

The background of the cover is a vibrant illustration. At the top, a bright yellow and orange sky features radiating sunbeams and two white birds in flight. A silhouette of a person stands on a dark, jagged mountain range, with arms outstretched towards the sun. Below the mountains, a lush green field is visible, with a light-colored path or road curving through it. A simple wooden fence runs along the right side of the path.

YOU THE YOUTH

- a book that is socially social

*Written by
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Dedicated to every soul that is beseeching to fulfill their purpose.

PREFACE

I am indeed happy to write this book titled “YOU THE YOUTH”, which is a very important book for every individual who is entering into the youth phase. The youth phase, which is considered to be the most energetic phase, has the potential to accomplish many great things in life, but unfortunately the youths were illustrated with a highly illusionized life in this phase due to which they have distracted to a very great extent from the purpose of their life in this phase. This phase of life was always cherished and remembered to the individuals entering youth phase by the just entered individuals of the adult phase. They always used to say that college days are the most blooming and pleasant days in their life and every single minute was fascinating. Have you ever heard an individual who has just entered the adult phase guiding the individual entering the youth phase, telling them that only what you learn, understand and accomplish in this phase will decide your destination in your adult phase? Have you ever heard them saying that, this phase is filled with energy and you can achieve anything that you want in this phase hence orienting all your energy in a progressive manner is very much important? Have you ever heard them saying that, you can even reach the stars in the neighboring galaxy if you have a planned action in this phase? Did anyone ever hear any of your elder brother, sister or anyone in their age orienting you this way?

The answer I would get everywhere is NO, but the fact is this. All your energies have been wasted in an illusionary world making you like a goat one amongst the heard. Even in the heard of sheep, each would have a unique talent, but you were all made as identical robots because you never got a space to act originally, our originality was never valued and all that got recognition was the trend. When IT field yielded pocket full of salary you were all made to become an IT engineer, when MBA yielded pocket full of salary you were all made to become an MBA graduate, then HR and then what was in the trend yielding handful of money. What is the difference between an ATM machine and yourselves?

The unique talent possessed and the purpose for which you were sent to this world are all vanishing in the race you have been set behind earning money. The purpose of the designation can be fulfilled only by the individual whose soul is in it. It is because of this you have inefficiency in all spectrum of profession. This phase of an individual is very much important and orientation to this phase is very much necessary for a better global society. The youth as a global citizen have a very great and a wide responsibility.

In this rapid, complex and world of blind people a book like this is very much necessary for every youth entering into a new paradigm of life. This book is structured in way which will not spoon feed everything to the youth but will make them think and analyze. The entire book is structured not in dizzy paragraphs but in bulleted points to enhance the fixation of the reader and this is a book that is socially factual.

Let us all wish for the world to turn into positivity and into progression very soon, fueled by the energetic souls for an uncorrupted, peaceful, organized, progressive and oriented global society.

“Nothing in the world is more dangerous than sincere ignorance and conscientious stupidity.”

- Dr.Priya Prabhakar

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CHAPTER ONE –INTRODUCTION

✳ Human life can be divided into three principal phases- childhood, youth and old age. The period from birth up to the age of 15 years can be termed as childhood; that from 15 to 25 years of age can be called youth, while the period from the age of 26 till one passes away constitutes middle and old age. There has been an interesting debate-as to which of these three periods of human life is the best. Some argue that the childhood is the supreme period as it is free from worries; others feel that that the youth is certainly the best because of enthusiasm, power and health it provides; still others prefer old age because it is associated with maturity, wisdom and ability to understand life better.

✳ Youth life is said to be the most blooming and is regarded as the most enjoyed phase of a human life. Every adult who have crossed this stage will always cherish their youth phase and would advise the younger generation to make this phase a beautiful one and the individuals who are to enter this phase will be yearning and dreaming a lot about this phase. Unfortunately it is a fact that all those dreams are misconceptualized pattern of life in this phase and have ended up in this mess.



✳ The individuals who have just entered the adult phase focused and cherished much on their part of enjoyment and the fun they had during this stage rather than their academics and accomplishments. This was basically due to the environment they had those days.

✳ The societal setup then was restricted and there was a hold everywhere to the youths by the elders but now every elder in the society are busy in their own professional work and the life in this time requires both the male and female member of the family to work and hence

it is that only in this phase the individuals are undergoing several difficulties put forth to them by the society in the present.

✳ The things regarded as enjoyment by the individuals in this phase are truly not what enjoyment actually is. They are making their future complicated by unnecessarily involving themselves in an illusion, brought to them by their misunderstanding and the youths now are widely scattered and are travelling in the path which was not paved morally for their phase which connectedly takes the rest of their life in the same path. In some cases individuals are put forth under great pressure to bring themselves back into the morally laid path when their path of illusion doesn't meet with the reality of the corresponding opponent.

✳ Ages ago, even before the advent of democracy, great masters all over the world had acknowledged the potential of the youth in shaping the destiny of a nation. These masters, within their respective social and cultured background, very carefully sow the seeds of wisdoms in the mind of children to nourish them with their experience, and phenomenal efforts.

✳ They tried to make the youths matured not only biologically but also in an intellectual, emotional, imaginative and spiritual spectrum and above all blessed them with a vision for the future. The whole exercise was based on mutual trust and respect; those who showed the way were sincere and those who followed were trustworthy.

✳ During the second half of the nineteenth and earlier half of the twentieth century, the current of freedom struggle swept the entire energy of the youths. When Swami Vivekananda proclaimed to the entire world the richness of culture, Young Turks like Bhagat Singh and Udham Singh showed the bravery of youths. Inspired by their education, many of them had participated in social reform movements to fight against the inequalities and superstitions.

✳ Now, at the dawn of a New Millennium, with our growing population crossing the one billion mark, the present day culture of the younger generation is worth analyzing. In contrast to the monolithic viewpoint in the pre-independence era, youths today represented diversified ideas. Some of them nourish great values and ideals and are concerned about themselves and the society. But most of them are over ambitious and confused. They lack a vision for the future and are driven by momentary pleasures and passions.

✳ The youth today are becoming more and more attached to their technology. Relationships are being built online or through phones. Keyboards and keypads are becoming the keys to our heart. Technology provides a way of communication but is becoming the only way to communicate with today's youth because it has made one on one interaction less frequent and has made a negative effect on the social abilities of the youth. Technology is a great way to stay entertained but it is disconnecting people.



✳ A brief orientation is very much essential for every individual who are to travel in this and now as it has been proven that there are no one to guide them or orient them in this travel as a member of the same society I intend to mark a guide so that the one's I guide, will

guide their next set of individuals entering into this phase by which every individual will be out of their illusionary travel and grow progressively making the progression of the world.

✳ It is very much important for a change at this stage because the travel of the world has already started to regress and if the same pattern continues it is sure for the humanity to face a magnanimous extinction for which a minimal sample was the tsunami in TamilNadu and the recent happening in Japan.

✳ As we discussed already, the life of a human being is divided into four, Childhood, Youth, Adult and Old age; where the old age is a part of the adulthood. In this book we are going to see in detail about the intermediate phase and the ways in which an individual at this stage must get oriented.

✳ The youth phase is very important and is considered to be highly crucial in one's life period. Lot many transitions takes place during this time in the moral state of the individual which are definitely to be dealt with care otherwise there are lot many chance for that individual's life to turn topsy-turvy. For a brief and a better orientation for the individual in this phase let us analyze the issues in detail.



There are over 3 billion people under the age of 24 in the world population today. This constitutes 47% of the world's total population. Nearly 90% live in developing countries and the challenges they face—poor health, low quality education, lack of marketable skills, high rates of unemployment, social exclusion and such social problems. Constituting major percentage of the world population is it not necessary for us to know our responsibility and act purposefully?



CHAPTER TWO – PROBLEMS CONFRONTING THE YOUTH AND ITS SOLUTION

✳ In this chapter we are to take an in-depth analysis of the problems that buds up during the youth phase of an individual.

✳ Old people are always saying that the young are not what they were. The same comment is made from generation to generation and it is always true. It has never been truer than it is today. The young are better educated; they have a lot more money to spend and enjoy more freedom. They grow up more quickly and are not so dependent on their parents.

✳ Most of the problems concerning the youth are socially related. The problem they face affects both the progression of their family, future and the world. Orienting the moral values, characteristics and thought of the youth will fix the problem securing the globe a permanent solution.

✳ Globalization has a crucial role in injecting consumerism among the youths. The products are introduced in the market in such a way that even a person from a poor financial background would consider them, which may be in the list of luxuries earlier, as his necessities. Soft drinks costlier than petrol have become their addictions, cell-phones and mobile multimedia have become their passions and luxury cars and health wave systems and laptops are their aspirations.

✳ Youths today are not interested in the real happenings taking place in the society. They are least bothered about the prevailing situation in their families and surroundings and are unaffected by the social, political, economic and religious problems flourishing in the society.

✳ The youth in the present possess a careless attitude; they wanted their life to free without any obligations and responsibility. They expect a hurdle free life and a sophisticated life which they would like to live on the earning of their parents.

✳ Sometimes I use to see small children in the street begging. I have also seen children selling clothes and books, they would say they do this for earning their school fees. I am not sure about the genuinity behind the reason they give but it will ever strike me with the responsibility I hold and will make me decide I should leave behind my lethargy, as god has blessed me with a sophisticated life I must not be irresponsible in life.

✳ There are many that you can learn from your very own surrounding but for this you must be concerned of what is happening around us. The span of life is not enough to learn all that the world has to teach us, it may be because of this you are said to take seven births and until our soul gets fulfilled and experienced you will take re-birth with the same soul in different form.

✳ The basic reasons behind the entire problems faced by the youth are psychological. There are many emotional and behavioral challenges faced by them due to the changes in the function of brain during this phase.

✳ These entire problems that an individual undergoes can be avoided if they have proper orientation and proper understanding of what they are. It is due to the freedom achieved in the socializing space during the adolescence stage the individual thinks he will be able to act independently but this is not the case.

✳ Due to increase in white matter in place of gray matter and also due to the increased neural connection, the youth are filled with energy in this phase, when they are placed in a proper environment which makes use of all the energy and capacity exhibited by the youth, the individual will cross the youth phase progressively and will fix as an individual with values and ethics contributing to the betterment of the society.

✳ What do you think is the reason behind many of the social calamities or the problems that is drawing the complete attention of the UN (United Nations) and its organizations? The prime reason is the rejection, restriction and improper orientation of an individual in the youth phase. Triggering the emotions of a youth is very easy and there are many in the present who misuses the emotion of the youth for their social rejections and personal benefits.

✳ In the following chapters let us take a deep analysis on the problems faced by the youth and its solution.

DIFFERENCE BETWEEN THE ELDERS AND THE YOUTH

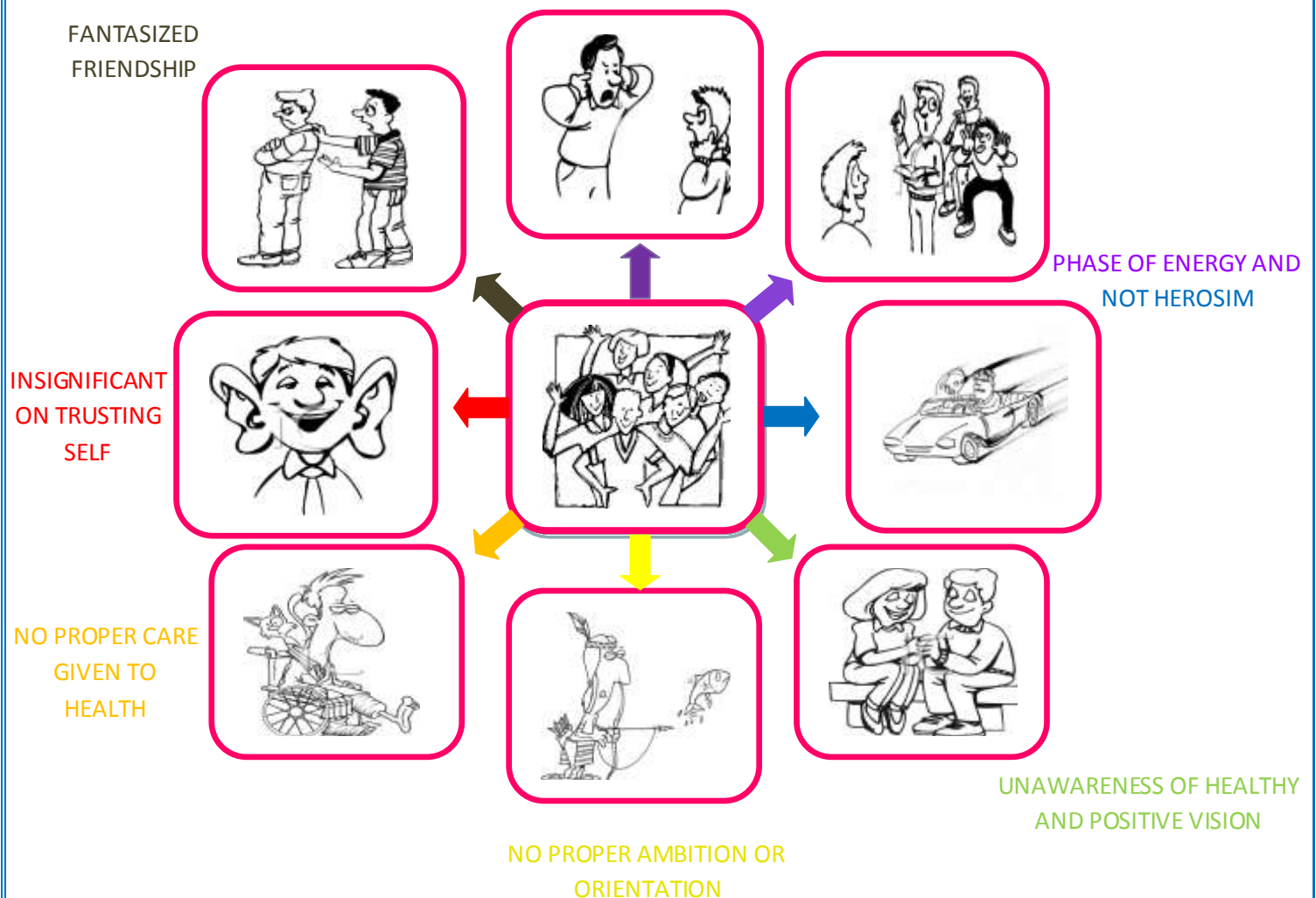


Fig 2.1 : Problems faced by youth

CHAPTER THREE-DIFFERENCES BETWEEN THE YOUTH AND ELDER

✳ The basic and the foremost problem that would emerge is the difference between the youth and the grown. It is because once an individual enters into this phase they consider themselves to be matured and start acting to their own wish. Due to the independence a youth gets in the society and as this becomes his entry level for his individual identity in the society, he thinks he can act independently. Also to get a unique identity and become a member of his peer group, the youth alters his behavior that was basically sown into him by their family.

✳ Any guidance or orientation given by the elder will be consider as imposing and it will not be received by the youth in the right sense of orientation or regulation. The elders will have experience and some pre-defined behaviors. Any action from the youth will not be considered as lightly as the individual would have acted upon it, because the parents will view from the society perspective as they never want someone to talk ill about their children. But the society's perception and socialization is not healthy as it was in the middle of the civilization. Any remarkable job by an individual would be berated and they would feel happy, continuously talking about a failure that came to an individual's doorstep.



✳ Have you ever thought of one strange practice that the society ever practices? The society ever blames your parents for your deeds? In the current scenario of busy schedule, how much time do you think both the parent and the child share being together? It would hardly 4 to 5 hours. The rest of the child's day is spent with their friends and their parents are in no way connected with their activities and they are not near them in any of their activity. Whatever the child does falls on the head of the parents. How many of you ever thought of this? Whatever you do will only be adjusted and borne by your family and not by the society, even a small mistake of yours will take a giant form in the society.

✳ This is not the right way, but this is the fact. Society is in its worst form today. When people start giving concern to the society, the very minute everything is lost. Happiness, peace, satisfaction, time, individuality, uniqueness and life everything will be lost, all that will be there in us is jealousy, greed, anger, stress, and such kind of other evil thoughts and attitudes.

✳ Acting in one's own wish will take the individual and the life of the individual very long way away from its purpose. Somewhere at some point of time you will realize your deeds, from then life would be very pathetic. Each and every second from then will be like a hell pricked by your past deeds. Hence it is better to take the words of the elders' and think several thousand times before entering into an action.

✳ You never try to realize the hard work put forth by your parents. They work day in and day out to provide you a well formulated living, if this hard work is not maintained by them, in this time of price hike, you would be affected by the stress of financial instability at home. Their hard work is not only for their appraisal but for the comfort and peace they would like to give you. I will not be sure if the same degree of hard work could be undergone by you for making your parents stay comfort. They sacrifice something behind the hard work for their age just and it is all just for you.

✳ You always want sophistication; you always want to possess everything which would prove you wealthy and affluent among your peer group. This is the basic problem prevailing amongst the youth, you always give concern and importance to those who are not connected to you in any way and forget the ones who are directly connected to you.

✳ You never understand the situation at home and act according to it. You never give concern to your family but you expect every wish of yours to be satisfied by your parents. I have seen children fighting with their parents bunking their exams, thinking that their

parents will feel for it. Yes for sure they will feel for it, but that feel of worry is not about them but for you, who will be affected ultimately. I have seen children demanding their parents to spend more money on their education in quota claiming that to be their duty as parents. The responsibility of the parent is to support you in getting educated so that you can meet out your sustenance and lead your life in a proper manner but it is not their duty to buy you education.

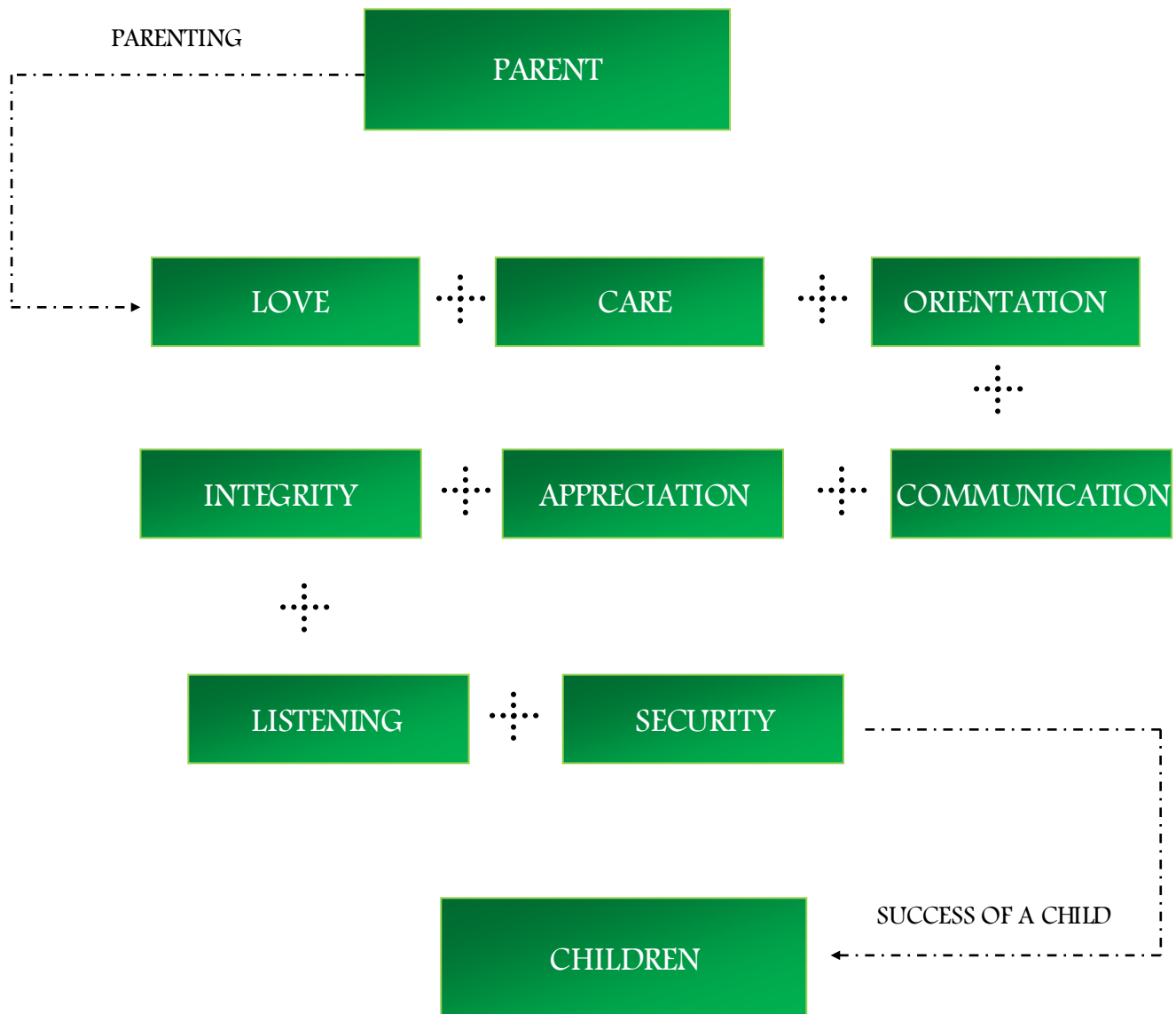


Fig 3.1: Pattern of parenting to rear a successful child

✳ Parenting is not such an easy task and the parents have multiplied responsibilities when their child enters the youth phase. You never know their difficulties until you are in their position. Whenever you do an activity which you are unsure of, consider yourself as a parent and the activity as your child, when as a parent you feel the activity which you intend to do is right, the activity is progressive. If not, it will surely end disastrous.

✳ Youth never communicate with their parents. There is generation gap between the parents and children for sure. Communication is one such important tool which the youngsters should take in hand. Youth either thinks their parents would not understand and accept them or they fear to start the conversation as in the south regions of Asia, many family expose their children to view their parents “god like” and in some other places the female children are not given space to speak. None of the parents would like to see their child depressed. Who do you think can understand you better than your parents? Words are not necessary for parents to understand your situation. When they ask you what is the problem, looking at you being dull, just explain them in a convincing manner about what had actually happened and where have you got struck, it is their moral responsibility to guide you but it is very much important for the youth to give their ears to the words of the parents and can ask for more convincing points in a cordial manner until they get convinced with their parent’s points. None other than your parents will bring you in a cordial solution as they know you in and out, also next to you the one who will be connected to the problem more seriously will be them.

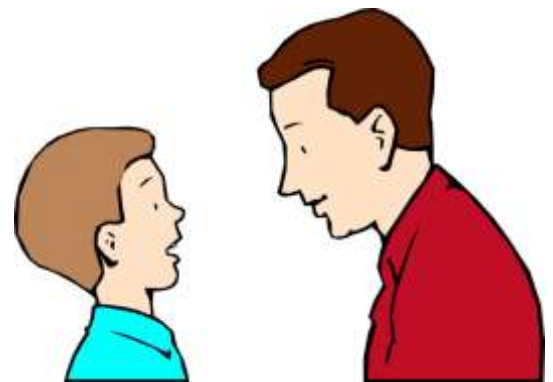
✳ Youth always take a high hand in places where they are given space. When you recognize someone to perceive you in a wrong way for their poor exposure, you have the rights to establish your stands politely to them when they are connected to you in some way. I do know many from my peer group who communicate to their classmates of opposite gender without the knowledge of their parents. They do this because; they feel their parents wouldn’t understand them. It is that, your parents also mingle with the society for their

profession, if your attitude and the course of talk sounds purposeful they will understand. When you want to discuss about movies, songs and other entertaining activities with your friends of opposite gender, your parents very well know what influence the story line of the films in the present are creating within you. They know where the conversation of your talk would lead to and hence they intervene between the conversations and try to orient you silently.

✳ When you want to cheat them by the name of westernization, for their exposure and experience they can very well identify it and how could you ever expect someone to allow you cheat them knowing the motive behind it? Remember you are growing.

SOLUTION:

✳ Any difference can be solved with proper interaction and communication. The involved person in both sides must be open and broad enough to receive and transmit their state of mind and their perception in a positive way. Authority, restriction, overpowering and hiding the activities will not fetch you positive result anytime. Never a parent will wish for a downfall of their kid because you are always interconnected with them. Hence when your parents show a sign for the need of interaction, you must co-operate with them and not escape from spending sometime interacting with them, deciding they will not be able to understand your environment.



✳ Communication is very much essential, it is either you must co-operate for interaction or you must create an environment at home to facilitate positive communication with your parents to make them understand the reason for your attitude and activity. As your parents are your first and foremost balcony friends. In the olden days where we had a joint family,

liaising was done by the grand-parents between the parents and the children explaining the reason to each other for bringing in a smooth relationship and home environment.

✳ This scenario in the run drifted into nuclear families where only individuals from two generations were there, which made the growing generation idle and they were completely exposed only to the technical side of the knowledge and later when the sustenance demanded both the parent to work the situation became even more worse that the families in the present doesn't even have time to spend with each other.

✳ Always keep your parents informed of your activities, remember whatever you are doing hiding from them will never fetch you progressive result. Explain your perspective of understanding and reason out your stands which will help them to correct you if you have perceived anything wrong, remember they are experienced and have crossed your stage earlier and they do know the consequences of choosing a path.

✳ I would like to present a conversation between a youth son and a father, once a father and son was sitting in the living room and the father came to see a crow near the window, the father asked his son, "What is this?". The son replied "It is a crow". After a few minutes, the father asked his son the 2nd time, "What is this?" The son said "Father, I have just now told you "It's a crow". After a little while, the old father again asked his son the 3rd time, "What is this?". At this time some expression of irritation was felt in the son's tone when he said to his father with a rebuff. "It's a crow, a crow". A little after, the father again asked his Son the 4th time, "What is this?" This time the son shouted at his father, "Why do you keep asking me the same question again and again, although I have told you so many times 'IT IS A CROW'. Are you not able to understand this?" A little later the father went to his room and came back with an old tattered diary, which he had maintained since his son was born. On opening a page, he asked his son to read that page. When the son read it, the following words were written in the diary:-

"Today my little son aged three was sitting with me on the sofa, when a crow was sitting on the window. My son asked me 23 times what it was, and I replied to him all 23 times that it was a Crow. I hugged him lovingly each time he asked me the same question again and again for 23 times. I did not at all feel irritated I rather felt affection for my innocent child". While the little child asked him 23 times "What is this", the Father had felt no irritation in replying to the same question all 23 times and when today the Father asked his Son the same question just 4 times, the Son felt irritated and annoyed. Where did you lose your patience? Why is that youths are not realizing the need for an open communication between them and their parents. No one can guide you well than your parents. Parents are the only individual who has a complete understanding of their child's physical, social, developmental, and family history and it they who crossed all mountains and valleys without seeing the storm and heat to make you a person presentable in the society today.

✳ Introduce your friends to your parents, it is always the best way to avoid peer problems and ill-influence of the peers on your. When you introduce your friends to your parent, a short while is enough for them to identify your friend's attitude and as they know you very well, they can easily identify whether your friend will enhance you and whether you both together can contribute progressively.

✳ Be transparent to your parents first, you will always be progressive in life. Your parents scold you not to feel happy in making you sad, they do it to make you get oriented positively. You never understanding anything in the right sense. An outsider or a third person can keep quite seeing you entering a disastrous path, they can even think it would be better for you to experience the path and come out, but your parents will never let it happen as the hurt you get out of that experience will also affect them.

✳ There are children who consider they 3rd order relatives more close to them than their parents for the extra freedom they get with them, but you will have to face many hurdles and endure many painful experience if you live in that enhanced freedom. Parents are the protective envelope surrounding you day and night protecting you from everything that

may be harsh to you and anything that may be difficult for you to digest. They always advice you with a reason behind.

✳ Always ask them to reason out their stands in a polite way, explain them the need for reasoning which may make them to perceive your attitude in the right way. Explain then that you would get fixed with their advice if they explain you it with the reason, remember to do this without touching their ego and authority. Make them feel confident and secure in your activities and behavior.

✳ Remember “ask” them for reasons, don’t “demand” them for a reason. As they were forced to oblige to their parent’s word, they will expect you to be the same to them. To have a smooth communication and for each other to get convinced of the facts, always communicate in a path away from their ego or authority.

✳ Always have a clear stand of accepting what you did. You are alone responsible for your activities. Even if somebody influences you, it is in you who allow their words and thoughts to influence you. Ever be clear and be brave to accept the fact that “You are responsible for our actions”

✳ The family pattern of the Indian culture is that the father always stays rigid and maintains a high stands. They maintain distance from their children even though they are affectionate and have loads of love for them. This kind of family pattern is partially disappearing as both the parents are working and are having opportunities for global exposure. For the individuals who are first to graduate from their family must take that extra effort to make their parents understand the reason for their thoughts and activity. In anyway conviction is very much essential.

✳ *“People may doubt what you say, but will believe what you do”*, hence you must make your parents feel confident in your activities. At any cost when you think to cheat your

parents, remember you are getting cheated as the consequences will directly affect you. Remember generation gap can always be bridged; it only needs your input to the family in a compatible mode. Never take a higher hand in your family stating you to be the first graduate in your family or you have a global exposure. When your parents support you and help you get out of your mistake, don't underestimate them thinking that they will always help in all tough times. Your account of Sin and fortune is maintained by God, a supreme power or the nature which will teach you the lesson for your deeds and the pain you created for your parents will also get added in your sin list.

✳ Parents have a large role in contributing to the emotional, spiritual and physical health of a child and adolescent. It is also their responsibility to provide you direction, guidance, proper boundaries in life with proper reasoning and conviction. It is only to feel and experience the society as an individual the parents give you a little of space and freedom but they cannot allow you to act with complete independence as only now, you have started to spread your wings like the little baby bird that learns to fly with the mother bird.

✳ Youth must also understand their delicacy and stress of being a parent of an adolescent. You must make them feel confident on us, it is that proper understanding, and handling from the end will make the period crossed in peace. Communicate with your parents, make them understand your dreams, aspirations and the degree of love you have for your preferred discipline, the future you would get out of the discipline, which would make them confident on your stance. Understand the love, responsibility, ambition and goal they have for you. Never view the activities of your parents towards you in the angle of duty, when they show you love and affection, it is not their duty but the love and care they hold on you, when they share about their dream of your future it is not their duty, it is also their love on you. Hence, parents are not debtors they are donors.



- Whenever you think you have cheated somebody, remember you are cheating yourself.
- Whatever you do without your parent's knowledge or hiding from your parent's will definitely be a mistake or a wrong deed.



CHAPTER FOUR ~ THE PHASE OF ENERGY AND NOT HEROISM

✳ There are a lot many misunderstanding prevailing regarding the image or the behavior pattern drawn upon this phase. Many unethical actions and behavior are imagined to be a heroic deed of this phase. The youth think that by a heroic deed they will be highly valued among their peers.

✳ I personally have seen many of the individuals who have just entered their adult phase cherishing their memories about their college days and asking the younger generation not to miss any moment in this phase. This phase is not only for cherishing the memories of heroic deeds but also for cherishing the memory of academic accomplishments.

✳ It is that during the college time you enter an independent environment from completely protected school environment. You are free to bunk the class, at least an hour in a day will be free in the timetable, you start keeping nick names for your teachers, you start acting like a don and you will be able to spend your the college life without any respect for the elders or concern about your own future.

✳ Most of the teachers and especially the people in the management will hold no trust on the students as they behave according to the situation. The students do it to secure their future. If they don't support a staff, they will take revenge on the student by marking them with lower grade. Why do you have to support an unethical deed for marks? If you stand for your friend who stood up for ethics, will the teacher be able to mark every student with less mark? Can't that intention of the teacher be then proved? Won't the management question the teacher about the result? When you know that you are valued, then why don't you stand up for the right? Supporting unethical activities for the personal benefit you get out of it, leaving the truth to be punished will let you a big loss in the end.

✳ Cheating a teacher while taking class is the most sinful activity on the earth. It is an insult to the teacher. If you think your knowledge is more than that of the teacher who is in front you, leave the class. The class is not for you alone, there are students who are in need of the teacher's guidance. For a teacher all the 20 to 25 students in the class are important. Don't spoil the future of your friend by influencing him with your attitude.

✳ Never think you are not noticed. Each and every second of life is recorded in your life account and nature will always be neutral for all. Your deeds will be reaped by you with interest.

✳ Making fun (imitating) others, keeping nick names for others, are the first to come when these young individuals are found in group. You must clearly understand that not everyone is completely flawless or perfect. Hurting others with their flaw could be the most sinful act in this world. The flaw could be either in their appearance or in their attitude or in the way someone is carrying themselves, you have no rights to hurt them. If you can help them to overcome their flaws, help them otherwise keep quite it is not morally right to bully someone with their flaws.

✳ The action of the youth which is highly irritating is the rash driving. This is taken as the majority source of attraction by majority of the youth. Not even a second of thought is given on what would happen if they would meet with an accident? The loss is not only on the side of the rash drivers but also to the people travelling along with them in the same road.

✳ Youth think this rash driving will gain them some value or attention among their peer group. It is only to create a comfortable journey your parents are purchasing you with a vehicle; it is your duty to make proper use of this convenience provided to you. Instead, what you are doing is earning a bad name to your parents who assured all sort of sophistication to you and use the vehicle as a mode to exhibit your heroism.

✳ Basically this phase of life is always associated with energy and enthusiasm. The brain of human being is said to attain 90% of its adult size when an individual is six years old. In this phase, the human brain is said to take some changes which is the reason behind the mental changes you face through this period. The changes in the brain during this period involve improved efficiency and significant changes in the prefrontal cortex which involves decision making and other cognitive controls. Also many parts of the brain are strengthened during this phase, this increased efficiency of the youth is simply wasted in unwarranted activities because of which the skill and capabilities of the youths are wasted.

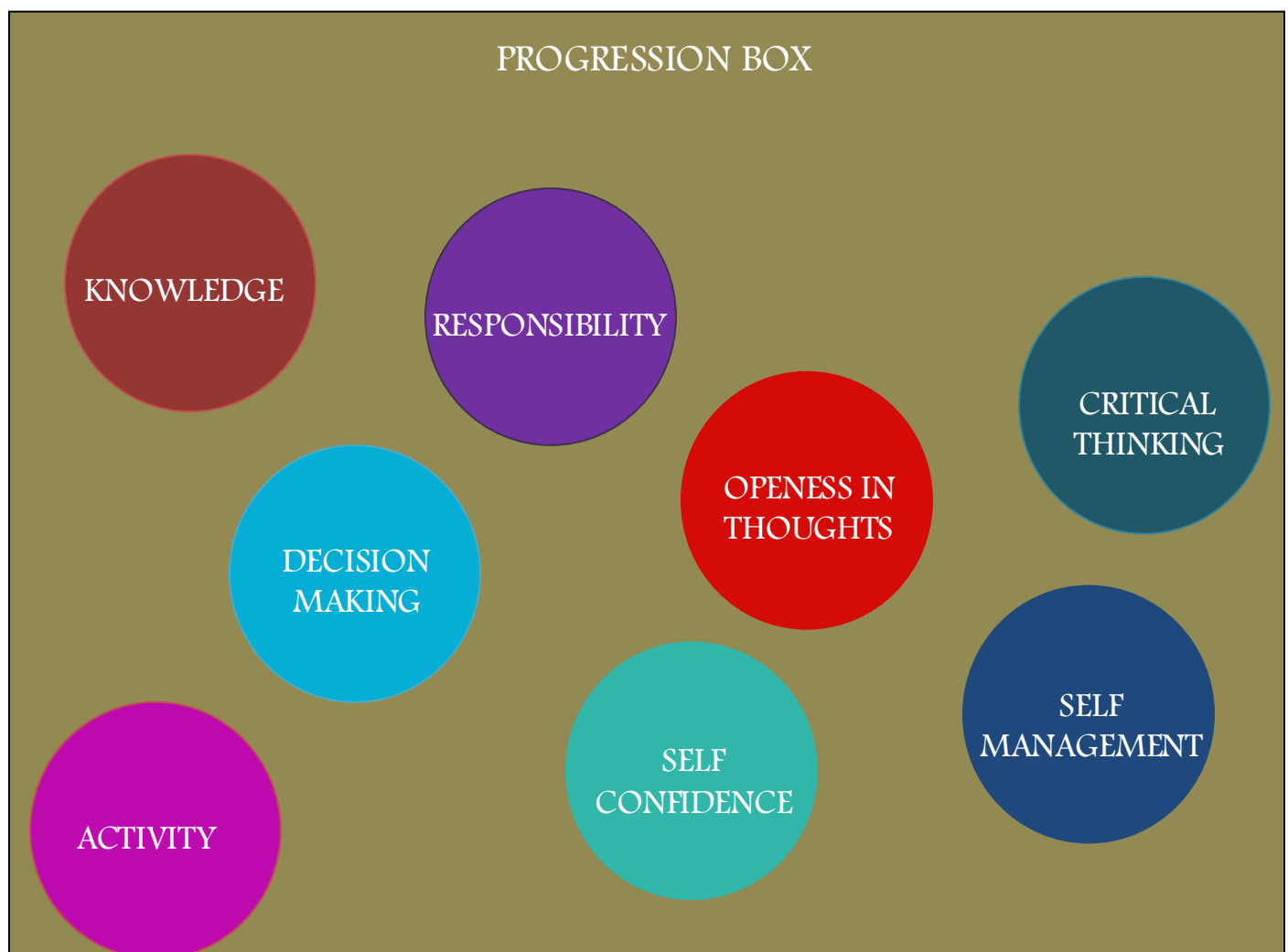


Fig 4.1: The things in which the energy of youth must be oriented for progression

SOLUTION:

✳ In the present scenario, which circle do you feel is more important and close to you? Is it your family? Is it any one from your relatives? Or is it your friend? For many the answer would be friends and for some it would your relatives. Now the point to think is what it makes someone in the second and third circle of relationship so close to you than the individuals from the first circle?

✳ A friend must always be contributive, encouraging and supportive in the growth of the other individual. Standing with your friend for a positive activity is very much important. Even now friends support is witnessed widely, but the question is about the purpose and about the activity for which the friend is supporting.

✳ You never know what tomorrow holds for you, the attitudinal change is very much possible. You have the right to register your dislike when an action or attitude of any individual hurts you. Likewise you can even suggest them for a change, as hurt would be hurt for everybody. It is up to them to take up the suggestions but it is your duty to register that their action has hurt you and their attitude is not morally good. Remember, when you expect someone not to hurt you, it is ethically right for others to expect same from you.

✳ A healthy mind is very much necessary for a healthy living. You must never give room for the negative thought to uproot in your mind. Every thought and action of yours is linked and interconnected to yourself. It is very much true that *“as you sow so shall you reap.”* You must never be greedy or jealous at the growth of other individuals, you can very well ask them about the steps they had taken to reach this success and follow it in your own way to enhance the talent possess or in the career you pursue. But you must never give room to the thought of destructing them immorally or betray them invisibly being with them.

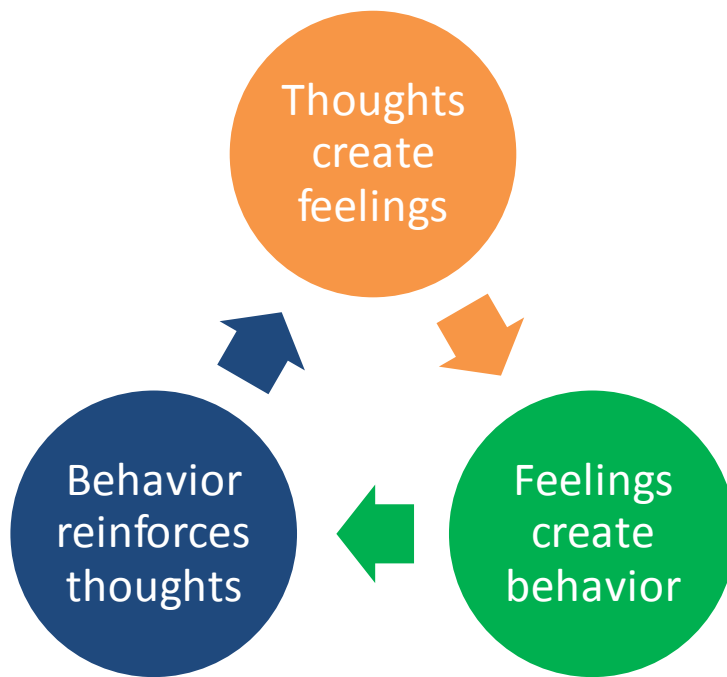


Fig 4.2 Cycle of thoughts

✳ Anything and everything is possible and when one individual is able to achieve something why can't you achieve the same? Instead of getting involved in a negative deed why can't you progress looking at the ability of your own self, extending the progression to the extent of world level?

✳ It is very much important for every individual to realize their responsibilities. For everyone their prime importance must always be their self, then their family and then the society. You must never lose ourselves for the society nor thrash anyone for our victory.

✳ I came across a debate on a very interesting topic some days back, it's about "comparison." One side of the team debated that without comparison one can never grow and the other team argued that the uniqueness within an individual will get vanished if they start comparing them with others. Both the points were right, progression is about moving above an attained position, comparison can very well be done with your own previous achievements but not with the achievement of your colleague, friend or neighbor as two individuals can never become identical. One can be original and innovative when they are locked inside the box of comparison. Self analysis and actualization can be the only mode of comparison one can have.

✳ Most of the illusionized activities in the present are unethical. This is the failure of grown generation and the loss of upcoming generations. Individuals run without rest to earn money, everything in the society now is bonded deeply with money, hence individuals think anything can be done to get money, anything can be done to safeguard the money and anything can be got by money. There is no sort of satisfaction seen with any individual in financial regards. Every individual in the present wanted to earn more and more, but what is the use of earning lump sum of money unethically? You can only spend what would be appropriate for your designation or else the fact of your corrupted hands will come to limelight.

✳ How many of your parents spent time teaching you about ethics and value? How many of your parents have been strict in matters of unethical activity that you followed for your personal benefits? How many of you have been taught to succeed ethically? The individuals can be numbered, may be one or two.

✳ Human being can cope with cunningness, human being can cope with corruption, human being can cope with all the negative attitudes as procedure for their survival but for nature, justice is important. It will balance the environment in the form of tsunami, earthquake and other such disastrous calamity. You did witness the recent status of Japan

after the hit of tsunami, the whole part of that land turned upside down, the individuals faced tremendous loss, on the other hand if you consider the day to day activity of the Japanese it is involved with technology, you know the ethics handled by the technology today.

SOCIAL VALUES AND ITS IMPORTANCE:

✳ Till now and from here on the book will be filled with the terms ethics, morals and values. What are these actually? Let us discuss about these main social quality of the individual which is needed to set progression in the society.

✳ Values: Values are the rules by which you make decisions about right and wrong, should and shouldn't, good and bad. They also tell us which are more and less important, which is useful when you have to trade off meeting one value over another. When you examine the lives of famous people, you often see how personal values guided them, propelling them to the top of their fields. The values, when you take them to heart and implement them in the smallest details of our lives, great accomplishment and success are sure to follow. Value in other words is nothing but principle.

✳ Some of the personal values are Honesty, taking responsibility, creativity, givingness, goodness, respect for the individual, honor, trust, truth, punctuality, reliability, simplicity.

✳ Honesty could be defined as truthfulness in speech and action. While this sounds simple, it's surprisingly difficult to practice. Being truthful implies the presence of an active conscience and a working knowledge of ethics at the minimum. In everyday life, being truthful means listening to, and obeying, the voice of our conscience. Most people associate honesty with "telling the truth." In fact, real honesty is "feeling" the truth as well. If you say something one way and feel different inside, then there is no true honesty. It's somewhat

akin to putting fancy packaging on a poor product. You have witnessed that whenever a person moves from just telling the truth to both telling and really meaning what he says, life immediately responds to that change. By moving toward True Honesty one can create the life responses and breakthroughs to success that one is seeking. People believe that by being fully honest you somehow lose in business and life. The truth is, not being fully honest blocks energy. True honesty lets energy flow into one's work and life.

✳ Those who take responsibility for their misdeeds, actions, attitudes, etc. and act to reverse this, attract positive results from life. (This is an example of a more positive attitude.) A classic example could be - A man realizes that his arrogance and pride are responsible for negative circumstances. He makes a conscious decision to reverse these characteristics and act in a diametrically opposite direction. Having taken this inner and outer initiative to improve himself life brings magnificent responses. Throughout our lives, you are confronted by situations and circumstances that challenge our sensibilities. It is how you respond to these challenges that often determine whether or not you truly achieve in life. Those who take responsibility accomplish and grow as human.

✳ Creative personalities create unique products, but their theme must be social, what all society happily receives and endorses. A writer feels that what he writes is his OWN thought. Yoga says thoughts are not ours, they are universal and they pass through our minds. Creativity enables intuition, which means a fuller perception of the object of any knowledge. This enables even greater knowledge through education, which means greater, faster achievement and prosperity.

✳ The happiest of people are always giving of themselves to others -- by listening attentively, by focusing on their interests and concerns, by being agreeable and taking their point of view, by giving greater attention, and by showing them our gratitude, to name a few. By taking these approaches, you will be –

- Guaranteeing that our relationships will be harmonious,
- Gaining their affection, admiration, and trust,
- Supporting their personal growth, achievement, and happiness,
- Increasing our own joy and happiness,
- Growing as individuals, and seeing our potential for further growth,
- Evoking powerful positive responses from life.

✳ When you do any act for the sake of the ego, it causes tension and opens us to pain. If you do the work for the sake of others instead, you discover the freshness and joy in each act. E.g. when you prepare food, feel the joy and privilege of doing it for family members. When you go to the office, feel the joy of earning for family, serving the company, pleasing the customer, helping one's colleagues. Self-giving converts effort into joy. Every act of true goodness serves the recipient, while attracting a powerful positive response back to the benefactor.

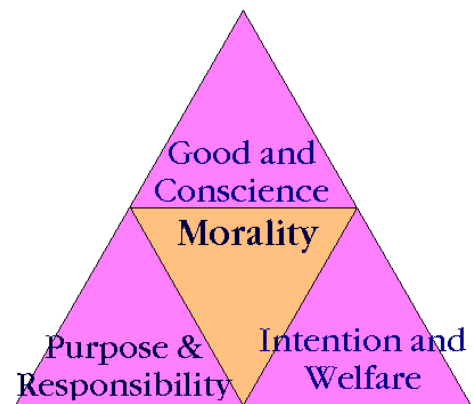
✳ One of the most significant personal values is to look on every person as a special, unique individual. This form of deep respect for each person has the power of generating good will, great happiness, and great achievement. Every time you meet someone listen to their story and show and feel a great interest and respect. Also, see what unique perspective, knowledge, or insight they can offer. Then be totally responsive to their interests. Make this a regular daily habit in life. Ultimately, make this a value that you cherish.

✳ Organize a day of punctuality at home or at school. The boy will discover that three day's work is done in one day. The first gain will be the work will become smooth. There will be total absence of tension. He will see there is less noise. Orderliness, when it is not attempted, will emerge in some measure unasked. Complaints will be minimal or disappear. Some voices will be heard, "How nice life will be if every day is like this." One can see the members will have an involuntary smile. Life will be excessively pleasant. I wish some

organization ORGANISES a week of comprehensive punctuality in some department or company and measures that performance. The improvement will be visible. Why? Punctuality is an organization of Time. Time goes with space. Punctuality saves time. Time is energy. Time is money. Time saved is space shrunk. Therefore, efficiency rises. To do more with less is efficiency. Efficiency is effective on the personality. It generates self-confidence, which means everything.

✳ In this time of great complexity and hurry, there is no more important personal value than "simplicity." Taking the time to simplify anything that is overly complex is a very helpful skill in these rapidly accelerating times. Simplifying a work not only streamlines it, but makes it more effective and productive, leading to greater results when compared to its former complex arrangement. The strategies that can be adapted for simplicity is, take any important work or project in your life and come up with at least two ways to simplify it. Develop a half dozen ways to simplify your life.

✳ **Morals:** Morals have a greater social element to values and tend to have a very broad acceptance. Morals are far more about good and bad than other values. You thus judge others more strongly on morals than values. Value is the tool you take to judge yourselves and a tool with which you judge others. Moral is the platform with which you are judged by others. Morals and values are interconnected. A person can be described as immoral, yet there is no word for them not following values. Moral is the ability of an individual to distinguish between the good and the bad. Hearing radio inside a classroom when the teacher is teaching is not a morally good. Guiding a friend into a positive path when he decides on a negative path, out of some influence or out of persuasion is morally good. That basic value within an individual is morality.



✳️ **Ethics:** You can have professional ethics, but you seldom hear about professional morals. Ethics tend to be codified into a formal system or set of rules which are explicitly adopted by a group of people. Thus you have medical ethics. Ethics are thus internally defined and adopted, at the same time as morals tend to be externally imposed on other people.

✳️ **Humanity:** Humanity is the quality of an individual who exhibits human attitude and the values. Humanity does also means the consideration you give to others, the help you extend to others in times of needs. Humanity is the quality of being humane; the kind feelings, character, and sympathies of man; especially, a spirit to relieve persons or animals in suffering, and to treat all creatures with kindness and tenderness.

✳️ Some of the human values which leads to humanity are openness, tolerance, simplicity, individuality, integrity and enjoyment.

✳️ Individuals with a high level of openness have a general appreciation for unusual ideas and art. They are usually imaginative, rather than practical. Being creative, open to new and different ideas, and in touch with their feelings are all characteristics of these people. Individuals who score lower in openness on a career test are generally more closed-off, resistant to change, and analytical. This openness and the quality to accept change is very much necessary in the present to take the world to a newer and a higher level of position.



✳️ **Harmony** is the coming together of disparate elements for common purpose. It is the moving together of varied or opposing forces, so that they emerge in a higher truth that all can benefit from (not merely a compromised truth). The value of Teamwork is one variation of the value of Harmony, as is the value of Organization. Harmony is such noble and elevated a value that it can be considered a spiritual value. Make harmony a permanent personal value that you believe in and practice. Over the next few days and weeks notice

points of conflict that appear in your work and life and seek to implement a higher truth, or point of view, or action in each situation that can harmonize the opposing ideas, conflicts between people, and other forms of opposition.

✳ All the above said terms are inter-connected and may look to sound same but each has its unique meaning and all the above said social quality is very much essential in the present.

✳ The basic reason behind the presence of social violence, calamities, natural calamities and inhumane activities is the lack of social value in the society. Values describe what is important in a person's life, while ethics and morals prescribe what is or is not considered appropriate behavior in living one's life. Principles inform our choice of values, morals and ethics.

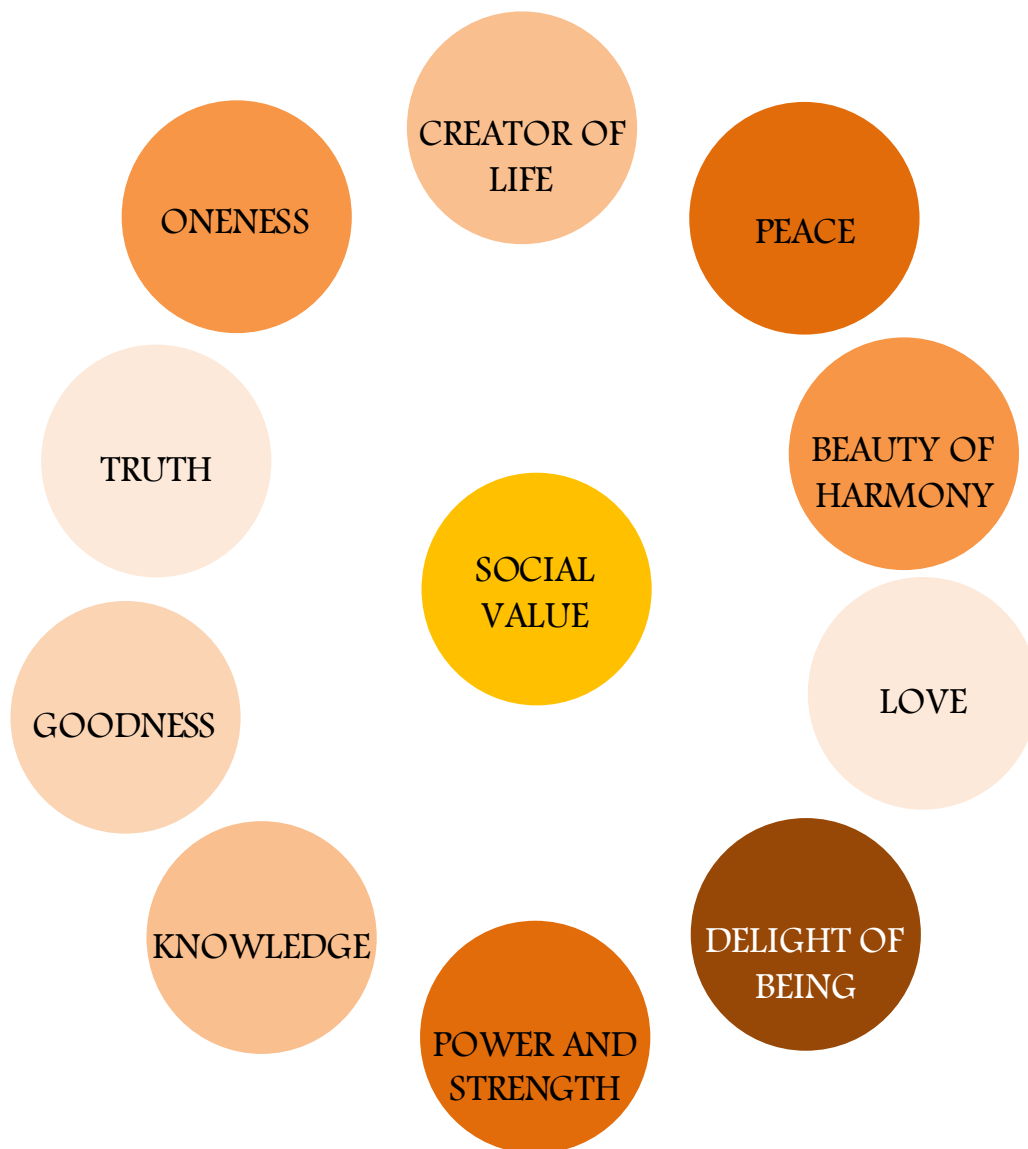


Fig 4.3 COMPONENTS OF SOCIAL VALUE

✳ Values are psychological objects. Although you cannot see or touch them, they are every bit as real as any physical object. You all have values that determine our decisions and guide our lives. Those who value their individuality take responsibility, are self-reliant and act with self-respect. Those who value truthfulness cannot bring themselves to tell a lie. Those who value family or friendship sacrifice their personal interests for the good of others. Those who value goodness cannot bring themselves to do something they know is wrong. You express values in our relations with other people when you are loyal, reliable, honest, generous, trusting, trustworthy, feel a sense of responsibility for family, friends, co-workers, our organization, community or country. On a more physical level, you may place great value on cleanliness, punctuality, orderliness, accuracy, quality, and physical perfection in whatever you do.

✳ Social values are very much essential in the present to orient the society progressively from the race it has been set behind, authority, corruption, money and anarchy. It is important for the youth to know, identify and differentiate the social values for them to get fixed in a positive way among the individuals of the society.

✳ In an ever more complex, technology-driven society it is imperative that one has the necessary skills to succeed in life. By skills you are not merely referring to the technical skills of one's profession, such as the ability at this moment to properly operate your browser software on the Internet. You are actually referring to a whole range of skills, from the very specific technical skills required of life and one's work to the subtle, yet critical interpersonal and psychological skills demanded by life.

✳ *Technical Skills* -- The most fundamental type of skills one must have to achieve in life are technical skills; including the technical skills required of life in general (e.g. cleaning, cooking, grooming, organizing, planning, etc., as well as the very specific technical skills

required of your specific job. As most of us have discovered technical skill building is on-going, never-ending process. I suggest that you continually upgrade your skills, stay on top of changes and developments.

✳ *Interpersonal Skills* -- In addition, you will need to know how to convey information, verbally or non-verbally to people you are in contact with. These are your interpersonal skills. To succeed at a high level in life you will need to have writing, speaking, presentation, communication, and management/leadership skills amongst others.

✳ *Psychological Skills* -- Perhaps the most important type of skills to succeed in life are psychological skills. The ability to show real concern for others. Other psychological skills include the ability to help others develop and grow, the ability to create harmony in difficult situations, the ability to know how to motivate others, the ability to understand another's true motives when interacting with them, and many others. By developing psychological skills, you increase the motivation and energy of those around you, and you increases your chance for success, joy, and happiness in life.

✳ Fantasies, dream, Illusion have become the key ingredient of this phase for every individual. One thing which has to be given a thought is about the importance of this phase, this phase is that junction from which you have to decide the path leading to our future. A life that is led without values, ethics and morality will turn it topsy-turvy.



To go through adolescence safely, you need at least three things:

- The facts of life.
- Values—you need to know what you believe is right, so that you can make decisions that you can live with.
- Life skills so you can use the facts you know and remain true to your values.

CHAPTER FIVE ~ ALWAYS HAVE A HEALTHY VISION



- ✳ It is very much true that the society or as a whole, the world has developed. Both the genders in the present are gaining exposure and have equaled both their opportunity and knowledge. In this trend still the individuals did not equip their mind or raise their standard to view the interaction of both the gender in a healthy way.

✳ A positive attitude is very important amongst the youngster. The individuals in the present are unfortunately with low moral values, which are due to the lack of attention towards them by their parents, society and the educators.

✳ Youth socialize with others having lot of negative attitudes and thoughts in their mind like greed, infatuation, jealousy, etc.

✳ Interaction or communication with the opposite gender is not accomplished in a positive attitude. Earlier days, only males were accessible through opportunities and the females were allowed only to spend their life at home, taking care of the household activities, where their mobility was restrained in the place where men were present.

✳ But now both men and women have equal opportunity to work and have gained an equal status to men. When there are situation for both the genders to work in a same platform it is very much essential for both the genders to treat each others with moral and social value.

✳ One thing which amuses me in the present is how the compatibility of two individuals can be felt by the friend of either? They would be socializing with a healthy relationship which would be messed up by some friend who has got nothing to do with it. This single

creature (the so called FRIEND) would exaggerate their relationship and make them believe they both share a relationship which is something more than friendship.

SOLUTION

✳ Healthy attitude is very much essential in this period of modernization. Equality is needed in the aspect of opportunities and professionalism but the thing to be remembered is that in socializing, there must be some limit which is to be followed in this phase between the genders.

✳ Never allow anyone's word to influence your thought so strongly before screening it, if the words look contributing and progressive take those words into your mind to enhance your thought process.

✳ All the movies individuals watch today have some part of romantic plots in the script. Films, heroes, heroines have all become a great inspiration to the youths in the present which could be clearly found in many fan pages in the social networking sites like Facebook, Orkut, Twitter and on. All that they must understand is, “a movie is a movie” and reality has an influence on the wellbeing of our life for a long term.

✳ In the movie it could be an incident of 20 to 30 minutes or in a full length love story it could be for 3 hours but in reality a small mistake would make it an accident for lifetime. Always live for yourself, surviving to prove one-self happy and superior to others will never fetch a peaceful and a satisfied life. I recently came across a proverb which highly caught my attention. I would like to share the same with you, *“People are funny, they spend money they haven't earned, to buy things they don't need, to impress the people they don't like.”* Is this not what we do? Do you think a life like this will result in progressive and a satisfied living? This life is yours be self-oriented only in living your life which will bring in solution for many of the problems in your life.

✳ In the same way committing yourself into a relationship for the peer pressure will again would end up in a big accident. If you are influenced by the words and mocking of your friends, remember it is that only your life and the life of the other individual involved will end problematic. The friend who was the reason behind the accident will lead his life in his own way peacefully.

✳ So the only thing in which you must be clear is that, at any cost you must never be in the role of the friend described above and also you must have a strong mind and a thoughtful action which will shield yourselves from any friend who tries to influence you this way.

✳ Always have eye contact with any person you converse with, this is important both while you speak and listen. Only the person who has real interest or confidence can speak and listen looking in to the eyes of the communicator. It shows the genuinity of the person in the conversation, not even a minute one can give a fake look into the eyes of the speaker. So always have a check, anyone who is genuine will always look into your eyes.

✳ This phase of the life for any individual is considered to be very crucial and sensitive because there will be many changes taking place within the individual and also the path you choose in this phase will decide the place you would reach in your future.

✳ Having a high and descent thoughts about the opposite gender is the prime positive quality needed for socialization. In some places of male dominating societies, diminution of women is highly witnessed by the male members who are unable to digest their extraordinary skill. There are many emotional and cultural torture faced by the women without understanding the intension of the men behind their words. Hence practicing a society of equality from the heart (truly) is very much important.

SOCIALIZING PATTERN:

✳ Socializing is the process in which an individual inherits and exhibits the social needs, customs and practices to fix oneself into the society or in a group of individuals.

✳ The important attitude needed for a perfect socialization without getting affected or influenced by the society in any of our psychological or behavioral.

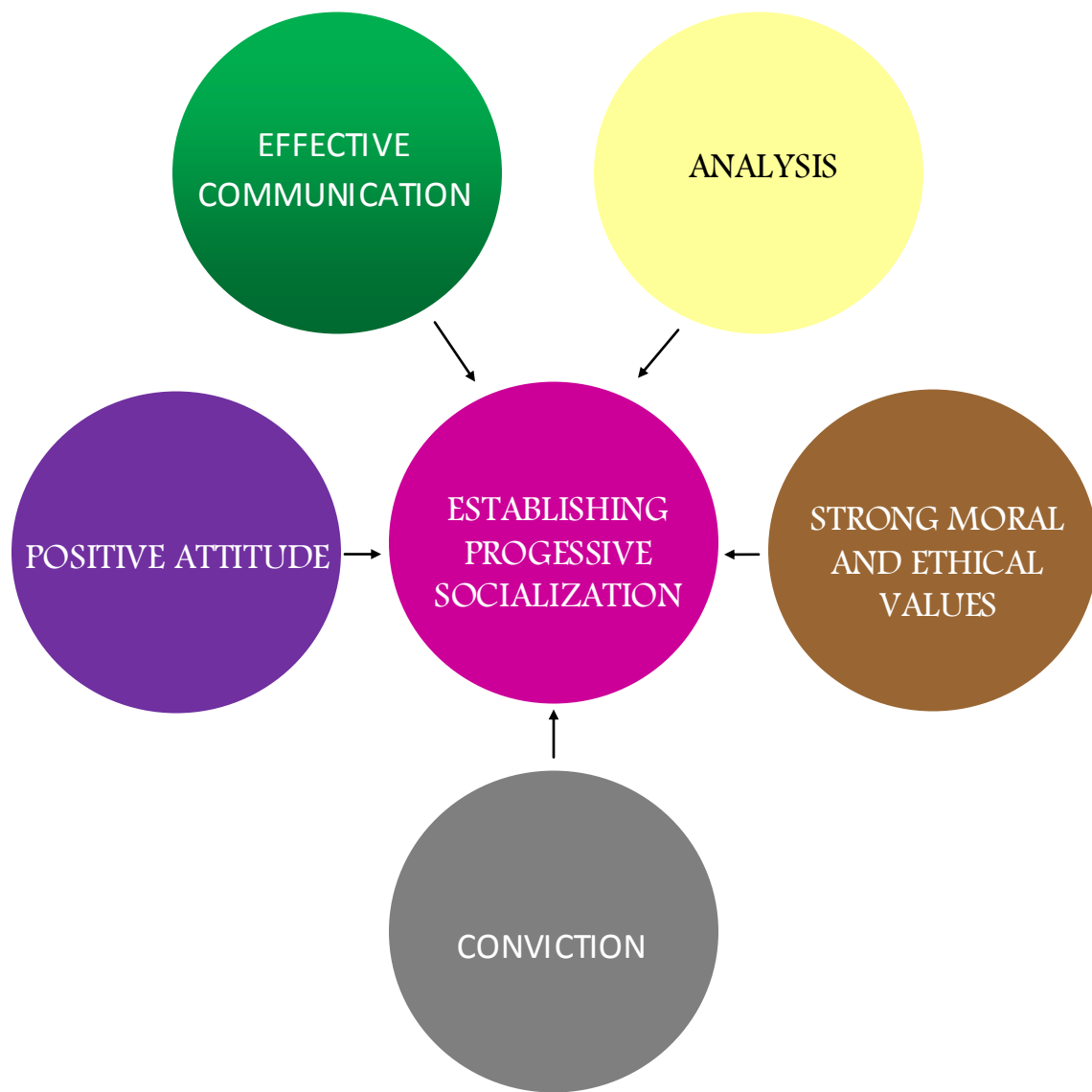


Fig 5.1 ESSENTIAL ATTITUDE NEEDED FOR ESTABLISHING PROGRESSIVE SOCIALIZATION

✳ Effective communication is nothing but proper registration of one's thought in a communication with others.

✳ The six C's that one must remember in order to establish an effective communication is as follows,

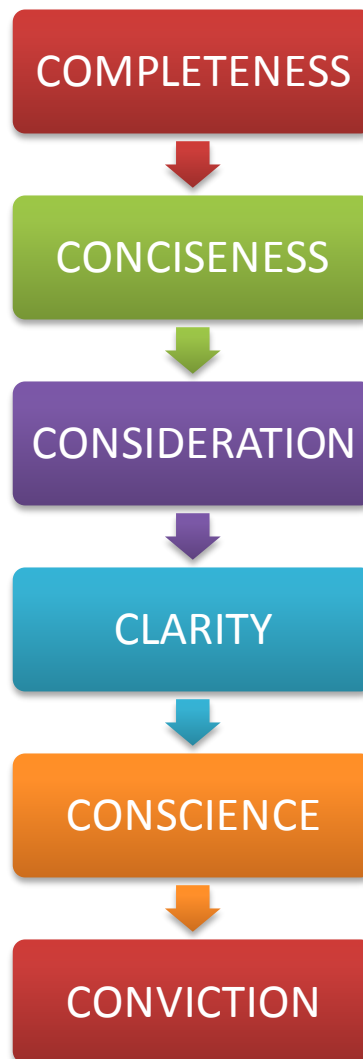


Fig 5.2 SIX C's OF EFFECTIVE COMMUNICATION

➤ **COMPLETENESS:** The subject that you intend to communicate must be complete. It should convey all the relevant facts and supporting points that your idea or thought has. The audience or the listener must not have any doubt and must be convinced to the point you are conversing about. Completeness in a communication will not leave you in doubt about the quality of the conversation as you would have rendered all that you wanted to convey the other person. Incompleteness in a communication may show your words sarcastically and there are chances for the receiver to perceive the concept in a different way from which you meant.

➤ **CONCISENESS:** Conciseness means communicating to the point. The formula for effective communication is conveying the content concisely without affecting rest of the attitudes needed for effective communication. In the present even a public speaking or mass addressing is expected to be concise. As the saying “Too much of anything is good for nothing”, too much of elaboration will push the listener to boredom whereby the content of our communication will not reach them.

➤ **CONSIDERATION:** Consideration means the points that you deliver from your end must include the answer for the question that would arise in the mind of listeners. Your speech must include the audience too. You must always think from the listener’s point of view and must be perfect in your delivery such that they listener must get convinced without any doubt.

➤ **CLARITY:** The important attribute of communication. It makes understanding easier; the meaning of the message to be delivered will be clear and strong. Conciseness is a complimenting attribute of clarity that is clarity can be achieved when our message is concise and complete. The rest of the C’s will lead the communication to clarity.

➤ **CONSCIENCE:** What every you intend to convey must be out of your conscience, you must not communicate or accept anything that pricks your conscience. The conscience

part in a human will make a man follow what he advises or moralize others to follow it will also not let anyone talk which is unhealthy.

➤ **CONVICTION:** Conviction is the key in any mode of communication. Conviction is also the best and prime quality needed for leadership. Conviction is the only tool to overcome authority and a self decisive nature. Conviction can bring in more positivity as it will encompass the goods of all concerned and will not be self-centric.

✳ The prime thing that is needed for socialization is being what you are. Don't lose your identity and originality in the process of socialization. Never hesitate to register your opinion, if you feel what someone says in your group is wrong, register it, don't hesitate in the fear of being rejected or neglected. The quality which will be permanent is your originality and not anything that you make over or make up for the society.

✳ Listen as much as you can, you can easily analyze the content, judge a person, and identify the notion of the talk when you are a good listener. It is always best to put listening first in the list of socialization. Listen as much as you can and then start your turn with what you observed, you will never go wrong.

✳ *“Nature gave us one tongue and two ears so we could hear twice as much as we speak.”*
This is probably one of the most underappreciated social skills. People are often centred on themselves. Nothing surprising, but it doesn't mean that they are selfish jerks either. But because of this a lot of people are just used to talking about themselves or waiting for the other person to finish so they can start talking again. One useful way that I have found is to just forget about yourself, focus your attention outward instead of inward in a conversation. Place the mental focus on the person you are talking and listening to them instead of yourself. Placing the focus outside of yourself makes you less self-centred and your need to hog the spotlight decreases.

✳ If you start to actually listen to what people are saying it also becomes easier to find potential paths in the conversation. By asking open-ended questions – the ones that will give you more than a yes or no answer – you can explore these paths and have better and more fun conversations.

✳ If you become more interested in people then you'll naturally become a better listener since you are actually interested in what's on their minds. And it becomes easier find out what someone is really passionate about and to dispel negative assumptions that can mess up the communication. If you listen to what someone has to say then you may find that s/he for instance isn't as boring or different from you as you may have guessed when you were first introduced.

✳ Looking around the world, we see that different cultures use different techniques to socialize their children. There are two broad types of teaching methods--formal and informal. Formal education is what primarily happens in a classroom. It usually is structured, controlled, and directed primarily by adult teachers who are professional "knower." In contrast, informal education can occur anywhere. It involves imitation of what others do and say as well as experimentation and repetitive practice of basic skills.

✳ The importance of being a teacher is for their responsibility. Teachers are not the robots tuned to deliver the content in the syllabus. They are vested with high level of responsibility in their hands. The importance of being an individual with morals and values are really very essential as you will definitely influence at least a small group of people who is around you. Every stage of an individual is always complimented with responsibilities, it is very much essential to understand and fulfill those responsibilities as only this will make you and your global society grow strong.



Fig 5.3 AGENTS OF SOCIALIZATION

CULTURE AND RELIGION:

✳ It is true that due to globalization and the opportunity available for an individual to socialize in a wide arena the worship and the mania an individual had for culture and religion has drastically decreased. But the madness for the culture and religion is still witnessed amongst some of the rural individuals and in the individuals who are less exposed to globalization.

✳ What is culture and religion by meaning? Culture is an integrated pattern of human knowledge, belief, and behavior that depends upon the capacity for symbolic thought and social learning or it is the set of shared attitudes, values, goals, and practices that characterizes an institution, organization, or group. Religion is a collection of cultural systems, belief systems, and worldviews that establishes symbols that relate humanity to spirituality and, sometimes, to moral values.

✳ Now with the meaning discussed above analyze whether you have really achieved what culture and religion actually is? NO, not at all. Culture and religion are man-made attributes in the society during the early stage of civilization to inculcate values, morals, ethics and humanly behavior within an individual. But in the present other than the purpose of culture and religion individuals have achieved everything. Individuals have inculcated animal like behavior, madness on one's religion, competitive attitude amongst the religion as in to decide who is best amongst the all, they started to kill human feelings and likings for making someone stay within the religion or culture.

✳ You have been given this life to live in peace and freedom and not to restrict or get restricted within a short circle of religion and culture. When you are so keen about fixing up with certain culture and religion, spend some time for your religion and culture. Sit aside, consider yourself to be a third person, leaving back the feel you have for your religion or culture, analyze the present day world and the stipulations your religion and culture

imposes, try reading or browsing about the early times of your religion and culture, what was it actually, what were their motive and the background about your own religion and culture. You will find the importance and the way in which the religion or culture must be handled.

✳ Originally religion and culture was not formed the purpose in the way it is approached today. The people of the ancient times were very mindful and were the only generation who lead a purposeful life. This is because what their approach towards life was with real human quality and value. As generations passed by, in the middle the reason was not transferred to the next generation along with the customs and tradition which is the reason for the present scenario of blind faith, worship and aggressive attachment on culture, religion and customs.

✳ Our ancestor then had a high degree of humanity, I would like to share with you some customs followed in the Hindu religion and its reason behind that was shared to me by my mother and that I came to know through television. In every Hindu family, early in the morning they use to sweep the entrance of their house and will draw a pattern in white powder. The powder they used then was rice flour, they do this because in the earlier stage the structure of the house had both its entrance and the road in the same level. Hence the women in the family would draw a pattern with rice flour so that the ant or any insect will not enter their home as they will have their food (rice flour) in the entrance.

✳ They also have the habit of sprinkling water mixed with cow dung in the entrance of their home. They do this because the cow dung is their Dettol or Savlon then. Cow dung has a high antiseptic quality which will not allow their house or family to get affected by bacteria. And during the month of December or January, the month of margazhi in Tamil calendar, the women use to rise early in the morning than their usual schedule to clean their entrance because during this month the ozone layer is considered to be very near the atmosphere and when they all wake up early they will be able to breathe in pure and fresh

oxygen. But now during the period of global warming the transfer of heat between the layers of atmosphere is not balanced and hence the purity of oxygen now is doubtful.

✳ Every activity which they followed in the past was for enhancing the human value in the past, but all that practices now have become just a process to follow. You can see people executing these practices as custom but the humanity (purpose) which should be fulfilled by that activity is missing. All the customs and rituals are individual specific, during the olden days everyone's occupation was farming and hence they celebrate the pongal festival which is to thank the nature which helped them to farm with a profitable yield, and they used to keep the weeds like neem leaves, avaram flowers in front of their home as a sign of respect which they weeded out when farming. They do this as a sign of confession to those plants that they weeded out for yielding their crops healthy and profitably. Hence the festival of pongal is for farmers but even the IT professional and a employee in a corporate office celebrate this just to show the society that they are still sound in their culture and religion, without knowing the purpose behind it.

✳ No more the festivals are religion or culture specific, people have started celebrating for the satisfaction and fulfillment they get out of it. For me, the lights that decorates a coniferous tree and the home during the time of Christmas makes me feel energized and satisfied. My soul feels vented out and I am filled with energy when I look at the colorful light and I celebrate Christmas. Hence approaching culture and customs specific to the individual is important than the mass approach. The only conclusion we can come after this discussion is that humanity is important than the culture, customs, tradition and religion.

✳ What an individual owns really? It is only his life and nothing else. Culture, religion, nation, city, anything that is acquired is not your own, it is either evolved or transferred. For instance let us take the country Srilanka. What is the problem in Srilanka actually? There are two groups of people, one claim them to be Sinhalese and other to be Tamil origin. Srilanka is now an island country but what it was in the past?

✳ It was once accessible easily through TamilNadu of India. The people in Srilanka are the hunter gathers who migrated from TamilNadu and the Indo-Iranians who migrated to Srilanka through TamilNadu.

✳ Srilanka achieved its solitary position in the world by tectonic movement, all the landforms which is now called America, Australia, Africa, Europe, Asia were all one and we all are still connected to each other underneath the water bodies, it is due to cover of water the connectivity is invisible, hence it is proved that we all are connected and one.

✳ When you consider the settlement of human kind, we all are scientifically said to be the evolutions of ape and were hunter and gatherers in the early period. Our lifestyle then was nomadic, wandering from one place to another for food and living environment and hence we never know the settlement pattern and the our early ancestors could have been in China for some months, in Rome for some months and in London for some months, hence we can only claim to be a global citizen than demarking us and restricting us to a national identity.

✳ On the other hand, Srilanka was once attached to India, which had its settlers primarily of migrants from and through TamilNadu. Later during the British rule in India, the British ruler bought few from India to maintain their tea estate in Srilanka. So there are none native in Srilanka and once they found other place unfit for their sustenance and choose Srilanka for their settlement it is that they all are Srilankans. What is the use of asking for separate part in Srilanka for the Sinhalese and Tamil?

✳ What is the status of Pakistan now? They were very keen during the independence to liberate them from India? Where have they reached now? Diversification will always lead to regression we all must be united to achieve real prosperity, peace and harmony in the world.

HINDUISM

This is the sum of duty:
do not do to others what would
cause pain if done to you
Mahabharata 5:1517



BUDDHISM

Treat not others in ways
that you yourself
find hurtful
Udana-Varga 5:18



CONFUCIANISM

One word which sums up the
basis of all good conduct...
loving kindness.
Do not do to
others what
you do not
want done
to yourself
Confucius, Analects 15:23



BAHA'I FAITH

Lay not on any soul a load
that you would not wish to
be laid upon you, and
desire not for
anyone the
things you
would not
desire for
yourself
Baha'u'llah, Gleennings



ISLAM

Not one of you truly believes
until you wish for others what
you wish for yourself
The Prophet Muhammad, Hadith



TAOISM

Regard your neighbour's gain
as your own gain, and your
neighbour's loss as your own loss
Tai Shang Kan Ying Pien, 213-218



THE GOLDEN RULE

JUDAISM

What is hateful to you,
do not do to your neighbour.
This is the whole Torah;
all the rest is commentary
Hillel, Talmud, Shabbat 31a



SIKHISM

I am a stranger to no one;
and no one is a stranger
to me. Indeed, I am
a friend to all
Guru Granth Sahib, pg. 1299



JAINISM

One should treat all
creatures in the world
as one would like
to be treated
Mahavira, Sutrakritanga



ZOROASTRIANISM

Do not do unto others
whatever is injurious
to yourself
Shayast-na-Shayast 13:29



NATIVE SPIRITUALITY

We are as much alive
as we keep the earth alive
Chief Dan George



UNITARIANISM

We affirm and promote respect
for the interdependent
web of all existence
of which we are a part
Unitarian principle



CHRISTIANITY

In everything, do to others
as you would have them
do to you; for this is the
law and the prophets
Jesus, Matthew 7:12



✳ You must always take unity and generosity, United we can accomplish anything. You must have a broad vision and our thoughts must be globally spread for an accomplishment of the world we all are dreaming for.

CONCLUSION:

✳ Always hold a positive attitude with you and with the people in your surroundings. Positive attitude will help them progress, contributing to the progress of someone will always add to your virtue. The society and the socialization is like a twister of immoral and unethical wind, it will pull you easily into it. For the humanity to stay within you till the end you need to build in strong moral and human values. Socialize and approach an individual for their value and individuality, don't link them with any of their background or interim attribute.

✳ Thinking, meditation, solitude is very much important for a person in this phase as to fix oneself to the society overcoming the changes is possible only by this. Try out leisure activities which would ease out your soul and refills your energy.

✳ Thoughts excel light in speed, while light travels at the rate of 1,86,000 miles per second, thoughts virtually travel in no time. Thought is finer than ether, the medium of electricity. Your mind is like a wireless machine. A saint with peace, poise, harmony and spiritual waves sends out into the world, the thoughts of harmony and peace. They with lightening speed and enter the individuals mind and produce them similar thoughts of harmony and peace. Whereas, the thoughts of a worldly man will influence other thought of jealousy, revenge and hatred.

✳ The negative thoughts like jealousy, worry, fear, revenge and ego is like a poison that will kill our life, destroy harmony, vitality and vigor. While the positive thoughts of cheerfulness,

joy and courage heals, soothes, augments efficiency and multiplies our mental powers. Hence always be cheerful, happy and smiling.

✳ There is an image where a group of girls have cigar and beer in their hand which is getting spread in Facebook with a comment where is the world going? Where did the world go when these gentlemen were consuming alcohol and cigar? In India it is culturally wrong for women to smoke and consume alcohol but it medically wrong for both the men and women to consume alcohol and cigar. Which is important in life? Is it the culture or the health?

✳ Health is important than the culture, health is the one with prime importance. Only when an individual is healthy, he lives long and only when someone lives in the world culture can be followed.

✳ Many of the Facebook sharing and postings make me laugh out tears. Boys will create and share a list of complaints about girls and there will be several likes and on the other hand girls will create and share a list of complaints about boys with many likes. When will you people grow up? When will you cultivate the habit of positivity? Even when you have positivity, it is that you both always want to pull each other's leg. Grow up Kiddos.

✳ During this phase, the individual will basically be filled with tons and tons of energy, it is very much important to keep in track of our activities and reaffirm ourselves that you are progressive. Only in this stage you will start realizing ourselves and want to create our own identity amongst the peers.



True affection is something which is completely related with the moral aspects of two individuals, the support and unconditional care each could extend and share towards each other. We never know the importance of choosing the right person in this age. “Youth is the joy, the little bird that has broken out of the eggs and is eagerly waiting to spread out its wings in the open sky of freedom and hope.” This is the time to discover ourselves, till this time we would be nurtured by our parents, here on we must involve ourselves in self- actualization with the nurturing received from our parents to make ourselves a good and a better human being. When we place ourselves as a better person in this world, then everything for us, will reach us automatically as we travel accepting us as we are which alone will last forever. Hence always have a positive outlook and treat everyone with brotherhood, especially at this phase of life.



CHAPTER SIX ~ NO PROPER AMBITION OR ORIENTATION TOWARDS THE FUTURE

✳ Ambition is the dream or an earnest goal of some mode of achievement. This ambition or dream is something related to the future and the happiness of that particular individual. Therefore this ambition must be from the soul, the activity in which the soul of an individual can fix completely, gaining utmost joy and happiness.

✳ The level of ambition is drifted towards desire from the level of dream. You must first understand the difference between dream and desire. Dream is something which you long to achieve for the satisfaction of your soul and desire is something which you would like to achieve for the satisfaction of your greed trashing someone.

✳ Whenever you ask a youngster in the present about their ambition, the prime reason behind their dream destination would be that they will be able to earn lot of money and they can settle in their life very well. I don't say money is not important for life but what about the happiness, peace and soul satisfaction? When considered it in the long run, which is more important for life? Is it the money, wealth and status or the happiness, peace and satisfaction you would get in life?



✳ Even when considered scientifically it is true that you become what you think. It is because of the mind's frequency. As said by Anatole France, *"To accomplish great things, we must not only act, but dream; not only plan but also believe"*. You must dream, dreaming is not something which is related to fantasy but foreseeing the future. You must analyze and foresee the path in which you are travelling or in the path in which you aspire to travel. Once when

you have planned about something and got convinced soulfully, the next important thing for the accomplishment is the degree of belief and confidence you have in yourselves. It is this frequency which will bring all the opportunity for achieving your dream towards you, when your dream dreamt is constructive and contributive to yourselves and others, definitely the essential opportunities will be brought to you by the supreme force which is the nature or any form of supreme force you believe in.

✳ The youths of this generation are addressed the “lost generation”, analyzing this term, where did they really tend to lose themselves? You lost yourselves following the mass; you gave up your originality, your unique identity, your strength and your right which has brought you to this situation. You made yourselves blind either by the pressure from the parents, society or simply by the infatuation you had with the booming industry.

SOLUTION:

✳ How many of you have been open in your thoughts? How many of you have believed the unique ideas that stroke your mind as possible? There may be one or two who had openness in their thoughts but would have neglected it due to fear of recognition.

✳ Any solution or recognition in the present is for complexity which will create problem after problem in a long run. The solution or an activity in the present is not judged by its longevity but by its complexity and volume.

✳ In psychology jargon, healthy vital people have an internal locus instead of an external locus of control. That means, instead of blaming other people or the world out there for your problems, realize that in almost all situations you have – within you – the power to influence the direction of your life. That is the **POWER OF YOU**.



✳ If you go wrong somewhere the reason is you and none other can be responsible for it because the ultimate decision for the action is yours and the influence you had shows the weakness of your mind and the lack of your thinking ability.



Fig 6.1: Attitude needed to accomplish success

✳ Always dream unique, dream for yourself. Only you know your abilities, when everyone starts dreaming for themselves then there will surely be a progressive global development. Both the individual and the government are doing the mistake of concentrating on one part and forgetting the other part.

✳ The classic example of this could be the father of India, Mr. Mohandas Karamchand Gandhi, who concentrated much on his social life and left his personal life. A balance is very much important in life for progression; this is possible only if you have a proper and determined goal in life.

✳ Your duty here is to perspire what you love, you have been sent to this earth for a purpose and you must be fixed to it. Only the work which is in line with the purpose of your birth will be loved by you. The nature will provide you different ways and many opportunities to make you achieve the purpose, but you will be able to make use of the opportunities only when you are aware and mindful. **THINK POSITIVE**, there will lot many opportunities, thoughts and aspirations coming into one's mind but many will ignore it thinking low of them. This is the only big mistake one can do ever, never let your ears to others negative comment or words of degradation.

✳ Set a goal for yourself, the ultimate goal you wanted to achieve in your life which you call it as long - term goals. Then set a short- terms goals one after one to reach the aimed long - term goal. Perseverance is very much necessary once you have set some goal.

✳ Once when a job is given out with your maximum effort, never worry about the outcome. Remember the quote *“When we have done our best, we must await the result in peace”*. When you say your thoughts influences others, how come your thought will not influence your result? Believe, be confident that you will surely be rewarded for the efforts you had put in to complete the job is genuine.

✳ I would like to state seven laws from the universal law in meta-physics, which will make us, understand the importance of us the set, believe and persevere our ambition.

🌀 **LAW OF CONTROL:** The Law of Control simply states that we have high self-esteem and feel good about ourselves to the exact degree that we feel we are in control of our lives. Unfortunately, the majority of the population does not live according to the Law of Control, but rather by its inverse, the Law of Accident which states, we feel badly about ourselves and have low self-esteem to the degree that we feel events and circumstances control our lives.

🌀 LAW OF CAUSE AND EFFECT: This law is called as the Iron Law of Human Destiny because it is so profound and powerful. Simply stated, the Law of Cause & Effect says that everything happens for a reason. All actions have consequences, as do all inactions. Distilled down to the simplest possible terms, this law states that for every effect in one's life, there is a specific cause. The law can also be applied in the physical sense through examination of Sir Isaac Newton's third Law of Motion, which states that *"for every action, there is an equal and opposite reaction."*

🌀 LAW OF BELIEF: The Law of Belief states that whatever you believe with feeling and conviction becomes your reality. It is not until you change your beliefs that you can begin to change your reality and your performance. You have heard the doubters and the naysayers out there who always proclaim "I'll believe it when I see it!" In reality, it is the other way around; it is not until you believe it, that you will see it (no matter what "it" is)!

🌀 LAW OF EXPECTATION: Simply stated, the Law of Expectations tells us that whatever one expects, with confidence, becomes a self-fulfilling prophecy. When one expects with confidence that good things will happen, they usually will. If, on the other hand, one expects a negative outcome to a situation, then the outcome will usually be negative.

🌀 LAW OF ATTRACTION: The Law of Attraction states that we attract into our lives, that which we focus our thoughts upon. If your thoughts are constantly on positive outcomes and good results, then that is what we will manifest. If, on the other hand, your predominant thoughts are on negative outcomes and poor results, then that is what you will attract. This is based on the fact that the Universe is simply vibrational energy in motion. Emotions, thoughts, feelings and objects – absolutely everything has a vibrational frequency.

🌀 LAW OF CORRESPONDENCE: “As within, so without” is an old saying that perfectly describes the Law of Correspondence. This simply means that what happens on the outside is merely a reflection of what is happening on the inside. Your outer world is a reflection of your inner world. An individual that is unhappy and living in conflict with themselves, will always exhibit negative behaviors on the outside. Sometimes, one can mask these negative behaviors and thoughts, but the true feelings will eventually reveal themselves. Everything in our lives is a mirror of what is happening within us. If you want to make your outside life better, the only way to accomplish this is to change what is happening on the inside.

✳️ Hence from the above seven universal laws of metaphysics makes us understand that our inner self is responsible for what is happening with and around us. It is because of this the attitude of thinking positive is stressed. You may be earning for something, it will not come to you even though you think positively, this is only because what you earn is really not positive or good for you, for time being the thing appears to be suitable for you.

SILENCE AND SOLITUDE:

✳️ **SOLITUDE** means a state of being alone or being remote from a place of habitations. In the present, solitude is very difficult to practice as a result of innovations in technology, mobile phones, internet, TV, play stations and social networking sites have all consumed most of your time leaving no time for solitude.

✳️ Practicing solitude is very much important as being in your own company gives you the chance to see where you are heading in your life. If you spend at least half an hour each day looking back at the previous day and analyzing how you lived it, you will gain some great insights, you will also realize the mistakes that you committed in the flow. The power of solitude is very big, it is essential for you to understand it.

✳ Scheduling time for solitude as like spending time for exercise is the only way in the present to inhibit solitude. Silence and solitude will be uncomfortable in the early stages but as days pass by it will bring you in with many progressive changes, you can witness a drastic lift in your life when you establish a quality time for solitude.

✳ Solitude is not something where you spend time putting your head down or having tears but it must be the stable impartial time in a day where you analyze yourself. I would personally advice not to hear songs while in solitude as songs can easily persuade your decisions. Rather than song, music is advisable. Have your music turned on in a way that its influence on the solitude is not so profound than the functioning of the mind.

✳ When you spend time in silence and solitude, don't distract yourself with activities such as reading or writing. These activities might be physically silent, but they create just as much mental noise as watching television or playing computer games. Your aim should simply be to spend some time being aware of yourself just to revive yourself. You can engage in any activity that relaxes you, like a short walk alone, gardening, craft, painting, watching any natural places that vents you.



✳ This vent can also be achieved by proper sleep cycle. You must cross 4 stages to complete a sleep cycle, but in this rapid world you are not able properly complete the sleep cycle which is the reason behind the feel of incompleteness when you wake up early in the morning.

Stage 1: Stage 1 sleep is light sleep. You experience a drifting in and out of sleep. You can be easily woken up. Your eye movement and body movements slow down. You may experience sudden jerky movement of your legs or other muscles. These “sleep starts” can give a sensation of falling. They are caused by the motor areas of the brain being spontaneously stimulated.

Stage 2: During this stage, eye movement stops and your brain waves (a measure of the activity level of the brain) become slower. There will also be brief bursts of rapid brain activity called sleep spindles. Sleep talking usually occurs during stage 1 and 2.

Stage 3: Stage 3 is the first stage of deep sleep. The brain waves are a combination of slow waves, known as delta waves, combined with faster waves. During stage 3 sleep it can be very difficult to wake someone up. If you are woken up during this stage, you may feel groggy and disoriented for several minutes.

Stage 4: Stage 4 sleep, is the second stage of deep sleep. In this stage the brain is making the slow delta waves almost exclusively. In this stage it is also very difficult to wake someone up. Both stages of deep sleep are important for feeling refreshed in the morning. If these stages are too short, sleep will not feel satisfying.

✳ Next to the fourth stage we enter into a fifth stage called REM (Rapid Eye Movement), Rapid Eye Movement (REM) sleep is also called the active sleep or paradoxical sleep. This is the part of sleep cycle when you actively dream and the eye balls move randomly back and forth, which is why it is called rapid eye movement sleep. The first four stages of the sleep is called NREM (Non-Rapid Eye Movement), **NREM sleep** or **Non rapid eye movement sleep** is a dreamless sleep and is also called the quiet sleep. In NREM sleep, as the stages of sleep progress the brain waves become slower and more synchronized. NREM sleep forms an important part of the sleep cycle. The brain waves during NREM sleep are typically slow and of high voltage. The sleeper is still and the blood pressure is low and there are no eye movements as seen in REM sleep. About 80% of your sleep hours consist of NREM sleep.

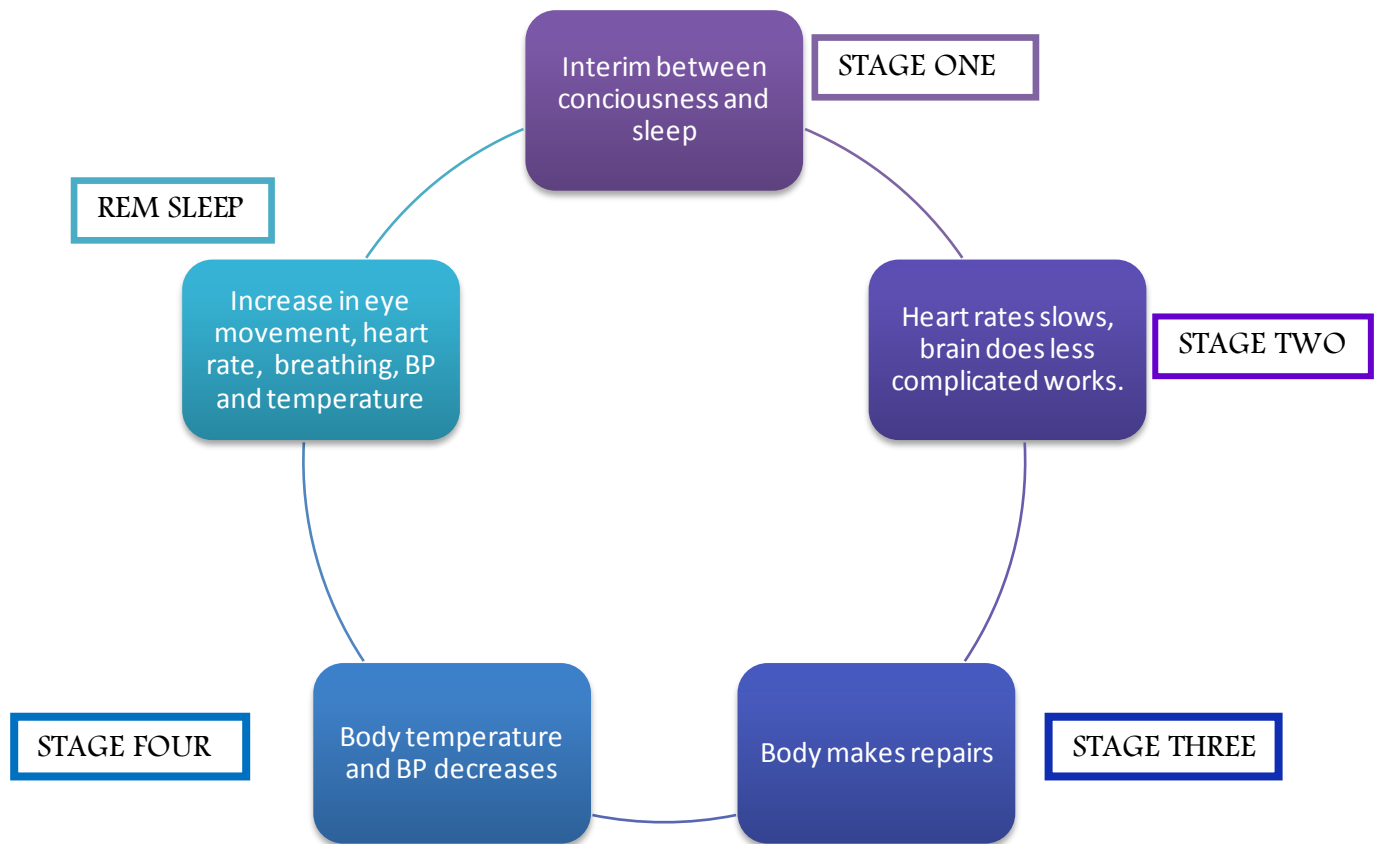


Fig 6.2: STAGES OF SLEEP CYCLE

✳ Around 50 percent of your time sleeping is spent in stage 2 sleep. Completing all the four stages of sleep is very much important, which alone will help us starting a brisk and without any field of irritation.

✳ Silence and solitude will teach you many things in life. The capacity of observation will be improved when solitude is practiced, the capacity of analyzing and judging will all be improved when you practice solitude. You will automatically be orienting yourselves to these skills as they are all the complimenting attitude of solitude.

✳ The vibrance, energy, peace you get out of the solitude is incomparable and solitude can take you up to greater heights in life. Being alone is very much important for solitude as any

external factor will always have an influence in you, even when it is not directly connected to you.

✳ Silence has energy to it like no other source. It has the power to get people to think and to act, it can help slow the mind down, and it is a powerful partner in counseling and life coaching.

✳ Every one of us has probably felt the beneficial influence of silence. Even the busiest people need to have breaks of silence in their work. Silence seems to be a necessary factor in our lives, yet you do not always realize the implications of the quietness you unconsciously seek and enjoy when you take a walk in a solitary meadow or in a forest or on a mountain. These quiet recreations may not occur very often, but when they do you cannot forget the spell that such solitary communion with nature leaves upon us.

✳ God has combined noise and silence, activity and rest; it is the plan of nature. Look at the boundless space outside. Scientists say that space is vast, containing millions and millions of stars with their planets, galactic systems, and nebulae. Yet this stellar universe is very small compared to the immensity of empty space. If by some cosmic disorder all the celestial bodies were to collide and be annihilated, the vastness of space would not be affected in the least. And what is this vast space? Is it not characterized by an immeasurable silence?

✳ There's also more noise than ever before inside our houses. It's unusual to go into a house nowadays where there isn't at least one television set chattering away somewhere, even if the residents aren't actually watching it, and other forms of home entertainment compete against TV to produce the most noise: radios, CD players, computer and video games etc. In fact the only sound which is largely absent from people's houses nowadays is the voices of their occupants actually talking to one another.

✳ Silence is the next step to solitude; silence is a state of solitude in dynamism. You can perceive and grasp many things maintaining silence during the conversation, the art of listening does get enhanced in silence.

✳ Hence silence and solitude are two major component of life which is essential for stable progression in life and the world.

CONCLUSION:

✳ Ambition in life is very much important for its drive. The basic difference between a successful person and an ordinary person who struggles in life is their strong vision in life. A successful person will always have a strong, clear, planned and a realistic goals set in his life. The talents and the capacity you hold is only in the way you train our brain from our childhood and it is for sure that you can take up family standards to a greater height from where our parents have bought us to as you are the mutated form of them, everything in them is multiplied in us.

✳ Setting goal is important to lead a purposeful life. You are in this birth blessed with some opportunity and with specific environment needed for the purpose you were sent to this world. In between the nothing we witness before the origin and the nothing we witness after the destruction there must be a purpose. Take anything in life; analyze its origin, go one by one deep inside the origin you will end up in nothing. In the same way what is it when it is gone? It is also nothing. Then why was it here? Definitely for a purpose, to serve the purpose you must have clear set goals.

✳ Having ambition set in life makes you live focused. There will be many opportunities passing in life, some may take you up and some may whack you down, to differentiate what you need and what you have to ignore focus in our journey towards a goal is very much important.

✳ The next significance of setting ambition is, it will help you avoid procrastination. When there is a short and long term goal set for your life then you will know what you need to do next and effective use of time will be possible. Hence ambition, thoughts, frequency have greater power in achieving greater heights in life.

✳ Have you ever been to a yoga center? Especially the one of vedhathiri maharishi's? They have a slogan called “Vazhga vaiyakam, Vazhga vaiyakam, Vazhga vazhamudan”, which means let the world be blessed and let the self be blessed. This will be said by all in that center believing that the frequency of the individual praying will save the world and the all the individual in the world.

✳ Widely the power of thought and intuition is believed and it is also a true fact. You become what you think. Cleansing your mind is very much important for a successful and a peaceful life.

✳ Every individual must have a goal. They must have a **Career Goal, Financial Goal, Education Goal, Personal Goal, Attitudinal Goal, Physical Goal, Leisure Goal, and a Goal for Public service.**



Goal setting is an important method of:

- Deciding what you want to achieve in your life.
- Separating what's important from what's irrelevant, or a distraction.
- Motivating yourself.
- Building your self-confidence, based on successful achievement of goals.



CHAPTER SEVEN – YOUTH AND HEALTH

✳ It is very much true that in the present scenario many health problems are volunteered by us. Youths are always related to risk behaviors; it is because of this the youths are highly prone to health problems.

✳ Accidents, mental health problems like depression, anxiety, malnutrition, are some of the health problems in the present. Rash driving is an indigestible risk involving behavior where the life of both rash driver and the co-passenger will be at risk.

✳ Cell phone is one such addiction which spoiling the health and reducing the lifetime of the individual without their knowledge. Cell phone has become a basic part of everyone's life, cell phone has become like their third hand, they sleep with cell phone and they wake up with cell phone.

✳ Next serious issue is the consumption of drugs, alcohol and smoking. It is the mental pressure like depression and anxiety which makes them to consume drugs, alcohol and smoking. I have seen people smoking when they are tensed, they say it makes them feel relaxed, some smoke for they think it adds them style, alcohol is consumed when some is depressed or vexed. Hence these addictions are mainly due to mental imbalance.



✳ Pizza, Burger, Chat food and fast food are the current food trend pattern of the youth which fills our stomach fast. When considered pizza the bottom crust is the main ingredient which will fill our stomach and what sort of nutrition can you expect out of it? The nutrient part of the pizza is not toppings where they add all nutritional vegetables. On the other side you don't eat proper food; you avoid it in the name of diet.

Fasting will never be a solution for slimming. This will look systematic now but the consequence will be felt and this will bring lot of problems in the later stage of our life.

✳ The next major health issue which concerns both the genders a lot is Acne. Acne is said to have caused by stress, anxiety, oily food and more of fat based food, deposition of environmental dirt or dust. All these causes are highly related to the youth, as discussed earlier stress, anxiety, junk food, roaming in two-wheeler are all makes the day-to- day activities of youth.



✳ Rest is the side effects of the mental pressure prevailing in the present like deficiency in eyesight, hair loss, body pain, etc. The deficiency in eyesight is basically because of continuous pressure given to eyes either by watching television, adequate use of mobile phones and reading without proper intervals.

SOLUTION:

✳ A proper diet is very much essential in this period of time. Lot many kind of healthy foods will be provided by your parents during this time and it is all for your benefit. These healthy foods will help you to build your body strong for future.

✳ A healthy diet involves consuming appropriate amounts of all essential nutrients and an adequate amount of water. It is important in lowering many chronic health risks and to lead one's life peacefully with high level of concentration that could be oriented towards the work.

✳ Studies suggest that if you were malnourished during your adolescence, your children and your grandchildren will be more susceptible to heart disease and diabetes. Hence a balanced healthy diet is not only important for our well being but also for the well being of our generation.

✳ The effect of dietary choices accumulating on lifetime is being researched in the present and it is also that these dietary choices also influence how hungry you are. You understood that the empty stomach is the primary trigger for hunger, this might not be the case. Instead, the foods you eat might be tricking our body into thinking its needs more fat, thus starting a fierce cycle. When you eat meals high in carbohydrates and sugars, it essentially damages our appetite-control cells and signals our brain to consume more, even if you don't need more food at that time. Serotonin is said to involve in communicating the feel of hungriness. This serotonin secretion is triggered by carbohydrates and hence consuming carbohydrates may result in over consumption of food.

✳ Healthier (unsaturated) fats such as those found in avocados, nuts, and olive oils send the opposite signals to our brain which makes us feel filled.

✳ Fruits and vegetables with darker tones of red, green and blue will be of good health value. For example the red in apple, tomatoes, strawberries, raspberries, red peppers, radishes, and pomegranates. Healthy green includes broccoli, asparagus, spinaches and sprouts. Blue tones include blueberries, cabbage and grapes.

✳ It is also important to look out for the smaller net negatives you consume. A day with a diet of toppings, dressings, snacks and drinks should be balanced with equal amount of water, fruits or a fast the next day. Cutting away negative food completely is impossible but balancing the diet is always possible and practical.

✳ It is observed that whenever the body undergoes fasting enzymes normally assigned by the body to digest are freed to conduct healing functions. Hence fasting after a considerable period will make us keep our body more healthy.

✳ The food can be divided into three types, namely, sattvic food, rajasic food and tamasic food according to its character and effects of it in our body and mind.

☺ **Sattvic food:** Sattvic foods are light and easy to digest, they bring clarity and perception, Sattvic food has the potential to unfold love and compassion in the individual, Sattvic food promotes the qualities of forgiveness and austerity, it gives a feeling of contentment and peace to the individual.

☹ **Rajasic food:** Rajasic foods are hot, spicy and salty, they are irritants and stimulants, all tempting foods come under the category of rajasic, heavily spiced foods which can stimulate the senses, Rajasic foods make the mind more agitated and susceptible to temptation, the mind can become more rajasic, which means it tends towards anger, hate and manipulation.

☹ **Tamasic food:** Tamasic food is heavy, dull and depressing, it induces sleep, Old preserved food is also tamasic, only when too much of it is eaten, it causes the dulling effect, and in moderation tamasic food is considered as grounding and promotes stability.

✳ More choosing the specific type of food from the above, it is important to have a balanced mixture of the above three types of food as like the taste of the food.

✳ The key is opting for healthier food every possible time as they curb our hunger for a longer period of time while boosting our energy levels in the process.

✳ It is said that sleep serves a larger purpose than simply keeping us well-rested. Our brains are extraordinarily active when you are asleep. In fact, our learning may actually accelerate while you are sleeping. Scientists are discovering that you learn and make connections more effectively when you are asleep than you do when you are awake.

✳ Sleep helps us synthesize the learning and experiences of a day. While you sleep, our brain is playing connect-the-dots until you wake up. And it likely does so more effectively

than you could if you tried when you were awake. So while we have known all along that a good night's sleep helps the next day, it is just as important for encoding information we learned the day before.

✳ In this picture the food kinds is categorized in to 5 different groups namely grain group, fruit group, vegetable group, meat group, milk group and others which includes oils, snacks, drinks, etc.

✳ More of the first three groups of food said above can be consumed without any limitations. Even then there must be some degree of concern in consuming grains as more refined grains only constitutes carbohydrates.



✳ A diet too high in carbohydrates can upset the delicate balance of body's blood sugar level, resulting in fluctuations in energy and mood that leave one feeling irritated and tired.

✳ Some of the essential nutrients that are required in a good diet are vitamins, dietary minerals, essential fatty acids and essential amino acids. Fatty acids constitute omega 3 and omega 6. A balance between omega 3 and 6 is very much important. Our early ancestors maintained a 2:1 ratio of omega-6 (found in meat and vegetable oils) to omega- 3s (from fish, nuts and seeds). Omega 3 also decreases inflammation (pain), asthma, diabetes, and arthritis.

✳ The planet is 70% water as is your body. To properly cleanse your system and to ensure that it is in a peak performance state, you must make certain that your diet consists of at least 70% high water content foods. Your food intake must correspond with your system. That is in the morning when the body is trying to eliminate toxins and other waste, eat only

fruits. This will make the cleansing process far more efficient. Afternoon, have your meals and try finishing your dinner before 8 or 8.30 PM.

✳ Consuming lots of rice will reduce the complexion, and add more flesh to the body making us become fat. Also choices of oil will also result us with goodness, than using sunflower oil and groundnut oil we can go in for coconut oil and olive oil. Olive oil is the best form of oil that can add lots of positives to our health.

✳ Olive oil, when considered its composition it is made up of triacylglycerol, small quantities of free fatty acids, glycerol, phosphatides, pigments, flavor compounds, sterols and microscopic bits of olive. Triacylglycerols are the major energy reserve for plants and animals.

✳ The major fatty acids in olive oil (triacylglycerol molecule alone) are

- ☉ Oleic acid, a monounsaturated omega-9 fatty acid. It constitutes 55 to 83% of the olive oil.
- ☉ Linoleic Acid, a polyunsaturated omega-6 fatty acid constituting 3.5 to 21% of olive oil.
- ☉ Palmitic acid, a saturated fatty acid that makes up 7.5 to 20% of olive oil;
- ☉ Stearic acid, a saturated fatty acid that makes up 0.5 to 5% of olive oil
- ☉ Linolenic Acid (specifically alpha-Linolenic acid), a polyunsaturated omega-3 fatty acid that makes up 0 to 1.5% of the olive oil. Alpha-Linolenic acid is an n-3 fatty acid which is a member of the group of essential fatty acids.

✳ Going in for virgin and pure olive oil is better than investing in refined olive oil. Complementing calcium diet with the olive oil cooking will a great activator of Protein Kinase C Gamma as diacylglycerol, phosphatides are already present in the oil and only calcium which is needed to activate conventional isozyme of PKC group.

✳ Conventional isozyme of PKC group which include Protein Kinase C Alpha (PKC α), Protein Kinase C Beta (PKC β) and Protein Kinase C Gamma (PKC γ). PKC- α is said to play roles in many different cellular processes, such as cell adhesion, cell transformation, cell cycle checkpoint, and cell volume control.

✳ PKC- β is said to be involved in many different cellular functions, such as B cell activation (B cell are lymphocytes that play a large role in the humoral immune response, B cells are an essential component of the adaptive immune system.), apoptosis induction, endothelial cell proliferation, and intestinal sugar absorption. It also regulates neuronal functions and correlate fear-induced conflict behavior after stress.

✳ PKC- γ is said to be involved in signaling. This protein kinase is associated mainly with brain and spinal cord whose function is restricted only with neuron. It has been confirmed that several neuronal functions, including Long Term Potentiation (LTP) and Long Term Depression (LTD), specifically require this kinase. LTP is the extensive effect marked as plasticity by the neurons of the hippocampus in establishment of long-term memory. Hippocampus is important in storage of long-term memory. LTP influences the ultimate formation of memories by enhancing attention and the processing of sensory information.

✳ LTD is Long term depression and the meaning can be got from the word itself. LTD is a type of depression that can persist for more than 2 years for adults and for duration of 1 year for children and adolescent. More than environment and the happening, depression has added connectivity to signaling and our personal thoughts.

✳ Hence maintaining proper health is very much necessary in the present for ourselves and for our generations to come as the health and nourishment we take will get mutated for our future generations.

CHAPTER EIGHT ~ TRUST AND FOLLOW YOUR SOUL

✳ We have very much developed the character of active listening because now the environment in which we have been brought up demands blind respect to the command given by the elders, be it at home environment, school environment or any such environment of a young individual.

✳ Anything done away from their command is considered to be mischievous attitude; the society also makes fun if an individual exhibits a positive attitude which is unique among the masses. We even tend to change that unique positive attitude of ours to fit ourselves to the public so they accept us in the circle. Fixing an individual among the society is not necessary, only that good quality which we have kept inside is necessary for the world and society for its progression.

✳ On trusting with the words of others we have eventually made the attitude of pointing very strong. We have shut the doors of our mind and soul, we never analyze the opinion or a command heard and we have also stopped listening to the voice of our soul. How can we expect individuality when everyone starts adapting to the robotic characteristics?

✳ Stress, irritation, pressure, restlessness, dissatisfaction in life is all due to this attitude of following others. Every individual in earth are created for different purposes and we must understand this in order to accomplish the purpose for which an individual was created.

✳ We are drifting back in a high speed from the achieved point of civilization. Technology, Urbanization, Industrialization are all a component or a complimenting component of civilization. Humanity, human value, ethics, morale are the basic key component of civilization which we have already lost in the travel of enhancing the complimenting components.

✳ Individuality and working as an individual is very much necessary in the present. Only compromises, rejection, ego, overpowering and such negative attribute are the key concept experienced in group tasking or in team work.

SOLUTION:

✳ Trusting on oneself is very much important in the youth phase. It is only in this phase; the youths tend to copy, imitate, and give more concern to the words and thoughts of their peers. This attitude is because only during this phase the youth will try to fix themselves to the society.

✳ Self confidence is very much important. Thinking and performing positively is the key for self-confidence. Believe in every action, there could be no one who will be able to do the job your doing more genuinely like you and also always there is no one to take up the jobs that interests and fills your soul with happiness and peace.

✳ No one can lead a life without failures; failures alone can teach you stronger experiences which will become your trait later. Always think of the winning situations you had in your life and never fear to take risk worrying about the failure when the risk taken will lead to progression. Never ever hate a person for their mistakes and failures, it is only that we have to check whether they have rectified their mistake and whether they have taken their lesson out of it. If we start to hate and reject people for their mistakes and failure the sttitude of inclusion will get vanished.

✳ I would like to share a story with you, One day there was a young boy and an old man in a village. The boy was looking worried and told the old man that he had a problem. As an elderly person, the old man asked the boy about what is troubling him. The boy stated explaining the old man with his problem, he said that, “When I am in a group of people, I feel uncomfortable. I hesitate to speak, I feel distant. The others do not give me much

importance. This affects my mood very negatively and after a while I cannot participate at all.” The old man understood the reason behind his problem and taught him an exercise saying that the exercise is not easy, but if you persist, you are going to see results.

Six months later the boy came to the old man and said it worked, he said he is having no problem to speak amongst people and everyone is paying attention to him. He also added to the old man that having acquired self-confidence, what else he has to do. The old man asked him to continue practicing the same exercise. The boy exclaimed asking the old man that having acquired self confidence why he has to continue the exercise. The old man replied, *“When you reach the level where you can be amongst people who will pay no attention to you and you can still be self confident, that is when you will be cured.”*

✳ Self-confidence is associated a lot to you than the society. If you're genuinely knowledgeable with moral, you are valued. The recognition in the society at present is for invaluable things. The society will recognize the designation and wealth of an individual. If the designation and wealth is gone, immediately they will be ignoring you. Never value society until it values you for whom you are.

✳ Self-efficacy and self-esteem are two main components contributing self-confidence. Self efficacy is the trust one has in their own competency and ability. Self-esteem is the person's overall judgment or evaluation of his or her own merit. Self-efficacy is about realizing oneself and self-esteem is all about making the due credential complimenting our effort.

✳ Activate the conscience part in you, never believe your conscious mind. Conscious is all about awareness and stress. Conscience is the moral part of an individual the ability to decide between the good and the bad.

✳ You can follow your soul, there are every chance and right for you to be unique. Carving the uniqueness in each individual is the only way to save the world from herds of sheep.

Don't ever worry about the recognition, when your soul is filled in an activity and when you give out your best effort how can it ever leave you in disappointment?

✳ The visionary's insight is truly priceless. It is what Spiritual aptitude is all about. We all have gifts and talents whether we realize it or not. These gifts and talents when realized are amplified with our spiritual and self-growth. However, when we are trapped by fear, complacency, and other fetters and illusions of the ego, we find that our gifts and talents lose their creative force.

✳ Creative force is the power of your creative energy. Our creative energy is activated when we allow the Creative Spirit to move through us and we take inspired action which is inspiration. The power of this energy is charged as it moves through you. Your self-growth amplifies your creative energy and it becomes creative force.

✳ Your creative forces empowers you as a co-creator, strengthens your visionary insight, inspires others to be an inspiration, promote your well being and allows you to live as your true authentic self.

Empowers you as a co-creator - Creative force can empower you as a co-creator if you allow the creative Spirit to move through you. Creative force molds and shapes the unformed stuff of the universe or infinite potential to become that which you desire to actualize in your reality.

Strengths your visionary insight - To be able to see yourself having, doing, and being what you truly desire is present moment awareness, it is being in the moment, and it is being in the presence. Visualizing your true desires while in the present moment eventually causes you to catch the vision of your purpose in life. Once you have caught a glimpse of the vision, your visualization process becomes a visioning process where you receive insight as to how to fulfill your purpose and actualize your desires. As you master this process, you become a visionary-one who can catch, realize, and manifest on purpose. This insight

becomes intuition or what we call inspired action. It is when we say, “Something told me to...” or when we say “I had a hunch and I decided to...”

Inspires others to and inspiration - With this inspiration as we create and manifest, we are inspiring others. Inspiration can be very contagious—viral even. Our creations and manifestations contain the unformed stuff of the universe, the same stuff from which all consciousness is realized; therefore this stuff speaks! And as it speaks; it calls out and inspires others to be an inspiration as well. An example would be the guy in your neighborhood who started his own business and other young men in the neighborhood are inspired to do the same. When it comes to inspiration it is very much important to focus on your principles than on yourselves. People in the present are also misconceptualized about what should be inspired. To err is human, individual will not be right always and there will be no person who is 100% right but the fame or popularity an individual gets is for his principle and the purpose of work that got him success. Hence inspiration must be to the purpose and principle but not to the individual.

Promote your Well-being and Living as true authentic self - Creativity is one such blessing which is present with everyone. Creativity in a person alone can bring him that unique satisfaction and fulfillment to the soul than any other success. When an individual concentrates much on his unique talent blessed to him by the nature he explores himself magnificently where the purpose of his soul is fetching him profound happiness, prosperity and peace in life. Only when the uniqueness and the creativity of individual is kept live the world will be lively free from any social calamities and violence.

✳ It is certainly not every individual is blessed with the talent you are blessed with. Everyone is blessed uniquely. Try comparing twins, when noticed keenly there will be minute difference between them. It is in the same way, even though two individuals shine in same industry, the reason behind their success would be different. That is both are successful in the industry with two different strong talents needed for that particular industry.

✳ Hence it is you who can do justice to the field of your inborn talent that is why people say, “There is no one like you and only you can do this”. Be proud and start sculpting your talent for then success will be yours. I got to come across this picture in Facebook to show how busy people are. The same implies to people running behind trend.

✳ Your purpose of birth will never be achieved when you go according the push you get from any person. Your friend can show and direct you somewhere but it is ultimately we who has to travel and phase the consequences and the hurdles coming in the path. It is very rare to get a perfect guidance or orientation from a friend as they merely understand our capacities and frequencies.

✳ This is all about your mental preparation and this can be done only by you. Always believe in yourself. Once there lived a very weak young man who looked very skinny. He works on the basis of daily wages and his work is to shift big rocks from one place to

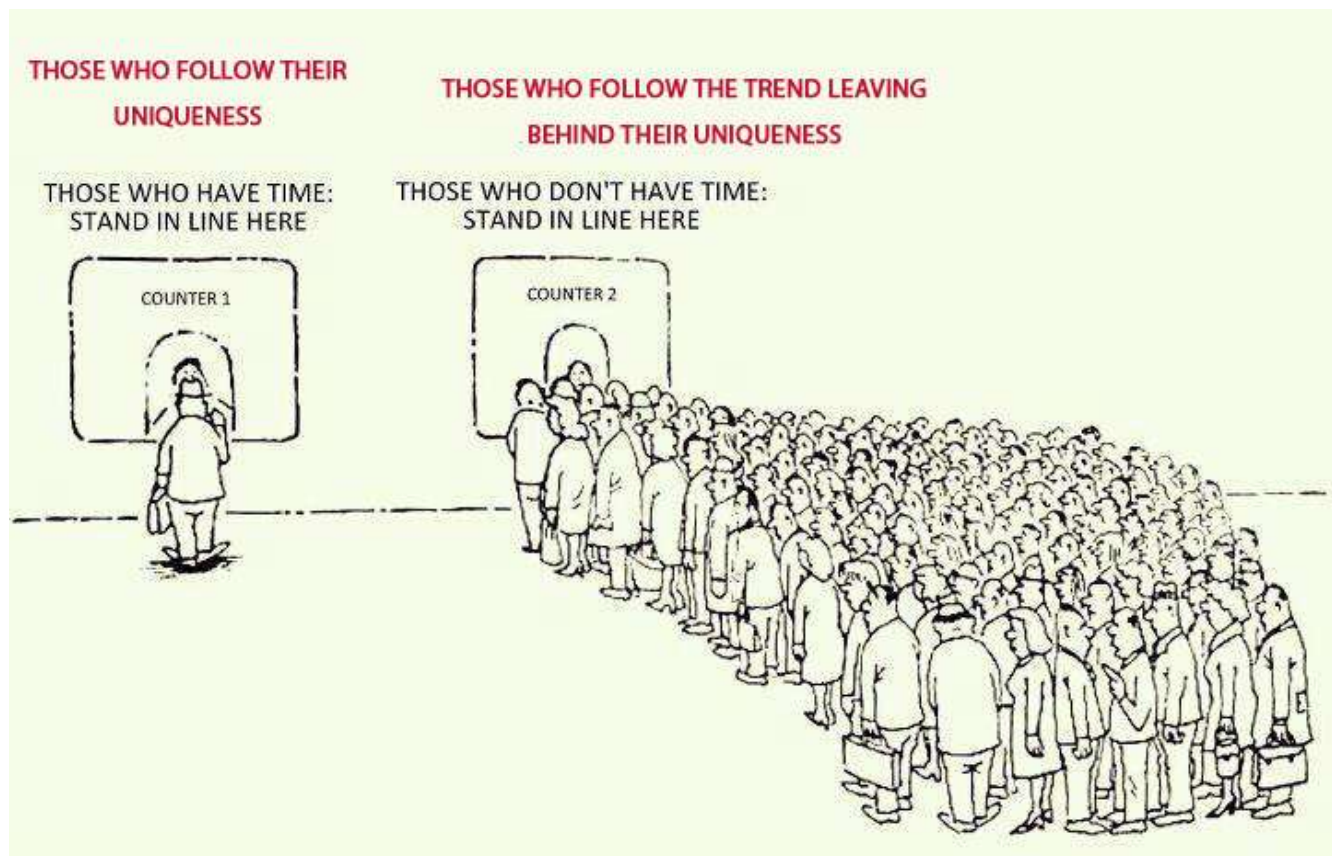


Fig 8.1 IMPORTANCE OF ENHANCING UNIQUENESS

another. Everyone in the village will look stunning at him carrying the rock with all strength. Once when a man asked him how is he able to do his job with such a weak body his reply was every time before I start shifting the rock all that comes to mind is this is the only way to earn my life and I had to do this for my sustenance. When I think of this every time I am overflowed with strength. This is the power of your trust and mind. When you trust on something and prepare your mind everything is possible. Never let your mind persuaded by other's cunning words, unethical activity, for illicit or easy money or any other activity which would cost your happiness and peace. Money, sophistication, status and the similar material possession is not important in life. All that is important is the humanity and the value you have in you and you have proved others.



Peer pressure is the basic reason for an individual to lose his unique identity. The risk factor of falling into the trap of peer pressure includes low self esteem, lack of confidence, uncertainty about one's place in the peer group, close bond with bully, vanishing of uniqueness and individualism, more possibilities of inculcating negative attitude and indulging in negative attitude. Peer pressure mainly influences the behavioral and attitudinal change of an individual.



CHAPTER NINE ~ FANTASIZED FRIENDSHIP

✳ The whole meaning of friendship has been changed and in the present trusting enemy proves successful than trusting a friend. Friendship has become a group just for creating the peer pressure. No one in the present is without friends, but for what is the friendship utilized for? For the betterment of the future? For orienting a deviant friend? For sharing of human and moral values or knowledge gained? Or for any such progression in life? NO.

✳ We make friends in the present to chill out, to bully someone, to accompany in smoking, drinking, for gossiping and for such illusionary and hopeless activities. Having the wrong type of friends can be dangerous than having no friends at all.

✳ How many of you have had a healthy competition with your friends in matters of gaining knowledge? How many of you have oriented your friend who was about to step into a negative path? How many of you have prevented your friend from smoking, drinking or such negative behaviors? How many of you have felt happy from your heart about your friend's success?

✳ In the present friendship has entered the virtual media. Even from home individuals stay connected with their friends through the social networking sites. Hence, we share maximum of our time only with our friends, the time spent with parents in the home is also reduced doubling the risk for the individual.

✳ . There are three stage for an individual to attain the state of close friend they are,

- ✳ First stage: emphasized shared activities and the importance of geographical closeness.
- ✳ Second stage: emphasized sharing, loyalty and commitment.
- ✳ Third stage: revealed growing importance of similar attitudes, values and interests.

SOLUTION:

✳ Friends are to be selected very carefully as they will be more influencing than any other individual in the present. There are many frenemies socializing with an individual in the name of friendship. This state of frenemies is developed unknowingly in some place and in some places intentionally.

✳ Judging people in the present is very essential. A life without stern thinking in the present will leave us with heaps of betrayal as every individual in the present use relationships for situations and they don't approach any 3rd order relationships for its value, especially friendship.

✳ The above statement of mine would be hard to digest and accept but the fact is what I said. Sit alone for few minutes and think of each and every activity that you would do with your friends or the thoughts that fills your mind when you are with your friends, if half your activities recollected serves and complements your future then the relationship you all share within yourselves is valid, if not it is hard time for you to think because it not alone involves the future of yours but the future of all members in your group.

✳ The best decision you can take at this point is to orient your friend group in a progressive way and share a progressive time from your end and making your friends set into activities that would support their future. If this space is not provided by your friend to you it is high time for you to separate from them as when they are not ready to orient themselves progressively you needn't spoil your future for individual who don't value you. When they see you accomplishing things in life they will automatically be reminded of your words and will come to you understanding you.

✳ Once I came to observe a group of friends which constituted three members. They were seriously discussing about one of their sister's marriage. They were talking about the customs that ought to be done during the marriage and they were planning about how to

meet out the expenses. I was shocked to see three friends in the phase of youth talking about how to manage their responsibilities at home amongst the trend of discussing about classmates, peer groups, cinemas and other sophistications they possess. This is a sign of healthy friendship.

✳ Remember friendship is not accompanying in drinks, smoke, drugs, bullying, flirting, roaming, cinemas, pubs, coffee shops, partying and treats. Friendship has serious roles and responsibilities to play. In the present scenario each friend should remember that the individual who share a bond of friendship with you consider you closer than their parents and your words and activities influence them the most without even a thought about their future.

✳ Does a friendship have responsibilities? Do we know what friendship is? Friendship is a gift that many people may take for granted. It is given freely, without any thought of recompense. Many people take advantage of this gift and try to have it only benefit them. They don't realize that certain responsibilities come along with friendship; without these responsibilities, there wouldn't be any friendship. All true friendships have responsibilities.



Fig 9.1 FACEBOOK FRIENDS

✳ The above graph shows the reality. What is going to happen if we really agree the fact and have only those few pure fellows in our friends list? Have only the genuine ones is the real wealth. Why do you want to subject yourselves in trouble, stress and depression for what you would be counted by the society, who in no way is concerned with you?

✳ Listening, loyalty, trust are some of the major responsibility share by friendship. There is a lot of difference between listening and hearing, that genuinity you hold while a friend sharing his/her problem will sooth his/her soul and would promise him/her that you are there to shoulder him/her with his/her problem. A friend must never be flexible in orienting or guiding a friend. He/she must be strict when they are guiding their friend with what would actually drift the problem progressively. They must always stand solid to what will be right to their friend and must not adjust their stands in fear of losing the friend.

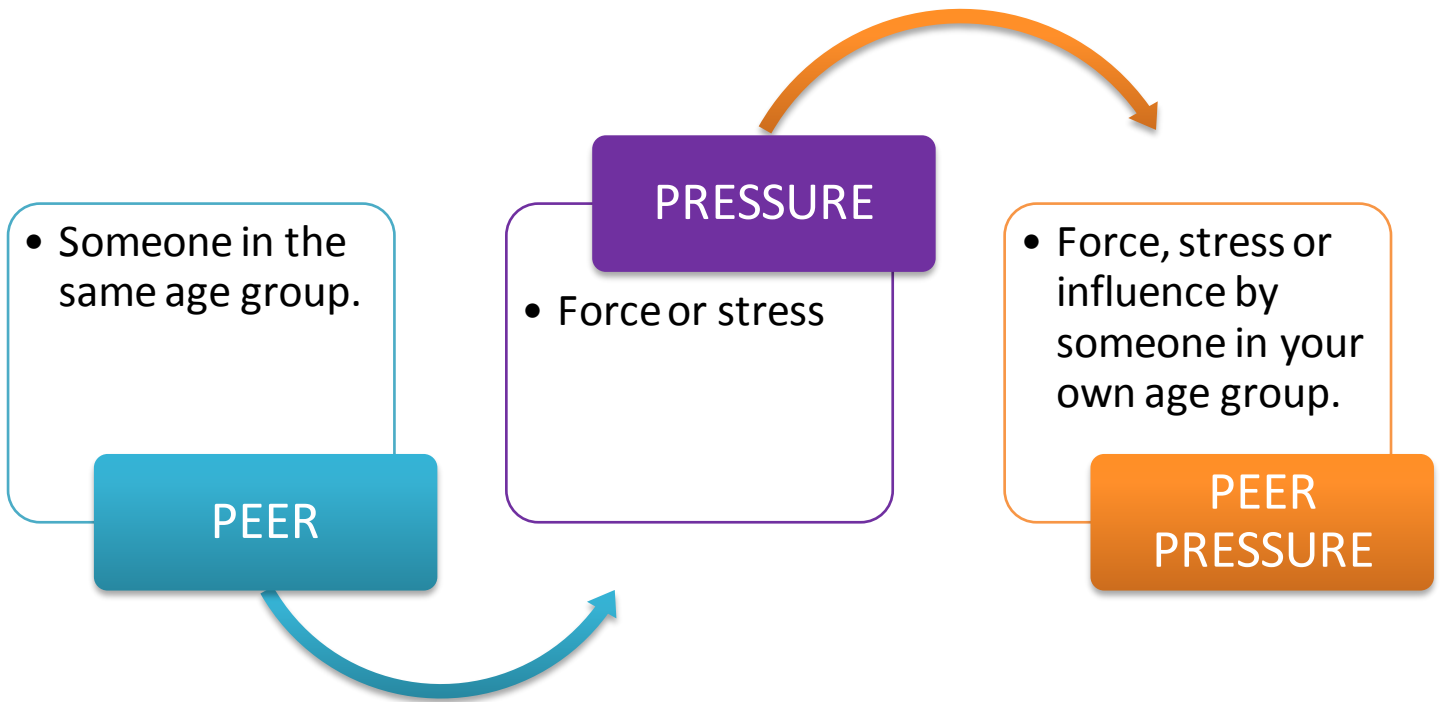
✳ Friendship is one of the great blessings given to us, but we should realize that it comes along with great responsibilities that should never be taken lightly. If these responsibilities are taken seriously and are fulfilled, the friendship will endure for a long time. A friendship taken for granted or made just to obtain some type of benefit is doomed to end miserably, usually with both sides being hurt. Therefore, we must treasure the true friendships that we have, and accept the responsibilities and people that come along with it.



There are two types of friends Balcony friend and basement friends. Balcony friends stand in the balcony applauding you, and cheering you on. They stimulate you to do your best and to feel good about yourself and to grow. They appreciate you for who you are, encourage you in your goals, stimulate your thinking, help you smile inside out, and make you laugh. They add pleasure, beauty, and richness to your life. They deepen your spirit. Basement friends crouch in the basement and try to pull you down with them, they corrode your spirit. Make sure you are always a balcony friend to

CHAPTER TEN~ PEER PRESSURE

Peer pressure, When we look into the meaning of these words separately we can easily derive the meaning of the whole word.



✳ When someone influences your activity, thought or attitude it is called peer pressure. We all have suffered from peer pressure but it is some who have overcome it, some who got lost in it and many who never realized it. Understanding peer pressure is very much important because it decides and influences ourselves and the consequence are ought to faced by us ultimately.

✳ It is that in the current scenario we are to spend most of our time with our friends and peer groups, in a day if we consider, we spend 8 to 9 hours in sleeping another 4 hours at

home with our family and the rest 12 or 11 hours outside with friends. Hence it is our friends with whom we share most of our day.

✳ When considering the maturity and the level of concern and guidance got from a friend of our own age, the degree of its authenticity is to be given a thought. A friend is considered to be the closest associate of an individual with whom anything can be shared, this is true in the practical scenario but I would say this is the basic reason for many ill happening and is the main reason for the onset of many hardships in one's life.

WHY DOES PEER PRESSURE INFLUENCE AN INDIVIDUAL:

✳ Peer pressure will much influence an individual during his or her adolescence. It is during this time there are several physical and psychological changes happening within the individual due to which there arises a little of unconformity in their fixation with the society and with their peers.

✳ It is from here an individual either starts losing or starts hiding his innocence, his



Fig 10.1 PEER PRESSURE

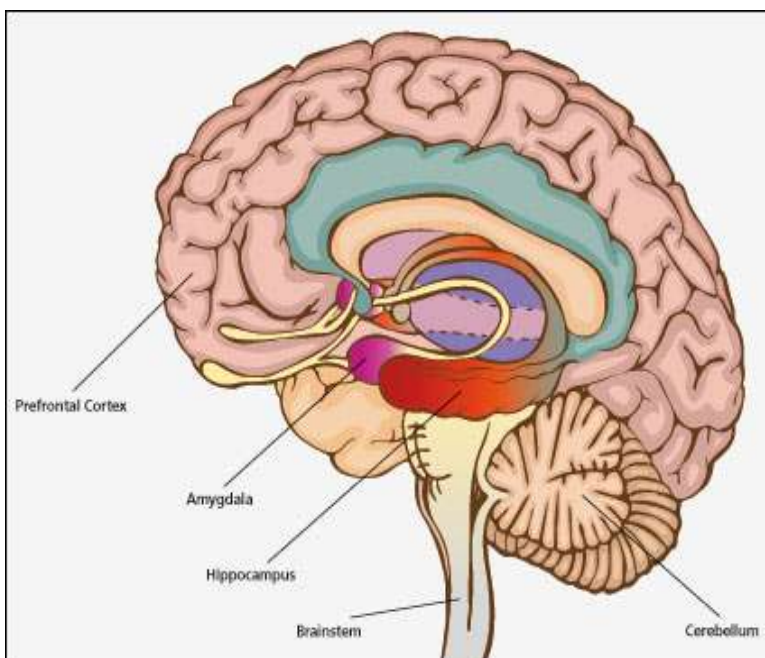
genuinity, his uniqueness, his value, etc. On the whole in the venture of fixing himself to his social group he loses his self.

✳ This influence of peer pressure is found from the childhood but it is in this stage of adolescence the peer pressure starts influencing the change of attitude, values and behavior of an individual.



✳ We have seen kids crying for a toy like his friend but it is in this stage of adolescence we dress like our friend, we imitate the accent of our friends, we copy the lifestyle of our friend, we copy the food pattern of our friend, we try making up all to fit into the circle of our peer but we forgot to notice whether our activities has satisfied our soul and also forgot to notice as in are we surviving or living.

✳ During this phase of the social and emotional part of the brain (amygdale) develops faster than the cognitive control part of the brain (frontal cortex), it is because of this the individual in the adolescent phase exhibit high recklessness and risk-taking behaviors.



✳ It is only in the mid 20's the human brain establishes its complete connection with the inner part of the brain. In the stage of youth the growth of the human brain is in progress and one cannot expect the maturity and the decisive capacity for in an adult at this stage of an individual.

AMYGDALA – IMPLICIT MEMORY

- ☺ Present at birth
- ☺ Includes emotional, behavioral, perceptual and possibly body memory
- ☺ No sense of recollection (time) will be present when the memory is recalled.
- ☺ Conscious attention is not required for encoding or registering

HIPPOCAMUS – EXPLICIT MEMORY

- ☺ Requires conscious attention
- ☺ Includes semantic (factual) and episodic (autobiographical memory)
- ☺ Develops during the second year of life and beyond
- ☺ Sense of recollection will be possible when recalled

PREFRONTAL CORTEX

- ☺ Regulation of body systems
- ☺ Attuning to others
- ☺ Balancing emotions
- ☺ Modulating fear
- ☺ Responding flexibly
- ☺ Exhibiting insight and empathy
- ☺ Paying attention to the body's wisdom
- ☺ Morality

✳ The addiction and the behavioral attitude of an individual towards the alcoholic consumption is said to be controlled by the Protein Kinase C- epsilon found in the amygdale. This enzyme helps in regulating the behavioral responses to morphine, ethanol, and controlling anxiety like behavior.

✳ The Protein Kinase C is a family of Protein Kinase Enzyme, Kinase enzymes is present in our body and its phosphorylation process of the protein (it modifies the protein by chemically adding phosphate groups to them). Phosphorylation usually results in a functional change of the target protein by changing enzyme activity, cellular location, or association with other proteins.

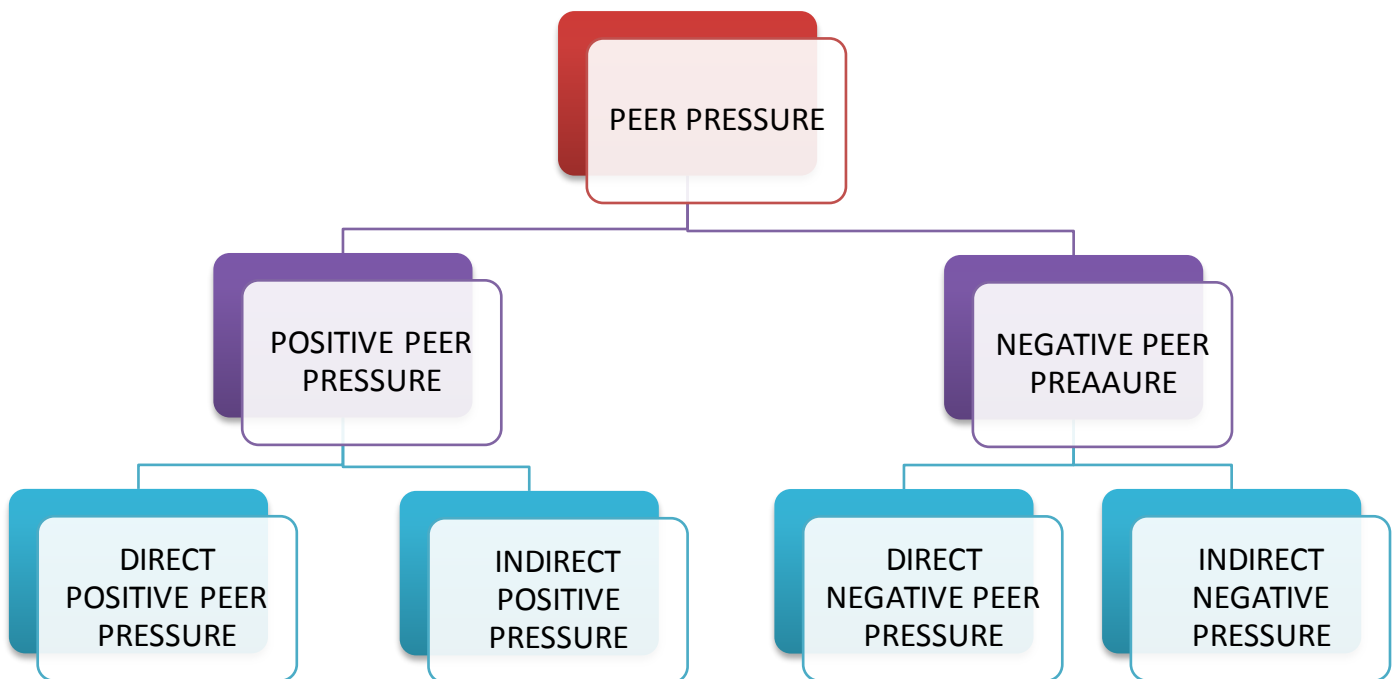
✳ Activating the Protein Kinase Gamma will reduce the consumption of ethanol and alcohol. Activating more of Protein Kinase epsilon will increase the consumption of ethanol, alcohol and anxiety~ like behavior.

✳ When we take a look at the classification of Protein Kinase, Protein Kinase Gamma comes under the conventional isozymes and Protein Kinase Epsilon comes under the novel isozymes which are calcium independent and phospholids dependent but the conventional isozymes (Gamma) is both calcium and phospholids dependent. Hence more of calcium intake will activate the Protein Kinase gamma without disturbing the Epsilon.

✳ Understanding the changes in the stage of life is very much essential by every stakeholders of a common individual and also by the individual. It is only when the individual understands this the orientation given by the elder will be accepted positively by them.

✳ It is in this part of the brain the individual endure changes during the youth phase and a perfect supervision with proper understanding and care is needed which would result in the growing of the individual as a better human being and a contributing global citizen.

TYPES OF PEER PRESSURE:



POSITIVE PEER PRESSURE:

✳ This kind of peer pressure is very rare in the present, due to environment we and our elders endured. There was a time in the society during the earlier and the mid-early times of civilization where the humanity and the values were given complete importance and was the main ingredient of the man making process.

✳ But as days evolved there were many evolutions happening in the complimenting spheres of human life like technology, lifestyle and etc where the concern towards the fellow being shifted in proving the status and the capability of self to the fellow beings which made a money centric society.

✳ Here people started running behind money, status and respect in the society. Also the status and respect was also backing money. It is at this point everything in this globe changed upside down.

✳ It won't sound wrong or absurd when I say we live in a baseless society where **MONEY** and **STATUS** is all the matter of concern. Did we ever start the journey of civilization for this? We became what we were in the nomadic period.

✳ We are even ready to become a human hunter and lose our values for earning money. Even if we don't have any use for the money we are in need of more and more money which will only have place in an iron box.

✳ **POSITIVE PEER PRESSURE** would be a pressure on an individual who will be forced to make a positive or progressive path away from all inhumane activities in the present.

✳ Have you ever advised or have you ever been an example for your friend to be honest? Have you ever prevented or lead away your friend from entering a regressing or bad path? Have you ever registered your objection for any of your friend's negative desire? Have you ever advised your friend to give elder's respect when they weren't doing it? Or at least have you come across any single individual who has done this to you?

✳ If your answer is yes, then the relationship you shared or you received is friendship. If your answer is no, then either you have or you have been misused in the name of friendship.

✳ Values and ethics has got nothing to do with maturity, maturity is the attitude of responding but values and ethics are all that we have learned from our family and those we are practicing at home.

✳ It is because of this certain degree of friendly relationship is required between the children and the parents. At any point if we tend to enter a negative path it will be our parents who can best understand it and have the prime responsibility of orienting us. Hence at every time we must always give space for our parents to share their words with us if anywhere they have misunderstood our activities we should make them clear about our stance in a polite manner.

NEGATIVE PEER PRESSURE:

✳ The most common type of peer pressure is the negative peer pressure. You would have been raised with high values and ethics at home. When you are with your friends and they have all indulged in an unethical activity like bullying someone and you say them this is not right.

✳ Later either they will start maintain distance from you making you to feel lonely and deviant or ask you to join them saying there will be no fun otherwise and ask you not to act too good.

✳ This would have definitely happen at least once in the lifetime of every individual. When you start analyzing the way you lead your life from there, it would be deviant and it would be in the way long away from the way you wanted to travel and also long away from the values taught by your family.

DIRECT PEER PRESSURE:

✳ In the above narrated situation where your friend advises you not to act too good is an example of direct negative peer pressure. They talk to you and influence your mind one to one directly to deviate you from your path. You know what they do is wrong but with no other option you change yourself to fit into their group.

✳ This kind of direct peer pressure would influence highly than the other kind of peer pressure. You wouldn't be left with sufficient time to think and when you are pressured by more than one friend then the chance of influence is more.

INDIRECT PEER PRESSURE:

✳ In the early narrated situation where you friends move away from you and influences you to deviate from your path, this type of pressure is called indirect peer pressure. Here you will not be communicated directly by your peers for the change instead you will be forced by their action. Depending upon the mode and activity the peer pressure is said to direct, indirect, positive and negative



DIRECT PEER PRESSURE



INDIRECT PEER PRESSURE

Fig 10.2 TYPES OF PEER PRESSURE

EFFECTS OF PEER PRESSURE:

- ✳ Apart from influencing the individual peer pressure has got many other consequences or effects. It can cause depression, involve some to use drugs, alcohol and cigar which will be a lifelong problem.
- ✳ The individual who tends to overwrite his action, attitude and behavior upon his originality will lack confidence and will always project himself with an inferiority complex which will make unable to accomplish nothing in his life adding failures to his effort which would make his feeling of inferiority strong.
- ✳ Peer pressure may look like a two simple words but this two simple word will play a key role is deciding our life. The peace, happiness, joy, cherishing moments of life and all such beautiful things in life will be stolen by this peer pressure if we allow it to influence us.
- ✳ It is very much important for us to decide who are we going to concentrate on, Are we going to give importance to the society and loose ourselves or are we going to concentrate on ourselves, which when succeeded will bring the society to us.
- ✳ Hence as we have discussed earlier, during the adolescent stage of an individual there occurs changes in the amygdala, prefrontal cortex and in the hippocampus region of the brain which is linked with the behavioral and emotional activities, the consequences and the cause of peer pressure are also associated with it and the important thing that should be noted is, all these are linked with our environment. Complete care and revision of practice is necessary from the level of government to the level of home for assuring the individuals a better future.

SOLUTION:

✳ The solution for negative free peer pressure environment is very simple. All that has to be done is a minute modification using the scope given by technology. The individual at this phase of time need a complete monitoring with conviction. In the run behind money and status, parents of the current generation do not have time to concentrate on their kids, which makes them take complete freedom. When the children are provided a space to lead their life with complete freedom there is a high chance for peer pressure influencing them.

✳ The individuals of the current generation are very much used to internet and a day without access to Internet would make their day feel incomplete. Most of the individuals in the just entered parent phase are also quite fluent in using the internet which shows us that future without internet would be unfilled.

✳ When both professional sphere and education sphere is made to work online most of the mental stress and problem would get solved. Professional and personal space management will be achieved, individuals can be saved from peer pressure, mental stress and work place pressure can be avoided, rushing up in traffic to reach the workplace and schools can be avoided, land use can be reduced and more of land will be made available to accommodate the upcoming generation, deforestation can be avoided, unemployment issue can be solved, the children will get wide range of information, restriction can be avoided, there will be no rejection and many social problems can be avoided, and the lifestyle of the society will change contributing to the progression of the globe.

✳ When both the parents and children are made to execute their responsibility being at the same platform, there will be proper communication between the two ultimately making every parent to nurture a responsible and a contributive citizen to the globe, individual to the family and the society.

CONCLUSION:

✳ Every individual in the present is important to progress the globe and to save the human community as a whole. Concentration to the growing generation is very much important. It becomes the prime responsibility of the government to provide a hassle free life to the citizen; it is their professional ethics and our right. Taxing in any form cannot be carried out by the government to its citizen because it is also a form of slavery. Government is to regulate, guide and provide a peaceful environment for its citizen and they have nothing to do with authority and superiority.

✳ It is that the officials in the executable position must understand the need for the change and use the rule in their hand progressively. Online mode of education and profession will be a permanent and a solid solution for many social complications in the present. Many illegal activities can be avoided, equality can very much be achieved when the entire functioning is transformed online.

✳ For many parents in the present children are being a burden to them. There is a comical saying in the present “If the school is on leave, the students are happy and if the school is re-opened, the parents are happy”. In many places we can find many kids playing in the road side during holidays without any supervision of the elders and the parents will be inside their home. During the youth phase individuals socializing with their peer group without any supervision is risky and is highly endurable to the peer pressure.

✳ We have always been advised by our elders to listen to the words of the heart and not the words of our mind. We ourselves would have witnessed this, we would be thinking of something very seriously and first there will be a solution coming up in our mind and later in few seconds there will be a second solution which will be ethical corresponded. Here the first solution was from the mind (the solution taken out of pressure) and the second one with value is from the heart (your originality, the solution taken with the values and ethics taught to us by our family).

✳ Behavioral changes, emotional changes can always be well handled by the parents, as they have the moral and higher responsibility towards their children. Hence a good personal environment with due concentration is needed in bringing up an individual adding up for the progression both the family and the world, parents need to share a friendly relationship with their children contributing a quality time with them to orient them from the changes taking place psychologically.

✳ When we make any individual understand the consequences of peer pressure and make them capable to identify the negative peer pressure by orienting them to a positive environment then it will be easy for them to identify any sort of negative pressure in their way and the manner to handle it. And when every possible profession and the entire education is made online there will no social influence on the person and also there will no space for peer pressure as everyone will fulfill their responsibilities being at home.

CHATER ELEVEN ~ BRAIN AND THE YOUTH

- ★ There are lot of connection between the brain and the youth because many of the behavioral changes exhibited by the youth are due to the changes happening in the parts of the brain.
- ★ Understanding the signaling and the functions of the brain is very much important. Many of our behavior, emotions, thoughts and activities are very much connected with these signaling.
- ★ You must have endured this situation, where you would have got agitated to your extreme with full of anger filled within you and as soon as you knock on something or yell at someone you would feel relaxed and think why did I get angry now?
- ★ This is due to the signaling of the brain. Another fact that I would like to quote is about the laughing therapy, it is that when you laugh the stress creating hormone is secreted very less contributing to a peaceful mood.
- ★ Many of us fail to realize the psychological changes associated with the phase and add more pressure the individual who is ultimately forced to react deviantly and exhibit a higher range of risky behaviors. Many of the parents whose children are in the adolescent stage will start stressing themselves and react very rigidly towards the adolescent individual in a fear of him exhibiting risky behavior.
- ★ This stage is really like a cloth on the thorn and hence during adolescence understanding about the cognitive development of brain is very much necessary as this changes or development is directly related with the behavior and thoughts of the adolescent individual.

✳ When analyzing the role of brain in the behavioral, emotional and personality deciding in human being it is very much necessary to understand brain and what this three pound organ can do with 132 pound weighing human being.

THE BRAIN:

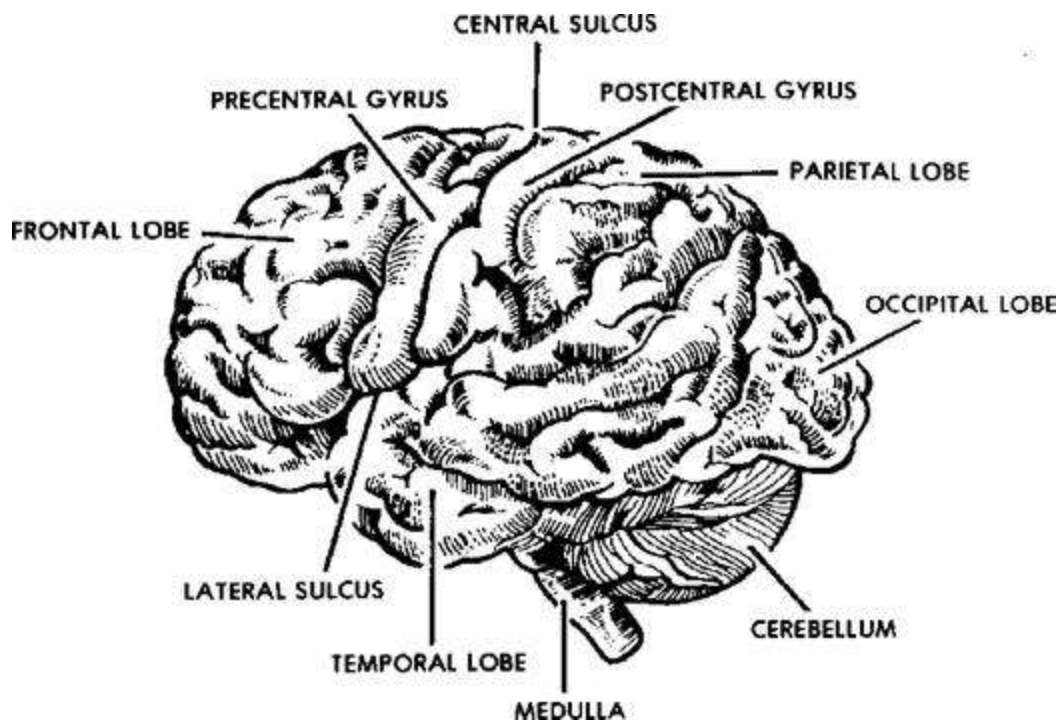


Fig 1 1.1 BRAIN AND ITS PARTS

✳ Every animal we tend to consider has brain but the most unique and the complex form of brain is the human brain. Brain being one of the smallest components is said to control almost every activity of our body, it gives us power to speak, imagine and solve problem.

✳ It controls our body temperature, blood pressure, heart rate, breathing, it accepts a heap of information that we learn daily through various senses like seeing, hearing, smelling, tasting and touching, it handles our physical movement and lets us think, dream, reason and experience emotion. Truly human brain is an amazing organ and learning about the facts and functions of brain makes me filled with curiosity and excitement.

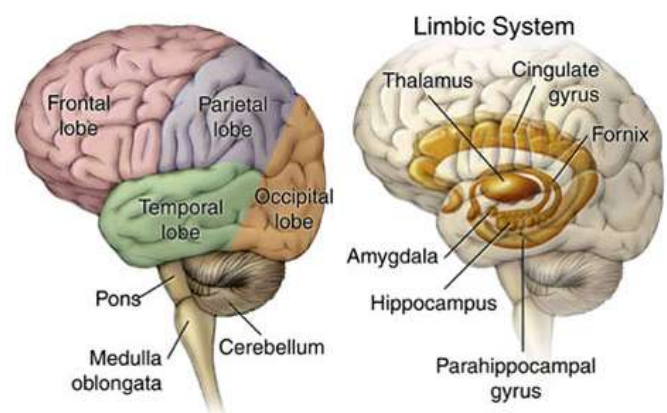
✳ As I felt of sharing that feel of excitement with you, I thought sharing some of the curious facts and take you along the early roads of the studies.



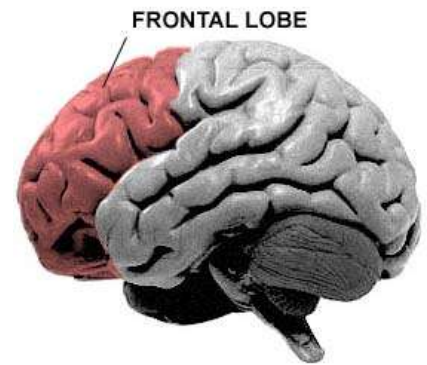
✳ There are around 80 to 120 billions neuron found in the human brain whose function is carry signals from brain to various parts of the body. Neurons connect to each other to form neural networks. Artificial neural networks are the mimic programmed from the properties of biological neurons. The connections between neurons are much more complex than those implemented in neural computing architectures (Artificial Neural networks).

✳ The basic kinds of connections between neurons are chemical synapses and electrical synapses. A chemical synapse is a junction between two neurons. The first neuron releases a chemical which rapidly crosses the small space across and binds to a receptor which is the second neuron. Here the first neuron is the presynaptic neuron, the second neuron or the receptor neuron is the postsynaptic neuron and the chemical is the neurotransmitter.

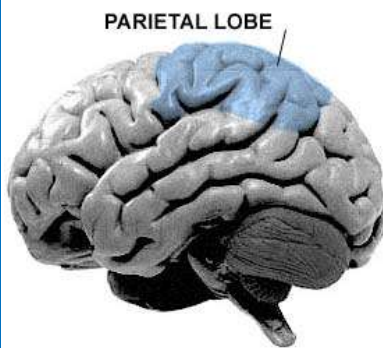
✳ An electrical synapse is a physical connection between two neurons with a pore allowing charged particles (ions) to pass from one neuron to the other. Unless there are a large number of pores, or the pores are very large, the connection is weak.



✳ The Frontal lobes, parietal lobe, temporal lobe, occipital lobe, Pons, medulla oblongata, cerebellum are the parts of exterior brain. I think I have made you to remember your own school days where we studied about these parts for the first time. Now let's discuss about the functions of the above mentioned parts of the exterior brain.



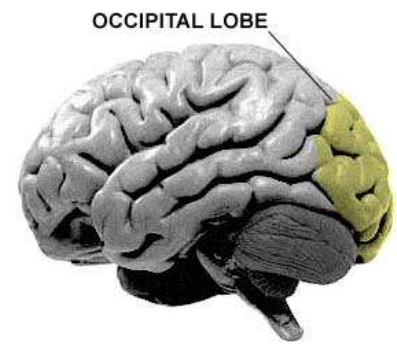
FRONTAL LOBES: The frontal lobe contains most of the dopamine-sensitive neurons in the cerebral cortex. The dopamine system is associated with reward, attention, short-term memory tasks, planning and motivation. *Dopamine* is a neurotransmitter. Do make a note of all the italicized that we come across as most of these play a major role in the behavioral and thought attitude of an individual. Frontal lobes helps control skilled muscle movements, mood, planning for the future, setting goals and judging priorities. You are who you are because of this lobe. This area determines personality and emotions. This lobe is a part of the cerebral cortex.



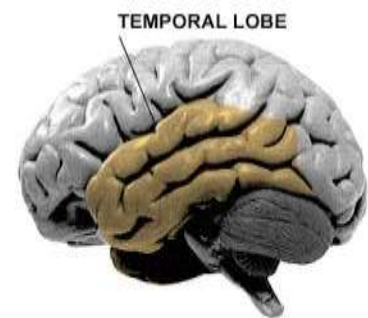
PARIETAL LOBES: This region of the brain helps people understand what they see and feel. It also controls how they understand and process information about the environment around them, such as distance and position of objects. This lobe is part of the cerebral cortex. This lobe is divided into two hemispheres ~ left and right.

The left hemisphere plays a more prominent role for right-handers and is involved in symbolic functions in language and mathematics. Meanwhile, the right hemisphere plays a more prominent role for most left-handers and is specialized to carry out images and understanding of maps, i.e. spatial relationships.

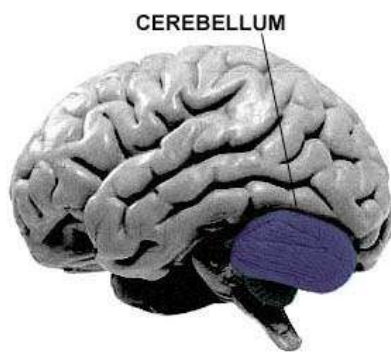
OCCIPITAL LOBES: Call this the visual center. This area determines if you understand what you're looking at. Damage to the occipital lobe could cause hallucinations, make objects appear larger or smaller than they are or make the colors look abnormal. This lobe is a part of the cerebral cortex. The two occipital lobes are the smallest of four paired lobes in the human cerebral cortex. Located in the rearmost portion of the skull, the occipital lobes are part of the forebrain.



TEMPORAL LOBE: This region controls your hearing and the ability to recognize words. It can also affect memory. Damage to the left side of this lobe can cause problems remembering what people said. Damage to the right side might stop you from recalling music or pictures. This lobe is part of the cerebral cortex. The temporal lobe contains the *hippocampus* and plays a key role in the formation of long-term memory. The temporal lobe contains the *limbic system* which includes some of the main parts which is important in the behavioral and emotional function of an individual.

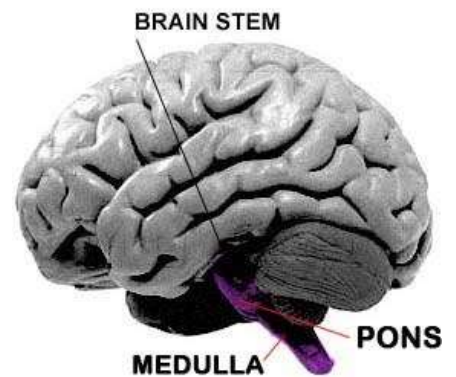


CEREBELLUM: Cerebellum which means “Little brain” is a region of the brain that plays an important role in the motor control. It may also be involved in some cognitive functions such as attention and language, and in regulating dear and pleasure responses, but its movement related functions are the most solidly established. The cerebellum does not initiate movement, but it contributes to coordination, precision, and accurate timing.



PONS AND MEDULLA OBLONGATA: Pons and Medulla oblongata are the parts of brain stem. The brain stem connects the lower region of the brain to the spinal cord. Best

described as the life center, it controls breathing, heart rate, blood pressure and digestion. The Pons is the upper half of the brain stem and it measures about 2.5 centimeters in length. The Pons contains nuclei that relay signals from the forebrain to the cerebellum, along with nuclei that deal primarily with sleep, respiration, swallowing, bladder control, hearing, equilibrium, taste, eye movement, facial expressions, facial sensation, and posture. The medulla oblongata is the lower half of the brain stem.



The medulla contains the cardiac, respiratory, vomiting and vasomotor centers and deals with autonomic, involuntary functions, such as breathing, heart rate and blood pressure.

PSYCHOLOGICAL CHANGES:

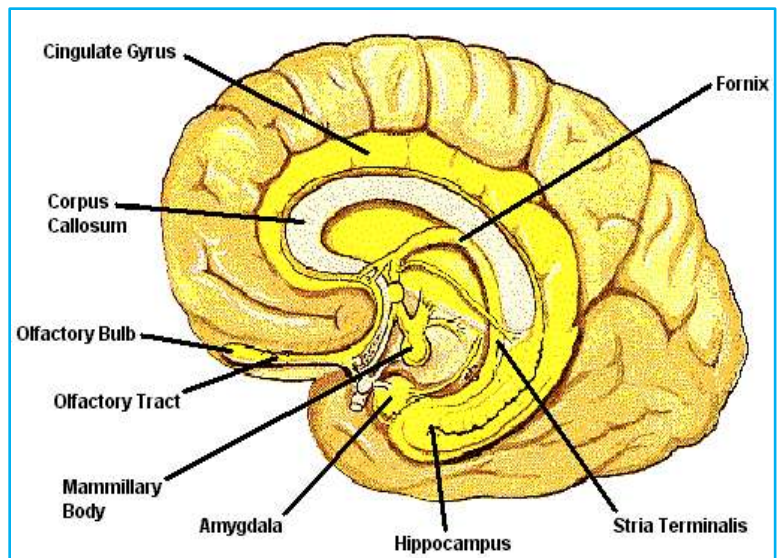
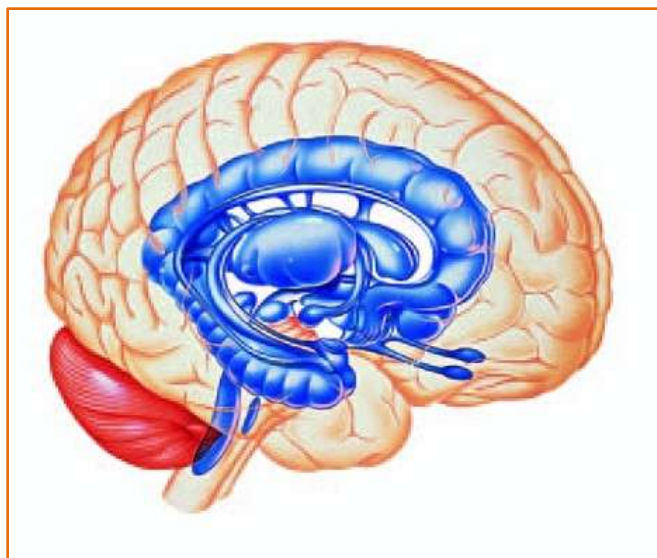


Fig 1 1.2 LIMBIC SYSTEM AND ITS PARTS

✧ LIMBIC SYSTEM:

✧ The limbic system and the autonomic nervous system are the two most significant part of the nervous system influencing emotions. The main parts of the limbic system responsible for emotions are *amygdala* and *hippocampus*.

✧ It is also to be stressed that all the parts in the limbic system is interconnected and is involved in the sense of emotion but the contribution of the above mentioned two parts are more.

✧ During the adolescence the limbic system of the individual changes and it is important to know how we are influenced by various kind of emotions minute to minute.

✧ AMGYDALA AND HIPPOCAMPUS:

✧ Amygdala is an almond shaped structure found in the interior part of the temporal lobe. The amygdala is connected to the hippocampus, spetal nuclei, prefrontal area and the medial dorsal nucleus of the thalamus. These connections make it possible for the amygdala to play its important role on the mediation and control of major affective activities like friendship, love and affection, on the expression of mood and, mainly, on fear, rage and aggression.

✧ The amygdala sends responses with the received signaling of emotion. It is the experience stored in amygdala signals us to fight or flight in a situation of danger.

✧ Hippocampus stores the memory, that is it stores the situation and the amygdala stores the reaction or the consequence of the situation and when a similar type of situation is endured by the person the hippocampus first remembers the previous happening and the amygdala remembers the consequence or the emotional reaction to that situation and signals

us the way we should react to this. If the defense handled previously managed the situation the amygdala will signal the same defense or else it will warn not to take that defense and try for a new one.

✳ Hippocampus is the major part of the brain that is related to the memory function of the individual with the formation of long-term memory. Hippocampus is the region where the short-time memories are changed into long term memory. The hippocampus contains high levels of glucocorticoid receptors, which makes it more vulnerable to long-term stress. It is also found that child Subjected to stress shortly after the birth can affect hippocampal function in ways that persist throughout life.

✳ In the present it is discovered that women on average, have a deeper limbic system, a set of brain structures responsible for emotions, smell, feelings, behavior and long term memory than men.

✳ The other part where the changes happen during the adolescence is in the prefrontal cortex, which is involved in decision making and cognitive control. During this period the efficiency of information processing and the neural connection between the prefrontal cortex and other regions of the brain are strengthened.

BRAIN AND ITS FREQUENCIES:

✳ Your brain is made up of billions of brain cells called neurons, which use electricity to communicate with each other. The combination of millions of neurons sending signals at once produces an enormous amount of electrical activity in the brain, which can be detected using sensitive medical equipment (such as an EEG), measuring electricity levels over areas of the scalp. The combination of electrical activity of the brain is commonly called a Brainwave pattern, because of its cyclic, '*wave-like*' nature. Our mind regulates its activities by means of electric waves which are registered in the brain, emitting tiny electrochemical impulses of varied frequencies, which can be registered by an electroencephalogram.

✳ There are four types of brain waves namely Beta, Alpha, Delta, Gamma and Theta waves. Let us take a deep analysis on the different types of brain waves because these waves set the frequency and forms as the soul material responsible for the power created by our thoughts.

Beta waves: Beta Brain Waves are considered to be among the fastest brainwave frequencies and are documented as brain waves within the frequency range of 12 Hz – 38 Hz (or 12 to 38 cycles per second). They are typically produced by the left hemisphere of your brain, but can be synchronized. Each time you solve a tough math problem, logic puzzle, or read a book, your Beta Brain Waves kick in.

People who think logically tend to have a lot of Beta Brainwave activity. Adults tend to have more Beta Brainwaves than children and teens – and Beta Brain Waves have been known to increase as you get older. In the majority of healthy adults, Beta Waves seem to be the dominant rhythm. Beta Waves have also been associated with an increased ability to focus on our external reality. When we experience too many Beta Brain Waves, there can be problems like stress and anxiety. However, when produced in normal amounts, there are definitely many benefits to be had from experiencing Beta Brain Waves.

Another effect from having lots of Beta Wave activity is being more socially outgoing. Talk-show hosts, lawyers, radio announcers, and people involved in debates tend to experience significant increases in their Beta Brainwave activity each time they begin talking. Beta Waves increase your ability to hold an interesting and stimulating conversation with others. You also have feelings of excitement and energy while talking to someone else.

Due to the fact that excitement and nervous energy accompany the Beta Range, many people experience leaps in their motivation to take action. If you've ever read about someone being able to perform an amazing feat out of fear (i.e. out of adrenaline), then you understand that these Beta Waves can be highly motivating and action-oriented. If you've ever run away from someone because you were scared – your Beta Brain Waves kicked in at their highest levels.

Alpha waves: Alpha Brain Waves are brain waves within the documented frequency range of 8 Hz to 12 Hz on an E.E.G. and were the first brainwave frequency range to be discovered. Alpha Brain Waves are associated with states of peace and relaxation. Not everyone even has Alpha Brain Waves due to the fact that they diminish when you get stressed out, nervous, or tense. If this is the case, your brain will shift to a fast-paced state of mind consisting of Beta Brain Waves.

When you take the time to breathe deeply, meditate, or close your eyes, there will be a big increase in the amount of alpha brainwave activity inside your brain. Alpha Brain Waves are not the slowest brain waves though. When a person is lacking in alpha brainwave activity, rapid thinking and over thinking usually occur. They may get adrenaline rushes and lack the ability to concentrate. Think of Alpha Brain Waves as the third gear on a four speed bike. You need to be able to shift from the fastest paced fourth gear (Beta) in order to get to third gear (Alpha), and you need to shift from the third gear in order to get to second gear (Theta). And you finally must be able to shift from the second gear (Theta) in order to reach the first, slowest speed gear (Delta).

Just like each and every gear is important in the shift process of gear shifting on a bike ride, each brain wave frequency range is important to have in your brain in order to optimally deal with life's experiences. People who are able to shift their brain waves from a highly focused, motivated, fast-paced and excited (Beta) state to a more relaxed, flowing, calm state (Alpha) – are able to better deal with stressful situations and cope with life. Unfortunately though, not everyone has the ability to get out of the over stimulated state of mind (Beta).

The ability to produce Alpha Brain Waves does not come easy for all people. In fact, some people have never experienced them their entire lives. These people don't know what it feels like to slow down from stress or rapid-thinking. There is nothing wrong with being in a Beta state of mind, however, if we access that state for too long and forget to return to Alpha, our mental health will suffer (e.g. lack of concentration) as well as the health of our body (e.g. high blood pressure from stress).

Another interesting benefit from Alpha brain waves is that they have been known to boost your immune system. This basically translates to you getting sick less often. If you take some time to think about this statement, it makes perfect sense due to the fact that people who are stressed out (e.g. in a Beta state) tend to get sick a lot. Staying calm and relaxed will build up immunity and you sure won't be getting sick as often.

Alpha Brain Waves have also been associated with creativity. Researchers have discovered that most creative individuals tend to have more Alpha activity than those who are too logical and unoriginal. So if you were to work on increasing your Alpha waves, you would almost positively be increasing your ability to tap into a highly creative state. Problem solving, "super learning, and peak performance have also been known to skyrocket as a result of an increase in Alpha Brain Waves.

Delta waves: Delta Brain Waves are the brain's slowest frequency range cycling at a rate of 1-4 times per second (e.g. 1 Hz – 4 Hz). Delta Brain Waves become active in your brain when you are in the deeper stages of sleep (e.g. stage 3 and stage 4). They are associated with being completely unconscious (i.e. you usually won't know or remember anything while Delta Waves are dominant). Delta Brain Waves have been known to oscillate throughout all parts of the brain and are not usually synchronized. Of all brainwave ranges, the Delta Waves have the greatest amplitude and are responsible for the slowest form of mental processing.

Delta Brain Waves have been proven to have a number of beneficial effects. When Delta Brain Waves increase, so does your natural ability to: Release Anti-Aging hormones, tap an increased amount of empathy (understanding how others feel), heal the mind and repair your muscles, and access the deepest possible states of relaxation. Other effects as a result of Delta Brain Waves include: the release of natural growth hormone, the release of melatonin, connecting with your intuition and accessing deep states of spirituality.

Another great thing about Delta Brain Waves is that they have been known to reduce levels of cortisol in your body. Cortisol is a hormone released when you are under stress that basically kills off brain cells and can cause damage to parts of your body. Cortisol has been linked to quicker aging, while having less cortisol has been known to be associated with anti-aging. For some individuals with high amounts of stress, Delta Brain Waves may also work great at reducing adrenaline levels. The great thing about Delta brainwaves is that they are able to connect you with deeper parts of your unconscious mind.

Theta waves: Theta Brain Waves are the second slowest frequency of brain waves. They typically cycle at a rate of 4-7 times per second (4 Hz – 7 Hz). Theta Brain Waves have long been associated with early stages of sleep and the process of dreaming. Theta Brain Waves are of high amplitude and usually kick in when you experience powerful surges of emotion. Theta Waves have been associated with states of enhanced creativity, “Super Learning,” deeper relaxation, day-dreaming, and sleep-dream activity.

If you are able to recall how relaxed and carefree you were as a child, then you are able to remember what it felt like to access your Theta Brain Waves. Children tend to have significantly higher amounts of Theta Waves than do adults – which is why children are not generally as stressed out as their parents. Children are able to say what’s on their mind and not be fearful of trying something new; this is the Theta Brainwave State.

Accessing your theta waves means you are having a deeper emotional connection with yourself. Generally, people have much stronger emotions – whether they are happy or sad – while in the Theta Range. If you have been too caught up in the Beta State for an extended period of time – chances are good that you forgot what your natural emotions feel like. Some theta wave will get you more closely connected with your inner self and back to experiencing natural emotions – not artificially or stress-induced ones.

Not to mention, Theta Waves have been linked to having a strong intuition. Have you ever gotten a strong “gut-feeling” about something and your gut turned out to be right? Well, it

has been proven that Theta Brainwaves are accessed when you have an instinctual-type “feeling” in the pit of your stomach. Much of the time, our gut-instinct turns out to be right – even when our logical Beta Brainwaves want to take over. Other benefits from having more Theta brainwave activity include: A connection to your subconscious mind or subconscious processing, advanced problem solving, and learning ability.

Each and every day, you receive subconscious programming from your environment that you may not be aware of. This information and processing cycles into your brain and has actually been found to have an influence on behavior. You can benefit from tapping your Theta Waves to connect with your sub-conscious because it will allow you to reprogram your brain with ideas and beliefs that you truly want to believe. This helps you avoid falling victim to environmentally induced thought patterns.

Gamma Waves: The fastest documented brainwave frequency range is that of Gamma Brain Waves – which oscillate within the range of 40 Hz to 70 Hz. Gamma Brain Waves have the smallest amplitude on an E.E.G. in comparison to the other four basic types of brainwave frequencies. Gamma Brain Waves have long been considered the brain’s information and sensory-binding brainwave – or the brainwave that is able to link and process information from all parts of the brain. Having high amounts of Gamma Brainwave activity has been associated with: having high levels of intelligence, being compassionate, having high amounts of self-control, and feelings of natural happiness.

Gamma Brain Waves have also been linked to having a great memory and an increased perception of reality. People lacking in Gamma Brainwaves tend to experience difficulties with learning and mental processing. Usually people with impaired or retarded mental functioning tend to have significantly less Gamma Brainwave activity than those who have average and above-average intelligences. There seems to be a correlation with higher amounts of Gamma Brainwave activity and increased brain functioning ability.

People with higher amounts of Gamma Brainwaves are lucky due to the fact that they will often experience improvements in memory and their ability to vividly recall past experiences. One frequency in the Gamma Waves range, which cycles 40 times per second (e.g. at a rate of 40 Hz), has been known to regulate memory processing in the brain. If you are currently having difficulty remembering information like: names, dates, events, plans, etc. – you would likely benefit from increasing your Gamma Brainwave range.

Gamma Brain Waves are also known to boost your perception of reality through your five senses. Gamma Brainwave activity is responsible for making smells more powerful, increasing your visual acuity, sharpening your hearing, and making foods taste better. Those who lack Gamma Brain Waves may have the same foods or be put in the same environment, but their brain's will not have as much sensory-rich processing as individuals with Gamma activity.

The Gamma Brainwave range is able to properly combine or “bind” your senses and memory together for one ultimate experience. This is why on a memorable day you'll often remember the music that was playing, the aroma of the atmosphere, what you saw, the foods you ate, etc. The Gamma Brain Wave state is an incredibly focused one and allows us to get the richest possible sensory experience as a result of our external world.

Gamma Brain Waves have also been linked with the ability to process large amounts of information in relatively small amounts of time. Think of having more Gamma Activity as getting a processor upgrade for your brain. People without much Gamma activity literally cannot imagine what they are missing out on – unless they have experienced Gamma activity before.

✳ For a better functioning of the brain and to have a fulfilled life relaxation, creativity, self-actualization and many such social attitudes are necessary along with the knowledge of technology and science. Mediation, solitude and a space for realization is very much essential in this rapid world for every individual to accomplish their purpose on earth.

BRAIN AND THE YOUTH:

✳ Now as we have discussed about most of the important and basic parts of the brain let us deepen our path of travel to the concept of the paper. As we came across the different functions of the brain we realized that most of our function and movement is centralized in this 3 pound part “**BRAIN**” as I said isn’t this amusing?

✳ In the child phase of life we were completely new to everything in the life and we had our parents or any other elder by our side to orient us and help us perceive the right things in life and they also taught us to identify the difference between the good and bad.

✳ The next phase we start exhibiting our identification in the society and want ourselves to be identified by our 3rd order relatives like friends, distant blood relatives, neighbors, and the like. It is because of this we start creating a distance from our parents, if we have a elder sister or elder brother then this phase can have some sort of influence and closeness with them but again this bond of sibling must be good understanding the responsibility and importance of each other.

✳ It is in this phase many of the psychological and physiological changes occur in the individual. The company of a responsible elder (the one who would top the list will be parents) is very much necessary at this stage.

✳ The changes must be understood by the individual and he must also know the importance of listening to the words of their parents. Exposure to them is very high to our parents as they have experienced a life in an atmosphere of two generations and their view of our generation will be with the experience of their generations.

✳ The only problem with the elders of ours will be their over concern given to the society, who at no time was with your efforts and hard work than to themselves and their family.

✳ This is like the blind faith and trust we hold with our friends whom we allow to make use of the relationship we share. Only by the failures we learn life and this experience will never leave us in oscillation and we will always take a perfect and a stern decision with full of confidence.

✳ I state this for the individuals to be alert as the failure can cost less without affecting the future and for those who are capable of learning from other's failure will realize it.

✳ Brain is like a ball of clay dough, that we use to play making shapes when we were kids. Nothing in the brain is pre-determined it is all about how we nurture the brain. When a child is born, its state of mind is fresh. Till we make it come close to social influence and start nurturing them according to the society everything is lost.

✳ In the present all that a parent or an individual wants is a good name and status in the society. They are never cared about the purpose they were born for and they never give concern for the life that the supreme power has gifted them. The conscious mind is fully taxed once we get a small link to the society.

✳ Your brain is what you think repeatedly, your brain is what you are exposed to, your brain is the environment you were subjected to, and your brain is all in your hands.

✳ Do you remember the discovery we came across earlier about the deeper limbic system in women, why is that so?

✳ “*Men* are *physically* strong and *Women* are *mentally* strong”, it is because of this men are able to lift heavier weights, men are able to do strenuous hard work and women are strong at problem solving, are highly associated with feeling and in expressing it.

✳ Hence it is very much important to take care of the environment we grow in. It is due to increase in the networks between the neuron, the individual is completely energized during the adolescence. All these energy must be oriented positively as this will fix them to be a better individual with humanity.

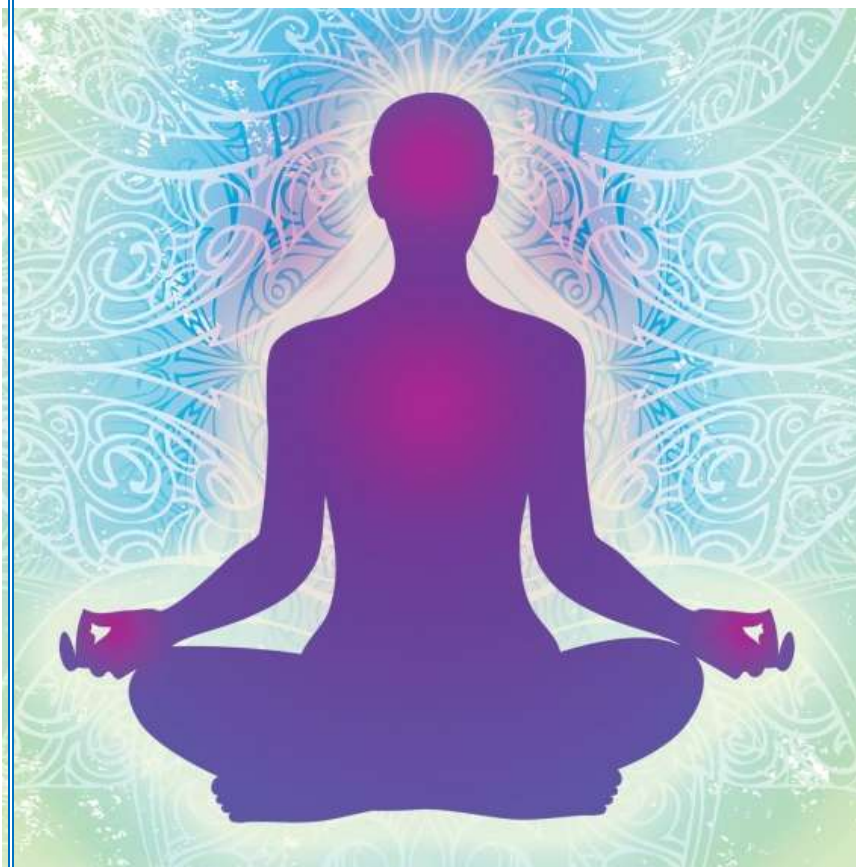
✳ The life in the adolescence must be in line with the conscience which alone will intuit the individual with what is morally right and what is morally wrong.

✳ The circle or the world of individual in the present has widened up to a greater extent than the opportunity which was available for any of the earlier generation. This due to connection an individual is able to establish with any part of the world right from his place through *INTERNET*.

✳ Internet is definitely a boon to the human community, as everything in this world has got both positives and negatives in it, it is up to us to take what is necessary for us and to choose which will set us progressively. If we start to fear about the negatives we cannot learn anything in life and all that we can do is lock us inside a dark isolated room without doing any work.

✳ What kind of information is not available in the internet? From the speciality of a country to its day to day activities of the government can be known being anywhere in this world. The exposure of a person in lifestyle, diet, fashion and all spectrum of life has increased tremendously to global level and tuning the brain in a progressive manner has become very simple meanwhile we must use and approach every technology for its purpose and for the purpose we ought to use.

✳ It is also because of this wider opportunity the parents are afraid about the adolescent child, it is always better to have your parents known with all your activities as their concern is not to restrict you anywhere but to protect and nurture you as a best individual.



✳ How many of you have experienced the *AURA*? How many of you have ever listened to the term *AURA*?

✳ In this picture can you note the subtle, luminous radiance around the individual?

✳ This subtle, luminous radiance

around an individual or an object is called aura.

✳ There are many pictures of Gautama Buddha, Jesus Christ and many other individual who have advanced spiritual knowledge with a golden yellow colour light behind their head, this is nothing but the aura. The painters were actually able to see the aura of them.

✳ AURA is an important aspect which some of the atheist regret to accept because most of the articles about aura till present are associated with religious and spirituality.

✳ There is some sort of energy or power which directs the life, day to day happenings and the changes in the world. Some calls it to be god, some calls it to be nature and some calls it to be the power of soul or self. Likewise the traditional language of scientist is different and the language of the spiritualists is different. Simply because a spiritualist says the aura to be a halo of colored light around an object in a pure spiritualistic term, the concept cannot be denied or said to be superstitious.

✳ Always perceive the content or the phenomenon which is the purpose of communication and not the words they use to communicate.

✳ The auras can change the world. Scientific experiments are being carried out to capture the constant energy that is emitted by an individual through technique called bioelectrophotography.

✳ It is that when the neural activity is subjected to electrical impulse a burst of light or photon and electron is derived around the body which is aura in metaphysical language and energy field in the scientific language.

✳ The aura reflects our health, character mental activity and emotional state. It shows what we are and has a greater influence to the surroundings.

✳ We have already seen that the neural connection in our body is taking place in two type namely electrical and chemical connections. Due to the electrical synaptic of neural connection this phenomena of aura is possible.



✳ It is that a new born baby identifies its parent by the aura. If any person with different aura nears it with a broad smiling face the baby will start crying. Hence the art of identifying aura is inherent in every individual as we don't give much concern towards it and orient our behavior and emotion towards the society this art fades away.

✳ There are some people who even as a stranger a kid will start mingling with them very well as if they know each other for years, this is also due to the positive aura possessed by the individual.

✳ Hence Mind, Body, Soul is all about what we think and what surrounds us. It is always the best to choose the right place with peaceful environment for progressive growth of the individual and for a peaceful world for others to share the frequency you give out. Stop living and behaving for someone else who in no way is connected to your living and reward.

✳ Do what you feel is right for you with the conviction of your parents owning the responsibility for your decision.

THE ROLE OF THE GOVERNMENT:

✳ Government is an agency which regulates the functioning of the country and to provide a peaceful life for its citizen. It must sort of the problems and must provide a space for the citizen according to the constitution of the respective country with human rights.

✳ We did discuss the problems and the change happening psychological in an individual during the period of adolescence. The society in the past was with human values and ethics, but now everything has become business and a corporate attitude can be witnessed everywhere. This has drifted the purpose of many agency, institution and organization in the present.

✳ Nurturing a child among the society then was possible and proved fruitful but in the present it is only the parents who can provide the child a better environment to live in.

✳ The government must facilitate every for the best of every individual. The universal declaration of human rights says the parents have the right to choose the education for their children. But when we look into the practicality of this article, the government is rigid and offers only one mode of education.

✳ Every possible sector can be virtualized for bringing in a solution for global warming, population explosion, unemployment, poverty, corruption, etc. All the problems I have mentioned here are the alarming issue in the present which is concerning the UN and its other agencies.

✳ This can also help in handling adolescent psychology and hence we can avoid the social problems. The basement in every society must be solid and strong for anything which is built upon it will also be strong. It is usual for weeds to grow in the productive land but the system must be like the brilliance in the farmer who clears the weed in the right time.

✳ Virtual space is such a boon to the human community. Proper and a progressive use will enable the human community to take a leap covering the regression we faced in the name of sustainability in the present.

✳ Both the parents and the children can be in their own place and fulfill their professional and educational responsibility respectively. The parents can have a space for grooming both the academic and personal ability of the child simultaneously. This is also the duty of the teacher in the present but there is no space given for the personal and moral building by the teachers.

✳ In the current education system passing out with good score is the only concern, for this they handle the technique of “somehow” which will be without any ethics and value. This will also put the child under a pressured situation. On the other hand the teachers who are being recruited in this job are not enquired about their passion they hold for the job. Many enter into the field of teaching for their survival. For them, their duty is just to make their

student score good marks but for the one who entered into this stream with passion they will take care of every aspect of their student and to bring up the their student as a good individual.

✳ Hence the government should pave way for virtualization where both parents and the children can work and study from home, this will also be an opportunity for proper communication between the child and the parent enabling them to nurture a responsible, ethical and humanly individual to the globe.

CONCLUSION:

✳ Hence it is due to psychological changes happening during this phase there is a change in the behavioral and emotional aspect of an individual. The energy and the increase in the thought process of the adolescent individual must be oriented and used properly for avoiding social calamities and problems.

✳ It is also that due to mutation the child carries the traits and experience of their parents and their IQ level is multiplied than that of the last generation and we cannot expect them to behave and perceive things in the same way as we did. Hence an environment which accepts all its energy in the positive way is very much important.

✳ A child who is subjected to an environment where the family members or the parents give more concern to the religion and talk more about it at home the child's brain will develop affiliation towards religion and will start behave religiously. In every action that individual will start thinking in line with the religion. A classic example would be a boy who killed his teacher in the present. An individual who is brought in the above described environment will only notice that the boy is a Muslim and the teacher is a Hindu, hence will be a murder for religion according to him. But for an individual who is brought up in a broad way teaching unity in diversity will look into the actual fact for how much stressed

the boy would be who has been pushed to this situation and approach the problem with a purpose of bringing in a qualitative solution.

✳ Everything is within, how a favorite music of yours soothes your mind and refills it with energy and enthusiasm? How a tragic episode of your favorite serial affects your mood? How a failure of your favorite hero in a movie triggers your anger? How your room makes heaven to you? It is all about the neurons and the connectedness we possess with the respective music, actors in the serial or movie and with the environment. Hence choose all that will keep you happy and that will fill you with positive energy, keep it with you always because it will alone help you to give out your maximum capacity and share a vibration and an aura of positiveness which will make the associated person to feel the same.

✳ A world with people of positivity will be peaceful and progression is never a matter of question in that environment. Constitute a better individual, family, society, nation and a better world as a whole.

CHAPTER TWELVE: YOUTH AND RECOGNITION

- ✳ Government and the society in its original and pure form, forms a very big part in the life of any individual, as it becomes the recognizing agency of the world. Any activity by any individual after its purpose the next thing expected is the recognition.
- ✳ In the period of youth recognition is very much important. As we have already discussed in the previous chapter that due to the increased connectivity of the neuron, there will be lot of energy in the individual. The individual will be able to achieve many things in this time and it is very much important to orient all the energy positively into academic and professional achievement.
- ✳ There must be openness and wide throw of opportunity to the individual for making each of their unique idea executed and being recognized. It is only by this we can focus their energy and their interest in positive activity which would contribute and support their future.
- ✳ There are all possibilities in the side of the government to facilitate this for their citizens. The problem is that, as every sector of the world is habituated to the practice it has been practicing for year, they are neither thinking of innovation nor ready to orient themselves for any innovation.
- ✳ Lack of recognition may and will lead to serious problems, which are more of social. Social problems like violence, unemployment, poverty, corruption, alcoholism, depression, etc. are due to the lack of recognition.

RECOGNITION:

✳ Recognition is the acknowledgement of one's position in the society (status), merit, achievement, virtue or service.

✳ Recognition brings in responsibility along with it. When we are happy to receive recognition or award, we must also be equally happy to accept and in executing the responsibility the recognition gifts us.



✳ I would like to stress in a very important concept. Don't ever be rigid in expecting recognition from others. When you have done a recognizable job for its purpose serving thousands of people progressively, you are recognized by GOD and you have added one good deed in your account book with god and he will bring you the reward multiplying.

✳ It may look philosophical but it is very much true. Those who consider themselves to be a rationalist, nature can be replaced in the place of god. It is that the concept is factual, the giver is termed differently in the language of the believers respectively.

✳ Recognition is a multi-personality individual. In one hand it brings in responsibility and in the other hand it will make the receiver drown in laudation (praising). Handling recognition and the life after recognition is very much important for an individual to function and progress with purpose.

✳ Recognition and praise are the two critical components for bringing in positive emotion within an individual. It increases the orientation of the individual in the respective profession; confidence of the individual is increased, increases the mental well-being of the individual and allows the individual to share a positive vibration towards his fellow being.

HOW YOUTH MUST BE RECOGNIZED:

✳ When an individual reaches the age of 18 he is eligible to select who can be the advisory panel of the government that is they are eligible to vote. The government recognizes every individual in the age of 18 that they are matured enough to choose who can serve the public properly bridging the gap between the government and the public.

✳ But the same individual with energy and innovation is not recognized for an administrative job. When they are accepted to have maturity for deciding governmental issues of a state and country why is that they will be unable to handle administrative jobs of the same country, state, institution or an organization.

✳ Even the many of the parents don't recognize their child to be matured, they will not invite them to participate in a discussion for taking a decision at home. For parents their children are always a kid and hence they lose many astonishing moments in their life.

✳ When the youths are given an opportunity with responsibility, surely there will be change and we can witness astonishing contribution from their end. We must never consider a youth as an individual without experience. They are the individual with exposure and they can learn anything in a split of second whereby understanding and implementing innovation will be easy and casual with the youth.

✳ Wonders will happen if we open up an independent space for the youth in the administrative arena. The exposure of youth in present is to the global extent. They learn many information and are up to date through the access they get to internet, they have the opportunity of socializing with any individual in any corner of the world being at their own place, when they are introduced into administration virtualization of occupation will be easier making a corruption free administration.

✳ The IT sector is a very great example for it. The team leader is allowed to handle a lump sum of money, even then they are clean because of their mode of job and the credit they get out of the job. Perfect recognition for genuine talent is always observed in the IT sector and hence its functioning is proper attracting thousands of youth.

✳ The recognition and the reward they get must be straight. When one gets proper recognition and remuneration for the efforts and time they invest in their job, where is the need for them to get corrupted? How many organization, Institution or agencies have a space for recognizing their employee? How many in the administrative cadre or how many in the management have recognized and appreciated an efficient candidate? When there is proper space for recognition, every individual will start equipping himself for that recognition and ultimately there will be progress noticed everywhere.

✳ Even the recognition and rewards are being corrupted. Influence, money and many other materialistic factors decides the person for the reward. It is very much essential to know the responsibility of the jury who selects the person to be recognized. The future of an individual, family, state, country, society and the globe is in the hands of them. Rejection of an eminent individual will push him to depression and even the person who has the enthusiasm to work will follow a negative route for his destination as we recognize the person who has opted that route.

✳ Asia is at present the continent with highest youth population. The progress of the globe is in the hands of the youth, the youth must understand the responsibility vested in their hands. How many of the youth have their interest spread to the governmental and administrative issues? The participation of the youth in the present is just in analyzing the functioning of the government, but how many in us know the constitution of our country? How many in us know the Universal Declaration of Human Rights?

✳ Recognition will definitely reach us if we genuinely understand and execute our responsibility. We have a great value in the role of the government, and our voice is valued everywhere, then why aren't we doing anything?

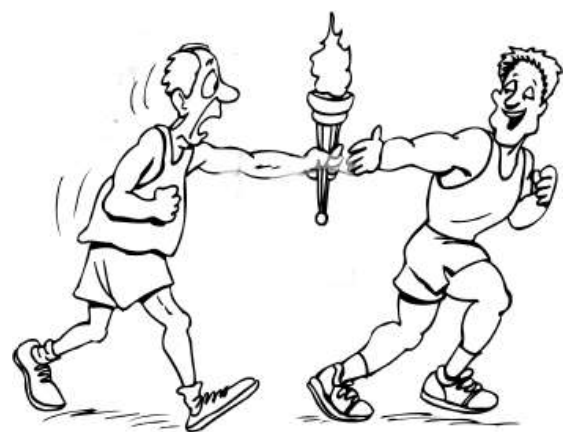
✳ Whenever you witness some mistake, or whenever a suggestion strikes you, why is that you are not registering it? You needn't spend whole of your day in protesting, technology has improved a lot and the youths are very much up to date in technology, in this scenario a mail to the respective official copying it to all involved official will make the issue solved and it is also that your responsibility will be fulfilled.

✳ We are able to talk a long day complaining about the function of some organization in which we are associated but we are not able to suggest and support a progressive suggestion given by any of our colleague. Is this not a sign of our irresponsibility? Wishing all others to be perfect is casual attitudes possessed by all individual but remember you are also an "other" individual for your neighbor, hence always have the changes initiated from your end.

THE PSYCHOLOGY OF GROWN GENERATION:

✳ The generation who is in the authenticated place is almost the first generation of the family who has reached this position out of hard work. The psychology of the grown generation is that as they have undergone a tough time to establish themselves, they wanted a tougher stream for their following generations and hence they are very rigid in avoiding anything that makes the system simple.

✳ It is not understood by them that when one has trailed a path, it is their duty to pave a path eliminating the difficulties faced by them for the next person. It is



only by this we can keep progressing or else we will be in the same place where every individual will land up and when we add up more hurdles to the trailed path it is that the reach of the individual will be very low. In a relay race the baton must be passed on to the next one, when you want the next person to take the baton from the place you started how can be the race be completed successfully?

✳ This is what is happening in the present. The law and the rule is very much in support of innovate and stress free life of an individual but due to the recognition of the complex system, we have entangled our lives to a great extent. The detangling stretch is now in the hands of the authenticated individual, who must understand that they will be remembered like the rest of the national leaders only if they work for their responsibility.

✳ The great patriotic poet Subramaniya Bharathiyar, was not noted when he was alive. He lived in poverty, one of his neighbor was sold with his chair for meeting out his household expenditure. The neighbor said that he used to sing his patriotic song very loudly when the country was ruled by the British people, when this neighbor was asked whether he was able to recollect what Bharathiyar used to sing, the reply from that neighbor was, as he was not that famous then, he did not care note what he sung. But now Bharathiyar songs are very popular and is admired everywhere for its lyrics. He still lives through his songs. Hence recognition will reach you only when your work is for the purpose, the recognition you get for your post and status are all illusionary, once when you are left to live your as an individual you will know the fact. Recognition for the individual is important, any other recognition are all temporary.

✳ There are many individual we come across in our day to day activities but only some we recognize even when we see them after years, that recognition is important which will be achieved only when we work for the vision and purpose of our organization and designation respectively.

✳ This attitude of complexity is one of the basic reasons why the grown generation doesn't like the younger generation to step into the administrative arena. There is also an attitude of ego because of the superiority complex gained by the grown generation for their opening establishment in the society. During their time many individuals believe the words and thoughts of the learned to be always right and due to this the learned always had a priority. It is always a fact that exposure and experience are increased from one generation to the other due to mutation. The grown generation must understand this. They must also realize that the individual who went by their words then were elder to them, those elder had no ego and they always wanted to be right as they had human value as their prime concern. But now what education has given us? Ego, complex, jealousy, greed, are all these where our ancestors wanted their future generations to land in?

✳ Where are all the values our ancestors taught us to follow? Doesn't the grown generation still realize what they have lost? They have lost the values, ethics, principles of life and are at the back of status, money and power which without the earlier is ZERO. Our generation is called the "lost generation". Are we really lost? No we were neutralized, we were made robots, and it is really the grown generation who is losing a progressed generation for their authority and rigidity.

✳ It is high time for them to realize their mistakes followed for years and it is very much possible for the reformation to happen even now. Wake up and let your own descendants a life of peace, prosperity and happiness. After all they are your own descendants who will reflect you everywhere both in their success and failures.

HANDLING RECOGNITION:

✳ Handling recognition is a very important power that every individual must possess. There will be a drastic shift in one's life style and social influence after recognition. Hence a good and a strict analysis of what one is doing after the recognition is very much important.

✳ The person after recognition will always be surrounded by people all the time and these people will almost influence every activity of the recognized person as they wanted to enjoy the benefits they receive for being with the person of fame.

✳ Most of the individuals who come after the recognition of a person are all opportunists, in other terms self-fish. They always talk sweet words, praises the individual and make the individual live an illusionized life and will achieve whatever they want in that space.

✳ Recognition must never bring in any negative attitude of ego, authority, superiority complex, over-confidence, etc. Once when the mind is filled with these sorts of negative attitude then the life has to be faced with lots of difficulties and it marks the regression of that individual.

✳ Our heart and mind must not register any of the over exaggerated appreciation given by anyone for our efforts as it will make the mind fly in those words and will not fix it back to the work. The appreciation or the recognition is for the work done and not for us completely. We must put the same kind of effort even after the recognition for getting justice to the earned recognition.

✳ There are people who are used to recognition in a positive way and there are people who worked hard to gain the recognition. The descendant of the second will not be for the purpose and will dilute the purpose his ancestor had for the industry. It is because the descendant had a recognized environment in which they were grown as the child of the recognized parent. He will only know the recognized life of his parent, the hard work, the purpose or any other effort by his parent in the earlier stage will not be known by him. This is because the parents want him to lead a peaceful life but they forgot that his life will be purposeless. Living a purposeful life is more important than living a peaceful life.



✳ Solution for many of our problems are simple, why is that we always want to choose complexity and entangle the issue? Why do we want to take life in a complex structure when life is just simple? Always think two to three times before your mind register anything that a third person says to you because in the present the words from individuals are opportunistic.

CONCLUSION:

✳ Recognition is just an attribute which is to be given by others for our effort. When the beneficiary is so stingy to give you recognition which is a complimenting attribute, why is that we should worry? We are blessed with a talent and when we are donating our efforts which would help a mass of people in a progressive way, our efforts will definitely be accounted by the creator for, and we are using his given gift (talent) progressively.

✳ Recognition cannot be easily got due to the jealousy attitude of the public. Even though they find our efforts to be genuine and worth recognizing they will not do it until they authenticated agency recognizes it. This shows the narrow mindset of the individuals which should never influence us. Whenever there looks an influence approaching you shield your registry, after analyzing the fact behind it, if it is genuine and useful to you accept it or else it is always best to ignore.

✳ Let all three sector of recognition, the receiver, the giver and the acceptor be oriented in the progressive way as recognition not only influences the life of an individual but the whole world. We must remember that every individual in this globe is inter-connected and the impact on any one will be felt with all.

✳ Understanding the difference between appreciation and flattery is very important. The difference between appreciation and flattery? That is simple. One is sincere and the other is insincere. One comes from the heart out; the other from the teeth out. One is unselfish; the

other is selfish. One is universally admired; the other universally condemned. Appreciation that is not sincere or honest is pointless flattery.

★ Appreciation fulfills a person's desire to have importance and meaning. Appreciation is easier when you keep in mind that *“Every man I meet knows at least a thing that I don't know. In that, I learn from him.”*

CHAPTER THIRTEEN: BEAUTY WITHIN

✳ The major cause of stress and depression in the present is about the beauty or the physical appearance of the individual during the adolescent phase. Beauty is most often associated or seen with females but this attribute is now even seen in males which are evident from many of the cosmetics for men in the markets and from the increased number of customers to the unisex saloon.

✳ What beauty actually is? Beauty is a characteristic of an individual that provides an understanding of satisfaction and happiness about the person. Beauty is an attitude that compliments and reflects your inner self.

✳ The definition and the meaning of beauty may differ from person to person, as beauty lies only in the eyes of the beholder. Some may judge the person by his physical appearance and some may judge by his behavior and thoughts. “Face is the index of the mind”, this is very much true, but we must have the knowledge of knowing the reason behind their appearance. For example, Acnes are caused due to hormonal changes, stress, diet and thoughts. We must have the patience to understand the inner beauty of the individual before stamping him with our judgment.

✳ Beauty salons, spa, and many other agencies have been established where the beauty of an individual is enhanced. People invest huge sum of money here regardless of its purpose in beautifying them, there are lot many products from the hair care to toe care cosmetics in the market which costs a lot.



✳ We must remember that everything that is got from external correction is a solution or curing achieved externally, the problem inside is the same and once you stop using the external corrector, the problem will pop up again.

✳ Beauty is connected a lot with your inner self. Now what is the inner self I am talking about? The inner self means your attitude, your self-esteem, your self-efficacy, your intuition, your thoughts and your mindset. All of your emotional and behavioral activities affect your physical appearance.

HOW CAN WE REVITALIZE OUR TRUE BEAUTY:

✳ Every child when born is beautiful. This is a fact which will be accepted by everyone. How is this possible? The beauty of the innocence shines in the appearance of the kid. When a kid reaches the stage of socializing with the society, they are taught of all techniques and intelligence for their survival in the society whereby the mind of the individual gets corrupted ultimately reflecting in the appearance.

✳ We are the same individual, but why is that the essence of our appearance is changed now? It is completely because of the inner beauty. The concept of inner beauty is thus proved.

✳ Hence reviving the inner beauty our true beauty which is lying inside is very much essential. Reviving the beauty can be in two ways, (i) Psychological reviving (ii) Revival through diet.

PSYCHOLOGICAL REVIVING:

✳ Psychological reviving is what we had already seen in the previous chapter, positive attitude, positive thinking, aura, self-esteem, self-efficacy, etc. Reviving all these and having

a happier mental status will definitely result us with a better appearance and having a positive mental state will change the very look of the life.

✳ Think of your accomplishments, your good deeds, your abilities and the genuine appreciation you received earlier whenever you feel depressed. Never let you mind to be idle as an empty mind is devil's place, negative thoughts and emotions will encompass you which will ruin your health, outlook, performance, time and life in the whole.

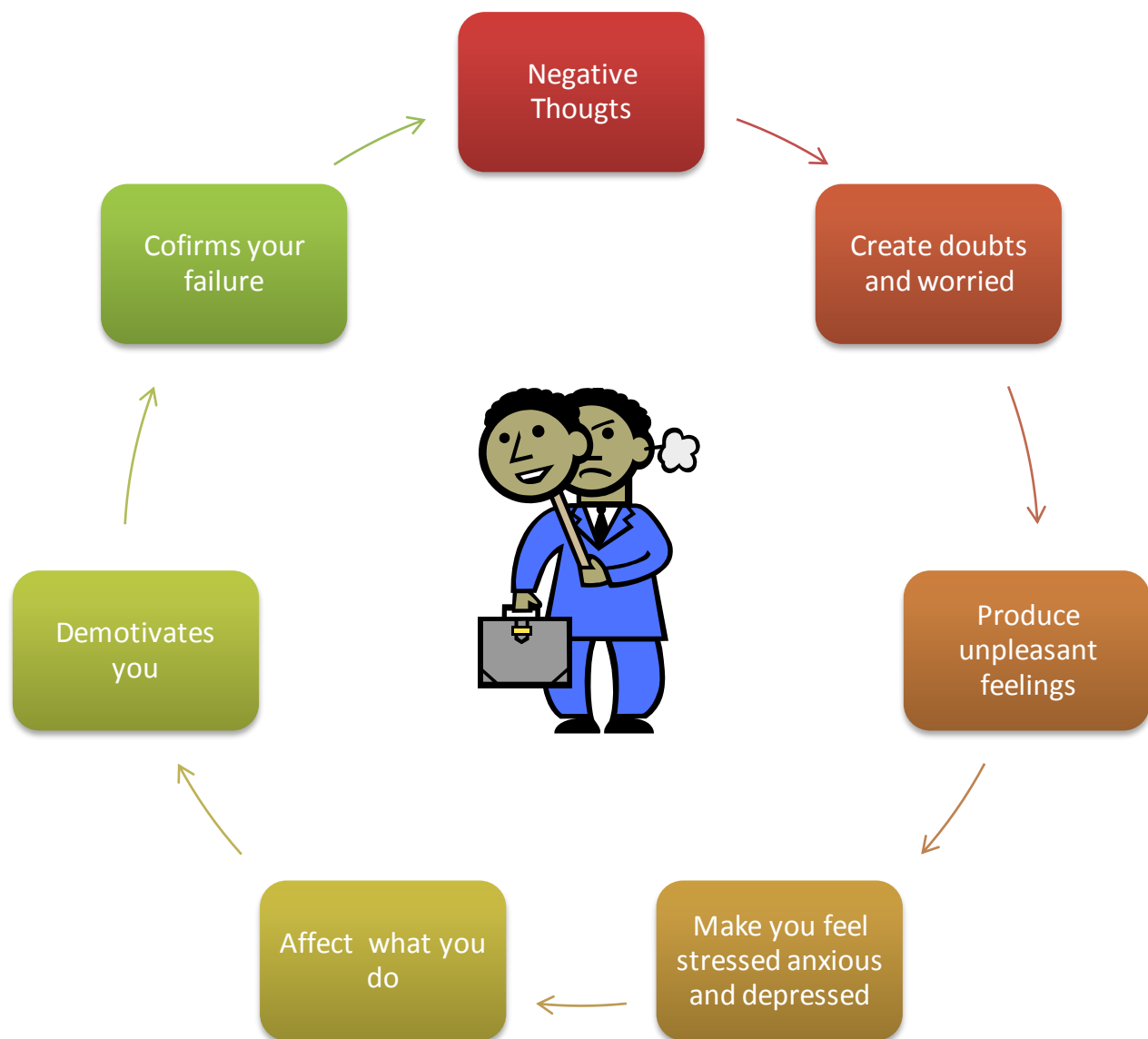


Fig 13.1 INFLUENCE OF NEGATIVE THOUGHT

✳ A sprout of negative thought will influence and bring us problems in loop as the negative thought will bring in many other emotional and psychological problems, they are all inter-connected.

✳ Meditation and yoga can be a good suggestion for mental stabilization. Pranayama, a breathing exercise will bring in much goodness to you. Wake up early in the morning when the air would be clean and considerably pure and practice pranayama.

✳ It is been scientifically proved that meditation slows down the brain wave to a rate of deep relaxation, relaxes our muscles and slows down our heart rate. Meditation may tend to change in the neurological process cultivating psychological health benefits. The practice of meditation has also been linked with various favorable outcomes that include effective functioning, including academic performance, concentration, perceptual sensitivity, reaction time, memory, self control, empathy and self-esteem.




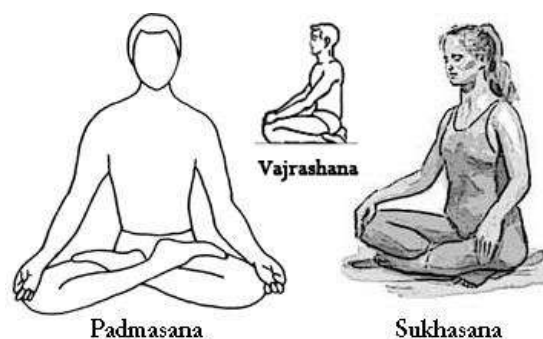
✳ Have a collection of anything that inspires and rejuvenates you, like a collection of inspiring and peaceful scenic pictures, energizing songs, positive quotes that will refill you with confidence, and the like. In the blind run we race in this complex world, we are unable to enjoy and notice some of the most beautiful and inspiring moments or things we cross. Life this way is hazardous.


✳ Pranayama is very important part of the yoga. Pranayama is a Sanskrit word, Prana means Life and yama means control or extension. Hence pranayama means controlling the life force.

✳ Several researchers have reported that pranayama techniques are beneficial in treating a range of stress related disorders, improving autonomic functions, relieving symptoms of asthma, Cygnus, and reducing signs of oxidative stress. Practitioners report that the practice of pranayama develops a steady mind, strong will-power, and sound judgment; they also claim that sustained pranayama practice extends life and enhances perception.

✳ Now let us sail through some of the pranayamas for our effective mental and physical well-being.

 **AUM PRANAYAMA:** Aum is a sound that Yoga practitioners use to tune into oneness and break down the perception of separation. Sit erect in padamaasan, vajrashana or in sukaasana with your spinal cord straight, close your eyes, inhale and create the sound of Aum on the exhalations lengthening each time. The vibration must be felt when we are pronouncing Aum while exhalation. During the sound of “o” the vibration must be felt in the stomach part, in the middle it must felt in the chest part and in the later when pronouncing “m” the vibration must be felt in your mind or the head part. This chanting of ‘Aum’ or ‘Om’ vibrates, awakens and energizes the mind.



 **BHRAMARI PRANAYAMA:** Sit erect in padamaasan, vajrashana or in sukaasana with your spinal cord straight, close your eyes, inhale and close your ears with your finger, then exhale with a humming sound (the hmmm sound) of a bee slowly closing your lips through your throat. Pranayama cultivates a deep connection with the flow of life force (Prana) throughout your body. Further, Brahmari helps reduce stress and anxiety, expand joy and let you to relax both physically and mentally. Moreover, the

inhalation clears and vibrates the throat. It also makes good effects in internal organ, mainly in brain and nervous system.

ANULOMA VILOMA PRANAYAMA or NAADI

SHUDDHI: Anulom is a Sanskrit word which means

‘alternate’. Therefore anuloma-viloma is also called

“Alternate Nostril Breathing Technique. Sit erect in

padamaasan, vajrashana or in sukaasana with your

spinal cord straight, close your eyes, first raise your

right hand, curling your forefinger and middle finger

into your palm, leaving thumb, fourth finger, and little finger extended, place your

thumb on the right side of your nose and apply gentle pressure just under the bone,

where the fleshy part of the nose begins. Inhale through the left nostril, hold the breath

by closing both the nostrils, then exhale through the right nostril, closing the left with the

ring and little fingers, then inhale through the right nostril, keeping the left nostril closed

with the ring and little fingers, to the count of four, Hold the breath, closing both nostrils,

to the count of sixteen, Exhale through the left nostril, keeping the right closed with the

thumb, to the count of eight. Anuloma Viloma Pranayama helps to get mental peace and

in blood and blood vessels purification. Body energy and shine will increase. Lungs will

become strong and one can get relief from chronic diseases with Anuloma Viloma


Pranayama. Reduction of fat is also the benefits of Anuloma Viloma Pranayama. This

Pranayama helps for the improvement of general health and for the absorption of

nutrients by the body from the food. It improves the functioning of heart. Purifies the

blood and removes obstacles in blood circulation.



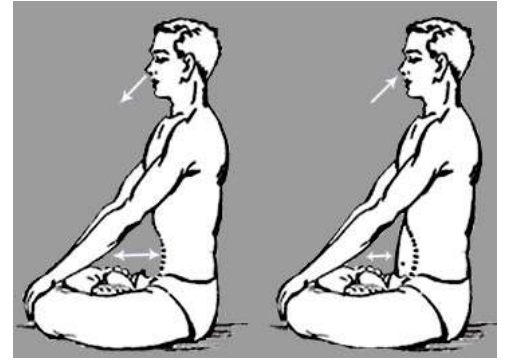
 KAPALABHATI PRANAYAMA: Kapalabhati is fast inhalation and exhalation. Sit erect

in padamaasan, vajrashana or in sukaasana with your spinal cord straight, close your

eyes, first inhale until your abdomen feels filled then exhale rapidly, your abdomen

muscles must contract and the inhalation process will happen automatically for the

abdomen to be filled with air. It is to be noted that while you inhale the abdomen must expand and while you exhale the abdomen must contract, this is in contradictory to your normal mode of breathing. Kapal in Sanskrit means skull and bhati means shining. Kapalabhati is a highly energizing abdominal breathing exercise in which every tissue in the body is



stimulated. When practiced on a regular basis the face shines with good health and radiance due to the cleansing effect on the entire body.

SHEETALI PRANAYAMA: The word "sheetali" means cooling in Sanskrit; it is taken from the original word "Sheetal" which is soothing or cold. The practice of sheetali breathing calms the mind, reduces the stress or fight - flight response. It cools the body and mind, the blood pressure is also lowered. This pranayama is very effective in hyperacidity or even ulcers. If you are stressed then 10 minutes of Sheetal breath can calm you. So this pranayama is very effective for relaxation of body and mind. It is done in padmasana, vajrasana or in sukaasana with your spinal cord straight, close your eyes, roll your tongue as we roll chapattis for frankies, inhale through the mouth, see to that while you inhale the air which flows through your tongue is cooled and exhale through your nostrils.



SITKARI PRANAYAMA: This is done by opening lips, keeping the upper and lower teeth touching each other, then inhaling through mouth with hissing sound, and then exhaling with nostrils. The air passing via tongue cools the blood, lowering the temperature of the blood. This type of Pranayama removes excess heat in the body. Also the diseases like acidity, hypertension etc. Also it improves digestion, lowers high Blood pressure, and purifies the blood. This can be followed for those who are not able to roll their tongue perfectly for the above sheetali pranayama.



✳ The important thing that must be noted while performing these pranayamas is your position, the spinal cord must be erect, the pranayamas can be practiced until it is comfortable for you, don't strain to follow these pranayamas as it will not result it best, try practicing pranayama early in the morning or in the evening during the dawn, the best is in the early morning.

✳ Apart from these pranayamas one can practice suryanamashkar. Suryanamashkar activates all the nerves in our body facilitating a bright and joyful day. The suryanamashkar has 12 steps in total. The diagram below will illustrate those 12 steps.

✳ Not only does the Surya Namaskram give you a great stretch and keep you fit physically (it is extremely beneficial for your joints, ligaments and improves flexibility and posture), but is also does wonders for your mental and emotional health.

✳ Surya Namaskram stimulates almost every system in your body - the cardiovascular system because it keeps the heart strong and, the digestive system as well as the nervous system.

✳ It also makes endocrinal glands like the thyroid, parathyroid and pituitary glands function normally.

✳ Practicing the Surya Namaskram regularly is also known to ease stress and give you peace of mind besides increasing your levels of concentration and it also rejuvenates your mind, as it promotes the circulation of fresh oxygen to your brain.

✳ . If you have trouble sleeping at night, the Surya Namaskram will help you fall asleep without using any external stimulants.



Fig 13.2 STEPS OF SURYANAMASHKARAM

REVIVAL THROUGH DIET

✳ Diet plays a very important role in the appearance, as the food we eat is carried through our blood. It is very important for us to have a check whether what we consume is good or bad.

✳ Fruits, vegetables and water are all the essential components of a diet. We must always have check in our diet that, in a day our diet must have included these good foods. Moisture content in the body is very much essential as the level of moisture content in our body clearly reflects in our appearance.

✳ Let me provide you a check list, so that you can ensure proper diet,

✓ 7- 8 glasses of water. That is your liquid diet. The count of 7-8 is minimum and the maximum count is up to you. This liquid diet can be in any form, juice, buttermilk or water.

✓ Constitute fruits and vegetable in any one of your meal. Mostly it is advisable and it is highly beneficial to have fruit and vegetable diet in the morning as it would help in the cleansing process of our body.

✓ Addition of whole grains in the diet. You can find whole grains in bread, cereal and crackers. The majority of food intake each day should be from the whole grains food group. This is because they provide energy for daily life. Whole grains also contribute to adequate fiber, B vitamins and iron intake. Your morning diet of fruits can be accompanied by whole grains as this would support energy for your day long activity.

✓ Reduce the consumption of carbohydrates and junk foods. We had already seen in the earlier chapter about the effects of consuming carbohydrate food. Remember?

✳ Fruits like orange, grapes, sweet lime which are rich in vitamin C will have positive influence your skin. A diet with these fruits for a week would show in good result. It clarifies you skin and brightens it. Continues inclusion of these fruit in your diet will do wonders.

✳ Buttermilk, lassi, milk and other dairy products will prominently result in the glowing of the skin. It is advisable to have a small amount of ghee and butter in your diet as it helps in to bring in the glow.

✳ It is always best to have porridges included in your diet. Ragi, oats, Barley is all good for health which will not add any extra fat to your body and also it will help to burn the fat that is deposited already.

✳ You can avoid refined sugar in your diet and replace it with either jaggery or honey. Honey is one such beautiful ingredient in the cooking which has lots of values. Spinaches, pepper, bright colored natural food are really good for your health. Ginger, Garlic are all good in dissolving the cholesterol from our body.

✳ Add lot of spice to your food. When the spice is added to complex food it becomes just a flavoring agent but when the same spices are added to a simple food it is a medicinal agent. Spice cures our internal system. Hence spice with simple food is more recommendable than adding it with complex food.

✳ For the non-vegetarians it is always best to have fish and chicken. More than chicken fish is highly good for health. In the ratio of vegetarian to non-vegetarian course in your diet, the vegetarian must be in high quantity than the non-vegetarian. You can try fish for reducing your wrinkles.

✳ Dark orange, red or green fruit and vegetables such as carrots, tomatoes, and spinaches can smooth the skin. Bright natural colored fruits and vegetables are good because the

colour in most of these foods is due to beta-carotene, an antioxidant that converts to vitamin A in your body and switches on DNA that is in charge of producing new skin cells and shedding old ones.

✳ To brighten your smile eat dairy products, their key ingredient is calcium. When you are young, it creates cavity-resistant tooth enamel, when you are an adult; it maintains the integrity of the enamel, so teeth stays strong.

✳ Almonds are known for their anti-aging properties. They contain a lot of vitamin E and have a high amount of fatty acids that helps to keep your skin supple. A handful of almonds a day is very essential.

✳ Protein is essential to keep nails strong and moisturized. Protein helps to build keratin, the substance that makes up nails. Skinless, boneless chicken breast, peas, soybean, bread, egg white are all some of the protein rich foods.

✳ Add zinc and calcium to eradicate pimples. Calcium is good for bones but also it helps in cleansing your skin. Peanut, watermelon seeds, mutton (Lamb meat), Sesame seeds are all good sources of zinc and the calcium rich foods are already known.

✳ Vitamin C and iron together helps to reduce the dark circles under your eyes. Skinless chicken, red, yellow or orange peppers will help you in reducing the dark circles under your eyes.

✳ Consume as much water as you can, water removes the toxin from the body and refreshes your skin. It helps in making your skin hydrate, glow and in keeping your skin supple.

✳ Tomatoes contain skin-cancer-fighting antioxidants: beta-carotene, vitamin C and lycopene and to remove stains from your teeth enamel eat apples and the similar crunchy

foods. As we have already discussed in one of the earlier chapters it is always best to use olive oil in cooking. Hence diet has a lot to do to revive your beauty from inside.

CONCLUSION:

✳ Beauty is not something that is very hard to achieve. Beauty is not an acquired element, it is an achieving element. Every kid born in this world is beautiful and as in the process of growing the beauty is fading away for many of our psychological and dietical disturbances.

✳ The beauty doesn't leave us; it is just sleeping inside us. The only thing that we need to do is to awaken it. Once we have stirred it up and keep our mental and dietic process in line with the working of the beauty it will never fall asleep.

✳ Most of the beauty problems we face in the present are due to the mental stress we get due to complicated life we lead. Pimples, rashes, dark circles, and the like are mostly due to stress, anxiety and other mental strain we face.

✳ The universal medicine for the entire problem is Water, Fruits and vegetables. Water is one such element in this universe which has the power of setting all things right. It is always advisable to have hot soup or warm water with a meal as it would dissolve all the fat.

✳ Nothing in this world is impossible if we also give way for simplicity. There may be a drastic change if we allow our simple thoughts and solution to get implemented. Beauty is in our hands, natural diet, calm mind, positive energy are all the simple element within us which could bring out the charm and beauty sleeping inside us.

“Beauty is a kind of radiance. People who possess a true inner beauty, their eyes are a little brighter, their skin a little more dewy. They vibrate at a different frequency.”

CHAPTER FOURTEEN – YOUTH AND INFLUENCE

✳ Youth and influence are the two elements that are bonded with intramolecular force. Many things in this world influences the youth, most of them are illusionary. This illusionary influence has affected the youth to a degree of impairing their life.

✳ There are three broad varieties of social influence compliance, identification and internalization. Now what is social influence? We have already discussed about one pattern of social influence already in this book. Remember? “Peer Pressure”, yes social influence is one’s emotion, opinion or behavior affects the other. Now coming into the three varieties of social influence,

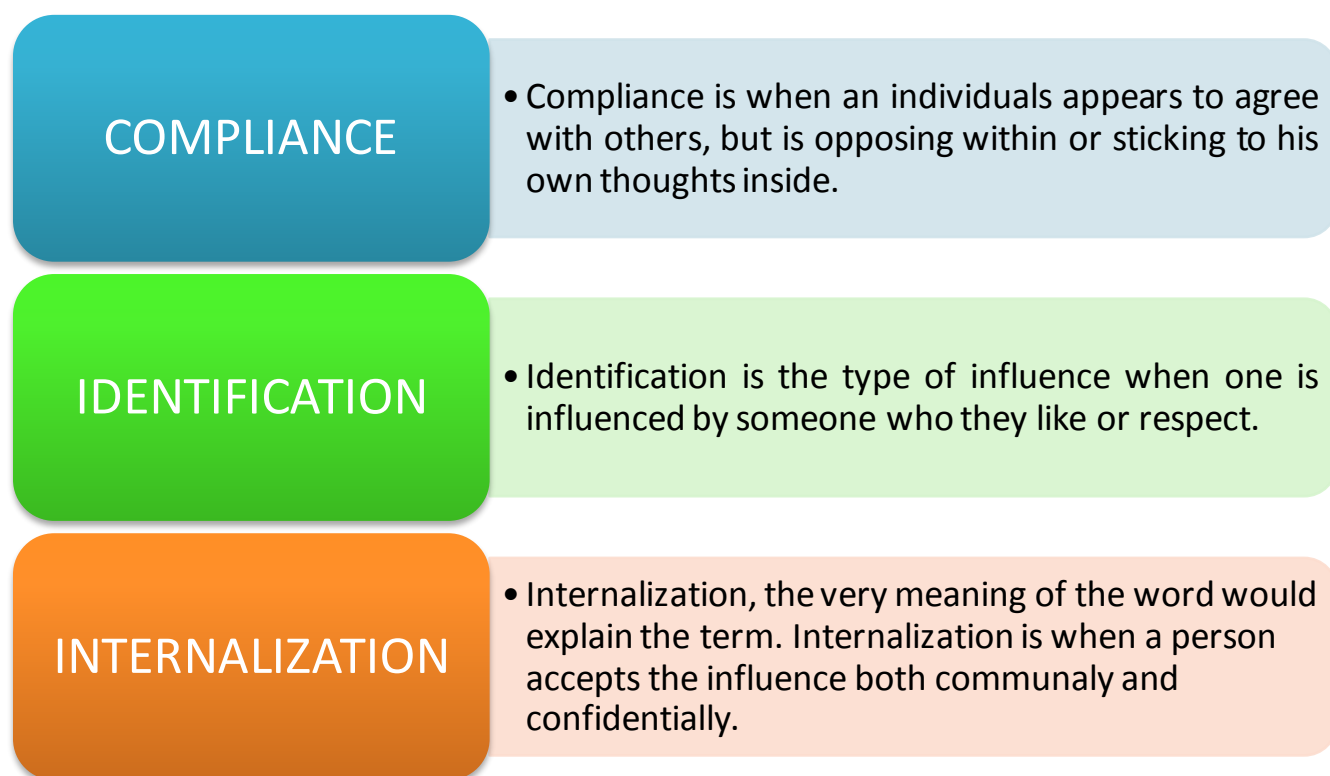


Fig 14.1 TYPES OF INFLUENCE

✳ Influencing or manipulating a youth is very easy as they would just now be settling down in emotional psychology and kindling them emotionally is very much simple. There are many opportunists in the present who misuses this emotional space of the youth for their personal benefit.

✳ The overflowing energy of the youth is influenced by many in a negative way and these glooming emotional fragile are made use for the personal benefits of many heartless opportunists.

✳ It is very much important for the youth to think thousand times before they actually step into any activity that is being persuaded to them. The flair of these opportunists is that they will influence you without you being noticed of their persuasion and it is also that they never let you think, they will persuade you in a way that you will be forced to react in lightening speed.

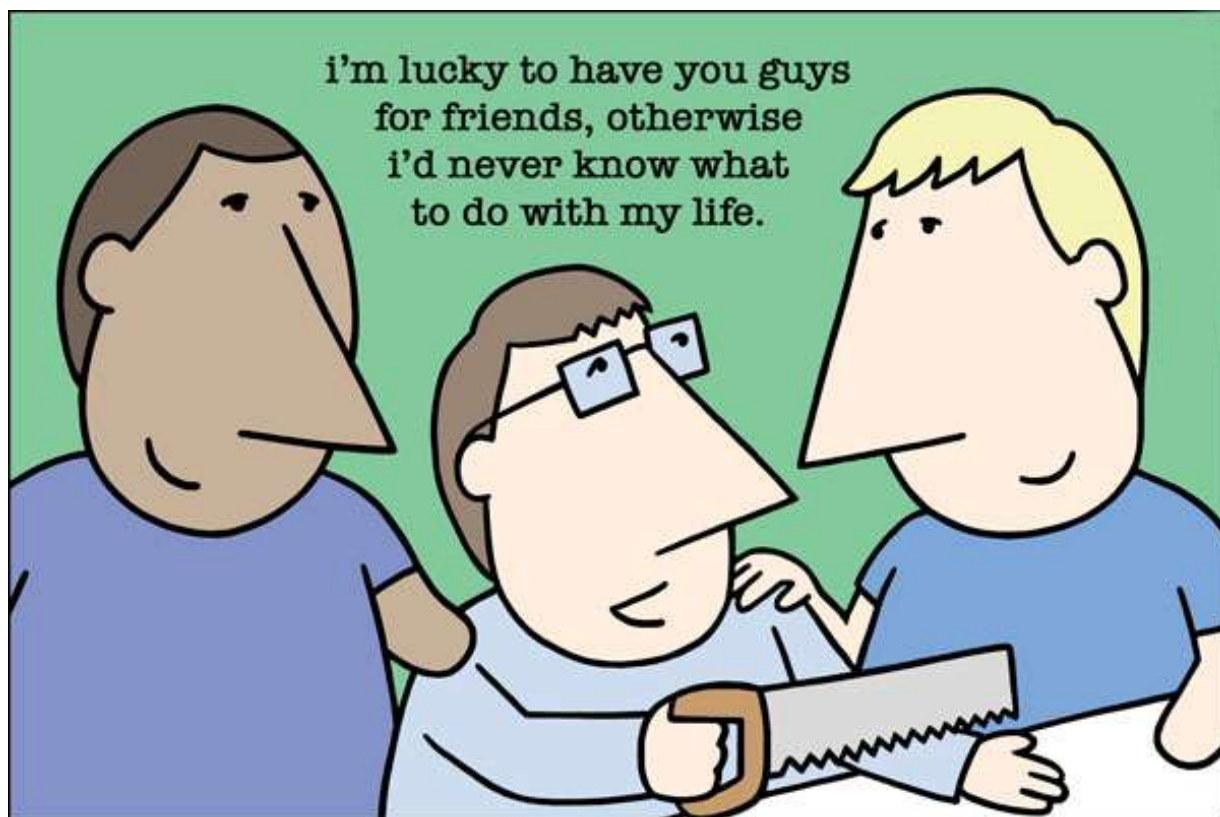


Fig 14.2 POWER OF INFLUENCE

✳ The above picture would look foolish to somebody, funny to somebody; it may also look like the height of stupidity to some but remember this is the power of influence. Every one of us is influenced in the same way foolishly for different activity. Analyze properly even we may have been made a victim in the same way for something. Be careful in taking up others words, even though we are persuaded it is up to us to decide what we ought to do. Fantasy, illusions will all pay happiness for a short while but it is dangerous and life hurting in a long run.

✳ **STOP!!!... THINK!!!... ACT!!!...** Signals are not only for traffics but also for life, thoughts and especially for emotions. Emotional mind is a devil in disguise; if you let it work without any analysis then for sure you will end up in failures and will have to face many tragic situations in life.

✳ Now coming into the identification type of influence, there are many elements and industry in the society to influence an individual. Media, celebrities, movies has a lot of influence on the youth. We dress, walk, talk, inhibit mannerism of our favorite celebrities; we try imitating what is happening in the movie in our real life and what not the most strongest influence of a youth is identification type. Let us now discuss about some the tools of identification of influence.

INFLUENCE OF MEDIA:

✳ Mass media is media which is intended for a large audience. It may take the form of broadcast media, as in the case of television and radio, or print media, like newspapers and magazines. Internet media can also attain mass media status, and many mass media outlets maintain a web presence to take advantage of the ready availability of Internet in many regions of the world but internet also comes under the category of social media as many in the present use internet for socializing and communication.

✳ Mediated culture is found profoundly amongst the society, mediated culture is where the media reflects and creates the culture. Communities and individuals are bombarded constantly with messages from a multitude of sources including TV, billboards, and magazines, to name a few. These messages promote not only products, but moods, attitudes, and a sense of what is and is not important.

✳ The current level of media saturation has not always existed. As recently as the 1960s and 1970s, television, for example, consisted of primarily three networks, public broadcasting, and a few local independent stations. These channels aimed their programming primarily at two-parent, middle-class families. Even so, some middle-class households did not even own a television. Today, one can find a television in the poorest of homes, and multiple TVs in most middle-class homes. Not only has availability increased, but programming is increasingly diverse with shows aimed to please all ages, incomes, backgrounds, and attitudes. This widespread availability and exposure makes television the primary focus of most mass-media discussions.

✳ The media makes billions of dollars with the advertising they sell and that we are exposed to. We buy what we are told to be good, after seeing thousands of advertisements we make our buying decisions based on what we saw on TV, newspapers or magazines to be a product we can trust and also based on what everyone else that we know is buying and their decision are also based on the media.

✳ These are the effects of mass media in teenagers, they buy what they see on TV, what their favorite celebrity advertise and what is acceptable by society based on the fashion that the media has imposed them. I am just amused of the way people consider their favorite celebrity without analyzing the fact behind it and about the status of them. It may be that Sachin could advertise for complain product and Dhoni for Boost but who knows about what do they really drink at home and behind the scenes? They have the drink before the camera because the energy drink manufacturing company is paying them wholesome of

money as like what they get in their profession of cricket and after their retirement this forms their basis of sustenance.

✳ The use of cigars by celebrity movie stars, the constant exposure of abusive images, the excessive images of violence and exposure to thousands of junk food ads. Young people are in a stage of life where they want to be accepted by their peers, they want to be loved and be successful. The media creates the ideal image of a beautiful men and women and tells you what the characteristics of a successful person are; you can see it in movies and TV. It's a subliminal way to tell you that if you are not like them you are not cool yet so it's time to buy the stuff they buy and look like they look.

✳ The power of media is something nobody can define because it is something that we all look forward to the moment we open our eyes in the early morning and shut them with, that very night. In fact, media is so much a part of most of our lives today that we may not even realize how much effect it has on an individual's life. We depend so much in media especially on television that we are even ready to skip breakfast but not dare miss that show on TV. Television is one of the best ways of driving information into our system, whether good or bad. We may not learn as much as through reading but through Television say watching television is one of the best ways by which we grab things that are so much catching to our eye. But are we learning the right things? Are we utilizing this information in the right manner?



✳ Media has really got a great influence in the life of the youths at the present. News, advertisements, songs, movies, has a wide range of impact on the youth. I was surprised to see the impact “why this kolaveri” song received globally. The attempt of the style was really nice, we people enjoy the music but somewhere around the lyrics too has an impact. It could have been a brilliant attempt if the lyrics were of some moral. The past two hit song which

was penned by Dhanush had lyrics that bullied girls. Generalizing things is always bad, each thing in this world is unique, even the twins are not the same completely.

✳ We inspire a lot from the movies. Movies were made for audiences earlier now the movies are made from the audiences. Earlier in the black and white days and in the early period of color movie the script was in the way that the people could get a moral and the way of living from a movie later the in the middle years movies were highly commercialized and were immoral, from then on movies were something made in the trend of the public and there were only one or two movies that were scripted to teach the masses a moral with a genuine message.



✳ Rest of the movies showed unrealistic life, exaggerated scenes, fights, bullying girls and other fellow characters. Movies and songs can indeed influence an individual to a greater extent, if this is understood by the movie makers and they try scripting movies with a message it would benefit the global society a lot. If not, we must realize the as it is ultimately our life that is going to get affected along with the future of our own generation.

✳ I would like to share the news about three school children who murdered two other kids in their same school thinking that owing to their death, their school will declare a holiday. What were these once innocent kids thinking? Do they really know what they were doing? Who do we blame? I do hope that watching too much of television was not one of the reasons for such an act, or the source from which they learnt all these techniques or even got their idea from.

✳ Till now what is that we have learned from the movies and from the songs? It is only the way to ruin our life. Watching all commercial movies we started to act like a hero and a gangster, we started searching for pairs at a very early age. How many films have showed us the struggle of life? How many films have showed us the meaning of life? How many of the films have showed us what reality is? How many films have taught us the responsibility of the age? A poor man becoming a millionaire is possible only in movies in real life it takes a lot of effort you must put your life to become a millionaire.

✳ How many of us do genuinely know the value of knowledge and the responsibility of us in this age? How many of us do genuinely understand the effort and hard work put by our parents for all we have with us? As soon as an individual entering into the college the prime job is to fix themselves academically as these years would decide the rest of their life but what they are actually doing? They bunk class, form gangs, bully people, keep nick names for the lecturers, insulting the staff, giving proxies for attendance, becoming Romeos, involving in malpractices during examinations. Where have we learnt all these from? Did our parents teach us this? Did our teacher, who earlier taught us, guide us this way? Who being taught us all these crap?

✳ Sit aside, take time and analyze what sort of importance do we have to give to what taught us all these things. We people are messing up our lives and the quality of our future generation with our irresponsibility.

✳ Youth must develop a habit of analyzing which is very much important in the present. A life without a thought would take our life car at a high speed in the reverse. Once we are out of our home and once when the social influence is felt, automatically the mind must bring in a filter before it and must register only after screening its importance and the usefulness.

✳ Next coming on to the advertisements, watching television with the family will make you go embarrassed. Teaching a kid about what's good and what's bad is very much essential. Even the channels broadcasted for children have advertisements which are immoral. It

becomes the duty or the responsibility of the officials working in that channel to always have a check that all contents broadcasted in their channel are child friendly. The quality of their channel must not be in a way that makes the heart of the parents beat faster in fear. It should always assure contents with moral value and ethics as only the social values are missing in the present.

✳ We just blindly jump in to the products which are advertised starring our favorite celebrity. A character starring like a doctor in a tooth paste ad or in a health drink ad will star like a teacher or priest in other advertisement.

✳ Next coming to the very important and informative part of the media, NEWS. NEWS has very much deviated from the purpose of it. How many channels broadcast news without exaggeration and personal interpretations? Whenever we turn on a news channel or read a newspaper we always come across a happening associated with violence.

✳ Politicians are very dependent on the news media because people mainly base their voting decisions on the presentation of politicians in the media. The media appeal of a politician may be more important than his/her political skills, and consequently we are seeing more and more media people and actors going into politics. The politicians have to adapt their messages to the media. The political debate becomes superficial and toothless.

✳ News is not only about knowing the day-to-day happening of North, East, West and South but also in analyzing and presenting the public the consequence and the result of the happening.

✳ The power of media is really exponential. The public would have been with more awareness about their power and would have not got reconciled to the wrong if the news which reached them was with proper message and facts. The news can be presented to the public with the analyzing the incident with the rules, that is the constitution of the country and with the universal declaration of Human Rights.

✳ If this had really happened with the media, the officials would have been careful on their functioning, the public would have been aware of their rights and the present scenario of practicing illegal as legal could have been avoided.

✳ Organizations, firms, politicians, and advocacy groups of all kinds are constantly engaged in a fierce battle to win the attention of the population. Mass media lure with sensations and scandals to make people buy their stories. Politicians expose their private lives and engage in humorous media stunts to win the public's attention and confidence. Advertisers use emotional and arousing images for capturing the consumers' attention and make them remember the name of their product. Advocacy groups use demonstrations and dramatic actions to make their cause interesting for the media to write about and thereby communicating their message to the public. Charity organizations use button-pushing images of starving children for soliciting donations. Religious groups campaign for winning new proselytes (a person newly converted to a religious faith or sector). Government and official organizations campaign to inform the public about certain important topics. Terrorists even go as far as to commit the most shocking crimes just to make the news media write about them and their political cause, and the journalists obey.

✳ Every industry which influences the public to a great extent has failed to realize its responsibility and on the other hand the public who let the industry influence them did not realize that the value of the industry has nothing to influence them as it will lead them to regression. This is the only reason for which we are facing so many problems in the present to the level of total collapse.

INFLUENCE OF TECHNOLOGY

✳ “Starting at the cradle and moving on up to the preschool age, children are affected greatly by the world of technology.” When this being the situation, is it necessary to question about the influence of technology on youth? Technology now has facilitated every individual to lead their life all alone hence there are many self-centric attitudes witnessed in the youths which in a long run will contribute to a massive regression in the development of the global society.

✳ Technology is one giant industry which upgrades itself from one second to another and people have lost many valuable things backing after the trends and up gradation. Youth and technology have become inseparable elements, without one the other would look incomplete.

✳ From the new version to the minute accessories everything has become a possession of the youth. In the earlier days, what technology were, the basic, essential components needed for an individual to reduce his effort but what is technology now? Technology now is sophistication, a status symbol, an addiction, it has become a valueless component. We all are being made a technology fools by making us addicted to the technology and waste all our efforts in it.



✳ I bought a laptop which priced around 50K when I bought it, it was said to be a fully loaded (with all new and complete specification needed for a graphics system). Later in a month or two the same laptop which was a 6 cell battery was changed to 9 cells and adding up with other minute changes the system was in the market for around 80K. For the beginning everything went normal but as days passed the same graphics in that system became a problem. The graphics card didn't support the system and it endured continuous

display problem. Not only for me but for most of the owners of the same laptop. It was unable to fix the problem permanently. All those 50K and 80K invested in the system went valueless.

✳ When enquired with the manufacturer all that they were sticking to was renewing the warranty which again priced around 15K for one year. The parts of the system was also not available in the market, the representatives in the customer care centre were also irresponsible ultimately what would a normal person do, who is in a hurry running behind time?

✳ He will obviously throw out the system and again would invest in for another laptop for around the same price. Whereby around 1 to 1.5 lakhs of his earnings is wasted for others irresponsibility. How can a model be launched in the market without running a test for considerable duration of time? Whose responsibility was it to assure the customers with genuine manufacturing? We have been made to lose our earnings without our knowledge. All the efforts put within for earning this money, all the words that our parents were made to hear for earning this money will not bother us as they will never let us know their pain simply because they want us to lead a comfortable life.

✳ When we exhibit a careless attitude of the same, the manufacturers will never hesitate or never be afraid to launch a model in the market of the same kind but it is we who has to think where is all these money going and what are we to do if everything in our life goes this way?

✳ Next is the RE-SALE VALUE of the technology. Can anyone guess the resale value of the laptop I said earlier? After two years it was Rs.3000 and when enquired about the resale value of the system in dell, they said they won't deal with used products. I just asked them just to access the value of their own product for resale and still I did not get a reply from them.

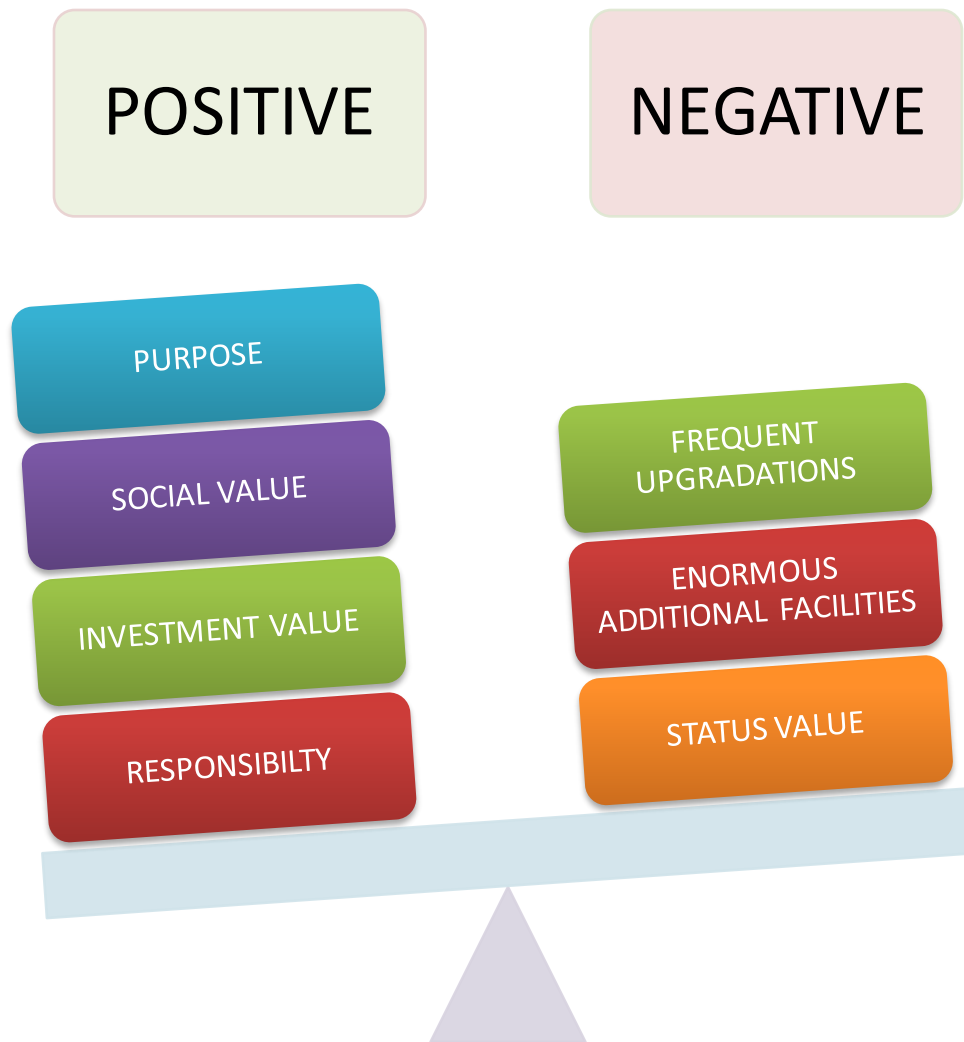


Fig 14.3 BALANCE BETWEEN POSITIVES AND NEGATIVES OF TECHNOLOGY

✳ Additional features in a basic instrument have deteriorated the functionality of the basic purpose of the instrument. The basic purpose of the mobile phone is to communicate, the additional feature of radio, camera and all are for our convenience and it is not something to prove our intelligence in using radio during class hours or to use camera for immoral activities.

✳ Anything that we take in the universe has positive and negative side. Without teaching and cultivating human, moral and ethical values in the mind of an individual every

technology and everything under this universe will be used negatively as the way of functionality is in the hands of the individuals.

✳ Hence for anything to get oriented positively the prime responsibility is in the hands of the users than the manufacturers. The manufacturers depend more on the trend of the users, we deceive ourselves for the status and recognition we get in the society. It is to be understood that we, each individual together constitutes the society. We must change the attitude of giving too much of concern to the society when it is not progressive and complimenting our progression, we must also change the attitude of ourselves being one in the society, it is only then the transformation will occur completely.

SOCIAL NETWORKING:

✳ Social networking sites have formed a basic part of the youth like water for living. Youths have started establishing their public relationship even from being at home hence increasing their social influence for a greater time.

✳ Youth no longer just "hang out" at the mall, the bowling alley, or the fair. Compared to generations past, this group of millennial youth knows how to network with their friends better than ever. Whether it is staying in touch with the latest gossip or sharing their current project, these youth are accustomed to using new technology to stay connected with their social networks all year long.

✳ Another aspect is the loss of private space. For today's generation, things that were considered personal a generation before, are all public. Status updates, wall post and tweets yell about every move we make, every step we take and every relation we make or break. We are ourselves violating the sanctity of our personal space in an attempt to keep up with the current fad of publicizing intimate details of our lives for a few minutes of attention among a few hundred people in the virtual world. How healthy a trend is this – is something to ponder over.

Social Media Landscape



Fig 14.4 SOCIAL MEDIA

✳ Social networking sites have become a space to exhibit the true inner-self of an individual. Every individual take their freedom space only in these networking sites and many of their extra-curricular sense is exhibited here. To know the taste, liking and the frequency of a person visiting their social networking profile is highly sufficient.

✳ Collection of pictures, Photoshop works, status message, sharing and liking of others posting are all found and possible in the social networking sites.

✳ I was astonished to see morphing of the faces of political leaders in the images of film stars, making fun comments about them, many disrespectful comments on political leaders and their functioning. We only have rights to say what is their mistake, we have no rights to hurt their personal feelings.

✳ Do remember even we are not perfect in everything, even we will make mistake when we are in their position. The issue is not about making mistake; it is in rectifying it soulfully and upgrading the efficiency of our work. An individual without making mistake will never achieve anything in life and an individual always committing the same mistake will never progress in life.

✳ Rise up in your standards, even though you don't want to respect them for their activity or post, respect them for their age and feelings. All these immoral activities will add up to our sin as it will cause incurable hurt in their heart.

✳ Whenever we touch or scratch the ego of a person they will start reacting furiously and authoritatively for their position and power, which will ultimately pull back or reduce the returns we are valid for and also it will not allow them to meet out their purpose and duty of their designation. This holds for any individual and not only for individual at a governing position. Many personal revenge and personal violence will arise when we take a step like this.

✳ Socializing is an important part which needs deep analysis as it is the main attribute which will influence an individual to a great extent and the mode of persuasion it takes will be invisible and we would have got persuaded without our knowledge. Somewhere deep inside the mind their words would have got registered.

CONCLUSION

✳ Youth is getting influenced and addicted to many things in the present. A strict analysis of our day to day function and our day to day influences is very much essential. It is always better to set aside some time in solitude at the end of each day and analyze what have we done the whole day, what influenced us that day very much, is it good or bad, what mistake did we do today and how should we rectify it.

✳ Possessing a careless attitude will not only affect our life but the progress of the globe. Unity is very much important, I am not talking about the unity of smaller circles, I am talking about the global unity. When considered the origin and evolution of human being both scientifically and mythological we can conclude that we all were from the same ancestor. Hence we all are brothers and sisters, only the unity we hold will make us progressive because as like the uniqueness blessed to every individual, individuality is also blessed to the nature or landform, hence only by holding hands and complimenting each other we can take the globe ahead from where it is.

✳ Influence, persuasion must not be blindly accepted, a cautious stay is very much essential when we step out of our personal sphere. Even in the personal sphere it is better to analyze about the persuasion of our fellow being as the perspective of each is different.

✳ The present society has taught and trained every individual the art of intelligent living, intelligence will just make your survive but to live your life you need to move to the state of brilliance. A life accommodating peace, satisfaction, letting out the space deserved by others

will give the environment of the world we live a unique flavor which will alone make us achieve goals beyond the boundary with our inborn talent.

✳ I came across some images in Facebook where a small kid was surrounded with a beer bottle nearby and a cigar in hand, I was really astonished to see this image getting shared so popularly among the youth. They think this image would support them consuming alcohol and cigar but does this mean they will allow their children to get addicted to alcohol and cigar? It will be too late for them to realize the hazardous consequence that alcohol and cigar would bring to them and when they want their child to be away from it, it will be too late. We are to spoil a one good generation of our own. How could a youth be so careless and irresponsible? Everything we share and like in a posting has some influence amongst our own group.

✳ You never know your actions and its consequence when you are bubbled within illusions, living up in practicality is very much important. The youth of the present has media, technology, social sites to influence them to illusions. There are many individual who are regressing back in the path they travel to reach wisdom in life.

✳ When every element in this world is approached for its purpose then anything will not be disastrous. It is said that if we eat pepper corns we can even dine in our enemy's house as the pepper will dissolve the poison too. The purpose is like pepper, even a negative activity if we are able to understand the purpose it will bring us only the positivity, like the positive aura exhibited by us will make the person with negative thoughts turn positive.

CHAPTER FIFTEEN ~ CONCLUSION

✳ Youth in Asia constitute the maximum youth population in the world, but in the nurturing process do we really hold that degree of responsibility?

✳ What are we actually going to contribute to this world in our generation when we are humanly so weak? Is it not that the status of whole world is going to regress due to the irresponsibility we hold?

✳ This is really a very serious issue to think about a global problem which essentially lies in our responsibility. Our duties are wide spread to the global arena and it is very much important for us to understand our role. A perfect environment for the growth of the youth is essential.

✳ The youths are vested with the responsibility of recreating the civilization. The invention and the concern we gave to technology took us long way back in the path of civilization, we have lost a vitalizing element needed for life that is the value, ethics and moral.

✳ All life forms want a comfortable and happy life. In case of human beings it is a sum of 2 things; personal happiness and better environment. Personal happiness can be obtained from variety of ways. Environmental happiness is what global building is. It is the environment which makes you feel happy to live in, work in and just be a part of it. This environmental happiness also gives us a sense of belonging, makes us feel proud and give us a sense of ownership. There are many distraction which nears a youth during which a perfect orientation and support is needed to safely overcome all the pits that a youth comes across in this stage.

✳ Youths have unique and better understanding of life with the comfortable global exposure they are able to achieve from the place they are. This change and broadness must spread everywhere and it is only when every single individual in the earth understands their responsibility and are out of the boundaries true progression can be accomplished.

✳ All the man made attributes like land demarcations, caste, religion, and the like differences must be eradicated as it is not purposeful in the present but it only increases the difference and hatred amongst each. This hatred and differences will lead to many social calamities and violence in the future which will destroy the human community. We can carry the extinctions of the quaternary period long way ahead only when we understand the necessity of our unity in diversity.

✳ The phase of energy, The phase of power, the phase of transition, the phase of responsibility, the phase of accomplishments, the important phase of life. The supreme power or the invisible power that leads the life of every individual has blessed this phase of transition and accomplishments with power and energy. Orienting the youth and the potentials in a positive way in the world of self-centeredness and illusions is very much necessary. The need of social attitude in every individual is very much necessary, in this trend of corruption, authoritarian society, value given for money, life led for the society will all make an individual lead life in imitating, his originality will never get satisfied and in the last phase of his life when he turns back analyzing his life he would have not lived even a single milli-second in his life.

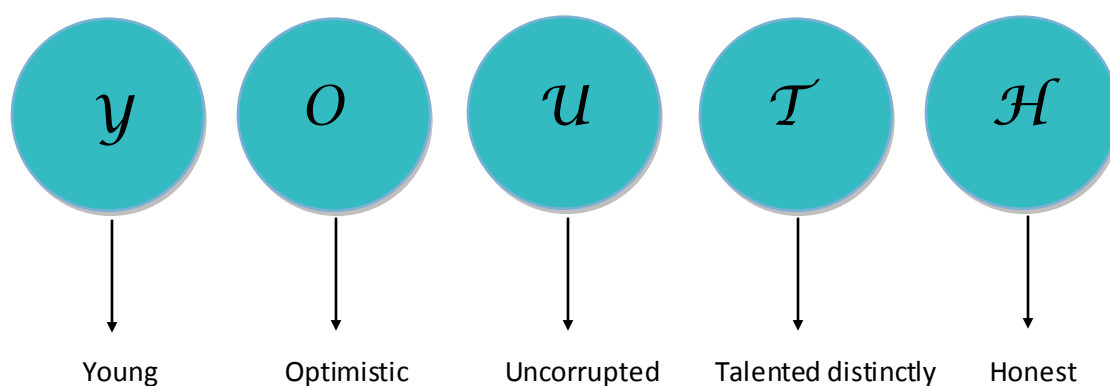


Fig 15.1 MEANING OF YOUTH

✳ Keeping in view the characters of ideal youth, every young individual has very important role towards social responsibility. We need to study the society in all angles to know the social problems, social evils, and understand ourselves in relation to society. Youth has major role as cadet of social force to fight against social evils by helping each segment of society progress & contribute for social as well as global building work.

✳ *“Youth is the backbone of the nation”* this was the truth before global connectivity was established, but now *“Youth is the backbone of the world”*. Youths must concentrate in the concept of progression than sustainability which is considered the key word of development by many organizations and agencies in the present.

✳ Understanding the difference between sustainability and progression is very much important. Sustainability is to move an activity forwards within a restricted environment loosing the quality and purpose of the activity, but in the progressive mode the activity can be advanced with no restriction enhancing the quality and moving in line with the purpose of the activity. SUSTAINABLE DEVELOPMENT, sustainable is the capacity to sustain that is to maintain with what is existing and development means moving higher it means something to improve or advance. Are these words not contradictory to one another? The purpose can never be met with sustainable development, Progressive development is very much essential in every activity to achieve the task for its purpose.

✳ Youths working together, complimenting the unique talents possessed each will add up to the progression of the world and will truly help the United Nations and its agencies to achieve its goal naturally.

✳ Parents are you only friend who wishes for your progression, happiness, success and all positivity in this world for you. It is important for the youth to understand this and always have a quality space in their life for their parents because without them the youth are

nothing. Parents are the only soul in this earth who at anytime and at any situation will stand for your best by just expecting your success.

✳ The real heroes on earth are formed only by their genuine hard work and efforts put within their profession for purpose. Hence to become a hero in life the youth must orient their energy in positive activity.

✳ Positive and healthy attitude is very much vital for an enhanced living of the individual. These attitudes will reflect in your face or in your appearance. A filthy or a pervert thought in your mind will reflect in your appearance and socializing in this mindset will always be regressive. Curing from the inner is important as any makeover will not last.

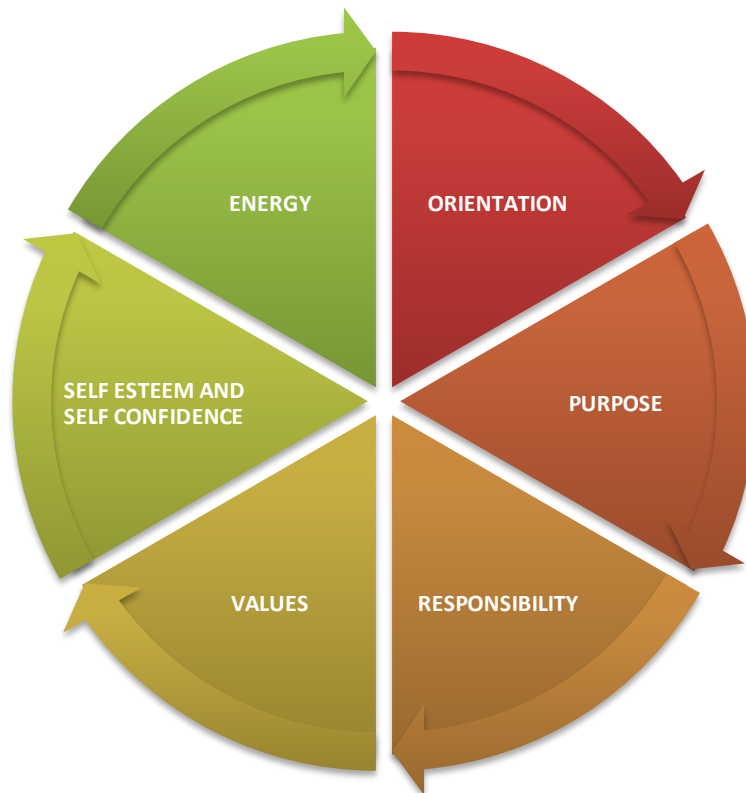


FIG 15.2 THE ATTITUDE CYCLE NEEDED FOR A YOUTH FOR A SUCCESSFUL LIFE.

✳ Avoid "can't" thinking or other negative language. If you say something often enough, you may start to believe it, so keep your statements positive, not negative. Don't be afraid to seek help in accomplishing things, but remind yourself that you don't need approval from others to recognize your accomplishments. Focus on what you're able to do. Remind yourself of all your capabilities and positive qualities.

✳ What is important in a journey is the destination and the route to reach the destination. When the destination and the route is so important for mere travelling, then are the same not important for the journey of life? Ambition and the plan of action are very much essential, only by which an individual can be successful in life. Any activity without purpose will lead to regression.

✳ There are many reasons why ambition is important in your life. This is because there are many different times and reasons you need ambition. You need it in your career and in your family. You also need it for yourself. Fulfilling dreams that matter to you on a personal level is one of the greatest things a person can do with their life. This could mean you running a marathon simply to do it or writing a poem because you wanted to do it.

✳ Ambition in the very word here means dream and not the desire. Dreams and desire are two different words with two different meanings. Dreams are achieving a goal for you which will not hurt or degrade any other individual in the surroundings. Desire is achieving something by hurting or deceiving others in the surroundings.

✳ Hence have your goals into the category of dream only by which you can progress and the height you reach will be permanent or else you will be hurt two times more than the hurt you created for that individual for achieving your desire.

✳ The basic thing which is essential for accomplishing success in life is good health. Only when there is a wall we can paint, hence taking care of one's health is very, very important than any other thing.

✳ The saying health is wealth is very much true. Health is the only asset which you accompany you and pay back you with a long life. Medical arena in the present has drifted a lot towards the concept of business. Only a few in this category still serve for the purpose of the profession, rest has taken up this service corporeal.

✳ When you enter into a hospital for a checkup they try making you pay for the hospital as much as you can. And if they find a parent with NRI children, the children are finished. They can fly their parents and treat them there; they will be consuming such wholesome of money from you. Hence it is always best to check ourselves with proper health.

✳ Only when your health is perfect you will be able to enjoy the outcome of your effort. Hence when you prepare a schedule or plan of action for your goals try adding up time or schedule the plan in such a way that it protects you from losing your health.

✳ Achieving self confidence is a fine balance. Lack of self confidence or under-confidence will result in an individual doubting his abilities. Such people seek the approval of others for reassurance. They believe they have to conform to the expectations of others to fit in and be accepted. They will tend to avoid taking risks for fear of failure. They expect to fail, and this becomes a self-fulfilling prophecy! Under-confident people tend to under-achieve, since they have a low estimation of their abilities and therefore will not push their boundaries to achieve their best.

✳ In today's world of competition, confidence isn't just an asset. It forms the very basis of your survival. Getting a good job means you need to be confident in the interview. Getting a raise, again, needs you to be confident at work. The confident ones are the ones who get attention. Attention brings acceptance and acceptance brings love, peace and energy that make you efficient. Efficiency makes you an achiever and achievement makes you even more confident. And when you are confident, can happiness and riches be far behind? Make

sure that you are never out of this magical spiral. Believe in yourself; get going; tell yourself that you have it in you. Because ultimately the one who wins is the one who thinks he can!

✳ The level of our self esteem determines how we operate in life. It determines our goals and what we strive for, our achievements, and our satisfaction and happiness in life. The importance of self esteem can be seen when we look at the relationship between healthy self esteem and other psychological traits. Self esteem and personality are closely related.



Fig 15.3 ATTRIBUTES OF HIGH SELF ESTEEM

✳ As the saying goes, *"A man becomes like those whose society he loves."* Since you are strongly influenced by those with whom you spend your time, doesn't it make sense to choose your friends and associates with care? Throughout our lives friendship become more precious and important so much so that people with strong good friendship live longer, happier and more active lives.

✳ You can choose how to interpret comments and events, so try for the more positive interpretations. If someone says, "You look good today," don't ask yourself "What was wrong with the way I looked yesterday?" Accept compliments graciously (don't ask yourself why

you haven't been complemented on something else or why you haven't complemented you before.) Look at temporary setbacks as opportunities for growth.

✳ Youth are the light of the future, entertainment is fine up to certain limit but we must draw a line between our responsibility and fun. We must learn to be even more responsible and see the world in a much wider perspective. The youth comprises of maximum population in India and we must show to the rest of the world that if we take some kind of responsibility even we can prove out to be the best.

✳ One of the best things about mid-life is that finally they will have more time to pursue their own passions. How do you find your passion? The more you focus on an activity you like, and the more time you give it, the more likely you are to become passionate about it.

✳ Get involved in something that absorbs you, challenges you, energizes you, make you feel alive. It could be anything from gardening to writing, from biochemistry to bird-watching.

✳ Youth means power. Youth always finds out positive in every odd situation. He never lose his heart in worst conditions, always try to think positive and it becomes nature of young people .Ambition, a strong feeling to achieve something in life is the another quality of youth. This plays a vital role in thinking of youth. This is the only driving force to proceed further in life. Ambition of progress, wealth, sound body etc. etc. are the only matter of thinking of youth.

✳ You don't fear for anything when you are young in your life. This is the mind game; you have to overcome from fear feeling in any stage of life, though it is hard. But it is most probably possible in young stage only. Ever you seen light and darkness together? Never, a fearless nature is most prominent aspect of youth.

✳ A youth always feels proud what he achieve in life. He has faith on himself. If you haven't faith on yourself you can't do anything in life. This feeling is very strong when you are

young. You have capabilities to do anything in life. If don't have faith on yourself, you are not a human being. You can't feel proud of yourself if you are not young.

✳ Youth is like this, they hate insult, they are aggressive for rights, they know how to discharge their duties, and they fight for injustice. Youth always think for victory. They always in search of best part of life.

✳ We do hate insult but what about the rest of the qualities that is usual for the individuals in the youth phase? Do we stand for our rights? Do we handle our duties responsibility? Do we fight for injustice? The rapid world has made us lose what are all primarily necessary for a youth. It is because we lost all these above required qualities our society has regressed this much and we are termed the *“lost generation”*.

✳ I was really shocked to see this term “lost generation” in one of the UNESCO report. We still did not lose everything and there are 100% percent chance for us to get back our generation into stream and steer the world more progressively. All that we need is understanding and realization.

✳ Don't poke your nose much into others business, concentrate and analyze on yourselves. When everybody starts concentrating on their own then success of humanity and the accomplishment global community will never be a dream.

✳ Again I would like to alarm this to you people; the youth are the only source for prosperity and function of the world in the future. Youths needs to be more responsible and matured for fulfilling the wide spread contribution need by them to the global society.

✳ It is very much important for us to know our rights and to be strict in getting our rights. We must follow a strict principle in getting our rights executed as the government will start adapting to the changes whereby we can bring a shift in the global scenario.

✳ Orientation to youth is very much important as when all their energy is focused positively they can bring wonders to earth and in the same way when their energy is not oriented positively the same magnitude of negative effects will be brought by them to the society.

✳ Society should mould itself according to the thinking of the young because it is difficult for the older generation to have new thinking. The young should always look with hope and confidence to the future. They must have the spirit to work among the masses and also give a sense of direction for the others to follow.

✳ Political freedom gives duties as well as responsibilities. These are more important because we want to be free from poverty, disease and all types of conflict-ridden forces. Our political freedom must create conditions not only for better life but also for peace for the rest of the generations. The youth should be inspired with these ideas and make them as popular with the people as it is possible.

✳ Casting vote is very important duty in the present. Youth needs a better society to live but are not taking efforts in bringing up the society they need. Government is an agency which is functioning for the welfare of its public. Hence government must be in a way its people wish for.

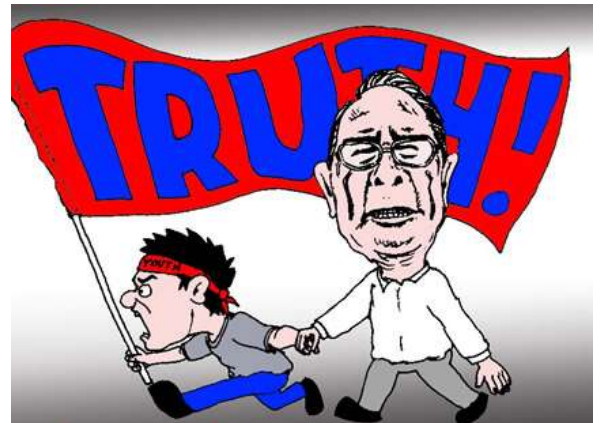
✳ Every party in the present is corrupted and none are functioning to purpose. Fed up looking at all many are bunking the election, they don't register their vote which in other way is registered as illegal votes casted by the party people. There is an option for registering that you don't like to vote for any party which will serve both your wish of not favoring any party and you vote getting registered legally. When majority of the vote is for this the government will be forced to think and certainly there will be revolution happening.



✳ We must not run away from our rights, duties and responsibility but we must stand strong in it for all the stakeholders of the society to get themselves oriented towards their purpose.

✳ When we become responsible and show the world that we have become aware of what is happening invisibly with us every sector of the society will become alert and responsible. Hence the prime reason for many illegal and irresponsible activities happening in the present is we. We are the soul individual responsible for the status of global society and for any hazardous activity happening in the society.

✳ Younger generation has always been depending upon the older generation. Our social set up did not allow them to have independent thinking and independent way of life. But now younger generation is to mould the thinking of the older generation. They will have to give proper shape and form to the policies which might have been out-dated and worn out. Only the young can seize the opportunities for doing something for the world. So they will give new enthusiasm and energy to carry forward the programme which has been chalked out for the globe.



✳ Trust and follow values, always stand by your originality and uniqueness which will alone help you to great heights in life, never let your thoughts touch the ground maintain a high positive thoughts always, socialize with values and always give equality the one you are surrounded by and always live your life with its purpose.

★ *“Youth are one of the greatest assets. Not only are they legitimately regarded as the future leaders, they are potentially and actually the greatest investment for a world’s development. They serve as a good measure of the extent to which a globe can reproduce as well as progress itself. The extent of their vitality, responsible conduct, and roles in society is positively correlated with the development of their globe.”* Is it that as we are blessed with a fulfilled sophisticated life we are this much lethargic in our attitude? Till when are we going to shut our conscience from realizing what is happening around us? If we are still going to keep our responsibilities ahead then very soon we will have to face a massive extinction and the end of quaternary period.

★ The youth must realize that the prime importance for them is to take care of their family. They must fix themselves strong and contributive to their family. Family is the only place you will have a space to perform and revolute freely. Hence when every youth concentrates on their family and sets a progression in the family then it is sure that the whole society will get oriented as collection of families is society. Youth cannot achieve anything directly entering into the society or nation as it is governed by someone else and there the youth will get only a executing position and will be kept away from decision taking responsibilities. They must make themselves pillar of their family only then they will be able to pillar the nation.

★ The young generation occupies a special place in social environment. It is very much part of society. The young and rising generation constitutes a representative of the future in the broadest sense; the future of any society depends on the practical and spiritual molding of the youth.

★ All societies pay special attention to the youth. No revolution can be victorious without the effective education, organization and mobilization of the youth into political action. It is none other than the youth (especially the working youth) who form the core of the world.

✳ Their youthful energy enables them to perform great feats in the standing for their rights; enables them to be the most active transmitters of ideas and skills; their zeal spreads into their surroundings like wild-fire. The youth acts as the motive force of the revolution. The working youth forms the most consistent and reliable section of the revolutionary movement 'and when they join the struggle of the working class, they fight for their own cause, and grow and become stronger in the struggle'.

✳ Money alone can never get you everything in life. Money is not the only thing essential in life. Money may get you status for a short-term but money cannot get you peace, happiness, prosperity and satisfaction in life. Your prime concern must be for the ethics, values and humanity and not for money. Only when you behave with value you will be blessed with positivity in life.

✳ Lack of security and confidence in the youth individual is widely witnessed due to the rapidity and the complexity prevailing in the current mode of living. To build self confidence and overcome low self esteem is to change how we feel emotionally about ourselves. Stop looking into others and stop imitating others, altering this attitude itself will bring your life a bloom which no one can steal from you.

✳ People hide their insecurity in many, many ways. The mind is full of self-defence mechanisms - it can be very creative indeed. Insecurity can turn us into someone we really are not. For instance, someone who is life-and-soul of the party may well be that extrovert in order to keep an inner hurt from being discovered. It's a kind of camouflage, and it works like this: "If people don't see the real me, they cannot hurt the real me. If they upset the outer me, that's OK. But they won't because I'm the life and soul of the party."

✳ "Insecurity may cause shyness and social withdrawal, or alternatively it may encourage compensatory behaviors such as arrogance, aggression, or bullying, a principle enshrined in the phrase "all bullies are cowards." Bullying comes in many forms, but often comes into the

subject of weight such as "Haha your fat." or "Why don't you lose some weight?" Many people suffer a period of insecurity during this, which gives rise to a lot of the stereotypical behaviors of the youth." I think this is an important point to bring up because it is very true. People might see bullying as one way but after reading this they may realize that the main cause of bullying is low self esteem and insecurity. People who tease and harass others normally have that reason for doing it.

✳ "Insecurity has many effects in a person's life. There are several levels of it. It nearly always causes some degree of isolation as a typically insecure person withdraws themselves to some extent. The greater the insecurity, the higher the degree of isolation. Insecurity is often rooted in a person during their childhood years. Like offense and bitterness, it grows in layer fashion, often becoming an immobilizing force that sets a limiting factor in the person's life. Insecurity robs by degrees - the degree it is embedded is the degree of the power it has in the person's life."

✳ The attitude of perseverance is not at all visible in the youths of the present due to the comfortable and sophisticated life that is provided to them by their parents. Youth must understand that the sophistication and comfort your parents provide you is not permanent you need to cultivate a strong mind in order to support your family when your turn comes. For making you fit in professional or personal sphere perseverance is very much necessary. Never ignore to contribute when your contribution is not recognized in the initial stage. Your effort will definitely bring you the recognition as you were genuine in your contribution.

✳ The youth in the present is fortunately blessed with a wide and a fast reaching media of communication and sharing with which any of their accomplishments is very simple and quick. Have equal amount of your energy spent on sharing, creating and acquiring awareness and knowledge. There are more number of blogs available in the internet which shares healthy information and valuable knowledge of interdisciplinary spectrum, from household activities to scientific findings there are numerous information available online.

✳ How many in the present support the content of the news broadcasted in channel 4 about Srilanka? Do you think all those are progressive? Never. It will inculcate an attitude of violence inside the mind of the viewers. We really don't know what had really happened there and a video on how a 12 year old child was killed is so absurd and the height of pervert attitude. And I see many sharing in Facebook praising the news telecasted in Channel 4, where is the world travelling towards? Have we gone so inhumane to spoil people and sow the attitude of violence within them? Every action of an individual influences the innocent public; no individual has the right to spoil the future of others for their benefits.

✳ Youth must never take things blindly; every belief of theirs must be made after a deep analysis. We know Hitler to be an authoritarian, but the fact is Stalin was more authoritative and commanding than Hitler. As Hitler failed will it be that what Stalin did was right and he is genuine? Success or victory cannot change the truth, don't believe and back success or victory anytime. Analysis and support the purpose and the value of any individual.

✳ Do not lose yourself in the make off exhibited by any individual, judge every individual by the degree of purpose they fulfill for their designation or activity only then we can orient anyone and everything to its purpose. It is due to the acceptance that the corruption and illegal is getting in the society everything has entered into a regressive path.

✳ Let us understand the significance of social values, we have indeed got many things from the world for our living, it is important for us pay back our debts to the world to make it a land of peace and prosperity. Youth is power and if this power is properly directed towards social development, peace & global progression, we will have heaven on the earth. So friends I hereby want all young soul to realize their importance and responsibility as a global individual. Hence draw your attention to contribute for the development of universal religion of humanity and make this earth heaven.