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LEARNING

TO BUILD

A

**BRIGHT
FUTURE**



for youths

PREFACE

Our present generation is generating their own ideas about living and life with no demarcation between the two; they believe in 'eating, drinking and be merry' as a style of life.

Their growing tendency is to mingle love with the material prosperity and so, they talk much about money. That's why most of the youngsters are attracted to that education which could fetch more money and power to them. It's true that money is for material prosperity, *i.e.*, living, but love is for spiritual prosperity, *i.e.*, life. In other words, money is to make a good living but not a life. To be an absolute winner we have to be practical and methodical in our approach.

Life and living of human being are two different things : living means the following of your 'daily routine – whether pleasant or unpleasant, and is, therefore, mainly for present, whereas life, being the real and infinite, is for a long run and, therefore, it is meant for progress and peace. Life is to excel that can be possible when you love your life, not living. In fact, life is a journey like the ocean, which begins even before we realize that it has. The transformation of a child into an adult over the years cannot be explained in words, and one has to feel the slow changes taking place in the person. As such you cannot draw a parallel between living and life.

**Life is not only to be alive
but to be enjoyed,
to be shared with others
and to be satisfied.**

Hence, the initial thing you need to learn is the art of living and leading a positive life, which is a part of true education.

Our present educational system is such that it mostly imparts the bookish knowledge to young students, which is confined to make their living only. But to make a real life they also need to learn the processes of their own thinking, feeling and action, so that they can increase their intelligence and wisdom. The instrument of knowledge enables a student to gain mastery over technical skills in the field of his study, while intelligence is born of observation and self-knowing, and that too outside the class-room. He should become a man of 'matured' mind to understand the people who are living on earth, so that he knows the realities of a human life and be able to face the unforeseen challenges, in order to make a bright future.

Learning comes only when there is no fear of authority and/or competition and human mind is fresh and young, and it does not say

‘I know’. Acquiring knowledge is one thing and learning is a different thing that is endless. To get learning you primarily need to develop the learning tendency in your heart and mind, and only then you can learn about yourself, enhance your wisdom and intelligence and make a complete personality. Mere acquisition of knowledge is not the solution of every problem but the learning tendency is. A great scholar has said, “An educated man has the ability to make a reasoned guess on the basis of insufficient information.” This is precisely the point at which true education comes in and goes far beyond class-rooms. A person having a learning tendency makes a bright future, *i.e.*, a happy and peaceful life.

Hence, the object of writing this book is to enable the young students to get learning of certain things, which are of prime significance but are not taught in schools at present, for building a bright future.

On reading the contents of this book you will find that all vital points of learning are well covered. They are supported by examples, charts, illustrations, tables etc., wherever necessary. The first learning begins with the concept of love. Love is the most powerful force in life, enabling one to become a perfect human being – that is, one who cares with affection and loves others living on earth. So that the children cultivate the habit of loving people, I have tried to explain the whole concept in form of Q. & A. through illustrations (page 33-42)

Teachers teach and parents guide their children, and as such both play an important role in their development. I have, therefore, put some suggestions for consideration in chapter 10.

At the end of book, eleven tables, self-evaluation, subject-wise index of thinkers followed by list of examples and ‘about the thinkers’ are also given for the benefit of students.

I am confident that this book will serve as a roadmap for young students in building their bright future. I request them not to read the book casually like a novel, rather they read it with interest like a course-book at leisure and at peace, free from routine disturbances and distractions, so that they understand well what is learnt and practice the same in their daily life. Only then I will consider it a true reward of my writing.

In the end, I am grateful to my friends, Mr. Rajendra Khandelwal and Mr. B.D. Agarwal for some suggestions given to me while writing this book. I also thank my dear niece Priyanka Choudhry for her general assistance in proof-reading.

With best wishes,

—Radharaman Agarwal

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On Education

What is education? A parcel of books? Not at all, but intercourse with the world, with men, and with affairs.

— **Edmund Burke**

The great task of education is not merely to collect facts but to know man and to make oneself to man.

— **R.N. Tagore**

The modern philosophers and educators regard education as of prime significance, which is central to the transformation of the human mind and the creation of one universal culture and religion. Such a fundamental transformation can only take place when the child, while being trained in various skills and disciplines, is also taught the processes of his / her own thinking, feeling and action - all independently. But the present system of education in our country is such that in a school the mind is crammed with bookish knowledge and facts before it knows how to think. **Swami Vivekananda** has, therefore, said—

“Control of mind should be taught first. If I had any education to get over again and had any voice in the matter, I would learn to

culture and others. School is the right forum where the young minds should be taught the fundamental principles of co-existence.” Truly, whatever be the religion or whatever be the language, it is the religion of love or language of love that must bind the humanity.

There is a total lack of consistency between the human being and the society, since our present education widened has the gap between rich and poor. The increasing poverty, hunger and violence are forcing man inevitably to face the realities of the human situation. Hence, at a time like this, a new approach to education is truly necessary.

Approach to Education

Shri Aurovindo (Maharishi) has said - *“An education that confines itself to impart knowledge is no education.”* Such an education has produced a vast population able to read but unable to distinguish what is worth reading. Obviously, education is not only learning from books, memorising some facts, just to pass examinations, take a degree, get a job and settle down, but also learning to be able to listen to the birds, to look at the sky, to see the beauty of a tree, and to feel directly in touch with them. Besides these, we should be able to understand the people who are living on earth, so that we come to know the realities of a human life. As we grow older, that sense of listening, seeing and observing disappears; because we have

“Education consists mainly in what we have unlearned.”

Things we are not taught in School

> Learning of personality development for every student is very significant, which is not included in our present educational system. Personality is a dynamic force that determines one's success or failure in life. It is the sum total of internal and external qualities of a person consisting of physical and mental traits. External qualities (like colour, looks, dressing, style and communication) make a pleasing personality, which is necessary for making a good living; but the development of internal qualities, such as integrity, honesty, character, self-confidence, self-respect and others, make your personality 'dynamic', so called the 'positive' or 'complete personality'.

Charles M. Schwab has said—

“Personality is to a man what perfume is to a flower.”

> It does not teach the students how to face the realities of life in order to live happily and peacefully. The present education imparts the bookish knowledge, which the students store in mind and use it to pass the exams only. This knowledge is good for making a living but not a life. About the life, **H.W. Longfellow** says—

*“Life is real ! Life is earnest!
And the grave is not its goal.”*

An example will be worth quoting here to know what the patriotism is—

- Once **Swami Ram Tirth** was invited to visit a school in Japan. He affectionately asked a child of that school, 'which religion do you belong to?' He respectfully answered, 'Bodddh religion.' Swamiji again questioned him - 'what is your opinion about Buddha?' The child replied, 'Buddha is our God.' There- upon Swamiji further asked : 'Well, now tell me about Confucius.' He prudently answered: 'Confucius is a great saint.' Now Swamiji put his last question - "Listen, children! if a foreign country sends its army to attack on Japan, and the army's commander is Buddha or Confucius, at that time what would you do in defence of your country?"

Having heard so, that child lost his temper and spoke : 'I'll cut down the head of Buddha with my sword and trampled Confucius down with my feet.' On hearing such a patriotic reply from a child's mouth, Swamiji gave him a big round of applause and said—

"A country of such patriotic children can never be enslaved and nobody can check its progress."

Lord Byron has said —

"He who loves not his country can love nothing."

● True Education Lies In Learning Tendency

When I was a boy, I used to think that when one would grow up and know all the answers, at that point one's life would be easy. After I became adult and completed my education, I learned that moment of certainty would never come. Now I have discovered that every person is different and no one can ever be right, or know all the answers all the time.

A great scholar has said, "*an educated man has the ability to make a reasoned guess on the basis of insufficient information.*" This is precisely the point at which true education comes in and goes for beyond class-rooms. True education means :

- > Experience
- > Faith
- > Understanding
- > Courage
- > Independent thinking, feeling and action.

These are the qualities which translate class-room knowledge into wisdom and intelligence, provided you develop learning tendency.

But do we really know what love is?

Well.... Love is an attitude

- ▣ towards the people.....
- ▣ towards our nation.
- ▣ towards one Universal Religion
- ▣ towards
the world



2. Do we need love?

Yes, we do. We need
to receive love in
order to
grow....



.... and also to give love
in order to feel alive.



Remember, one thing is sure !

If we do not give and receive love,
we cut ourselves off from life.





Personality

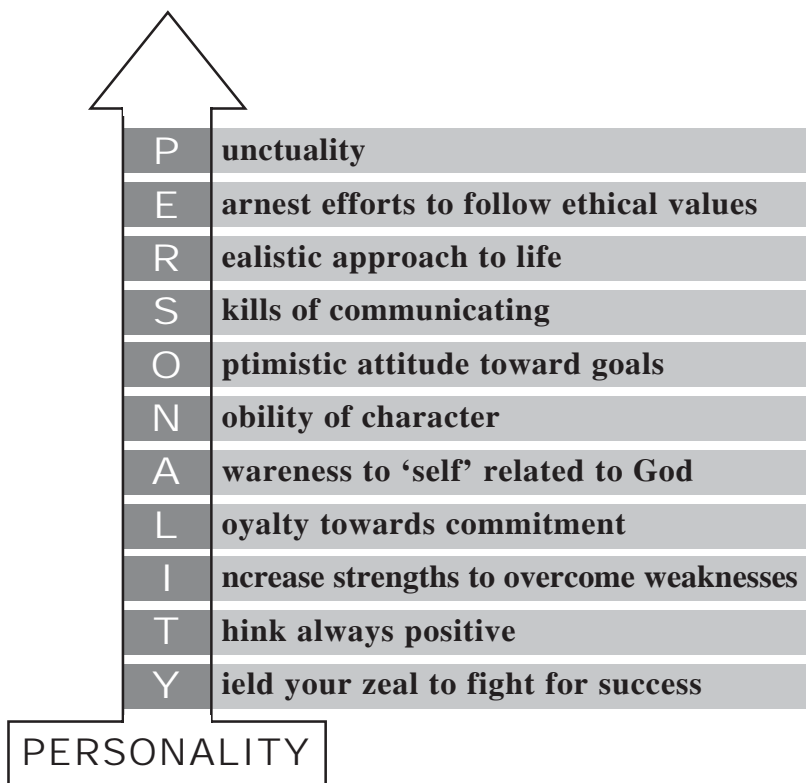
Recently I had an opportunity to meet and discuss the subject of personality with one of my friends, who had studied in California (U.S.A.) for five years, and I was little surprised when he said, “the biggest load you are carrying in your life is ‘PERSONALITY’. He explained : “we blame so many things for our heavyness, such as our —

- > Work
- > Relationship
- > Problems
- > Future plans
- > Desires
- > Expectations, and so on.

And it's only personality that cuts you off from your natural joy. Personality is not your protector, it's destroyer. It becomes dictator and deprives you of your character. Though, personality does have its place and role in life, yet it makes a rotten master but is a good servant. Hence, it's safe if you dismantle your sense of personality in order to enjoy the natural joy.”

Can anyone of you agree with the above views? Some of you can, however, feel to arrive at this situation when you—

diagram*—



Remember...

The secret of success behind the great people, who so far have been in this world, is not solely that they were born with the immense talent or resources but, in fact, that they owned the impressive personality. A few of such examples are given herebelow :

- ❑ **Lal Bahadur Shastri** often had to swim across the Ganges river so as to reach his

* For details please refer to the Writer's book 'Positive Personality'

Remember...

Victor Hugo has said—

“People do not lack strength, they lack will.”

In the absence of a firm will-power, negative thoughts enter in your mind, which result in an adverse effect on the strengths within you. In this reference, an illustrious example of Arjun is given here from Mahabhart—

■ “After taking an overview of the warriors of both sides - Pandavas and Kauravas - assembled to fight in the battlefield of Kurukshetre, Arjun was affected by ‘delusion’ that his respectable elders, teachers, relatives, friends and well-wishers would be killed by his engagement in the battle and, thus, his sinful action would deviate him from the path of elevation. With such a negative approach, he felt so much upset that he threw aside his ‘gandiva’ bow and arrows, and sank into the hinder part of his chariot, like a coward man.”

Now, the question is — what was that happened to Arjun, he did so? The answer is simple; his will-power was not strong enough to sustain his self-confidence and courage toward the aim to fight and win the battle. Being present on Arjun’s chariot, Lord



Power of Mind

Realize the power of mind

The power of mind wins over all physical weaknesses. Its excitement is so great that it seems like a ripple of electric - waves in our body. Those who play roles in theatre are very aware of the mysteries of mind - power. Once a stage artist hinting on the fact side :

“We never fall sick because we do not wish to feel sick. We have a determination to perform our show on the stage at night, since we know that thousands of spectators must be eagerly waiting for our performance, and this very thought keeps diseases away from us. Even if we become the victim of some terrible disease, but once we are on the stage, we forget the pain of that disease as we have a strong will - power to play our role under any circumstances. This sense of ‘must’ keeps us active. So, tell us now, how can the disease stand against the firmness of our mind?”

In this context, we take an example of Henry Irving :

■ **Henry Irving** was most popular artist of his times in America. Due to excessive hard - work, his health began to deteriorate. Despite the growing

born in the form of **Kalpna Chawla** in Karnal, India. At the tender age of thirteen, she had set a goal of her life, and that was to become a 'Aeronautical Scientist.' Despite the tremendous resistance from her parents, she obtained the Bachelor's degree in Aeronautical Engineering from Punjab and left for the U.S.A. She courageously dedicated herself in making a successful career in that field, and ultimately, in 1997, Kalpna was chosen for NASA. Her dream was materialized on 16th January, 2003, when in a spacecraft she flew into space. Unfortunately, her spacecraft disintegrated while returning to the earth. Kalpana Chawla will always be remembered for her keen interest, courage, strong will-power, determination and dedication, and be the source of inspiration for the youth.

Points to Note :

- a) An ambition is directly related to one's inner desire. You can not go against it for long. One day your interest will drag you towards that. So it is better that you keep in mind your interest from the very beginning.
- b) If somebody tries to pull you apart from your interest, it means that he / she is envious of you. Hence, you should ignore such people.
- c) Choose your work with care. See that it's matching your interest.

Advice to Young Students :

You should watch your interest from your school days. You should listen to the songs of birds, look at the sky, stars and moon, see the beauty of trees, flowers and of other things on the earth. By doing so, you come to know precisely what your tastes are and where they would take you in life, thereby you would be able to develop your real taste into a particular interest, like Kalpana Chawala, who had developed her particular interest in aeronautics at the age of thirteen.

Fashion designer, **Raghvendra Rathod** says - *"When I was in New York, there was a grand building near our school, housing the offices of world - class designers. I always used to dream about entering and sitting in one of these offices. This thinking inspired me to rise in the field of fashion designing."*

So develop your interest in a particular field and concentrate thereon during your school days, so that you are able to build a successful career in your life.

Remember...

Focusing energy on your interest will yield tremendous result. **Sachin Tendulkar** is a shining example. When he was in school, he saw his interest and accordingly diverted his energies on cricket, and now you see where he is today.

Develop your Brain - Power

Everyone knows that to keep the body healthy and fit regular exercise helps to a greater extent. Similarly, your brain too needs exercise to stay in top working condition.

First, let us understand what happens in the brain. The brain is a network of nerve cells which communicate with each other via chemicals called neurotransmitters. For two opposite cells to talk, the first or one has to release some neurotransmitter, the second or other one has to receive it and the first has to take back whatever the second is unable to consume. And if first fails to take that back, it results in depression. Depression is a genuine illness and hence to be taken seriously.

Now, understand what is the reason of depression ? It is caused by being in the present but thinking about future. In fact, it splits in your thinking that separates you inside from outside.

Solution : Ask yourself what problem you have right now, not five minutes later or tomorrow, or a year. Concentrate what is wrong with the moment. You can cope with the now, but can never cope with the future. Hence, come into the present moment, not past and not the future.

Remember, today we search outwardly for

Intelligents...

They draw conclusions.

They are sufficient.

Make peace with friends.

They try to make their children like them.

They are more inclined towards their own interest.

They concentrate on other's faults.

They may deceive others to achieve their goals.

They make a 'living'.

They prefer 'nice'.

They opt for material gains for prosperity.

They think that 'peace' is valuable than a 'piece of land'.

They judge the price of a person.

Intellectuals...

They find options.

They are efficient.

Make peace with enemies.

[**Example** : American President, Abraham Lincoln's principle was: 'If you want peace, talk to your enemies, not friends.]]

They know that child is a best teacher of creativity. Hence, they don't enforce child's mind to follow and accept their ideas.

They concentrate on other's interest.

They concentrate on remedies.

They don't deceive. They know, honesty is a 'habit', not 'convenience'.

They make a 'life'.

They prefer 'right'.

They give upper hand to peace.

They think that peace is much more precious.

They judge the value of a person.

capital for five years before he died as bankrupt.

- The greatest 'bear' of wall - street, New York, Jessie Livermore, committed suicide.

Having read the above examples, one should, however, not fall on the impression that money is the root of all evils. This is false, not true, As said earlier, money fulfils all our material and physical requirements. It is only a medium of exchange in life.

Our life is like a wheel with eight spokes, which represent the eight attributes, as shown herebelow :



Winner says...

- * Let us find out.
- * Let me do it for you.
- * I'm good, but not as good as I ought to be.
- * It may be difficult but is possible.
- * There ought to be a better way to do it.
- * When a winner makes a mistake, he says -
'I was wrong.'
- * A winner makes commitments.

Loser says...

- * Nobody knows.
- * That's not my job.
- * I'm not bad as a lot of other people are.
- * It may be possible, but it is too difficult.
- * That's the way it has been done always here.
- * When a loser makes a mistake, he says -
'It was not my fault.'
- * A loser makes promises.

Remember....

It is a 'thinking school' that creates the students of learning habit. Such students are good listeners, and good listeners are always successful. When teachers come together with students and have free exchange of dialogues, the students gain self-confidence and reform their mistakes with courage to face a situation.

Today's world calls for partnerships, alliances and co-existence, since it is of challenges,



Learning (3)

19. Develop the Nature of Enterprising

In modern civilization it can not be possible for anyone to depend on others. The time has gone when a person was feeding many people in his family, because their wants were limited and they were leading a very simple life. Now the situation is absolutely different, and one has to be of the enterprising nature in any field, in order to enjoy a happy independent life. If you develop this nature during your teens, you will cut your facing much struggle after completion of studies.

In any American cities one can find young students (even if their parents are rich) doing part-time jobs like distributing newspapers, cleaning lawns, washing cars etc., on Saturday and Sunday. They understand that to learn earning is the hardest part of life.

But, besides money, they understand that money is for living and is not a life, as earning bread is not the destination. Their thinking is how to honour one's sentiments and labour, marketing skills, proper use of loans, honesty, openness etc. Moreover, after completing studies and courses, an American student does not have to fight for living as we Indians have to face.

- > Practice self-control.
- > When cool down, express regret for what you said in anger.
- > Do not make unnecessary comments.

(5) Give it a right direction :

- > When in anger, get yourself busy in some other work or divert your mind.
- > Listen to music, play or go for a walk.

(6) Keep your body and mind healthy :

- > Take a light exercise or meditate.
- > Take a simple and light meal.
- > Do not let tensions dominate you.
- > Use your leisure-time in some constructive work, so that negative thoughts do not enter in your mind.
- > Keep your daily routine well organised.

(7) Develop a hobby, like :

- > Music, painting or acting, according to individual interest.

(8) When in anger, start imagining, like :

- > I am riding a bicycle.
- > I am in a swimming-pool.
- > I am standing in hot wind.

(9) Make a firm resolve, e.g. -

- > Loosing temper is sinful.
- > God is watching him (as Plato said).



Learning.... (4)

23. Add something more to achieve excellence

● Know your Guts :

Many doubts and queries might be arising in your mind from time to time. If so. analyse them, understand them, and only then you can take adequate steps for solutions and move forward towards your goal. If you have **guts**, then **fortune** is with you.

The word 'FORTUNE' is composed of seven letters. By analysing them you find the elements of 'fortune' as under :

F	—	Fidelity to work
O	—	Obeisance towards objective
R	—	Run for the rank
T	—	Tackle the goal tactfully
U	—	Utilize the knowledge and wisdom
N	—	Necessitate the nobleness
E	—	Earnest efforts with enthusiasm

'Fortune' helps you only, when you—

- > **take action at the appropriate time;**
- > **utilize your knowledge and wisdom**



Effective Time Management

Someone has said —

“You either master time or it masters you - it comes down to that. Fortunately, you do have the upper hand, for the first move is yours.”

Before we proceed to our main subject, let us see what exactly time is. Dictionaries define it as *“every moment there ever has or ever will be.”* This doesn’t really help us understand that object because that seems to slip out of our grasp each time we think.

Many insist that “time is money”. Actually, time is more than money : time is life! It is totally perishable! We can’t store time, we can’t borrow it, we can’t lengthen it, we can’t even work hard to earn more. The only thing left for us to do with time is *invest* it wisely and hope to receive a high return on our investment. When we waste time, not only are we wasting money, but we’re also wasting our lives.

Now it’s time to know the views of some great thinkers here :

“Time goes, you say? Ah no! Alas, Time stays, we go.”

—Austin Dobson



Parents and Teachers, Please...

Parents must Know

● **About a Child :**
Child*

The heart of mother
and future of father,
is innocent, so mild
that he loves all,
and enemies fall.
He grows with smile
rose a like,
looks ever bright
as the sunlight.
Is so kind in nature
that gives one flavour
in thoughts and deeds
for the universal creed,
So God acclaims
Child is the father of man.



- **Our child is speaking, but how many of us are listening !**
- > ***Don't spoil me.*** I know quite well that I ought not to have all that I ask for !
- > ***Don't correct me in front of others.*** I'll take notice, if you talk quietly with me in private.
- > ***Don't protect me from consequences.*** I need to learn the painful way, sometimes.
- > ***Don't be inconsistent.*** That completely confuses me and makes me lose faith in you.
- > ***Don't put me off when I ask questions.*** If you do, you'll find that I stop asking you and seek my information elsewhere.
- > ***Don't make promises.*** I feel badly let down when promises are broken.
- > ***Don't forget how quickly I'm growing up.*** It must be very difficult to keep pace with me. But please do try.
- > ***Don't forget that I love experimenting.*** I can't get on without it, so please put up with it.

Five Top Tips For Parents

1. Giving up to child's obstinacy is the worst attitude. Children have no idea of self-discipline.
2. Just check who holds the T.V. remote control at home. Encourage your children to control themselves the excessive T.V. viewing. To start with, children can —
 - * enjoy a whole weekend in a month or fortnight with friends instead of watching any television
 - * selectively watch two hours of programming one Saturday and Sunday in a fortnight
 - * have an option to watch one high quality video per weekend during another month; [The video has to inspire, inform, reflect history, be biographical, or be otherwise of social awareness.]
 - * return to, or develop, hobbies such as stamp collecting, playing a musical instrument, or playing word game on the alternate day of week instead of tuning on a television.
 - * attend sporting events, if possible, rather than viewing the same type of event on television.
3. If children do not see any change in you, they will not change. Change is necessary for progress and development.
4. Do not encourage your children to lie for you if someone knocks your door, e.g. saying that 'father is not at home' and so on.
5. **Emerson** said - "*What lies behind us and what lies before us are tiny matters. What lies within us is supreme.*" It means, you should guide your children to make a life, not a living.

For Young Students :

Table - I

Personality Development Techniques- Power Tips

1.	Set an objective of your life —— the foundation of Success.
2.	Positive thinking gives rise to hope and where there is hope, there is success.
3.	Negative thinking results in hopelessness, lassitude, escapism and other psychological problems.
4.	Moral values make your mind sound and concentrated. This gives rise to a positive outlook.
5.	Balance makes your life positive.
6.	An aimless person is always a drifter.
7.	Do not let frustration overpower you. Instead get involved with social work.
8.	Direction, Dedication and Determination — these make your will-power stronger.
9.	You set one objective of life, which is attained by realization of goals. Remember , first one goal is achieved, then comes another.

Table - III

Ten Significant Tips of Time Management

1.	Make a realistic time-table to organise your daily routine.
2.	<p>Develop the habit of rising early and start your routine with punctuality.</p> <p>Russian King, Peter the great, used to get up very early.</p> <p>Columbus had planned to commence his journey to America in early morning only.</p> <p>Nepolean set off his journey for victory in early hours of the morning.</p> <p>Sir Walter Scott, a great writer of England, used to rise at 5 A.M. daily so as to finish most of his work of the day before his break-fast.</p> <p>Pt. Jawahar Lal Nehru used to get up in Brahma Muhurta and attend to his letters.</p> <p>Our ancient scriptures also advise an early rise that makes one agile, enthusiastic and energetic.</p>
3.	Make clear in your time table about the work to be carried out and at what time. Also give a break of 15 minutes between two tasks.

Table - XI**Body Language**

Body language is one of the kinds of communication and in the modern age it is considered to be an important quality in the development of personality. It is known as non- verbal communication. In this technique symbols and signs are used to understand the feelings of a person. **Charlie Chaplin** was expert in the art of non-verbal communication. In those days, this was the only method of communication on screen, and one who excelled in this technique was supposed to be an excellent actor.

The use of body language depends upon the speaker, listener, circumstances and emotions. A few examples of body language are given in this Table :

Signs/Symbols		Meaning
01.	Raising eyebrows	Effort to understand
02.	Curving eyebrows & raising.	Disbelief
03.	Making eye-to-eye contact	Faith and self-confidence
04.	Pointing out with eyes.	Indication towards a specific fact or thing.
05.	Striking the forehead with palm	Forgetting something

About the Book

This book is indispensable for young students
to learn certain things which education does not teach them in school
for building a bright future.

- Acquiring knowledge from text-books is not a real learning. You also need to learn how to think, feel and act - all independently, so as to increase your wisdom and intelligence.
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Remember...

"It is impossible for a man to learn what he thinks he already knows."
– Epictetus

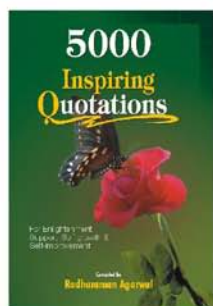
About the Author



Born in Agra, Radharaman Agarwal is presently in the profession of management consultancy. As a thoughtful writer, he regularly contributes to leading newspapers and periodicals, and has written several books on personality development, self-improvement, management and general subjects, both in English and Hindi. Among his Best Seller books are: 'Dynamics of Personality Development', 'Achieving Goals' 'Real Success' and 'Basics of Success'. He also writes poetry in his own style in both languages. His writing is simple but rich and meaningful to the readers.

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