

Value Insight

(Mūlya Samīkṣā)

MAY 2021

VOL: 01 ISSUE: 03

Covid-19 in Pediatrics

Dr. Puthenmadam Radhakrishnan

Urban Sanitation – Policy Work

Dr. M Ramachandran

Environmental Impact of Delhi Metro on the city

Dr. Mangu Singh



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

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- Dr. Mangu Singh, Managing Director, DMRC

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- Not indulge in lobbying for/or propose any honour or reward/award for himself.
- Refrain from using official position to further personal interests.
- Not to indulge in socially inappropriate behaviour like bigamy, extra marital alliance etc.
- To assist and cooperate with the government to eliminate bribery, fraud or corruption.
- To spend every single rupee in the official discharge of their duty with diligence.

This code helps DMRC in inculcating values like honesty and integrity and thereby helps in curbing the levels of corruption which otherwise may flow freely in any organization.



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For feedback on the journal, contribution and membership enquiries, please contact:

Secretariat: A-59, Shivalik, Near Malviya Nagar, New Delhi-110017

Phone: +91-9599697643

Website: <http://www.valuefoundation.in>

Email: frnv@outlook.com

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CLEANLINESS IS GODLINESS



From pre-historic days, our country, which was Bharat, had enjoined “Pancha Sudhi” (पंच शुद्धि), cleanliness in five important aspects of living, as guidelines, “Niyama” (नियम) for a righteous life. They are Manasudhi, (मनशुद्धि) means, purity of mind, Sareerasudhi, (षारीरशुद्धि) means keeping body absolutely clean by taking baths at least twice a day, Vaksudhi, (वाक्शुद्धि) means use only polite and righteous words while taking to others, Karmasudhi (कर्मशुद्धि) means, whatever we do should be done with utmost sincerity without expecting any rewards or return & Aaharasudhi, (आहारशुद्धि) means food should consist of clean and well washed articles and should be cooked in clean surroundings and with purity of mind. These were considered to be virtuous which every citizen, born in this country, is required to uphold.

Unfortunately, in our present education system we do not find any emphasis on these virtues. Children can and should also imbibe these virtues from parents and elders as well. This is not happening today because even elders do not value the importance of these virtues.

To cultivate and practice these clean habits in our day-to-day life is not difficult at all. One has to realize the need and importance of these clean virtues in our societal life.

A systematic onslaught on our National values and culture started with Lord Macaulay’s address in the British Parliament on 2nd Feb. 1835, where he declared “I have travelled across the length and breadth of India and I have not seen one person who is a beggar, who is a thief such wealth I have seen in this country, such high moral values, people of such caliber, that I do not think we would ever conquer this country, unless we break the very backbone of this nation, which is their spiritual and cultural heritage and therefore, I propose that we replace her old and ancient education system, her culture, for if the Indians think that all that is foreign and English is good and greater than their own, they will lose their self-esteem, their native culture and they will become what we want them, a truly dominated nation”. This is exactly what happened during British rule and it is unfortunate that, we as a nation, has not still strived to bring back our old national values and culture – This is what we in FRNV (Foundation for Restoration of National Values) are attempting to achieve.

Hon’ble Prime Minister of India Sri Narendra Modi has to be praised for launching on 2nd Oct. 2014 the “Swatch Bharat Mission”. Basic needs of body sanitation and environmental cleanliness will be achieved under this Mission. Our rivers and water basins are these days heavily polluted. They pose a mighty danger to our health and environment. The famous Dal Lake of Srinagar is a sorrowful example.

Another major threat to our peaceful life is noise pollution. Blaring loud speakers from some of our temples and mosques create unacceptable levels of noise which distracts the mind and creates adverse emotions and mental stress. As an enlightened nation, why can’t we control these noise pollutions?

There is another area where country has to devote immediate attention. That is solid waste management. In spite of number of instructions and circulars issued by Govt. of India, processing and elimination of solid wastes particularly from urban areas is not taking place. The Green Tribunal has recently imposed fines on some of the State Govts for the slackness in taking up successful schemes for solid waste elimination. Why are we lethargic in taking speedy steps to collect, segregate, transport and process solid wastes?

The uncontrolled growth of population which we are witnessing in the country is the main reason of polluting our rivers, water bodies and the entire environment. We are adding one Australian population every year to the population of this country. All our efforts for poverty alleviation, economic uplift and providing basic amenities to the citizens all get derailed by the population explosion. It is time our rulers realize the need for controlling the growth of population in this country.

We, as a nation, should realize “any matter out of place is dirt” and “Cleanliness is Godliness”. Not much of investment is needed to enforce “Pancha Sudhi”. It has to be part of our education curriculum and house-hold culture.

Dr. E. Sreedharan
President, FRNV

Covid-19 In Pediatrics

Dr. Puthenmadam Radhakrishnan



Dr. Puthenmadam Radhakrishnan, MD MPH FAAP, is a board-certified Pediatrician, in practice in Ewing, New Jersey. He graduated from Madurai Medical College, Tamil Nadu and completed his Master of Public Health at New York Medical College, New York. Recently, Doctor has been voted Pediatrician of the Year by the New Jersey American Academy of Pediatrics (NJAAP)! His areas of practice include Pediatric Emergency Medicine, Hospital Medicine, General Pediatrics. He is an advocate of child education and during the onset of COVID-19, he and his team wrote a children's book titled "Our Heroes". The book highlights everyday heroes who continue to work through the challenges of the pandemic.

The year 2020 brought a lot of changes in the way we practice medicine. The year started with the news of a viral infection that was spreading through the globe. An infection that even today challenges the best minds in trying to understand its origins, spread and treat it. Not being able to conclude the mode of spread influences the advice we give on prevention.

In as much as the field of adult medicine has had to deal with this outbreak (pandemic), it is no less a challenge to the pediatricians. To start the thought was that children did not get the disease that frequently, we now know that about 11% of children in the United States have contracted the disease. They are as vulnerable to catching the infection, spreading the virus and requiring hospitalization that it cannot be ignored. The numbers for India are still being determined, a few reports suggest pediatric illness around 2-5%, which is also about the rates globally.

In children the symptoms of the disease are as vague as any viral infection; Fever, fatigue, headache, myalgia (muscle pain), cough, rhinorrhea or nasal congestion, new loss of smell or taste, sore throat, shortness of breath, diarrhea, abdominal pain, nausea and vomiting, poor appetite, or poor feeding.

This vagueness of symptomatology led to a wave of physician offices shutting down or diverting children with symptoms such as these away from the offices, to avoid exposure of well children in the office setting. Most children that develop infections with Corona virus are more likely to have mild symptoms and can be managed with Tele-health visits and supportive care at home such as fever control, fluids, distancing, and isolation at home.

Care for children diagnosed with COVID-19 follows the same guidelines as adults, however, as many of the medications used in adults are not approved in children, there are less therapeutic agents available. In children who are asymptomatic the rules are isolation/quarantine. Fluids, rest. Anyone that has children knows how difficult that is in younger children.

Children with symptoms such as respiratory difficulty, hospitalization is required. Therapeutics commonly used as acetaminophen for fever, empiric azithromycin for pneumonia, oxygen supplementation, monoclonal antibody therapy, dexamethasone for anti-inflammatory therapy, fluid for hydration and therapy for management of shock, dehydration and sepsis as needed.

A complication that seems to be somewhat unique to children is a condition named MIS-C (multisystem inflammatory syndrome in children). This is a post Covid-19 syndrome that is

highlighted by inflammation and cardiac complications. It is seen most often about 6-8 weeks after an exposure to Covid-19. Any presentation with fever, myalgia, tiredness, change in behavior warrants an extensive evaluation to rule out MIS-C. Treatment is specific to the results of the cardiac and renal systems and or shock. MIS-C has been reported in many centers in India, as with early cases in the rest of the world the thought was that these were atypical Kawasaki Disease. The recognition of MIS-C as a distinct serious condition is important for the care of children with presentations that are vague and nonspecific.

The incidence of vertical transmission of Covid-19 to newborns is still under study. There have been a number of case reports, where infants are testing positive for the virus after delivery. We have seen cases in the 1–3-month-old babies with fever and other symptoms that are positive. There is no universal agreement yet on whether all newborns born to mothers who are covid-19 positive should be tested.

The next chapter of the pandemic management in children is expanding the coverage of the vaccine to the younger population, at this time vaccines are being studied in the pediatric population.

Please feel free to contact me with any specific question you may have at cpcdoc@msn.com

As we understand the disease process better, we are able to tailor the evaluation and management better. We cannot predict the course of the pandemic at this time, but we can educate both physicians and the public on what to do to prevent the spread of the disease and what to watch out for in children affected.

Dr. Puthenmadam Radhakrishnan

Urban Sanitation - Policy Work – Managing Waste

Dr. M Ramachandran, Former Secretary, Ministry Of Urban Development



Dr M Ramachandran has held the senior positions of Chief Secretary, Uttarakhand and Secretary to government of India in the ministry of Urban Development among various other key positions where he actively led the process of making governance people centric. Known for his contributions in rejuvenating Indian cities and towns while he spearheaded the implementation of the national urban renewal mission, he continues to actively contribute to urban policy making, reforms and implementation process. Author of ten books including the recently released book titled Bringing governments and people closer, his views are sought and valued by newspapers, channels, and various national organizations.

It is well known that along with rapid urbanization and focus on sustainability, environmental issues also take centre stage. Urbanization directly contributes to waste generation and not handling the excessive waste in a scientific manner could cause grave health hazards and degradation in environment. It is the urban poor who are most affected by this degradation because of exposure to unhygienic conditions and unfair access to healthcare and sanitation facilities.

The problem is that the economic losses arising out of inadequate sanitation are not really measured properly and, hence, its impact is not really considered. The sanitation agenda has moved forward with the priority action taken under the Swachh Bharat Mission, but managing waste, particularly solid waste, needs to be understood better.

A World Bank publication (What a Waste) shows that the world generates 2.01 billion tonnes of municipal solid waste annually. The estimate is that something like 33 per cent of this is not managed in an environmentally safe manner. Globally, waste generated per person per day averages 0.74 kg. The extremes of these averages are 4.54 kg in poorer countries with the other end at 0.11 kg for advanced countries. There is a correlation between generation of waste and income levels, the low and middle-income countries adding more. Over 1,70,000 tonnes per day of municipal solid waste gets generated in Indian cities and as per government figures, it is 70 million tonnes annually. This is expected to reach 11,95,000 tonnes per day by 2050. The unfortunate reality is that there is no system of periodically collecting and updating countrywide database on this.

The local authorities are confronted with the problem of limited resources and capacity for planning, contract management and effective monitoring.

There is a waste hierarchy which envisages a stepwise approach to waste management in order of priority for different waste management options. This consists of four steps, namely, minimizing wastes, maximizing environmentally sound waste reuse and recycling, promoting environmentally sound waste disposal and treatment, and extending waste service coverage. What is to be kept in mind is that improper disposal of solid waste, as it happens at many places, has implications that follow inhalation of contaminated dust, toxins, and smoke from burning waste, breeding of vectors that spread disease, pollution of surface and ground water, infection from contaminated wastes and poisoning by hazardous chemicals.

The key issues we must address are:

- How to minimize the quantum of waste for disposal?
- How do we effectively employ the concept of 5 'Rs - Reduce, Reuse, Recover, Recycle and Remanufacture, particularly in smaller towns where awareness and resources are limited?
- How to sensitize each and every citizen about the implications of not dealing with the waste scientifically?
- How do we universally ensure that an integrated approach to municipal solid waste management with focus on reducing waste and proper management of the key steps of segregation, collection, transport, and disposal is ensured?
- Particularly relevant would be the strategy to effectively check the trend of 5 per cent increase in waste every year because of increase in population and changes in lifestyle?

The sanitation agenda has moved forward with the priority action taken under the Swachh Bharat Mission, but managing waste, particularly solid waste, needs to be understood better.

The question is do we have satisfactory answers to these points and if not, what needs to be done by us collectively as responsible citizens and as a vibrant nation. A case in point is Sweden where more than 90 per cent household waste is recycled. Perhaps we can learn from this and implement similar measures in the country.

Dr. M Ramachandran

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Environmental Impact Of Delhi Metro On The City

Dr. Mangu Singh, MD, DMRC

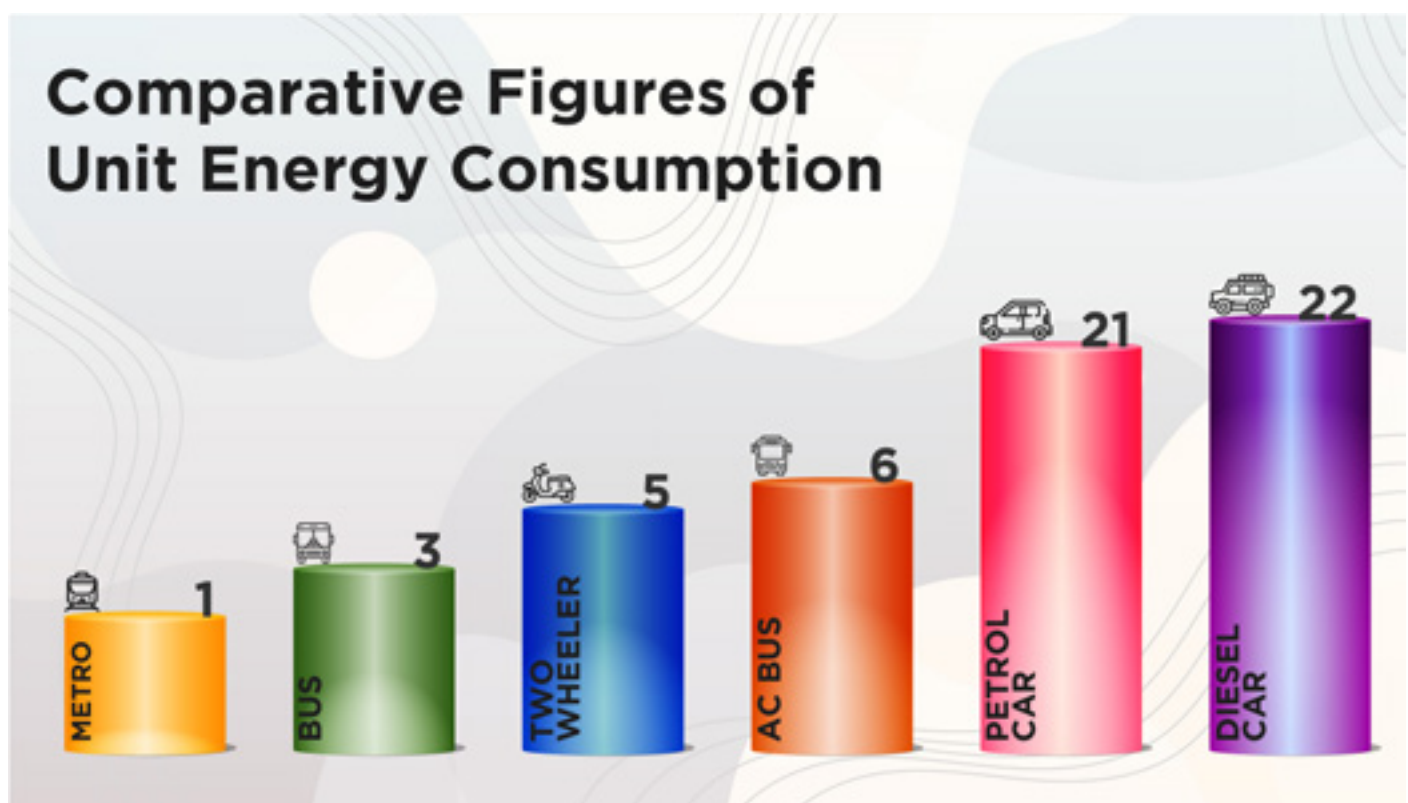


Mr. Singh Graduated in Civil Engineering from University of Roorkee (1979) with an outstanding academic performance. Thereafter, joined the elite Indian Railways Services of Engineers (IRSE). He joined DMRC at the inception stage in November 1997 and is currently working as Managing Director. He has contributed greatly in Delhi Metro Phase-I, Phase-II, Phase-III and Phase-IV. Under his leadership, DMRC has grown in Network Length from 190 Km to 390 Km. He is also instrumental in planning and creating Metro Rail Projects in various States of India like Mumbai, Hyderabad, Bangalore, Chennai, Kolkata, Lucknow, Kochi, Jaipur, and Ahmedabad. He played important role in completing Kolkata Metro Project. He introduced modern construction techniques in Project Management and underground tunnels and structures construction applicable to major infrastructure projects. He has successfully, lead the registration of world's first ever CDM project (Delhi Metro) with UNFCCC & earned Carbon Credits for DMRC. He is recipient of various National Award (Railway Week Award 1996), Sat Paul Mittal Award, prestigious "Distinguished Alumina Award" by IIT Roorkee, etc.

The way to a long-term urban transport solution lies in developing a 'sustainable transport'. Inherently a rail-based Mass Rapid Transit System is non-polluting and environment friendly. It offers the following advantages:

- It has a high carrying capacity and requires much less space to carry same number of passengers as compared to other modes.
- Metro rail is the least Green House Gas contributing mode of transport. Its energy requirements are 1/5th as compared to road transport.

As per TERI report, unit energy consumption of a metro passenger is 22 times less than that of a diesel car user. Mode wise comparative figures of unit energy consumption is given below:



Environmental considerations were at the forefront right from the beginning of the project. Even before the planning for construction began, a detailed Environment Impact assessment study was conducted. Consequently, a well-defined environmental management system with proper monitoring programme was developed.

Construction techniques, methodologies, processes and timing were selected to minimise the negative environmental impact due to construction. Some of them are as follows:

- Use of precast concrete elements in big way.
- Major fabrication, casting done off-site away from the main populated area.
- Plying construction material vehicles and equipments during night hours only.
- Use of high end technology like TBM for underground and segmental launchers for elevated structure for speedy construction and minimising the inconvenience to the city.
- Not allowing the labour camps at the worksite rather having proper labour camps away from the site to reduce the burden on city infrastructure.
- Tyre washing facility at site exits.
- Provision of oil separators.
- Use of anti-smog gun for dust suppression.
- Use of noise barriers.
- Use of curing compound instead of water for concrete curing.
- Productive use of dewatered water.
- Use of silent DG sets.
- Setting up C&D waste recycling plant of 150 TPD capacity to recycle construction and demolition waste generated from DMRC sites.

For metro construction, cutting of fully grown trees were avoided as much as possible. For every tree cut during construction work, 10 trees are planted.

DMRC is now fully transitioned to a ‘Sustainable Built Environment’ and its approximately 14 million sq ft of structures and facilities constructed as part of Phase-III construction have been built to the highest “Green Standards” as mandated by Indian Green Building Council (IGBC) with specific provisions for the conservation of energy as well as less CO2 emission, water saving, waste management arrangements, better indoor air quality etc. Some of the specific measures adopted in Phase-III are:



1. Installation of LED lights
2. Use of energy efficient HVAC systems
3. Use of Variable Voltage Variable Frequency (VVVF) technology in Escalators& Elevators
4. Installation of rainwater harvesting structures in viaduct and stations
5. Use of ultra-efficient water fixtures
6. Recycling of C&D waste and utilization of recycled products
7. Use of low VOC paints
8. Installation of CO2 sensors

What is more, DMRC is planning to add nearly equal square footage of its existing stations also under IGBC mandated green certification.

Another initiative during Phase-III was development of an eco-park named Prakriti-Park at Shastri Park.

DMRC has already installed 32.4MWp capacity of roof top solar power plants. The plan is to raise this installed capacity to 50MWp by 2021. Additionally, DMRC has arrangement to draw solar power from off-site as well. DMRC has signed a power purchase agreement with M/s. RUMSL (Rewa Ultra Mega Solar Ltd.) in Madhya Pradesh for procurement of 345 million of units of electricity annually.

The Delhi Metro is the 1st metro system in the world to earn carbon credits from CDM projects registered under United Nations Framework Convention on Climate Change (UNFCCC).

In 2006, Delhi Metro engaged Central Road Research Institute (CRRI), New Delhi, a premier institution under CSIR to study the benefits of Phase-I of Delhi Metro.

Further In 2019, DMRC commissioned The Energy and Resources Institute (TERI), New Delhi, to study the benefits of Delhi Metro and quantify them economic terms. For a ridership of 30 lakh at the time of the study, the annual reduction in fuel consumption in 2019 was 2,33,000 T, for all class of vehicles. This was because there was shifting of passengers from road-based transport to the metro and it was estimated that the metro

was catering to the load of 4,74,134 vehicles daily, that is to say that a share of daily demand of 4,74,134 vehicles was met by metro. TERI also calculated that a metro passenger saves, on an average, 13.71 minutes per trip, while travelling on the metro. TERI then expressed these benefits in economic terms and reported that in 2019, total accrued benefits are Rs.5,286 crores.

DMRC is now fully transitioned to a 'Sustainable Built Environment' and its approximately 14 million sq ft of structures and facilities constructed as part of Phase-III construction have been built to the highest "Green Standards" as mandated by Indian Green Building Council (IGBC) with specific provisions for the conservation of energy as well as less CO2 emission, water saving, waste management arrangements, better indoor air quality etc.

DMRC is planning to add nearly equal square footage of its existing stations also under IGBC mandated green certification.



Even as the Delhi Metro Rail Corporation delivers a world-class metro to the denizens of Delhi, in doing so it endeavors to promote dignity and discipline in the city. With three phases of Delhi Metro already completed and fourth phase under construction, it can be said that this project has initiated environmental culture in construction industry in India. There is now a much greater awareness on the need to protect the environment during construction and use methods and technology in construction, which makes both the process and product sustainable. Construction especially metro construction can have adverse environmental effects such as dust pollution, noise pollution, waste generation etc., and is bound to disturb the life of public. However, Delhi Metro has successfully demonstrated that with due planning and implementing proper measures and techniques such adverse effects can be mitigated.

Success of Delhi Metro has propelled other metros across the country. Now, we are taking special efforts in sharing our experience and learning with other upcoming metros not only in India but also in other parts of the world.

Dr. Mangu Singh



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What India Needs Today

Dada J.P. Vaswani

Once India was respected as a leader of nations, a builder of a wonderful civilization-a civilization of simplicity and sympathy and service, a civilization of light. And pilgrims from the East and pilgrims from the West came to India as to a Holy Land. What is our condition today?

What India needs today is leaders of the true type. Politicians we have many: but my heart cries out: "Where are the leaders?"

There are four marks of true leadership. The very first is absolute unselfishness. The true leader asks for nothing for himself, but everything for the people. The second mark of a true leader is simplicity. A true leader is not a person who runs after show and ostentation. The third mark of a true leader is judgement. A true leader is a person of judgement. He thinks aright. And thinking aright, he has the gift of taking multitudes with himself. And the fourth mark of the true leader is love for the poor, love for the peasant and the laborer.

I think of King Ashoka. Ashoka was a true leader of the people. He was filled with sympathy for all. Not merely tolerance but sympathy is what men want. And Ashoka gave sympathy to all. He spoke not one word against any faith. He spoke of all faiths with beautiful reverence. He realized that in all religions is the One Spirit Divine. There is a beautiful saying of Ashoka. He said: "All subjects are my beloved children."

Today, chaotic elements are growing. Today, turbulence is increasing. Today, violence is spreading like wildfire in many parts of the country. Today, India is in danger of losing what she has achieved. Today, discipline is conspicuous by its absence. Today, both knowledge and power are running to waste, are being perverted into instruments of social chaos and destruction. Today Mother India is shedding tears while her children are busy preparing plans to truncate her. Today, Mother India is as an orphan in the night, crying for the light. Whence will the light come.?

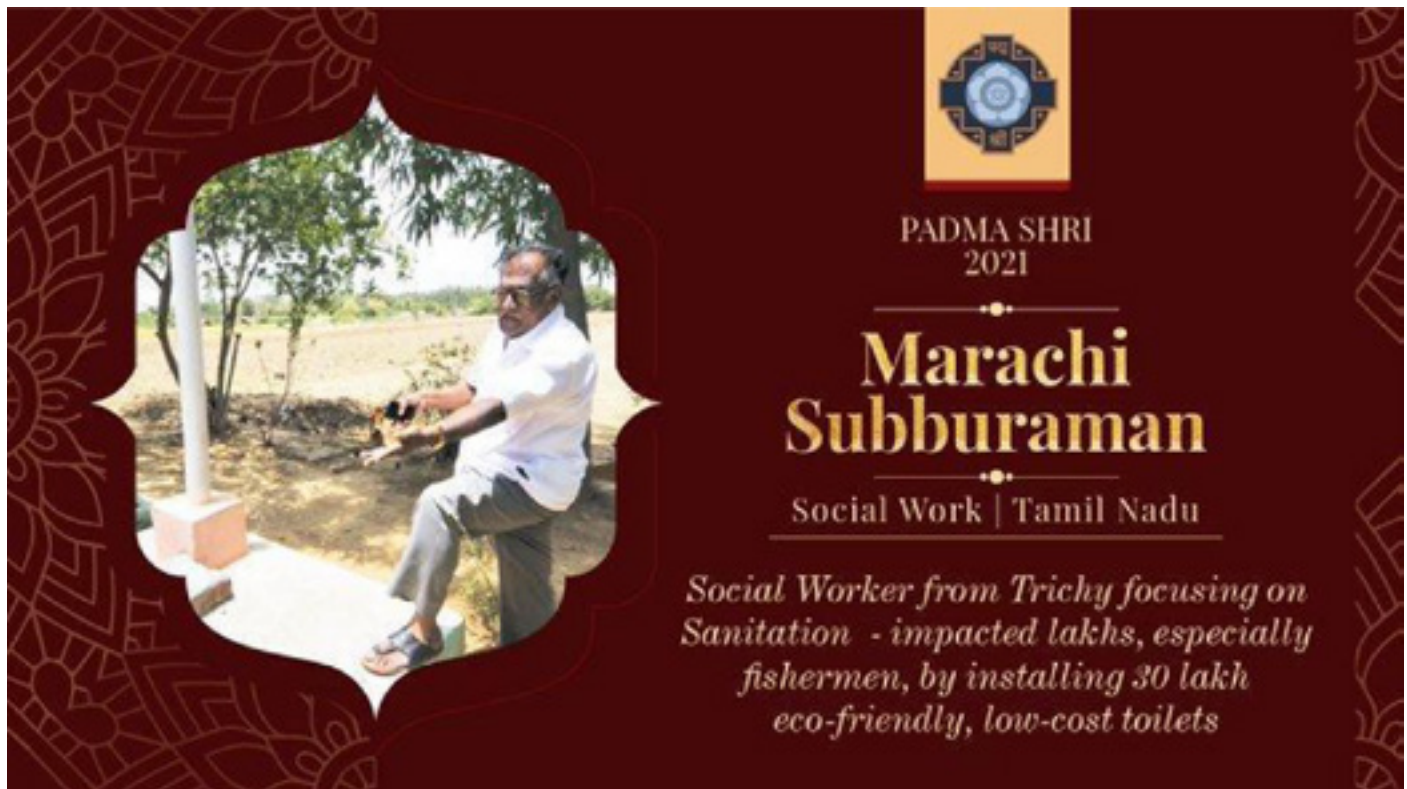
Friends, my hope is not in politics but in education. But education should be directed by men and women of light and inspiration. For a regeneration of India, I turn not to politicians but to educators of the true type. The more I think of it, the more I feel that an urgent, a piteous need of India today is education of a new type-an education which may integrate the character of the pupils through a proper development of the body and training of the willpower and emotions-an education which may give a triple training-of the head, yes, but also of the hand and, above all, of the heart. Illuminated hearts are needed. The problems that are before India today, will not be solved by developed brains alone: they will be solved by illuminated hearts. We must not neglect the heart. We must not forget that out of the heart are the issues of life. The heart, the emotions are the master: the brain, the intellect is only a servant. Of what use in an education which takes pains to train the servant but does nothing to train the master. In crucial moments when quick decisions are to be made, if the emotion run riot, what can the intellect do, howsoever trained it may be? So it is that we find every day, so many of our highly educated people easily succumbing to temptations of woman and gold, and our Doctor of Philosophy, our Ph.D.'s so easily yielding to anger. Their intellect has been sharpened, but

their emotions are untrained. Have you ever asked yourselves, why is it that one person, kills another? The killer knows that it is wrong to kill, his brain tells him that by killing another, he is breaking the law of the land, but his emotions have run riot, he cannot control them, and he uses the revolver or the sten-gun. Friends, we need a new type of education today-an education which may inculcate in the minds and hearts of pupils the ideals of unity and peace, of reverence for all life, of simplicity, sympathy, and service, of fellowship and brotherhood-the fellowship of all races and religions, the brotherhood of all life.

Do we want to build a new India, an India of the truly strong, an India of the truly free? Then let us begin with the child. The child of today is the builder of tomorrow. My beloved Master, Sadhu Vaswani, said to us again and again: “The nation walks on the feet of the little ones.” Take care of your little ones. Take care of your children. The children are the richest treasure of a community, a society, a nation. Give to your children in the home and the right type of education in all school and college and you will build a new Indian nation.

Above article titled “WHAT INDIA NEEDS TODAY” by Dada J. P. Vaswani, which was published in the ‘Better Life’ Vol. XXXXVII No.4, April 2021, is acknowledged and reproduced.

Role Models



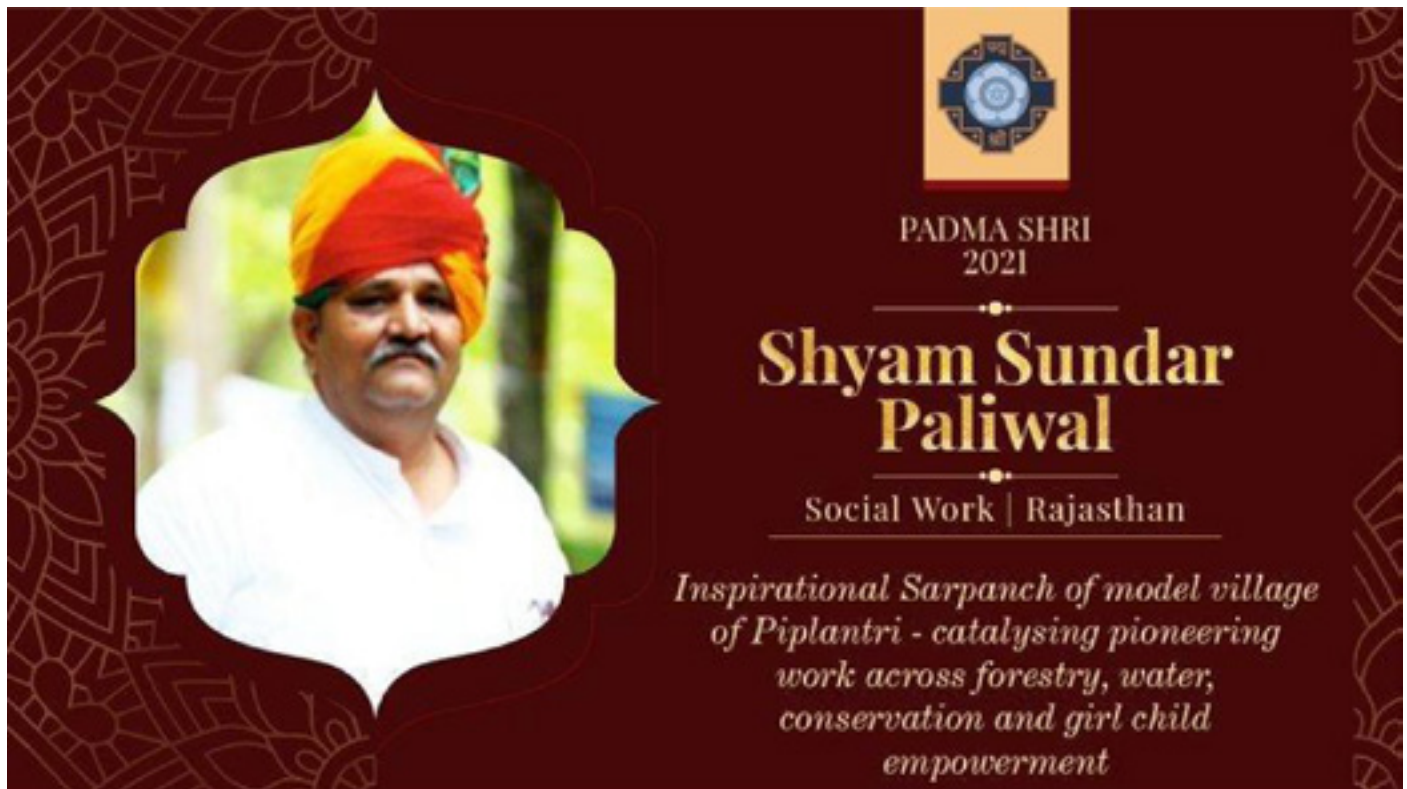
71-year-old Marachi Subburaman was all smiles when the list of Padma awardees was announced, as his efforts to improve sanitation in rural areas received national recognition. The social worker has been running an NGO, which has been focusing on sanitation in rural areas since 1986.

Subburaman strongly believes “we must change before asking others to change”. Before constructing a new form of toilet in any village, he first tests it. Born in Inungur Pudupatti village in Kulithalai, Subburaman said he saw the struggles of villagers only when he started working. He was the first graduate from his village.

“After two-three years, we conducted a detailed study on how income was being used. We realized a lot was spent on medical treatment due to infections caused by contaminated drinking water and improper sanitation. That’s when we shifted our focus to sanitation and drinking water,” said Subburaman.

“You cannot simply build a toilet anywhere. It has to be location specific. The solution to any problem should not lead to a new problem,” he added. Asserting that his biggest achievement is bringing about changes in sanitation, he said, “Make running water walk.”

Role Models



Padma Shri awardee Shyam Sunder Paliwal, a former Piplantri Village Council Head in Rajasthan's Rajsamand District, began a campaign in memory of planting 111 saplings to celebrate the birth of every new-born girl. The Panchayat opens a fixed bank deposit account in the name of the new-born as part of the campaign. The parents of the girls are supposed to nurture the saplings and sign an affidavit saying they would not marry off their daughters before 18 or practicing female foeticide.

The Piplantri village has, as a result, survived Rajasthan's chronic drought and water scarcity thanks to the campaign. The campaign has also involved building check dams on the pastures on nearby hills to recharge the groundwater level under Paliwal leadership and turned Rajsamand into an oasis full of trees. "The handwork put in by the village and its people have paid off. The daughters have become self-reliant. The award by the government has honored us," said Paliwal.

Paliwal said the focus has been the girl child, water and trees, their protection and conservation. "We are now working on the development of pastureland and water conservation."

Children's Corner

Story From Mahabharata - Balaram



BALARAMA, the illustrious brother of Krishna, visited the Pandavas, in their encampment. As Halayudha (plough bearer), clad in blue silk, entered majestically like a lion. Yudhishtira, Krishna and others gave the broad-shouldered warrior a glad welcome.

Bowing to Drupada and Virata, the visitor seated himself beside Dharmaputra. “I have come to Kurukshetra,” said he, “learning that the descendants of Bharata have let themselves be overwhelmed by greed, anger and hatred and that the peace talks have broken down and that war has been declared.”

Overcome by emotion, he paused for a while and then continued: “Dharmaputra, dreadful destruction is ahead. The earth is going to be a bloody morass strewn with mangled bodies! It is an evil destiny that has maddened the kshatriya world to foregather here to meet its doom. Often have I told Krishna, ‘Duryodhana is the same to us as the Pandavas. We may not take sides in their foolish quarrels.’ He would not listen to me. His great affection for Dhananjaya has misled Krishna and he is with you in this war which I see he has approved. How can Krishna and I be in opposite camps? For Bhima and Duryodhana, both of them my pupils, I have equal regard and love. How then can I support one against the other? Nor can I bear to see the Kauravas destroyed. I will therefore have nothing to do with this war, this conflagration that will consume everything. This tragedy has made me lose all interest in the world and so I shall wander among holy places.”

Having thus spoken against the calamitous war, Krishna’s brother left the place, his heart laden with sorrow and his mind seeking consolation in God.

This episode of Balarama’s, keeping out of the Mahabharata war is illustrative of the perplexing situations in which good and honest men often find themselves.

Compelled to choose between two equally justifiable, but contrary, courses of action, the unhappy individual is caught on the horns of a dilemma. It is only honest men that find themselves in this predicament. The dishonest ones of the earth have no such problems, guided as they are solely by their own attachments and desires, that is, by self-interest.

Not so, the great men who have renounced all desire. Witness the great trials to which, in the Mahabharata, Bhishma, Vidura, Yudhishtira and Karna were put. We read in that epic how they solved their several difficulties. Their solutions did not conform to a single moral pattern but reflected their several individualities. The conduct of each was the reaction of his personality and character to the impact of circumstances.

Modern critics and expositors sometimes forget this underlying basic factor and seek to weigh all in the same scales, which is quite wrong. We may profit by the way in which, in the Ramayana, Dasharatha, Kumbhakarna, Maricha, Bharata and Lakshmana reacted to the difficulties with which each of them was faced.

Likewise, Balarama's neutrality in the Mahabharata war has a lesson. Only two princes kept out of that war. One was Balarama and the other was Rukma, the ruler of Bhojakata.

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Excerpts from the book “Mahabharata retold written by C Rajagopalachari”

Children's Corner

Panchatantra - Work Is Worship

Narada is a devotee of Lord Vishnu. But he wonders, if he is the greatest devotee. However, Lord Vishnu has an interesting take on devotion.

Sage Narada was devoted to Lord Vishnu. He used to go around the world, chanting his name, “Narayana, Narayana, Narayana...”

Once, Sage Narada met Lord Vishnu, “You are dear to me, Narada. I am happy with your devotion.”



“Does that mean I am your greatest devotee?” asked Narada.

Vishnu smiled and said, “No.”

Narada was now confused, “Is there someone who is a greater devotee than me?”

“Let’s find out,” replied the Lord.

It was early in the morning. Vishnu took Narada to a cottage, where they found a farmer sleeping. As the day broke, the farmer woke up, joined his hands in prayer and said, “Narayana, Narayana.”

“Watch this devotee the whole day and then come meet me” said Lord Vishnu and left.

The farmer got ready and left for his field. Narada followed him. The farmer ploughed his land under the hot sun the whole morning.

“He hasn’t taken the Lord’s name even once!” thought Narada.

The farmer took a break to have lunch. “Narayana, Narayana,” he said before eating. After finishing his lunch, the farmer continued to plough the land.

The next day, Narada met Lord Vishnu, “So Narada, do you still doubt the farmer is my greatest devotee?”

Narada was hurt, “Lord, the farmer worked the whole day. He took your name only three times – when he got up in the morning, before having his lunch in the afternoon, and before he went to sleep. But I chant your name all the time. Why do you consider him your greatest devotee?”

Lord Vishnu smiled, “I’ll answer your question in a minute. But can I have some water first? There is a lake on top of this hill. Please bring me its water in a pot. Just make sure you don’t spill even a drop of water.”

Narada went up the hill, found the lake, and filled a pot with water. Placing the pot on his head, he began walking, chanting, “Narayana, Narayana.” Then he stopped. “Wait, I must be careful. Lord Vishnu has told me that not even a drop of water can be spilled.”

Narada slowly climbed down the hill. All his attention was on the water pot. He took one step at a time, taking care that not a drop of water would fall from the pot. At last, he reached Lord Vishnu, standing at the foot of the hill. The sun was going down. Narada carefully lowered the pot and offered it to the Lord and then said, “Lord, not a drop of water was spilled.”

“That’s good Narada. But tell me, how many times did you take my name?” asked Lord Vishnu.

“Lord, my attention was on the water all the time. I could take your name only twice – when I started walking, and after I kept the pot down,” said Narada.

Lord Vishnu smiled. Narada realized that while the farmer had taken the Lord’s name thrice in the day, he had taken his name only twice! He fell at Lord Vishnu’s feet, saying, “Narayana, Narayana.”

Vishnu blessed Narada. “What is important is the feeling. I can feel that farmer’s love for me the same way as I feel your love for me.”

“And I can feel your love for all your devotees,” said Narada.

Thus, Narada realized that devotion means love for God. He also realized that God loves everyone equally.

Excerpts from the book “Panchatantra”

(Will continue)

Readers' Views

Issue of Value Insight – March 2021 evoked positive feedback from the Readers. Some of them are: -

Prof. Dr. Lalitha Mathew

Faculty & Member, Board of Studies CUSAT

Received and went thru' the March issue of Value Insight. It has come out very well. I appreciate everyone who must have worked hard to bring it out. Congratulations to all those who have made such a content & Value rich journal, a reality again. I am happy & proud to say that I am a part of one of the Committees formed by Sreedharan sir in Kochi. ...

Good wishes from our Kerala.

Kamala Mohan

Palakkad

Received your FRNV journal March 2021 issue. Thank you very much for including me in your mailing list. I find it very informative. Kindly send me the journal regularly.

N. Venkatesan

Dear Satish Kumar,

Thank you for the FRNV journals

These have come out very well in content. Your article on Digital Education is comprehensive, rich in data and suggestions. India should invest on Digital Education in a big way. Reading the article of JRD Tata, it took me back in my memory lane. I was watching a programme in Tamil channel few years back. A very eminent Tamil Cine Director was being interviewed. He was recalling his younger days when he went for training in Bombay Cineworld, with practically no financial support. One day as he was returning from Chembur studios, there was extreme rainfall, he was anxiously waiting for a bus to his hotel in Fort. In the blinding rain, a car stopped by him and the driver suggested to him to get in. With wet clothes, he got in and the driver asked him where he was going and destination Fort was mentioned. The Driver said "it is OK". When he was dropped in Fort, the Tamil trainee thanked his benefactor, was sorry for spoiling a new car and just blurted out "May I know your name Sir?". The driver said-"they call me JRD". It was inspiring to find JRD talk of Founder of Tata house as his inspiration.

With Best Wishes

Subhashitam

विद्वत्त्वं च नृपत्वं च नैव तुल्यं कदाचन ।
स्वदेशे पूज्यते राजा विद्वान् सर्वत पूज्यते ॥ ३०

**vidvatvan ch nrpatvan ch
naiv tulyan kadaachan
svadeshe poojyate raaja
vidvaan sarvat poojyate**

विद्वत्ता और राजसत्ता दोनों कभी बराबर नहीं होते । क्योंकि राजा अपनी राजसत्ता के कारण अपने राज्य या देश में ही पूजा जाता है । जबकि विद्वान् अपने ज्ञान के कारण सभी जगह सम्मान पाता है ।

Rulership and learning are not comparable any time. King gets respect from his own country whereas learned person gets it from everywhere.



" The 22.87 Kms long Lucknow Metro has brought glory and pride to Uttar Pradesh Govt. by being the only Metro in the country completed in less than 4.5 years. This was possible only due to the unique work culture of LMRC, based on PUNCTUALITY, INTEGRITY, high professional COMPETENCE and a commitment to serve the STATE ".

Dr. E Sreedharan
Metro man

LUCKNOW METRO: *City's Pride*

Salient features of Lucknow Metro project:

- The fastest constructed Metro Rail Project in the country
- Lucknow Metro has a network of 21 Metro stations comprising 17 Elevated and 4 Underground stations covering a stretch of 22.878 km
- Distinction for starting commercial operations for public on the 8.5 km Priority Corridor' from Transport Nagar to Charbagh on 5th September, 2017 in less than three years
- With the commencement of revenue services on 8th March, 2019 for the entire 'North-South' Corridor (Phase 1A) from CCS Airport to Munshipulia, Lucknow Metro has set a new benchmark among all the Metro projects across the country by achieving the landmark before the target date
- Provides state-of-the art, modern, world class facilities and infrastructure
- Lucknow Metro Rail Corporation is now Uttar Pradesh Metro Rail Corporation (UPMRC) and implementing Metro projects in important cities of Uttar Pradesh like Kanpur and Agra



Kanpur & Agra Metro Project:

- The civil construction of Kanpur Metro's priority corridor has been commenced on 15th November, 2019 and going at fast pace.
- Combined tender of Rolling Stock and Signaling for Kanpur and Agra project awarded in most competitive rates
- Civil construction work of Agra Metro Rail project inaugurated on 7 Dec 2020.



KUMAR KESHAV,
Managing Director

Awards :

- 'National Energy Conservation Award, 2019' by Bureau of Energy Efficiency (BEE), Ministry of Power, GOI
- International 'Royal Society for the Prevention of Accidents (RoSPA)' Gold Award, 2019.
- ISO 9001:2015, ISO 14001:2015, OHSAS 18001:2007 certified organization.



Uttar Pradesh Metro Rail Corporation Ltd.

(A Joint Venture of Govt. of India & Govt. of U.P.)

Administrative Building, Near Dr.Bhimrao Ambedkar Samajik Parivartan Sthal
Vipin Khand, Gomti Nagar, Lucknow 226010 Website: www.upmetrorail.com