowing so many of his men were incapable of escaping and were going to meet their watery grave?

I don't think Capt. Mulla had any conflicting thoughts about whether to abandon the ship or not; he calmly sat on the Captain's chair in the Bridge (the Bridge is the highest part of a ship, from where the officers control battle operations), and even gave away his life-jacket to another man.[Some sailors among the survivors have vouched for this last act of their Commanding Officer. Captain Mahendra Nath Mulla, for his conspicuous act of supreme sacrifice and love for his fellowmen, was posthumously awarded the Maha Vir Chakra, NM. By his brave

and heroic action, Captain Mulla teaches us not only how to live, but how to die. The principles and values by which he lived for need to be emulated, so that we can become better citizens of this great country.

Could he have escaped to safety? Surely 'Yes', but he chose the more glorious option, and by his personal sacrifice, has endeared himself in the hearts of every Indian.

The manner in which Capt. Mahendra Nath Mulla went down is in keeping with the highest the traditions of the armed forces, and exemplifies patriotism as well as courage.

It draws our attention to Lord Chetwode's motto inscribed on the portals of the Indian Military Academy, which inspires every successive batch of officers of the Indian Military Academy to acts of unusual bravery and patriotism:

“The safety, honour and welfare of your country come first, always and every time. The honour, welfare and comfort of the men you command come next. Your own ease, comfort and safety come last, always and every time.”

Field Marshal Phillip Chetwode.

Patriotism

A Sentiment Beyond Geographical Boundaries

Rekha Venkataraman



Illustration credit: Dhriti Baruah

Expatriates often find themselves caught between two lifestyles—the ways of their homeland and the influence of their adopted country.

This cultural duality need not diminish their patriotism. On the contrary, it can deepen the sense of loyalty to both the natal and adopted countries.

As I sit to write and reflect, it is Memorial Day in the United States of America. This is a federal holiday, honoring and mourning all US military personnel who gave their lives while serving in the United States Armed Forces. It is a beloved holiday, drawing families together to celebrate and to show deep gratitude

for the patriots who have sacrificed their lives to defend their land. This sense of patriotism is a trait that unites all citizens of a nation. It exists as a spark in the hearts of men and women of all nationalities. The Webster's Dictionary defines patriotism as “love for or devotion to one's country”. Mark Twain defined

it thus: “Patriotism is supporting your country all the time, and your government when it deserves it”. Swami Vivekananda exhorted: “Do you love your country? Then come, let us struggle for higher and better things . . .” So, what does patriotism, a sentiment that connects individuals to their homeland, mean to me?

Living in the United States of America for the past forty years has provided me with a unique perspective on patriotism. I was born and raised in India but am now a citizen of the USA. While physical distance and a flying time of twenty-four hours separate me from my motherland, the emotional connections remain strong and have only intensified over time. Living away from India has allowed me to acknowledge my cultural heritage, traditions, and values with grateful awareness. Interestingly, my fluency in both Hindi and Tamil has developed and flourished here in America. I live in Houston, Texas, arguably one of the most diverse cities in the USA. Immigrants from almost every state in India are well represented here, and each group presents its riches, both cultural and social, throughout the year. I seek out front row tickets to concert performances by Hindustani and Carnatic musical stalwarts like Zakir

Hussain and T M Krishna. Significantly, my Indian friends and I ensure that we invite American music aficionados to these events, thereby enriching their musical experience also. I find myself offering Indian recipes to many an American acquaintance who has been medically advised to modify his or her diet. Most non-Indians are challenged and frustrated in their efforts to reduce their consumption of meat. I am keenly aware of the plethora of foods available in the Indian diet that can keep vegetarian menus varied and interesting. Having cultivated a deep appreciation of *Pranayama* and *mantra* chanting as instruments to aid us during stressful moments, I have shared some simple techniques with colleagues and neighbors over the years. I am delighted when I receive acknowledgement from those who have benefitted from anything I have imparted. My sense of attachment to India is reflected in my desire to spread an accurate picture of her diverse wealth of ideas.

Instilling a sense of patriotism in children is crucial for cementing a robust bond between them and the land of their parents' birth. My children were born in America and therefore granted US citizenship

automatically. They faced the task of reconciling certain traditions and priorities cherished by us, their parents, with those of their peers and their adopted country. While they were growing up and in their school years, it was vital for them to fit in with their American classmates and be like everyone else because this conferred on them a sense of safety and security. “Students who feel that they fit in at school are more likely to participate in school activities, have friends, perform better academically and have good mental health” (www.schools.au.reachout.com).

I found it necessary to help them balance their identity as Americans with loyalty to the land of their grandparents. Frequent trips to India, weekly parties with other Indian American families, listening to and helping them foster an interest in Indian music of many genres, exposing them regularly to varied Indian cuisine, were some ways in which my husband and I endeavored to strengthen those delicate threads linking them with India. An annual ritual in our home while they were growing up was watching the movie *Gandhi*! Simple Hindu prayers were regularly recited. Great was my joy when my daughter, married to an American, started teaching her biracial children these *shlokas*!



Illustration credit: Dhriti Baruah

As a teacher, I firmly believed in promoting the concept of patriotism in the classroom. When I joined the staff of an International School in 2001, the horrendous events of September 11th exploded within two weeks of my starting. I was rudely confronted with having to calm a very diverse group of students concerning the heinous acts of terrorism that had just been perpetrated. Dark elements in the country were lashing out against “foreigners” and those who looked different. This was both a challenging and an ideal time to teach my young students about patriotism and to diffuse tensions. My goal was to teach each child that he or she had a right to remain devoted to the national heritage of his or her parents, while learning to

be happy in and loyal to the USA, where they now lived. I placed flags around the room, representing each nation that the children belonged to. Clocks showing the time in the students' respective countries of origin were also arranged around the classroom. I recall the enthusiasm with which one little Vietnamese girl tried to picture what her aunts and grandma were doing during any given time throughout the day! She had just spent the previous summer vacation in Vietnam, meeting family members for the very first time in her young life. Every Friday, time was carved out to enjoy favorite dishes from the various cuisines representing the students. Time permitting, parents were invited to speak about their countries of birth. We created Venn diagrams to highlight the common fears that every child experienced, no matter his or her national origin. I do believe that the class was united by this concept of patriotism, learning to take pride in the culture of their parents' homeland while cherishing feelings of self-esteem and a willingness to pull together in the cause of their new country. They learned that patriotism is an essential part of a citizen's identity if it does not infringe upon the rights of others.

Immigrants often find themselves

caught between two lifestyles—the ways of their homeland and the influence of their adopted country. This cultural duality need not diminish their patriotism. On the contrary, it can deepen the sense of loyalty to both the natal and adopted countries. Appreciating and contributing to both India and the USA help create a sense of belonging and responsibility towards both. For example, we donate to charities benefitting both American and Indian causes. Some organizations we contribute to are Goodwill, an American thrift store that resells donated items to underprivileged Americans at minimal prices, the Houston Food Bank, the largest food bank in America, which feeds nutritious meals to the needy in Texas, the World Food Program, a humanitarian organization fighting hunger and famine around the world, Udavam Karangal, which uses funds for various charity projects in India, and Sankara Nethralaya, a charitable eye hospital in India. By participating in the welfare of both our homeland and of the US, we dwell in an environment where we connect both cultures.

Patriotism should never be confused with nationalism or jingoism. I am transported in time to my schooldays in picturesque Shillong, when our

English teacher introduced the word *jingoism* to the class. We learned that while patriotism was loosely defined as “the love of one’s country and the desire to defend it”, jingoism connoted a conviction that “one’s own country is the best”. Albert Einstein famously said: “Nationalism is an infantile disease. It is the measles of mankind.” While displaying pride in the very best features of our own culture, we should remain very cautious about reacting to criticism of what is perceived as negative. The best kind of patriotism should allow us to be honest, while recognizing and disavowing any flaws in our native traditions that seek to demean a group of people. Clarence Darrow, one of America’s most famous defense attorneys in the early twentieth century, pointed out that “True patriotism hates injustice in its own land more than anywhere else.”

Simultaneously, we should support an outlook that promotes and respects the positive attributes of other societies and customs.

Mahatma Gandhi remarked: “My nationalism, fierce though it is, . . . is not devised to harm any nation or individual.” As an immigrant, I feel

privileged to live my life holding dear the best values of both my motherland and my adopted land.

In conclusion, patriotism is a profound sentiment that transcends geographical boundaries. It is a quality that should motivate all men to rejoice in the ideals and goals of their homeland.

As an Indian living in the USA, I have always tried to inculcate in my children, and now my grandchildren, a deep gratitude for the common principles treasured by both nations.

My focus is to teach them to constantly think, question, and strive to be conscientious sons and daughters of these two great democracies, by placing the safety, security, and prosperity of both countries at the forefront. As two important dates, July 4th, and August 15th, draw near, I look forward to the celebrations and fireworks! My family and I deeply appreciate the legacy of freedom that we are blessed with. For we are, in the words of Theodore Roosevelt, “free born and free bred, where I acknowledge no man as my superior, except for his own worth, or as my inferior, except for his own demerit.”





PATRIOTISM

A Flow of Adrenaline

Anuradha Khandelwal

Patriotism in India has many forms...you just have to scratch the you will find it.....in a song...in a uniform...in a cheer ...in a lecture hall...in sports...in movies...it is everywhere!

What exactly is patriotism? Waving flags on Independence Day and Republic Day? Cheering on India during a Cricket Match? Or just being very blasé about it all?

“We the People...” - The preamble of the Indian Constitution begins with "We, the people of India..." This simple phrase emphasizes the importance of the people of India and their commitment to building a better future for the country. We the People signifies the first step of being all of us - colour, creed region, language. It doesn't are Indians first - everything is secondary.

But today, is our patriotism

delegated to about 2 days in a year? In the early decades the Republic Day Parade was something we all heard on the radio...and then we graduated to watching it on pixilated black and white then in colour... wide-eyed with awe. Now that there is crisp clear HD...how many of us watch it?

Independence Day and the PM giving his speech and shouting “*Jai Hind!*” from the ramparts of the Red Fort was spectacular...and when Rajiv Gandhi had school children singing *Sare Jahan se Accha Hindoostan hamara* ...gosh!! All our collective hearts thumped with we all felt proud to be Indian. Does anyone watch it now?

Have we, somewhere along the road, lost the fervor of the Patriotism of Independence?...because probably after two generations, the sacrifices are just text book lessons...the partition and the horrors of it just stories in films...and we, as a country, have progressed to crass materialism.

We want more than what we have. And we waste more than we should. So is our Patriotism just Bollywood

Patriotism. Like in *Lagaan* and *Chak de India*?

And some crib that Independence Day and Republic Day are 'dry' days!

But we do wear patriotism on our watch us at a cricket match! Or watch us at patriotic movies...Of course we are proud to be Indians. We stand still when we hear our National Anthem. And holler “*Jai Hind*” together. And watch us come together in a disaster or will show you what Unity in

Diversity means!
t h a t i s n o t
patriotism...what is?

Patriotism is that and more. Every time I hear the Hindi song, *Miley sur mera Tumhara* I get goose bumps. I still stand absolutely straight when the National Anthem is played. Even in the movie theatres. I sing along. And every drop of blood feels patriotic!

When renowned composer, A. R Rahman's hit song *Vande Mataram* first came out, I was motivated to immediately buy the





cassette; seeing it on TV was a revelation - A. R. Rahman putting everything he had into the *Vande Mataram*. It still remains my all-time favorite.

Then give me the song from the film *Shaheed Bhagat Singh*.....it makes me want to cry! *Rang de basanti chola*...What a song! When actor Amir Khan sang *Chale Chalo* in the film *Lagaan* we all followed as we

did with actor Sharukh Khan in *Chak d e I n d i a !*

All these songs got our patriotic adrenalin flowing. It arouses a feeling of patriotism and make you love India more every time!

Patriotism is something you feel in your heart for your country, for your people, and for the land. It is an emotion...and we Indians are emotional.



Patriotism in Small Things

Sanjay Joshi

True patriotism lies in everyday actions that shape our communities and pave the way for a brighter future for our country and the World.

I recall my school days when, as a young student, we were informed that we were at war with Pakistan in 1971. We were living in Jodhpur, Rajasthan bordering Pakistan. Every night the lights would turn off and as the siren rang, we were to rush to our trenches to hide. We would hear the thundering sound of passing fighter planes sometimes very low otherwise a little higher. In my wishful thinking, I would imagine flying the fighter jet at supersonic speed to defend the country. For me, protecting the pride of India meant real patriotism.

In retrospect, I see that this was very natural for a growing child to show affection towards one's country. However, today, I feel patriotism has

wider connotations. Patriotism needs to be understood and distinguished from blind patriotism. It must also fulfil the value of being a good citizen in a globalized world, where patriotism furthers a notion of humanism and gives importance to unity, fairness, freedom, peace, liberty, cooperation, tolerance, and respecting differences.

Patriotism is often associated with gestures, such as waving the national flag or singing the national anthem. However, true patriotism lies not only in these significant moments but also in the small acts that collectively shape the spirit of a nation. In the case of India, a land rich in culture and diversity, patriotism can be observed in the



everyday lives of its citizens. These simple and small actions manifest how patriotism expresses itself in the small things in India and fosters a sense of unity, pride, and love for the country.

Respect for Environment

Caring for the environment is an often-overlooked form of patriotism. Conserving resources, reducing waste, and promoting sustainable practices contribute to the overall well-being of the nation. By preserving natural habitats, advocating for clean energy, and participating in local cleanup efforts, individuals display their love for their country and its future generations.

Voting and Civic Engagement

Active participation in the democratic process is another crucial

aspect of patriotism. Voting in elections, staying informed about current affairs, and engaging in meaningful discussions about social and political issues demonstrate a commitment to shaping the future of the nation. By exercising our right to vote and voicing our opinions, we contribute to the development and progress of our society.

Supporting Local Businesses

Economic patriotism is exhibited by supporting local businesses and entrepreneurs. Choosing locally made products and services not only boosts the local economy but also fosters a sense of community and solidarity. By investing in local businesses, individuals contribute to job creation,



Picture credit: Ashok Nath

innovation, and the overall prosperity of their nation.

Respecting National Symbols

In India, respect for national symbols is deeply ingrained in the consciousness of its people. From the national flag to the national anthem, these symbols evoke a

profound sense of patriotism. Citizens rise in unison when the national anthem is played, irrespective of their location or circumstances. The national flag is revered and hoisted with utmost respect on various occasions, reminding people of their duty towards the nation. This reverence extends to other national symbols like the national emblem and the Constitution, which are regarded as sacred entities, reinforcing the essence of patriotism in small everyday actions.

Celebrating Social Festivals

India is known for its vibrant and diverse festivals celebrated across the nation. These festivities become a beautiful reflection of patriotism,



Picture credit: Ashok Nath

as they transcend religious, regional, and linguistic boundaries. Festivals like Diwali, Eid, Christmas, Holi, and Pongal are embraced by people from all walks of life. During these celebrations, people come together, exchange greetings, and share traditional delicacies, showcasing

unity and the spirit of togetherness. The vibrant colors, lively music, and overall exuberance reflect the shared cultural heritage of the nation, fostering a sense of national pride.

Encouraging Social Harmony

India's strength lies in its diversity, and the acceptance and celebration of this diversity are integral to its patriotic spirit. The nation is home to numerous religions, languages, and cultures, and yet, people coexist in harmony. The small acts of embracing different customs,

participating in interfaith events, and acknowledging the contributions of every community foster a sense of



Picture credit: Dhriti Baruah

unity. The concept of "Unity in Diversity" becomes more than just a slogan; it becomes a lived reality. This social harmony is not only a testament to the nation's inclusive ethos but also a reflection of the patriotism that dwells in the hearts of its people.

Contributing through Volunteering

Patriotism is not limited to expressing love for one's country through words or symbols but also extends to actions that benefit society. In India, numerous individuals and organizations work tirelessly to bring positive change to their communities. Engaging in volunteer work and community service is a powerful way to demonstrate patriotism. Whether it's helping at a local shelter, tutoring disadvantaged students, or participating in neighborhood cleanups, these acts of kindness strengthen the social fabric of the community.

By giving back to society, individuals contribute to the well-being of their fellow citizens and create a more united and resilient nation. Individuals participating in cleanliness drives and volunteering for social causes, these acts of service contribute to the betterment of the nation. The spirit of patriotism can also be witnessed in the selfless dedication of doctors, teachers, social workers, and countless others who go the extra mile to make a difference. These small acts collectively create a ripple effect, inspiring others to follow suit and work towards building a better India.

Respecting and Celebrating Diversity

Patriotism also entails embracing the diversity that defines a nation. Respecting different cultures, traditions, and beliefs fosters a sense of inclusivity and unity. Celebrating multicultural events, participating in interfaith dialogues, and promoting equality and justice for all members of society contribute to a harmonious and progressive nation.

Teaching Future Generations

Instilling this kind of patriotism in the younger generation is crucial for the future of our nation. Educators, parents, and community leaders play a vital role in imparting values and knowledge that foster love and respect for one's country. Teaching history, civics, and promoting critical thinking equips young minds with the tools to understand their nation's heritage, challenges, and aspirations.

True patriotism is not confined to grand gestures but resides in the everyday lives of citizens. By appreciating and highlighting the significance of these small acts, we can inspire a collective sense of patriotism that goes beyond boundaries and unites people in the spirit of love for their country, India.

Swami Vivekananda

The Universal man

The Turning Point

S. Regunathan



Vivekananda was slowly beginning to realise the potential of his master, Sri Ramakrishna Paramahansa. It was almost four years since he had first met his master and yet he had not been fully converted to have total belief in him.

The master too knew the potential of his student, his previous births, his capabilities, of his intellectual and rational approach and his adamant adherence to truth and conviction. Some of the qualities of his student were appreciated by the master. He realised that Narendra/Vivekananda cannot be convinced through intellectual and rational discussion. The only way to convince him was through experience. That is why Sri Ramakrishna Paramahansa was giving him experiences in bits and pieces, just as much as he could take

each time. He knew that his student was not yet mature enough to handle more at one time.

However, in the fourth year or so, Ramakrishna decided to give him the final experience. Ramakrishna had always wanted to introduce Vivekananda to Adwaita Vedanta gradually. He would ask Vivekananda to read some of the Adwaita teachings including the Ashtavakra Samhita. Narendra, a staunch Brahmasamaji committed to belief in the formless god with attributes, ridiculed the majority Hindu beliefs and tradition.

Once there was a discussion with Ramakrishna Paramahansa and Vivekananda said, "it is unbelievable to say there is no difference between atheism and theism. It would be a sin

to think of myself as identical to the Creator. I am God and everyone is God and whatever is created is God. There cannot be more absurd than these thoughts.” Ramakrishna said smilingly, “You may not accept the teachings and beliefs of seers but how can you abuse them or limit God’s infinitude? Pray to the God of Truth and believe in whatever aspects he reveals to you.” Narendra could not accept such persuasions nor was he willing to consider them.

One day, Ramakrishna heard Narendra saying loudly to another follower of Ramakrishna that, “This is so absurd that this jug is god, that cup is god and we are all god. How can I accept this ?” and he laughed loudly. Sri Ramakrishna, who was in his room in a state of semi consciousness, came out in the nude with his wearing cloth under his arm, and asked Narendra what were you talking about? He touched Narendra and plunged into samadhi. The effect of the touch is described by Vivekananda in the following words as quoted in the ‘The Life and Teachings of Vivekananda’:

“The magic touch of the Master that day immediately brought a wonderful change over my mind. I was astounded to find that there was nothing in the Universe but God! I saw it quite clearly but kept silent to see whether the impression would

last; but it did not abate during the course of the day. I returned home, but there too, everything I saw was Brahman. I sat down to take my meal, but found that everything- the food, the plate, the person who served, and even myself...was nothing but that. I ate a morsel or two and sat still. I was startled by my mother’s words, “ Why do you sit still? Finish your meal.”, and then began to eat again. But all the while, whether eating or lying down, or going to College, I had the same experience and felt myself always in a sort of trance. While walking on the streets I saw cabs plying, but I did not feel inclined to move out of the way. I felt the cabs and myself were of one stuff...This state of things continued for some days. When I became normal again, I realised I must have had a glimpse of Adwaita state. Then it struck me that the words of the scriptures were not false. Thenceforth, I could not deny the conclusions of the Adwaita philosophy.”

This was the turning point in his life. Even though he had admiration for many of the founders of Brahmosamaj, he gave up the ideology. He realised Truth lay beyond rational and intellectual reasoning. The master had, however, not yet given him all that he needed to become a true Vedantin.

Childrens' Corner

Keep My City Clean

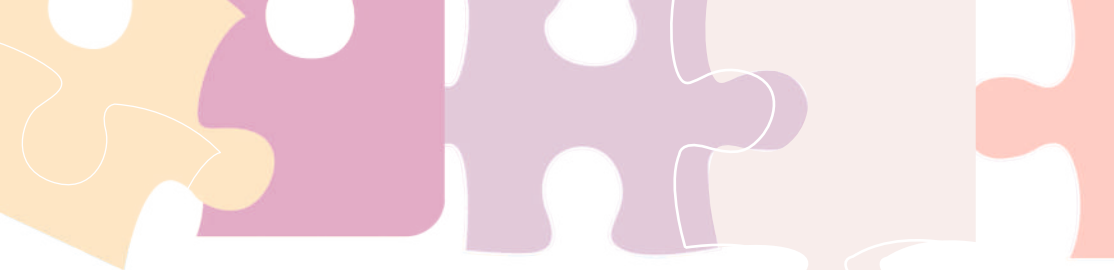
Gayatri K Diggi



*Illustration credit:
Gayatri K. Diggi*

Somewhere up in the beautiful snowy mountains of the Himalayas there was a village where in a small mud house lived a little girl called Rani with her mother Lata. Every morning they woke up to breathe in the fresh, pure unpolluted air. They would start each day full of energy with a feeling of joy and invigoration.

Rani had a little dog that followed her everywhere called Sheru. It was spring time and the people from big cities came to enjoy the cool, pure mountain air. There was always a lot of excitement as the village organized fairs to sell their home products. Lata had knitted lots of woolen socks to sell at the fair. She tied the socks into bundles and set off



with her daughter to the fairgrounds to sell their ware.

People started to pour into the bazar to enjoy the fair and buy the home products. By evening the grounds were littered with plastic bags, bottles and rubbish thrown around everywhere. Seeing this upset Rani and more so when she saw Sheru, her dog, with a torn plastic bag between his jaws. She quickly snatched the bag away and scolded Sheru.

Next morning when Rani went to school the teacher talked about Independence Day, bravery and patriotism. Rani stood up and raised her hand and asked, “May I be allowed to speak?”

“Yes you may Rani,” replied the teacher. Rani said, “Does patriotism also mean helping our country by keeping it clean?”

The teacher said, “Yes, a clean environment keeps us all healthy and helps the country to progress.”

Then Rani described how the

fairgrounds got littered with plastic and rubbish thrown by people and how her doggie almost ate a plastic bag. The teacher said, “This is a serious matter we will all go to the fair this Sunday and you all go home and make cloth and paper bags and I will ask the *sarpanch* to place dustbins.”

The following Sunday they all went to the fair with homemade bags made of left-over materials and newspapers.

The children swept the place clean of litter and put it in the dustbins brought by village *sarpanch* and then distributed bags to the shoppers to carry their products. Very soon the market was looking spic and span. A big board made by the students saying “Keep Your City Clean” was put up.

Very soon realization and environmental awareness dawned on the villagers and tourists because a little girl called Rani wanted better air to breath in for everyone. Do you want to help your City too?

The Patriot

Once upon a time, in a small village in India, there lived a young boy named Rohit. He loved playing cricket with his friends and flying kites in the open fields. But there was one day that was extra special to him - Independence Day. Every year, on 15th August, Rohit's school would organize a flag hoisting ceremony followed by cultural activities. Rohit would dress up in his best clothes and join his classmates in singing patriotic songs and performing skits. He loved the feeling of pride that filled his heart as he watched the tricolor flag fly high in the sky. Rohit would stand tall, with his hand on his heart, as the national anthem played.

His teacher explained the significance of Independence Day and how it commemorated India's freedom from British rule.

One day he saw a group of soldiers marching through the village carrying flags that fluttered in the

breeze. He watched in awe as they marched by. "I want to be a soldier too!" he said. And so he began to dream of the day when he would become a soldier and become a patriot. As he grew older he began to understand what it meant to be a patriot. It meant loving our country



and doing everything to make it a better place. He could be a patriot by doing simple things like picking up litter, helping one another. He did not have to be a soldier or carry a flag to show his love. He understood that it was his duty to uphold the values of democracy and work towards building a better and brighter India. All he had to do was be a good citizen.

A thoughtful mind, when it sees a Nation's flag, sees not the flag only, but the Nation itself; and whatever may be its symbols, its insignia, he reads chiefly in the flag the Government, the principles, the truths, the history which belongs to the Nation that sets it forth.

Henry Ward Beecher

FRNV NEWS AND EVENTS

TIE-UP WITH APOLLO HOSPITALS

Foundation for Restoration of National Values (FRNV) has tied up with Indraprastha Apollo Hospitals for offering Health Checkup, in-patient and out-patient services to FRNV Members and staff of FRNV.

The offer of Apollo Hospitals for FRNV Members at Apollo Hospitals - Delhi, Noida, Chennai and Bengaluru will be as under:-

Services Offered	Special Discount
Discount on OP Investigations and Radiological Services	20%
Discount on IP investigations, radiological services and OT charges	20%
Discount on Room Rent and Day Care	15%
Discount on packages	10%
Discount on preventive health packages	20%

(except medicines, consumables, doctor's fees and implants packages)

- ü Apollo will provide privilege card to all FRNV members for priority services.
- ü Special tariff will be applicable for all members, their spouses, and their dependents.
- ü The discounts will not be applicable if the patients are covered under medical insurance / TPA. The discounts will be applicable only if the amount is settled directly. (by the company / employee / dependent)

To begin with, all Life Members and FRNV personnel are being covered. All Life Members are requested to send the details of their spouse and dependents – their name and date of birth and updated postal address. The same may please be emailed at frnvindia@gmail.com latest by 31st August 2023. For any clarifications, please contact at 95996 97643 Secretariat at Chamber No.10, Ground Floor, o/o CPM-5, DMRC, Airport Express Metro Station, Dhaula Kuan, New Delhi – 110021.

FRNV REGIONAL CHAPTERS REVIEW MEETING -9th JULY 2023

As part of regular interactions with FRNV Regional Chapters, a virtual meeting was held on 9th July 2023. The meeting was attended to by FRNV Governing Body Members, members representing Kochi, Chennai and Hisar Regional Chapters. The meeting discussed various issues and reiterated the following:-

- a) Strengthening regional chapters by inducting new members – both Life and Annual Members
- b) Encourage Corporate(s) to be Corporate Member of FRNV
- c) Approach Corporate for financial support both donations and corporate social responsibility for education projects
- d) Collaborate with likeminded organizations and take steps in electoral reforms

Members were requested to attend the Universal Human Values virtual workshop scheduled on 23rd July 2023.

A snapshot of the meeting in progress



From L-R – Shri T S Krishnan (Chennai Chapter), President/FRNV Shri S Regunathan, Treasurer Shri Prem Arora, Member Shri Ravi Prakash Mehrotra, Prof. C Krishnadas (Chennai Chapter), Shri Jagdeep Bhargava (Convener, Hisar Chapter), Vice President Shri Satish Kumar, Shri Mahalingam Balasubramaniam (Convener, Chennai Chapter), Smt. Devika Menon (Convener, Kochi Chapter) and Shri R S Krishnan (Chennai Chapter)

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