

CHAPTER 10

HUMANITY, STRESS AND MISTAKE

"Your culture judge the humanity

While calmness judge your stress

And continuous dedication for work judge your mistake

But all three judge your personality"

HUMANITY

Before becoming an engineer, Doctor, DM (district magistrate), CM (chief minister), PM (prime minister) or employee of any company, it is important for a person to be a good human being. Every person must possess the humanity and emotions regarding every human being to understand each other.

Now, first of all, we should know what is humanity?

Feelings, emotions, helping others, well-being, nationalism, support to truth, spirituality, these all good habits make the person a good human being. In this cosmos, you find everyone is living for their own but rarest of rare are living for others or Nation.

In very lucid language, I would like to talk about the virtue of human beings which brings humanity within you as:

➤ **Control our ego:**

Sometimes it is observed, we show unnecessary ego to others without any reason, it brings down your attitude. Be proud of your achievements but never show arrogance. Always try to remain down to earth. Just due to the ego of Duryodhan Mahabharata had taken place, in which thousands of innocent people were killed.

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➤ **Before leading others lead yourself:**

Once we got the higher designation we start losing control over ourselves. Instead of behaving as a leader of people consider yourself as a caretaker of them and treat like friends. Once you lead yourself by default you start leading others. After passing a certain period of time we should analyze perfection and changes within ourselves.

➤ **Attitude vs Gratitude:**

A person's attitude plays a vital role in his behavior. Even the attitude of someone defines one's character. One should show attitude where and when he deserves like the attitude of making concentration during the classroom, the attitude of not bowing in front of everyone, the attitude of achieving the goal and destination, and remove the habit of leaving the work in between.

Now let us talk about gratitude, it shows respect to someone other. We must always respect our elder, worthy personality, scholar person, and neither hesitate while appreciating others nor feel embarrassed while learning from younger. By our gratitude, we shall get something from others but your attitude of arrogance obstructs you from doing so. Definitely everyone has the feeling of self-esteem but when you are learning something at that point of time you are a learner other one is a teacher, so keep your ego aside.

During our college or further in life, one should also be a good social worker or volunteer because we are the fundamental units of nation if we work for the welfare of society as a teenager the nation will be progressive, well-shaped, innovative and developing. We heard about the death of children due to famine, malnutrition, and undernutrition. To overcome this problem why not we for the sake of nation take a step to work physically, mentally and economically to find genuine solutions to such a problem.

Another serious problem is molestation, publicly assault, exploitation, group rape of women.

We should raise voice against such merciless treatment with women. Some cases like "Nirbhaya case" and "publicly misbehaving with women on New Year celebration in Bengaluru". Ultimately thing is simply being human, we will get bliss by stopping such assaults and provide save society for women. By doing such deeds we contribute to a nation to make it happy and prosperous.

Especially when there is a good platform for a college student to be a part of some welfare organization like "HELP FOR HUMANITY" (H4H), "INSTITUTIONAL SOCIAL RESPONSIBILITY" (ISR), "NATIONAL SERVICE SCHEME" (NSS). Being a citizen of this country isn't just to enjoy our rights but also to become responsible in doing our duties.

MISTAKE

If someone makes any fault unintentionally is called mistake but frequently some fault is repeated is called a thoughtlessness. There are some common mistakes which we do during our young age, especially during teenagers.

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The need is to know, what are they?

Sometimes we feel that we are leisure but actually not, and our mind gets diverted in a different direction like start using drugs and become addicted to drinking, smoking, cocaine, heroin and many more drugs, which in return just spoil our body nothing else. Some of them aware about everything that it will produce adverse effect on their mental level as well as destroy the future, reduce thinking power even that they become addicted to it, need is to take decisions sensibly and follow the genuine path.

Another fact is attraction towards girls and vice versa, especially during college life. This game of girlfriend and boyfriend will give you short term pleasure only for you but what about them who are sitting at home and have a lot of expectations from you and credit money every month before time, so that you should not suffer. But if you achieve some achievement by use of time and hardworking definitely you will get long term pleasure in your life. We have to control ourselves and our feelings for our bright future and when the time comes to enjoy.

EAT FOR LIVING

Many people are fond of eating but while eating they forget about body and health, how does this food like fast food and junk food and did not care about its effect on the body and take them unnecessarily. But apart from this, it is necessary to know and keep in mind “we eat the food for living and not live for eating” while going through the illustration, most of the people go in marriage to eat not for the enjoyment they focus only and only on food how delicious it is. Actually many people have a desire that there should be also packing facility so that they can take away to their home and eat for the next two days. Need to do is to change ourselves with new thinking.

SLEEPING

Now the next problem is sleeping.

Yes, it is necessary to have the sleep of 7 to 8 hours daily, to give rest for our body is a normal human being. On the other hand, it is also true that you achieve spiritual knowledge and comfort for your sense organs then definitely you will live for a long time without food and sleep. Thing is simple that we should not waste too much time sleeping.

YES LAUGHTER IS GOOD MEDICINE

Last but not least is an extra comedy and laughing sometimes it is also hazardous for us. Many times we used to laugh on unnecessary on stupid things which have no connection on jocks and punch and loses sincerity in our life. Your sincerity will decide your character then another person will give you responsibility and chance to speak.

Ultimately conclusion is that we have to be aware of our mistakes before time because there are certain things which have no space for mistakes always learn from the mistakes of other than you will learn fast and smartly.

STRESS

Stress is not only limited to the mental level but anything which diverts you and create the obstruction in your path becomes the cause of stress. But we must know how to manage the stress in our life. Stress is due to secretion of adrenaline hormone which creates mental, emotion, Physical and irregular body working. Now first we talk about the causes of stress it increases the infertility and anxiety level and decreases working efficiency.

How to identify stress?

It can be easily judged by the reflection of gestures, situations, activities, relationships that cause 'trouble' to one's physical, emotional or psychological level.

The common situations when people suffer from stress are:

- **Examination Time**
- **Break up**
- **Illegal works**
- **Speaking lie**
- **Finance problem and living standards many more.**

An important aspect is how to manage stress?

We can easily handle the stress once we control over our mind and not leave alone to yourself always remain with friends, used to visit some mole for movie and shopping, talk to parents, listen music, change your daily schedule with new planning give time to yoga, exercise which can change negative to positive thinking. Take the help of nature how nature guides us.

The most interesting thing is to go for a 3 to 5 days trip and enjoy over their leaving behind everything whatever happens with you like anxiety, pressure, tension, and break up and all. Stress can never rise up due to examination if you work previously for it. Even though mediation helps you to overcome stress. Some key ways to overcome the stress

- **Get organized**
- **Set short term goal**
- **Set long term goal**
- **Use a planning, daily schedule and "To Do" list. If you are suffering from stress go through such task which can give you internal bliss.**