

YOUTH'S GUIDE



MAHATMA DEVESH BHIKSHU

SELF-DEVELOPMENT BOOKS
 Help you **live better**
 Increase personal effectiveness

	Rs	
Acharya, A.R.	Suvichar Shatakam	10.00
Aggarwal, R.N.	A Practical Guide to Successful Living	12.50
Aggarwal, R.N.	How to Achieve Success and Happiness	20.00
Ahuja, Anjali	Moral Teachings of 100 Great Saints	17.50
Ahuja, Anjali	Noble Thoughts on 100 Great Topics	20.00
Ahuja, Anjali	Wit & Wisdom of 100 Great Personalities	15.00
Des Raj	How to Get Outstanding Success in Examinations	12.50
Devesh Bhikshu	Brahmcharya—Self-restraint	15.00
Devesh Bhikshu	Develop your Self-confidence	10.00
Devesh Bhikshu	Duty and Work	10.00
Devesh Bhikshu	Education	12.50
Devesh Bhikshu	Gate to Glory	15.00
Devesh Bhikshu	Gems from Vedas	15.00
Devesh Bhikshu	Gita for Students	10.00
Devesh Bhikshu	Hints for Self-Culture	50.00
Devesh Bhikshu	House of Honour	15.00
Devesh Bhikshu	How to Be Happy	10.00
Devesh Bhikshu	How to Develop Your Brain Power	10.00
Devesh Bhikshu	How to Live Twelve Months a Year	20.00
Devesh Bhikshu	How to Meditate for Perfection	10.00
Devesh Bhikshu	Humanity	8.00
Devesh Bhikshu	Inspirational Ideas for Self-development	5.00
Devesh Bhikshu	Know Thyself	15.00
Devesh Bhikshu	Learning to Learn	10.00
Devesh Bhikshu	Magic of Motivation	8.00
Devesh Bhikshu	Mahabharata	20.00
Devesh Bhikshu	Making of Man	10.00
Devesh Bhikshu	Might of Mind	15.00
Devesh Bhikshu	Ramayana	20.00
Devesh Bhikshu	Steps to Success (cOMPT)	75.00
Devesh Bhikshu	Steps to Success (I to XVI) each	5.00
Devesh Bhikshu	Youth's Guide	5.00
Malhotra, H.C.	How to be Healthy—A Practical Guide	20.00
Mitter & Shah	How to Read a Person Like a Book	12.50
Mitter, S.	Healthy Living—Letters from Aunt to Nephews and Neices	12.50
Mitter, S.	How to Develop Your Personality & Potentialities	30.00
Pradhan, A.C.	Let us Build a New India	20.00
Pradhan, A.C.	The Way to Happiness & Success	10.00
Prakash J. Shah	How Negotiate Successfully	10.00
Prakash J. Shah	How To Be a Winner	12.50
Prakash J. Shah	How to Develop Effective Public Speaking	15.00
Prakash J. Shah	How to Develop Positive Life	12.50
Prakash J. Shah	How to Develop Your Personality	15.00
Prakash J. Shah	How to Think Like a Winner	20.00
Rajendra Pal	Pearls of Wisdom	5.00
Sahni, A.K.	Thought for the day	20.00
Shah & Pal	Inspirational Verses for Self-fulfilment	10.00
Sultan Chand	The Gita	30.00

**GIFT BOOKS TO YOUR RELATIVES, FRIENDS, ASSOCIATES
 FOR THEIR SUCCESS**

May we service your valuable bulk order :

SULTAN CHAND & SONS, Educational Publishers

Sharing Knowledge with Readers

Assisting Personal Development and Character Building

23, Daryaganj, New Delhi-110002, Phone : 3266105, 3277843,
 3281876, 3286788 Fax : 011-326-6357

YOUTH'S GUIDE

MAHATMA DEVESH BHIKSHU



SULTAN CHAND & SONS
Educational Publishers
New Delhi

Reprint: 2001

Price: **Rs. 10.00**

ISBN: 81-7014-850-2

Published by:

SULTAN CHAND & SONS

23, Daryaganj, New Delhi-110002

Phones: 3266105, 3277843
3281876, 3286788

Fax: 011-326 6357

Printed at: New A.S. Offset Press Delhi-92

PREFACE

India is passing through a very critical phase. It is a great challenge and an opportunity for the youth. Meet it and seize the golden opportunity. Awake, arise and realise your hidden power. Make yourself virtuous with the divine qualities. Be brave and men of character. A firm determination to do your duty and service to the Nation—should be your cherished ideal.

This book will guide you.

With love and blessings,

MAHATMA DEVESH BHIKSHU
27, Narmada Apartments,
Alaknanda,
New Delhi-110019
(Telephone No. 6444956)

CONTENTS

	<i>Page</i>
1. Rise Early	1
2. Self-study	5
3. Utilise Time	10
4. Be Dutiful	15
5. Do Meditation	20
6. Be Truthful	25
7. Be Humane	30
8. Be Simple	35
9. Respect Your Elders	40
10. Be Virtuous	44

1

Rise Early

Early to bed and early to rise;

Makes a man healthy, wealthy and wise.

The three most desired virtues, *viz.* health, wealth and wisdom, are bestowed on a student who gets up early in the morning. Because the habit of rising early affords him some extra hours, in which he can easily enjoy the morning walk, add some more knowledge by devoting this time to serious study and become wiser and happier day by day.

According to the scriptures, one who keeps on sleeping even after sunrise, the rays of the sun draw his energy and glory from him. Obviously, such an individual moves lazily and often behind time that spurs him to hurry, thus creating confusion all round. He cannot remain happy either, thereby affecting his performance adversely.

In a Bhajan the following lines are memorable :

हर रात के पिछले पहरें में, इक दौलत लुटती रहती है ।
जो जागत है सो पावत है, जो सोवत है सो खोवत है ॥

During the last hours of the night, *i.e.*, early morn, a wealth is distributed. But those who are awake are able to get it and those who are asleep lose the same.

For students, the habit of getting up early can make a vast difference in their life. Such students will find themselves ahead of their colleagues. Actually they are the glories of their institutions of which they are proud. Ultimately they prove a great asset to their country because of their valuable contribution in the building of a nation.

Some Sanskrit poet has described the duties of a student as under :

व्यायामो विनयो विद्या विवेको वीर्यं रक्षणम् ।

एते पञ्चकारास्युः विद्यार्थिनः युगे-युगे ॥

(1) Daily exercise, (2) to study, (3) be ever polite and humble, (4) wisdom and discretion, and (5) to preserve the vital fluid (semen)—these are the five 'Vakaras' which all students must accept as the five cardinal principles in life. These have been in vogue from times immemorial.

In order to adhere to the above-mentioned principles, it is utmost essential for any student to get up early in the morning. Otherwise, he is likely to be late in all he is required to do leading to procrastination, that may spell his doom in the end.

The main duties of a student are to keep

healthy and study regularly as much as possible. Daily exercise is must to be healthy and a student who gets up early daily is able to finish all his morning chores well in time, sparing some time for studies even before he is to go to the institution. Besides, the habit of getting up early in the morning helps him in the preservation of his vital fluid. It is generally seen that because of over-sleeping, dreams come and in case a student gets up from bed before dawn, such an eventuality is not likely to happen.

Moreover, such dreams are the outcome of wrong thinking. A student who has no time to ponder over vicious things and keeps himself busy all the while with noble thoughts should not be a victim of the emission of semen in sleep. Thus, he is likely to remain strong and healthy, always fit to undertake his studies. His mind becomes sharp as well as his brain is capable to tackle all the difficult and intricate problems, that he may come across in any subject during the course of his studies.

See what Vedas say about it :

प्राता रत्नं प्रातरित्वा दधाति ॥ ऋ० 1-125-1॥

One who rises early in the morning, gets the jewels. For students, the education, knowledge and learning are more than jewels. Diamonds or jewels can be lost or stolen, but the education is such an invaluable jewel that can never be

taken away during life-time. That is why a Sanskrit quotation, विद्या धनं सर्वं धनं प्रधानम् । Education is the chief wealth amongst all the wealths in the world. It is all because of education and knowledge that so much progress has been made on all fronts.

Hence form the divine habit of rising early;
To enjoy the early—morn nectar—breeze.
And set health—wealth—wisdom besides;
Get all the God's Bliss, as you please.

2

Self-Study

It is a human trait that we all want to know and learn more and more all the time, right from the childhood. The desire of inquisitiveness keeps us goading and the inquiring mind yearns to know as much as possible. Yet how many of us are able to quench the mind's thirst for knowledge and do not try to stifle it !

Those who are on the look out for all opportunities to satisfy this urge of their mind in the right direction on the good side of life are able to rise high in the end. All self-education is self-improvement and all education is emancipation. Self-study is so important in a student's life as food and water to the body. No student can do without it and those who ignore the role of studying themselves can hardly be successful.

Self-study has double meaning—(1) Every student must inculcate the habit of studying himself, besides what he has been taught at school or college. The more he is able to do so, the better his performance is likely to be in his

class. (2) A student must think about his own self, *i.e.*, he should do self-introspection in order to know his weaknesses, so that he may remove them.

Self-study is called 'Swadhyaya' in Hindi or Sanskrit. The word has many meanings and is composed of Su-Adhyaya as also Swa-Adhyaya. (1) Su+Adhyaya means that a student should study good books only that may help him in the upliftment of his character. In the categories of good books, he may read the autobiographies/biographies of great men, like Abraham Lincoln, Swami Dayanand Saraswati, Swami Vivekanand, Mahatma Gandhi, Subhash Chandra Bose, etc. Besides the books prescribed in his course, a student should always study some extra books in order to widen his horizon and books like Ramayana, Mahabharata, Upanishadas, Vedas and Gita can prove of invaluable asset to him in life.

The second meaning of Swa+Adhyaya is that he should make it a habit to read on his own without depending much on coaching or spoon-feeding. (3) It further means that he should try to know his own self, *i.e.*, he is a soul or Atman. It is very-very important and unless an individual is not able to distinguish between his body and his soul, he cannot aspire to reach far in his destination. (4) Swa-Adhyaya also means to know God, the Almighty, after having

known about self, this being the ultimate aim in life

Self-study has been highly commended by the Vedas and a Vedic verse says that those who immerse themselves in this act do a great penance in life, for which they are bound to get all what they want, besides name and fame. According to the Vedic scriptures, the whole life has been divided into four Ashramas, viz., Brahmacharya, Grihastha, Vanaprastha and Sanyastha. The word Ashrama is composed of Aa+Shrama, i.e., to work hard from all sides. Therefore, in all the Ashramas one is expected to work and work and never be idle. While the three Ashramas (Brahmacharya, Vanaprastha and Sanyastha) are exclusively for Swadhyaya, even in Grihastha, one is expected to devote some time daily in Swadhyaya without break.

For this reason, at the Convocations, Acharya used to tell their out-going students, when taking leave from the Ashramas :—

स्वाध्याय प्रवचनाभ्यां न प्रमदितव्यम् ॥ तैत्तिरीयोपनिषद् ॥
Do not be lazy in self-study or giving discourses. To study should be your daily routine, like taking bath and food and give some talk to the members of your family, so that at least they may benefit from it.

Swadhyaya keeps our thoughts pure and our knowledge increases day after day. 'Thoughts

are things' and in case we are able to purify the thoughts of the human race, it would be a great service to the world as a whole. Shri Lokmanya Tilak has said—"I shall welcome a good book even in hell. Because good books have such powers that they will change the place into heaven almost at once." Similarly, Swami Sivananda has written—"Good books are the repository of fine thoughts. By their study all worries vanish. There is no question of indecisiveness and noble thoughts grow up in the mind, thus giving all peace and bliss."

In Shatpath Brahman, Mahrishi Yajnavalkya has described the advantages of Self-study—One becomes a Yogi and the ups and downs of life never disturb him, as he knows that he is the maker of his own destiny. He will not suffer from any major ailments, as he controls his passions. Such a person always enjoys the company of great and noble souls through their books and is at peace and in a state of bliss. He genuinely cares for one and all and becomes the saviour of the people. Therefore, people come to him from far and wide to seek his blessings.

There are many examples of such individuals who did research work and were able to give to the world the benefit of their discoveries and inventions. It was all because of their self-study. The name of Pandit Khemakaran Das is quite

well known to the people. He began studying Sanskrit at the age of 55 and during the course of a few years' time, he became such a learned man that he translated Atharva Veda in Hindi. And this translation is acknowledged as the best even today.

In Sanskrit, man is called 'Manushya', *i.e.*, one who acts after proper consideration. God has bestowed us brain and through Swadhyaya, we can sharpen our intellect so that we can utilise it in some constructive work in order to make this world more beautiful and heavenly. Students have ample opportunity to carry on this noble task, which should help in making their own future bright and purposeful.

3

Utilise Time

Proper utilisation of time has immense value in the life of a student. A student who wastes his time carelessly does so at the cost of his own future. Because in an individual's life, the time of student days is most precious in which period the foundation of his building is laid. I have come across many people who rue their folly, as they did not realise the importance of this fact in their student days.

'Time and tide wait for nobody'. It goes on ticking without any pause. Generally people say that time moves very fast, though it is not so. As time moves at its own pace, we have to keep pace with it. The only sure method is to chalk out your programme of the day and get on with it, rather early. In this way, you will find that you can beat the time, as all, what you plan to do, is done according to the plan and you feel happy and satisfied.

For students, it is necessary that they draw up a Time-Table, say, for a week, and move

actively, finishing the day's work, studies, etc. subject-wise, devoting as much time to each one as may be considered necessary, depending on your own ability. This is very essential and none else can better do it for you than yourself. Because you should be able to know and understand your weak as well as strong points.

The only precaution, a student need take is that he should never put off till tomorrow what could easily have been done today. Never, never allow yourself to be trapped in this quagmire and in order to defeat it, in case you have to sit late one night you please do so, but finish the day's work before you go to bed, so that you may be able to offer your words of sleeping prayer without any qualms and sleep with ease and peacefully.

Wealth lost can be retrieved again and similarly health lost can also be recouped. But there is no way to get back the minute once gone. It is past for ever. Even gods are helpless in this matter. In political language, you may say :

A stitch in time saves nine

If you want to be valued, value time;

You can't buy it with dollar or dime.

In Atharva Veda, we find a very valuable advice. The words are memorable :

कालो अश्वो वहति ॥

The horse of time is running very fast and you

have to catch up with it, in case you want to ride on it. Otherwise, you are likely to be left behind.

The real value of time is known on such occasions when a minute's delay may debar a student from entering an examination hall or a little delay in a patient's treatment may mean his death. Similarly, one may miss a train or aeroplane, because of a few minutes' delay in arriving late. If you neglect time you are neglecting your own self.

History is replete with the life-stories of great men, who rose to greater heights, because they were watchful about time. Napoleon is one of them, who himself was very punctual. Once his Minister was late by a few minutes. When Napoleon asked for the reason of his late-coming, the Minister expressed his helplessness, as his watch was slow by a few minutes. To this Napoleon admonished the Minister saying – "Either you change your watch or I shall change you."

Most of you students wear a watch on your wrists possibly for show. It is not an ornament; you should understand its proper utility. The 'tik-tik' sound of the watch gives you a constant warning, telling you that not a single minute is to be wasted. Do you heed its warning? Many of you may not be, because you reach your college

or school late. Are you quite punctual in attending to your daily work, *i.e.*, studies, exercise, sleep, etc.? If not, the purpose of your having a watch is lost.

The word 'watch' has double meaning, *viz*, it is a device to show time and, secondly, it wants you to be watchful. So, please watch your time, watch your actions, watch your words, watch your behaviour, watch your thoughts and watch your character. If you are careful about your time, you should certainly be doing the action that may bring you in good esteem. By watching your words, you will never indulge in loose talk and thus your behaviour towards all will be exemplary which will make you lovable. By watching your thoughts, you will always shun bad ideas and would ponder over good and noble thoughts. Constant watchfulness is going to make you a youngman of noble character, the mettle of which great men are made.

Remember, it is only in childhood and student age that the habits are formed, whether good or bad. I would advise the students to rise early in the morning at about four and after going through all his daily studies and work go to bed say about ten at night. My personal experience tells me that it is very useful as the mind is fresh in the early hours and whatever

you want to study, it will leave a firm imprint on your brain. An hour's study at this time is worth many hours during the rest of the day.

You begin this programme from today and you will be amazed to see the result. Your life will become pleasant and you should feel inner happiness that comes from doing your duty well.

4

Be Dutiful

In Rig-Veda, it has been stated :

स्वेन क्रतुना संवदेत् ॥

Your work should speak on your behalf.

Oh Students ! Do your duty well by working hard and get all the riches of the world and thus be lucky and fortunate, because it is only through work and industry that fortune follows. Education in itself is a great wealth, as it has been well said :—

विद्या धनं सर्वं धनं प्रधानम् ॥

The wealth of education is the best wealth amongst all the wealths in the world. You should not speak much, but whenever it is necessary to do so it must be done through your dedication to your studies. As a matter of fact, many of you already follow this dictum.

Remember 'An ounce of practice is better than a ton of precept.' We may never be in the grip of indolence and laziness and never waste our precious time in useless things, but utilise every minute in our studies carefully. Your work

is sure going to be rewarded. But mind you that your direction should be correct and, if necessary, we may seek the advice of elders and well-wishers, as Vedas say :

इच्छन्ति देवा मुन्वन्तं न स्वप्नाय स्पृहयन्ति ।
यन्ति प्रमादमतन्द्राः ॥ ऋ 8-2-18 ॥

The learned people have liking for those who work hard and devotedly. They do not like the lazy ones, nor do they love such students. Only industrious and hard working youths enjoy the bliss of the Gods. Similarly, the Vedas say that a student who remains idle and cares little for his studies, is not liked by any. Even a time comes when his near and dear ones begin to hate him. Hence, you should try to learn more and more so that your own life may become worth while and you may have no dearth of anything in life.

Maharaja Bhartrihari has said :

आलस्यं हि मनुष्याणां शरीरस्यो महान् रिपुः ।
नास्त्युद्यम समो बन्धुः कृत्वा यं नावसीदति ॥

Laziness is a great enemy of men, residing in their own bodies; there is no brother or well-wisher better than hard-work and if you make it your friend, you will never come to grief. It applies to students more forcefully and they should beware of this enemy laziness, that always comes in the guise of a friend.

It is no use boasting, because the cat is going to be out of the bag one day. Only solid and hard work pays in the end. Some Hindi poet says :

कथनी मीठी खांड सी, करनी विष की लोय ।

कथनी तज करनी करे, विष से अमृत होय ॥

To speak is easy and appears sweet like sugar, while to put the same into practice is like poison, *i.e.*, very-very difficult. But if you leave speaking and do your work, the poison will change into nectar. What a wonderful idea and it is all up to you to do so; none else can do for you.

Vedas exhort us to learn more and more, acquire the knowledge that has so far remained unexplored and hidden from the eyes of the modern man; the fields of knowledge are very vast and inexhaustible and it is almost impossible to cover the same in a life-time. Hence the best course is to specialise in a field of your liking and thereby rise to such a height that you may become inspiration and ideal for others to follow you.

Remember, the glory lies in your deeds, in your performance of your duties well and it is a sort of victory for you. And it is entirely in your hands while God is always there to grace you with all His bounties, in case you care a little to have them. A poet says :

A man of words, not of deeds;

Is like a garden, full of weeds.

In Yajur-Veda it has been stated :

वयं राष्ट्रे जागृत्याम ॥ यजु० 2-93 ॥
 We should be always awake in our country. This applies to all our countrymen and women alike, *i.e.*, we should understand our duty towards our nation that helps and supports us in many ways. And this applies to the student community more forcefully because they are the builders of the future. Hence they should rise to the occasion and force the government to change the system of education; the present one being the legacy of the Britishers. The first and foremost being that all education be given in the national language so that the student's talent may have full play, which is now crippled in its formative stage, in trying to learn a foreign language. Besides, it is also a blemish on our self-respect.

During British regime, Mahatma Gandhi emphasised and even resorted to Satyagraha on these points. (1) Hindi be adopted as our national language soon after Independence. (2) No milch-cattle specially cows be slaughtered; and (3) All shops and vendors of intoxicating materials, *viz.*, liquor, opium, etc., be closed. Even picketing was done in those days. But now our own Government has not done anything in these matters though such a long time has elapsed.

The student community should take up these matters, more so about the national language and force the government to adopt these measures, that are basically in the interests of the nation as a whole.

5

Do Meditation

Nowadays, you students must be seeing the programme of Yoga on television. It is indeed very useful to one and all, more particularly to the student community, as Yoga teaches us the method of concentration of mind and this, if mastered fully, can enable you to memorise and understand your subjects in a better way. As a matter of fact, it is the right key to success in whatever work you undertake to do.

The Americans and Europeans are taking to Yoga in a big way, because they are fully convinced of its utility in life. In Yoga which is being done these days, emphasis is on two things — (1) Exercises of various types that keep your body fit ; and (2) On meditation by keeping your mind under control through concentration. Both of these are good for students, as these are sure to help the students in their studies.

Constant concentration leads to meditation and with due practice, you may be able to achieve the desired results. But at first one must exercise

control over his senses and mind so that these do not lead him astray from the decided point. Here meditation does not mean only in the strict sense of the term of meditating on divinity or godliness. But we can enlarge its sphere to other subjects as well, which a student is required to study during the course of his studies. What I mean is that the students should not fritter away their energies going through the various things one and at the same time. They must understand the simple rule of :

One thing at a time and that done well;
Is a very good rule as many can tell.

A very simple formula, indeed ! But generally many students get confused and cannot decide quickly without wasting much time as to what to do next. Of course, every student knows his own position better than anyone else, *i.e.*, his weak and strong points and, therefore, he should be able to decide on his own. He should not, however, dodge his weaknesses, but have a bold stance to remove them as best as possible.

In so far as meditation of God in Sandhya is concerned, it was a good practice enjoined on the students that helped them in two ways : (1) They had a sound practice with a very lofty idea, seeking the aid of the Almighty in all what they did, thus keeping them on the right track in their journey. (2) This practice of concentration and

meditation helped them immensely in their studies as they were habituated to engross their minds completely on a given subject at any particular time, as and when they desired to do so.

In this connection an episode from Mahrishi Dayanand Saraswati's life comes to my mind, when he was studying in Guru Virajanand's Ashram at Mathura. Guru Virajanand was a blind saint and as was his condition, he did not tell any lesson twice to his students, in case anyone might have forgotten the same. Once Dayanand forgot a complicated Sukta of Ashtadhyayi and he requested Guruji to tell him the same. But Guru Virajanand was not to be cajoled and told Dayanand bluntly that either he was to recite that on his own or to go and drown in the Yamuna river.

Dayanand immediately went away from the Ashram and sat in meditation on the sand of Yamuna, with a firm resolve that either the right meaning of the Sukta should come to his mind or he would drown himself in Yamuna. And lo, after some meditation, he was able to recollect the right meaning of the Sukta concerned and returned to the Ashram happily.

In Mahrishi Dayanand Saraswati's biography, we read that at the time of doing translation in Hindi of the Vedas, whenever he came across any difficult verse, the meaning of which was

not clear to him in the first instance, he would go in a dark room all alone, sit in meditation for some time and having understood the correct meaning of the verse in the pose of meditation, return and dictate the same to the Pundits who were writing for him.

The author himself when comes across any such hurdle during the process of his writing, leaves it for the day, all the time concentrating and meditating over it, though outwardly doing other routine work. As usual, I get up early in the morning next day, say, at three, and after finishing my daily chores of latrine, exercise, etc., go to my writing desk thinking and actually meditating on the riddle, thus solving it easily to my satisfaction.

It is based on my personal experience that I ask the students to get up early daily in the morning, when the atmosphere is very pleasant, calm and quiet. You should finish your daily routine of going to latrine, exercise, etc., and sit for your studies of such subjects that you find difficult to tackle. Amazingly, you will find that your mind being fresh at that time is very receptive and you will feel happy in memorising and understanding your lessons and problems quite easily. This is all concentration and meditation, being so helpful to you in your studies that the student-days become charming and interesting to you, which

previously appeared to be boring and difficult.

So, my dear students ! it is all up to you and you alone to utilise the golden opportunity that has come your way to learn and get as much knowledge as possible during this period, lest you should have to regret the lost opportunity later on in life.

6

Be Truthful

Mahrishi Vyas has said in Mahabharat, detailing the virtues of truth—‘सत्यं स्वर्गस्य सोपानम्’ Truth is the ladder to heaven and ‘नहि सत्यात् परो धर्मः नानृतात्पातकम् परम’ There is no virtue higher than truth; and there is no sin worse than untruth.

For students, it is very essential to adhere to truthfulness under all circumstances. Because without this quality they cannot make much advancement in their studies either. In case their studies are not going on well and they try to hide it, the result is going to be disastrous. But, on the other hand, if they come out truly, surely their parents and teachers will help them to overcome the difficulties that hinder their progress.

Moreover, this is the age when they are being made and the habit of telling the truth, which is the foundation of character, will prove a great boon to them in their life-time all along. All business in this world is carried on based on truth and if we forsake it for one reason or the other, we become the sinners in trying to create

chaos and confusion in the process. That is why in Atharva-Veda, it is stated that this earth is stable because of truth—सत्येनोत्तमिता भूमिः। You must be seeing this in your life, how our relations in society get disturbed whenever some one resorts to lies, because of greed or some other selfish reason.

However, in the end it is truth and truth alone that is victorious, as the great wars between Rama and Ravana, as also between Pandavas and Kauravas prove this point :

सत्यमेव जयते नानृतम् ॥

This is the motto of our country that only the truth triumphs, and not the untruth. A poet says :—

सत की ही जय होत है, मिथ्या की नित हार ।

सत्यमार्ग है ऋषिन का, करो इसे स्वीकार ॥

Truth triumphs, untruth is always defeated. The path of truth is that of sages and saints and that of Rishis. Therefore, accept the same in all humility. In Upanishadas, we read the prayer—असतो मा सद् गमय । Oh God ! Lead me to truth from untruth. A student, who thinks truth, speaks truth, and does all according to truth, will not only be successful in all his tests and examinations, but will also come out with flying colours in competitions. Because for a student to work hard on his studies is truthfulness. It is his duty and if he is

not doing this, he is not following the path of truth.

Honesty and truth are just one and the same thing, being two sides of the same coin. As a roof is essential for a house, a stick to a blind or a lame person, water to a well, oil to a lamp, audience to a preacher and pen to a writer, similarly honesty and truthfulness are must for a human-being. It is because of dishonesty and lies that the norm of a society is disturbed and there are bound to be quarrels and disputes, as the basic need of all dealings in a good society is lost and everybody has to suffer thereby.

Alexander Pope says, 'An honest man is God's best creation.' Extolling the role of honesty, the famous English poet Shakespeare has said—'No legacy is so much as honesty.' Some good students may think that their duty is to study and what business have they to resort to dishonesty or untruthfulness ! But your experience must have shown you that there are good and bad students, more so in present times we see the student community going on strikes and indulging in all sorts of hooliganism that hardly behoves this class. Some of their actions are so bad and mean in nature that the author feels ashamed of writing even.

In olden days, the students or brahmacharis, as they were known then, were given so much

respect by the society that even a king used to give way for a brahmachari to pass first. It was all because of their own worth, gentleness, nobility and virtuous qualities, besides the fact that they used to lead a divine and pious life. In Raghuvansha, Kalidas has described how Brahmachari Kautsa was received with all courtesy and honour by Raja Raghu, when he came to the palace of the king to ask for fourteen crores of gold coins, as he wanted to give Dakshina to his Guru. And Raja Raghu arranged such a large sum for him, though he had nothing in his royal treasury.

How come that the students/brahmacharis have been degraded so much during this age? It is all because of the Western system of education and also the fact that the student community does not maintain proper decency and decorum, which is expected of them. Respect begets respect and if you do not give due respect even to your elders and teachers, how can you expect it from the society, as you must first deserve it by your actions and desirable behaviour.

It has been very rightly said :

सत्यं ब्रूयात् प्रियं ब्रूयात् न ब्रूयात् सत्यमप्रियम् ॥

Speak truth and sweetly; do not speak truth in a way that it may hurt the feelings of others. But simply truth generally hurts those who speak

untruth. Hence, the best way is always to be truthful and honest, so that people may believe you and your reputation is built amongst the people, who may begin to like you.

We revere our ancestors like Raja Harish Chandra, Maharaja Ram Chandra and Dharmaraj Yudhishtira as they upheld the dignity of truthfulness in life, though they had to suffer much for doing so. For the sake of some little gain, people generally stain their character. In so far as students are concerned, this one sterling quality will make them successful in life. But they must adhere to it under all circumstances and not get tempted or swayed when the hour of trial comes.

The foundation of this world is laid on honesty and truthfulness.

7

Be Humane

The purpose of your being a student is to get the right type of education, knowledge and learning, so that you may have all the qualities that a good human-being should possess. Your ignorance has to be eradicated, including the animal traits, in this process and you have to learn the good manners. St. Antonius says—“If every year you rooted out one of your faults, you would soon become a perfect man.”

So, inculcate the habit of self-introspection and try to find out your faults. This is the first step in the right direction. Vyas Muni says : --

प्रत्यहं प्रत्यवेक्षेत नरश्चरितमात्मनः ।

किन्तु मे पशुभिस्तुल्यं किन्तु सत्पुरुषैरिति ॥

A man should examine his character daily and see whether he is shaping like an animal or he is treading the path of noble people. The second method is that one should live each moment of his life carefully, because a second gone is gone for ever; it cannot come twice.

Here I am narrating a story from scriptures—

A brahmachari named Rohit went to his Acharya and requested that he be instructed about the means with which success may be attained. The Acharya told Rohit—'चरैवेति-चरैवेति'—Keep on working; Keep on working.

1. "O Rohit ! I have heard from the learned people that only constantly hard-working student is able to attain success. One who sits idle, is a sinner; God is friendly to those who work. Hence, keep on moving.

2. Only he is able to get the fruits who continues to work. A hard-working man's sins are finished in the way. Therefore, move on.

3. The one who sits, his luck also sits; the one who stands, his luck also stands; one who walks, his luck also walks. Hence, continue working.

4. It is Kaliyug for one who sleeps; it is Dwapar for one who has risen from sleep; it is Treta for one who has stood up, and it is Satyug for one who is busy doing his duty.

5. Lastly, the Rishi tells Rohit—It is constant working that enables one to obtain sweet result and such a student gets the desired fruits of his labour. See the Sun, who keeps on moving, without any pause. Hence go on working—go on working."

Remember that you are a human-being and it is most logical and right that you should have humanity, being the immortal son and daughter

of God, Almighty. You have to make yourself worthy of your position, so that you may be able to contribute your share in beautifying the world and make it worth living for all in happiness and peace. See what a Hindi poet has written about you :

प्रेम पड़ौसी को दो, मित्र को सत्य हृदय दो ।

मानहीन को मान, भीत को सदा अभय दो ॥

भक्तिपूर्ण मन से दो, मात-पिता को आदर ।

भाई-बहिनों को दो, ज्यादा सम्पत्ति सादर ॥

शुभ आचरण स्वयं को दो बच्चों को शिक्षा ।

दीन जनों को दो उनका हक समझ सुभिक्षा ॥

अपने को स्वाभिमान, सेवा दो जन-जन को ।

प्रभु के पावन चरणों में दो निज तन-मन को ॥

Give love to your neighbour; give true heart to a friend; respect the downtrodden and give fearlessness to one who is afraid; give respect to parents with devotional mind and give proper share of the property to your brothers' and sisters; give good conduct and character to yourself and to children education; give due rights to the poor; give due respect to self and service to all; and surrender your body and mind at the feet of God.

But first you have to make yourself so much able and competent that you may fulfil the above roles effectively. This is not much to expect of you and if you study and do your duty sincerely, I am sure you are going to attain such a height in your life quite soon.

You are going to be the sailor of the boat soon, for which you are now making methodical preparations, so that you may handle it more efficiently. In Sanskrit you are known as 'Yuva' which means one who is able to discern and discard the bad and select the good qualities and traits, whilst proceeding on his way. It is the life's journey and not an easy path to traverse. As a student you are getting the faculty to think and understand to be able to choose the path judiciously, so that you become a good man, the most divine creation of God.

According to Saint Confucius, a good human-being should have the following traits :—

(1) One who does not blame others for his failure, nor does he laugh at those who fail in their attempts.

(2) One who is of firm resolve and never quarrels with his opponents, he meets everyone with love and never takes side of any group.

(3) One who accumulates virtues and shuns vices.

(4) One who remains happy and keeps away vanity.

(5) One who always tries to know the truth.

(6) One who comes to everybody's help unasked. But it is difficult to please him, because he can be pleased by truth alone, and not by flattery.

(7) One who sees his own fault, and not of others.

(8) One who is friendly with all, but is not attached to any.

(9) One who considers his ability as his wealth, and not the money.

(10) One who is always mild and sober.

A student prays to God in a Vedic verse—
“As an animal gets free from the stake with which it is tied, as a man becomes pure after taking bath from perspiration, dirt, etc.; as ghee becomes pure after it is filtered through a sieve; in the same way, educated and learned people, mother, father and teachers, etc., may purify me of my ignorance and sins and thus make me holy.” See whether you are becoming holy and pure day by day.

8

Be Simple

Simplicity is the hallmark of greatness. It was quite evident from the lives of those who achieved name and fame in the world. They lived for others and had no time or inclination to spend on themselves. For students, it is all the more essential that they lead a simple life, so that their attention is not distracted into evil ways. As students need to devote all their energies on education and learning, they are advised to lead an austere life of Brahmacharya.

In olden days, students were known as brahmacharis or brahmacharinis and they used to carry on their studies in the Ashramas of the Rishis/Munis. Subsequently, the Ashramas were replaced by Gurukulas and Pathshalas and here also the students were required to attire most simply, as well as they were served simple food from a common kitchen. The author has described all about it in his books 'Education' as also in 'Brahmacharya' from where the readers can see, if they so desire.

Later on these institutions of learning have been replaced by schools and colleges and here also we see that a uniform is fixed for all the students, which they all have to wear. This tradition or rule is in vogue in all the good institutions of learning. The idea behind this is that while all the students in any institution are clad alike, there is no feeling of high or low, rich or poor in their minds. We find the same idea working in Police and Military Departments and many other similar forces. Even this uniform system has been made applicable in many other organisations, such as Airlines, Railways, Postal department, etc., etc.

All big organisations emphasise the necessity of simplicity in life. Even doctors and advocates have to don a long coat or gown, which signifies the class to which one belongs. The purpose behind a uniform dress was simplicity to remind him of his onerous duties that he was required to perform honestly and truthfully.

In divine Vedic scriptures, it is called penance and the more one is able to discard comforts and luxuries willingly, the more power and strength he is able to acquire. Hence, it has been stated in the Vedas that penance is very essential for advancement in life and you get bliss besides. What is penance? To be able to tolerate hard-

ships, pain and suffering without demur, *i.e.*, hunger and thirst; loss and profit; pain or pleasure; insult or respect with even head. It is to control your mind, senses and body.

From penance one gets splendour, purity and glory. As metal's dross is washed away in fire, similarly all that is bad and evil is washed by austerity and penance. Students should observe fast at least once a month and it will help them in maintaining their health, as also will serve the purpose of penance, if done in the right spirit. But mind you that keep yourself busy in your studies and do not let it go astray.

It is very harmful for students to have the modern craze of fashion of any kind. Of course, your dress should be simple but clean, as it has rightly been said—'Cleanliness is next to Godliness'. This advice is applicable to both boys and girls alike. Because of co-education, it has become all the more essential, as otherwise it may not be conducive to your studies and future welfare.

नाकामी मंडनप्रियः। A fashionable person is lustful. Hence, simplicity was considered essential for leading a pious life, which in turn gave us the necessary power and strength to carry on the mission to which we have devoted ourselves.

The example of Ramachandraji Maharaj, who had to go to the forests as an ascetic, is before

us all. Being a prince, how was he able to shun the comforts and luxuries of the palace? Only because he had studied in the Ashrama of Vashishtha Muni, his Guru, as was the custom in those days. And living there, he was required to practise austerity and simplicity like all other students in the Ashrama. He was as happy to go to the forests, as he felt happy at being crowned as Yuvraj.

Why our ancestors were able to achieve such glorious heights in all spheres of activities, it was because of their way of living with brahmacharya and simplicity and devoting all their energies and power towards the attainment of nobility and virtue. They have become immortal because they were able to carve their names in the temple of fame. Unfortunately, nobody is giving much attention towards this vital factor, which lays the firm foundation of character and greatness.

Brahmacharya and simplicity bestow on you the infallible power of purity and purity leads to divinity and holiness. It is the best means of attaining the ideal of life, being a sure sign of excellent humanity. In our history, there are many examples, the recent ones being that of Swami Shradhdhanand, Swami Vivekanand and Mahatma Gandhi. I am pleading about it because our young generation is not being given proper

direction and guidance. And, thus, their lives are passing just ordinary, because the right key to the lock of greatness is not with them.

It is the need of the hour that can stop the collapse of character of our youth; brahmacharya being the panacea of all ills. It is the *sine qua non* of physical, moral and spiritual strength. Bhagwan Krishna says in Gita :

वशे हि यस्येन्द्रियाणि तस्य प्रज्ञा प्रतिष्ठिता ।

One who is able to control his mind and senses, his brain and intellect become so sharp that he can attain whatever he wants in life.

9

Respect Your Elders

Manu Maharaj says in his famous book Manusmriti :—

अभिवादन शीलस्य नित्यं वृद्धोपसेविनः ।

चत्वारि तस्य वर्धन्ते आयुर्विद्यायशोबलम् ॥

Those who are always humble and obedient as also bow before the elders, their four things increase : (1) Life-span, (2) Education and knowledge, (3) Name and fame; and (4) Power and strength. Because such young persons always move under the guidance of their experienced and aged well-wishers, thereby benefiting in whatever they do, their life becomes happy and successful.

In Mahabharat, Yaksha asks Yudhishtira— 'What is heavier than the earth ?' Yudhishtira's reply was— 'Mother'. When asked what is higher than the sky ? The reply was 'Father'. Such is the glorious position of the parents according to our scriptures. All of us know and see that each and every parent wants to do as best as possible for his/her children. It is a different matter that the

system of education is not conducive to our civilization and culture.

मातृमान् पितृमान् आचार्यवान् पुरुषो वेद ॥ In Shatpath Brahman, it has been stated that when these three, viz., mother, father and Acharya, are indeed noble and educated, the children are bound to be good and worthy citizens of a country. It is mother for the first few years from pregnancy to a few years of childhood that she looks after the child and is able to make it, as she desires. A mother's role is most significant in the making of man and it is just not possible to pay her debts in any way. As a matter of fact, by paying our respects to our mothers, we only perform our basic duty, thus paving the way for our own good and happiness.

Next in order comes father, who even at the cost of his own comforts and even necessities of life, does his best to bring up his children, by giving them proper education, always trying to make their life as pleasant and happy as possible. It, therefore, behoves our youth to give proper respect not only to his own parents, but all elders, whosoever he comes across. विद्या ददाति विनयम् ॥ Education makes one polite. In modern young persons, this is lacking and it is because of the western influence. Those who still have some consideration for our ancient culture, would never commit this grave error.

Then comes the role of the teachers, Gurus or Acharyas who should be respected by the students, more particularly because of the fact that it is because of their teachings that the students are flowering and in time to come would be able to spread the fragrance of their knowledge for the benefit of others. Nowadays, it is seen that many students do not give proper regard to their teachers. They even threaten them with death and in some cases, as was reported in the newspapers, some students murdered their teacher. That is why, most of the students remain bereft of the actual education and find themselves on the road, seeking for some job, whatever.

In our scriptures, it is written that a father is equivalent to a hundred teachers and a hundred fathers are equivalent to one mother. Undoubtedly, this is true, because whatever Sanskaras are ingrained in a child in tender age by mother, they become part and parcel of his individuality. In diminishing proportion, this applies to father also, who looks after the child along with the mother in a family. And whatever the child sees, hears and feels in the house, his habits are going to be formed accordingly, about which very few people give proper consideration. Their own behaviour, character and conduct is bound to affect the children to a large extent.

Swami Vivekanand has said—"If the mother and father are pleased, God is pleased with the man. That child is really a good child who never speaks harsh words to his parents."

In Yajur Veda, we have been advised :

यदापिपेष मातरं पुत्रः प्रमुदितो धयन् ।

एतत्तदग्ने अनृणो भवाम्यहतौ पितरौ मया ॥ य० 19-1 ॥

When I was a small child, quite helpless, I was suckling my mother's breast, lying in her lap happily and gave her trouble with my legs, hitting her. Now, because of her loving care I have grown up. While my parents have become old, they ought not to suffer any way on my account, but be happy with my obedience and service. Thus, I may be able to pay my debts to them.

The example of Shrawan Kumar, whose parents were blind and old, is before us all as to how he served them till the end. Similarly, students and society as a whole had great respect for the teachers in olden days. As the student community in general do not give proper respect to their own elders, how can it be expected from them that they will respect others. It is all because of the system of education, which needs to be changed radically.

'Formation of character is the chief object of education', says Herbert Spencer. And this chief object is missing all together nowadays. This does not augur well for the future, because they are the leaders of tomorrow.

10

Be Virtuous

What virtuous qualities a student should possess in order to enable him/her to advance towards perfection, is not very difficult to know. What matters most to my mind, how much effort or pains one takes to imbibe these qualities? Hence, he needs to awaken to this fact that his future life entirely depends on these few years of hard work.

Herewith, a list of qualities to be imbibed in order of importance :—

- 1. Utilisation of time properly** without wasting even a single minute. For this, a student should draw up a Time-Table for 24 hours, according to his/her individual requirements.
- 2. Rise early morning** in case you want to beat the time and you will find yourself fresh and energetic, ready to tackle your work happily. For details, see the particular chapter on this subject.

3. **Self-study** is not to be missed even for a single day. You are living in a competitive world and this habit will certainly give you a marginal lead over others. Besides, your brain will be in search for new ideas.
4. **Do your duty well and sincerely**, that may give you inner satisfaction. Duty towards God, duty towards your parents and teachers and the society you live in, as also duty towards self.
5. **Be a Student of Character.** Do not forget that character is the best wealth that you can possess at will. It is entirely up to you and none else. Then why miss this golden opportunity !
6. **Obey your parents, elders, and teachers.** A student ought to give due respect to all his elders, because they are the makers of his destiny. In this respect, a student should learn something from our own tradition and culture—For details see in the relevant chapter.
7. **Follow the path of your ancestors.** Because of the Western influence, the modern craze is of 'Eat, drink and be merry'. The end-result of it is ruinous. Our ancestors followed the path of simplicity and renunciation. Their aim was 'Simple living and high thinking.'

8. **Speak the truth and be honest.** A true student is always respected by others and such a student must be honest also. He is bound to be dutiful and intelligent, always getting good position in his class.
9. **Control your senses and mind and be a real Brahmachari.** A student who keeps busy with his studies and has no time to think of evil vices. his health is likely to remain sound and his brain becomes sharp, as the vital fluid serves as a fuel to his brain.
10. **Be humble and polite and love all.** A student should by nature be very humble and polite, because education should at least grant him this virtue. It only behoves a savage to be rude. Alexander Pope says—
Love is ever a golden ladder;
Whereby the heart ascends to Heaven.
11. **Be kind and tolerant.** A student should have these virtues because without these basic qualities, it is very difficult to carry on in this world. Irving has written : "A kind heart is a fountain of gladness, making everything in its vicinity freshen into smiles." Remember tolerance is a sign of greatness and is a great integrating force. In this world of strife, stress and tension, tolerance can prove a boon in disguise.

12. **Be helpful**, as best as you can, to the poor and needy. It is a divine process, as the Universe has been created by God on the basis of help. You have come up to this stage because of the help given to you right from your birth by your parents and others. Hence, it is your duty to contribute your mite wherever possible.
13. **Have good company**. 'A man is known by the company he keeps' — is a well-known adage. Therefore, a student's company should always be of good students, his fellow colleagues. He can also sit in the company of God and seek His help in following the right path. This is only possible if you leave all your bad habits, if you have any. Because you must acquire divine habits before you aspire to have company with God, who is All-Divinity.
14. **Be civil and gentle** and maintain self-respect. A student should at least have civic sense and behave in a gentle manner with one and all. He should never be proud or haughty, as this is downright sinful and leads to downfall. Remember 'Respect begets respect'. But never try to flatter, it is a very bad habit and suicidal too, as it erodes your self-respect. Some English writer has said — "We rise in glory as we sink in pride". You should

always be proud of your country and your culture.

15. **Be forgiving and large-hearted.** It is no good picking up quarrels on trifles and trying to take revenge, that can start a chain of conflagration, the end of which may not be in sight. John Stuart Mill says—"Forgiveness is better than revenge. Forgiveness is the sign of gentle nature, but revenge is the sign of savage nature." Never be angry, as anger is harmful to its owner. There is a quotation in Sanskrit—क्षमा वीरस्य भूषणम् । Forgiveness is the ornament of the Brave. It is very much essential for a student to exhibit large-heartendess, as and when such an occasion arises, Because otherwise pettiness and narrow-mindedness may land him in trouble at every stage in his life.
16. **Be fearless and bold.** Who can be fearless and bold in this world? One who does his duty honestly, sincerely and truthfully. 'Fear' is a great enemy of man and it is a hurdle in his progress also. 'Fear' disturbs the peace of mind and drains all his energy and strength. It is mostly the cause of ignorance, not understanding the fact that we are all immortal souls, and not bodies only.

THE ESSENCE OF THE GITA

- ★ The soul is immortal. It does not take birth. Nor does it die. Nobody can kill you. Then why feel worried ? or fear anybody ?
- ★ Whatever happened in the past was for the good. Whatever is happening now is also for the good. Whatever will happen in the future will be for the good too. Hence do not repent over the past. Do not worry for the future. Just think of the present that is in progress.
- ★ What have you lost for which you weep ? What is there that you brought with you but have now lost ? What is there that you produced but has now perished ? You did not bring anything to this world. Whatever you have, you had it only here. Whatever you have given, you have given it only here. Whatever you have taken, it is from Him, the Almighty. Whatever you rendered, it was rendered unto Him. Empty-handed you came and empty-handed will you go. Whatever is yours today was somebody else's yesterday and will be somebody else's tomorrow. You take delight in the illusion that it belongs to you. Alas, this illusory happiness is at the root of all your suffering.
- ★ Change is the law of the universe. What you deem as death is, in reality, life. A moment can turn you into a millionaire; another can reduce you to a pauper. Free your mind from such thoughts as 'this is mine—this yours', 'this is great—this petty' and the shackles that hold you captive will collapse. Then everything will belong to you, and you to everyone.
- ★ Neither you belong to the body nor body to you. The body is constituted by the five elements : earth, water, air, fire and vacuum. After death, it will disintegrate and return to these elements. The soul, however, is eternal and unchangeable. What are you—the soul or the body ?
- ★ Surrender yourself to the will of God. He is the best anchor. He who knows about this anchor gets liberated from fear, anxiety and sorrow for ever.
- ★ Dedicate all your actions to God. It will enable you to experience the happiness of a truly liberated one.

Sultan Chand & Sons
Publishing for Your Success

Lord Krishna

23, Daryaganj, New Delhi—110002

Phones : 3266105, 3277843, 3281876; Fax : 011-326-6357

E-mail : nbcnd.ndb.vsnl.net.in

PUBLICATIONS SUITED FOR

C.A. (FOUNDATION) COURSE

FUNDAMENTALS OF ACCOUNTING, for C.A. Foundation	T.P. Ghosh
FUNDAMENTALS OF ACCOUNTING, for C.A. Foundation	R.L. Gupta & V.K. Gupta
MERCANTILE LAW, for C.A. Foundation	N.D. Kapoor
MATHEMATICS & STATISTICS, for C.A. Foundation	D.C. Sancheti & V.K. Kapoor
STATISTICAL METHODS, for C.A. Foundation	S.P. Gupta
FOUNDATION OF ECONOMICS, for C.A. Foundation	I.C. Dhingra & V.K. Garg

I.C.W.A. (FOUNDATION) COURSE

FUNDAMENTALS OF BUSINESS, for ICWA (Foundation)	C.B. Gupta
ECONOMICS, for ICWA (Foundation)	Dhingra & Garg
MANAGEMENT & ORGANISATION, for ICWA (Foundation)	C.B. Gupta
BASIC MATHEMATICS & STATISTICS, for ICWA (Foundation)	B.M. Aggarwal
COMMERCIAL LAW, for ICWA (Foundation)	N.D. Kapoor

COMPANY SECRETARIES (FOUNDATION) COURSE

BUSINESS COMMUNICATION, for ICSI (Found.)	Rajendra Pal and J.S. Korlahalli
BUSINESS LAWS AND MANAGEMENT, for ICSI (Found.)	N.D. Kapoor and Dinkar Pagare
PRINCIPLES OF ACCOUNTANCY, for ICSI (Found.)	R.L. Gupta and Dr V.K. Gupta
ECONOMICS AND STATISTICS, for ICSI (Found.)	I.C. Dhingra and V.K. Garg



Sultan Chand & Sons

Educational Publishers

23, Daryaganj, New Delhi-110002

Phones : 3266105, 3277843, 3281876, 3286788;

Fax : 011-326-6357

ISBN 81-7014-850-2



9 1 700170 148500 1