

livelihoods

today and tomorrow

October 2019

Climate Change



BN Yugandhar, IAS
(1937 – 2019)

Navaratri! Vijayadasami! Dusserah! Deepavali!

We remember Gandhi, Gandhian Thought, Gandhian Practice.

Let us remember Sastri.

Let us make Elders have their due.

Let us also make our habitat, our planet, a better place for our children. For our Girl children. For animals. For all life.

Let us give space for our students to learn and become better citizens and leaders of the future.

Let us have physical, emotional, mental and spiritual health. Let us have better vision. Let us donate blood. Let us be free from polio et al.

Let us have food and nutrition for all.

Let us remember Post Office.

Let us have stronger but leaner Air Force. Let us be thankful to our protectors.

Let us do thrift and savings. Let us be frugal and consume less. Let us be natural. Let us be together. Let us have standards to practice and achieve. For simple but meaningful life.

Let us be transparent and keep information in open access. Let us have the analyzed information reaching people.

Let us prevent natural disasters and let us be ready to withstand and cope with them, if we cannot prevent.

Let us be a one family – Vasudhaika Kutumbam. Let us be a United Nations.

Vegan | Saints | Souls | Tsunami | Infants | Children | Men | Citizens | Kindness | Cancer | Toilets | Transport | Pneumonia | Diabetes | Epilepsy | Gurus | Television | No Violence (F) | Constitution | Life | Flag | Thanks

Rest in Peace: BN Yugandhar.

Congratulations, Ramanjaneyulu GV, CSA. Rythu Nestam Life Time Achievement Award from Vice President of India.

Congratulations, Ramesh Kumar D, for launching the book – The Agile Entrepreneur, The 60 Minute Start-up.

Kashmir is yet to come to terms with its new self, new selves!

Gol announces tax reduction for corporates, in a big way.

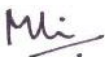
We hear: Natural Farming Mission – Bharat Praakrithik Krishi Paddati, BPKP is on its way.

Greta Thunberg, 16, Autumn Peltier, 15, et al thunder on future's rights. It is time we trust their leadership.

It is 12 years since we started 'livelihoods', inspired by Gandhian Thought and Practice. As indicated earlier, we are becoming a portal, page, blog, twitter rather than a monthly once magazine after 12 years. Monthly e-publication only gathers all that that has been shared over the month in a single set, mostly as links. We are also going to be increasingly in the video format. We have more items to share and we are trying to be more comprehensive. We will try to be mostly on time and topical, without losing the classic livelihoods and common person orientation. We have the classic books and the new book launch lists; we have classic articles, value-chains and subsector briefs and latest news updates; we have images, and external and internal case study and interview videos, and how-to and other supplement videos; we will have soon the video classes on livelihoods, leadership and natural farming courses (plan to have 1000 small videos each). We continue to have focus and special articles in a limited way, and yoga'kshemam'(s).

This special 144th 'livelihoods' is presenting a focus – 'Climate Change'. The discussion is to appreciate the crisis and what can be done. My picks of the month include: a special article on BN Yugandhar., and the article 'letter of Chief of Seattle'.

With the faith and hope that you find this and evolving 'livelihoods' useful, we remain.



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'livelihoods' team

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How to (?)	How to form and Mandal Mahila Samakhya https://www.youtube.com/watch?v=LAZUR9QsSnc&feature=youtu.be	
Livelihoods Video	Cold Pressed Oil https://www.youtube.com/watch?v=RHm25yhVdRY	
7L - Videos 1.	Common Person Interview https://www.youtube.com/watch?v=5iSnX-t2GT4&feature=youtu.be	
	2. VO Leader Interview https://www.youtube.com/watch?v=NqlspfMJGR8&feature=youtu.be	
Supplement (News)	Monthly Livelihoods Update (September 2019) http://livelihoods.net.in/sites/default/files/pdf/supplement_livelihoods_update_oct_2019.pdf	
Supplement (Images)	Monthly Livelihoods Images (Compiled) http://livelihoods.net.in/sites/default/files/pdf/supplement_-_monthly_images_compiled_-_oct_19.pdf	

Climate Change

Climate Change is not just the concerned subject of respective leaders, specialists or scientists anymore; it is slowly but surely becoming a major concern to all sections of the people across the planet. In the last two centuries, particularly after the industrial revolution, the world has witnessed unimaginable climate-related changes such as rising temperature, rising sea levels, changing rainfall patterns, melting icecaps, increasing the number of extreme events, floods, cyclones, droughts etc. Earlier as well, the planet had witnessed climate changes from time immemorial. But those were the results of natural fluctuations and regional variabilities. The situation of present climate change, however, is completely different. The currently occurring climate change is mainly decided and influenced by human activities and is at a global scale. Global warming and extreme weather events are threatening species including human beings and the whole ecosystem on the planet. This climate change is highly impacting the lives and livelihoods of people, especially the poor. In this context, 'livelihoods' has tried to understand "Climate Change".



[Link: Focus 'Climate Change' - http://livelihoods.net.in/sites/default/files/pdf/livelihoods_focus_october_2019.pdf]

Telangana State Budget 2019-20

“Pindi Koddi Rotte”, a Telugu proverb which basically means the size of Roti depends on the availability of batter, exactly sums up the Budget scenario this time around! At a time, when the country’s economy is going through a slowdown in consumption in major sectors such as FMCG, auto, real estate, MSMEs and other sectors with loss of lakhs of jobs; the Chief Minister of Telangana K. Chandrasekhar Rao had the unenviable job of presenting an expectedly-cut Budget 2019-20 on September 9th, 2019 in the Assembly.

This is the second Budget in this financial year where-in the first one was a vote-on-account or interim Budget that was presented in February by the chief minister so as to allow for the government to come up with the actual Budget after the Indian General Elections were over and the Centre’s Budget was out with data on Centre’s allocations. Generally, presenting the Budget is the job of the finance minister, in this case Mr. T. Harish Rao, but the chief minister decided to do the honours considering the Finance Minister was recently appointed.



[Link: Telangana Budget 2019-20 - http://livelihoods.net.in/sites/default/files/pdf/special_supplement_-_telangana_budget_2019-20_oct_2019.pdf]

BN Yugandhar

Bukkapuram Nadella Yugandhar, known as the legendary IAS officer from Andhra Pradesh' and who dedicated his life to the Poor, passed away on September 13th, 2019. Born in 1937 at Bukkapuram Village in Anantapur District of Andhra Pradesh, he was a topper in Economics in his Post Graduation Degree and also served as a lecturer in the Sri Venkateswara University. In his first attempt, Mr. Yugandhar made it to IPS, and the next year in 1962, he qualified for IAS. His wife Ms. Prabhavathi, who passed away 3 years ago, served as a Sanskrit lecturer in Tirupati, and their only son is Mr. Satya Nadella, who is the current CEO of Microsoft.



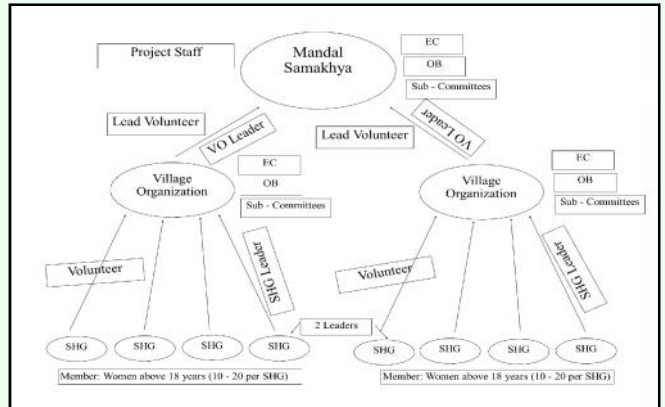
BN Yugandhar, IAS
(1937 – 2019)

[Link: BN Yugandhar - http://livelihoods.net.in/sites/default/files/pdf/special_supplement_-_bn_yugandhar_oct_2019.pdf]

Videos Supplements of the Month

How To

How to form and Run Mandal Mahila Samakhya



It describes the Mandal Mahila Samakhya formation Process

[Video Link: <https://www.youtube.com/watch?v=LAZUR9QsSnc&feature=youtu.be>]

Livelihoods Video



Cold Pressed Oil

Cooking oils that we use in our daily diet have a huge impact on our body and lifestyle. These oils are extracted from seeds, fruits, vegetables, and nuts. Usually, the cooking oils are extracted from heat and it can degrade the oil's nutritional quality and flavor. Oils produced via low-heat methods may be less in quantity but they have high nutritional value.

[Video Link: <https://www.youtube.com/watch?v=RHM25yhVdRY>]

Videos Supplements of the Month

7L 1: Interview

Common Person Interview



Common Person Interview with Viswanatham, who is native of Pochampally. He works at Raj Kumar Handloom Shop as assistant.

[Video Link: <https://www.youtube.com/watch?v=5iSnX-t2GT4&feature=youtu.be>]

7L 2: Interview



Interview with VO Leader

M Magamma, who is native of Dantoor Village, Pochampally mandal. She is a leader of Village Organization (VO) in the Dantoor village.

[Video Link: <https://www.youtube.com/watch?v=NqlspfMJGR8&feature=youtu.be>]

Videos of the Month

04.09.2019	Video No:1522 (SWADES Empowering Tribals)	https://www.youtube.com/watch?v=N3zUDut12r4
05.09.2019	Video No:1523 (Jharkhand's Livelihood Society Is Empowering Lakhs Of Women In The State)	https://www.youtube.com/watch?v=-0oLu21OAEs
06.09.2019	Video No:1524 (The Story of Swades Foundation Transforming the lives of 1 million people in rural India)	https://www.youtube.com/watch?v=AYNQx8d6pTU
07.09.2019	Video No:1525 (SWADES Goat Village)	https://www.youtube.com/watch?v=R-fxh0iF-i8
09.09.2019	Video No:1526 (Phosphate rich organic manure -BIO PROM" - A social Enterprise by Tribal women , India)	https://www.youtube.com/watch?v=5TiiEIX9-c
10.09.2019	Video No:1527 (Sowing the Seeds of Change - Empowering Adivasi Women in Jharkhand - PAHAL Project)	https://www.youtube.com/watch?v=Wc7-Z4tCezs
11.09.2019	Video No:1528 (Sustainable Livelihoods Food Security Power of Ganga Rural Tourism Carbon NCR Delhi Jobs)	https://www.youtube.com/watch?v=psLinoaj1LM
12.09.2019	Video No:1529 (Naga women empowering themselves through 'Nungshiba' handicrafts - ANI News)	https://www.youtube.com/watch?v=W4E6kWafAJI
13.09.2019	Video No:1530 (Success Story - MGNREGA Mate West Bengal)	https://www.youtube.com/watch?v=nCMWsQhZbhm
14.09.2019	Video No:1531 (2019 Growth, Enterprise, Employment and Livelihoods (GEEL) in Somaliland)	https://www.youtube.com/watch?v=i1oz-wz1jg8
16.09.2019	Video No:1532 (Indigenous Food Systems and Sustainable Livelihoods)	https://www.youtube.com/watch?v=9IU7jzija3Y
17.09.2019	Video No:1533 (Improving Food Security and Livelihoods in Bangladesh)	https://www.youtube.com/watch?v=oJEjRqiXdKA
18.09.2019	Video No:1534 (Amrita Self Reliant Village (SeRVe), Empowering Rural India)	https://www.youtube.com/watch?v=gQMx8305kJI
19.09.2019	Video No:1535 (Amrita SREE, Empowering Women for Self Reliance, Education & Employment)	https://www.youtube.com/watch?v=93T4svivDWY
20.09.2019	Video No:1536 (Reliance Foundation: Empowering women through Women Thrift Groups (WTGs))	https://www.youtube.com/watch?v=WkI64N4lueg
21.09.2019	Video No:1537 (Reliance Foundation: Transforming Rajasthan through collective effort)	https://www.youtube.com/watch?v=RmjhBd2Wd0s
24.09.2019	Video No:1538(Reliance Foundation - Bhumitra - Empowering Farmers across India)	https://www.youtube.com/watch?v=pwka6ZtJ7TM
25.09.2019	Video No:1539 (Reliance Foundation: Water scarcity to water security in Marathwada)	https://www.youtube.com/watch?v=bVbd9gw2MpQ
26.09.2019	Video No:1540 (Reliance Foundation: RF BIJ - Rural Entrepreneurs)	https://www.youtube.com/watch?v=RvzTrXRBDuQ
27.09.2019	Video No:1541 (Reliance Foundation: Jasdan Farmer Producer Company)	https://www.youtube.com/watch?v=-mVkgEPJXKU
28.09.2019	Video No:1542(Reliance Foundation: Turning barren lands into fertile farmlands in MP)	https://www.youtube.com/watch?v=YHxVkmZRarI
30.09.2019	Video No:1543(Reliance Foundation: Health for All - Village Health Plan)	https://www.youtube.com/watch?v=9IFtzPQj9Fs

Images of the Month



Weed Removing



Sheep Rearing



Carpenter Work



Flowers Selling

[Link: Monthly Compiled Images - http://livelihoods.net.in/sites/default/files/pdf/supplement_-_monthly_images_compiled_-_oct_19.pdf]

Articles of the Month

Article of the day: 24 September 2019

Automatism in Plants and Animals - Dr. J.C. Bose

"One of the most characteristic signs of the presence of life is the power to give a reply, of one kind or another, to stimulus. Each one of us lives in the midst of an environment which is constantly impinging upon him, in the form of stimuli, or blows. The ray of light, falling upon the retina, is really striking a blow, giving it a shock."

http://www.livelihoods.net.in/sites/default/files/pdf/automatism_in_plants_and_animals_jc_bose.pdf?fbclid=IwAR10iN5eJ3VviMzsKc-sHprttPfAGRVBQN99hriUuXKjINI_h9I73J11YvY

Article of the day: 25 September 2019

Chief Seattle's Letter

"Chief Seattle's Letter To All - THE PEOPLE: Chief Seattle, Chief of the Suquamish Indians allegedly wrote to the American Government in the 1800's - In this letter, he gave the most profound understanding of God in all Things. Here is his letter, which should be instilled in the hearts and minds of every parent and child in all the Nations of the World"

http://www.livelihoods.net.in/sites/default/files/pdf/chief_seattles_letter.pdf?fbclid=IwAR03BHszZ8Rx8dVbl6PXdPRQXbs2_vOK1K9R_xrvqiS2ftF98fg87_rotR9I

Article of the day: 26 September 2019

Dregs Of Destiny -P Sainath

"It showed the damage done to some people who had taken these 'lose-weight-without-exercise' pills. Thousands of well-off urban Indians fighting excess weight and obesity were going to such clinics, that had mushroomed in India's cities during 1991-96. There was another story unfolding, at least equally important, that was mostly missed. During the same period, hundreds of millions were eating less than they did in 1991—mainly rural Indians but some urban poor as well. The quantity of pulses and cereals available to Indians averaged 510 grams daily in 1991."

http://www.livelihoods.net.in/sites/default/files/pdf/dregs_of_destiny_p_sainath.pdf?fbclid=IwAR3V8drbEGxeGHwm_Ps4nyf8eNlbX9owmu6zaVrX-pZ3UOJpwR-HJBy619Y

Article of the Day: 27 September 2019

The Uncertainty Principle

"One striking aspect of the difference between classical and quantum physics is that whereas classical mechanics presupposes that exact simultaneous values can be assigned to all physical quantities, quantum mechanics denies this possibility, the prime example being the position and momentum of a particle. According to quantum mechanics, the more precisely the position (momentum) of a particle is given, the less precisely can one say what its momentum (position) is. This is (a simplistic and preliminary formulation of) the quantum mechanical uncertainty principle for position and momentum."

http://www.livelihoods.net.in/sites/default/files/pdf/the_uncertainty_principle.pdf

Article of the Day: 28 September 2019

Development as Freedom - Amartya Sen

Growth of GNP (Gross National Product - is the value of all finished goods and services owned by a country's residents over a period of time.) or of individual incomes can, of course, be very important as means to expanding the freedoms enjoyed by the members of the society. But freedoms depend also on other determinants, such as social and economic arrangements (for example, facilities for education and health care) as well as political and civil rights (for example, the liberty to participate in public discussion and scrutiny.

(Source: <https://www.uio.no/studier/emner/matnat/ifi/INF9200/v10/readings/papers/Sen.pdf>)

http://www.livelihoods.net.in/sites/default/files/pdf/development_as_freedom.pdf

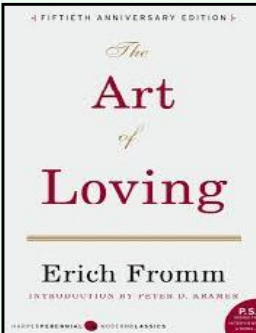
Article of the Day: 30 September 2019

If I were to Conduct a Village study... Deep Joshi, PRADAN

I guess I would begin by locating a village to study, would you not? I would choose a village I knew little about so that what I know does not bias my inquiry. Since it is a new place and I have a very poor sense of direction, I would mark it on some kind of a map with respect to places that can serve as reference points. That should help me make inquiries. I would also like to know how far the village is, how one reaches there, what kind of terrain one has to traverse, any landmarks, etc.

http://www.livelihoods.net.in/sites/default/files/pdf/if_i_were_to_conduct_a_village_study_deep_joshi_pradan.pdf

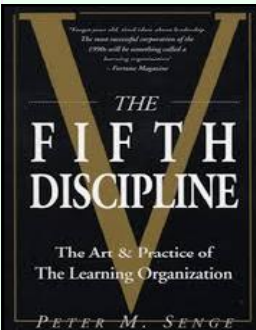
Books of the Month



Classic Book: The Art of Loving – Erich Fromm

“Love is primarily giving, not receiving. Giving is the highest expression of potency. Giving is more joyous than receiving, not because it is deprivation, but because in the act of giving lies the expression of one’s aliveness. Mature love is union under the condition of preserving one’s integrity, one’s individuality. Love is an active power in man, a power which breaks through the walls which separate man from his fellow men, which unites him with others; love makes him overcome the sense of isolation and sedateness, yet permits him to be himself, to retain his integrity.”

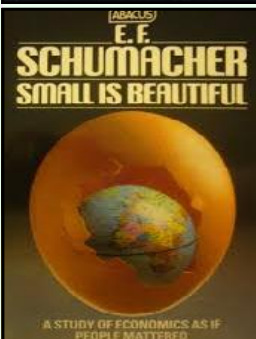
http://www.filosofiaesoterica.com/wp-content/uploads/2017/01/Erich-Fromm_The-Art-Of-Loving.pdf



Classic Book: The Fifth Discipline - Peter Senge

“Peter Senge’s Fifth Discipline established him as a management guru and organizational strategist to be reckoned with. In the “Fifth Discipline Fieldbook: Strategies and Tools for Building a Learning Organization”, Senge teams up with colleagues at the Sloan School of Management to guide readers to building a learning organisation.”

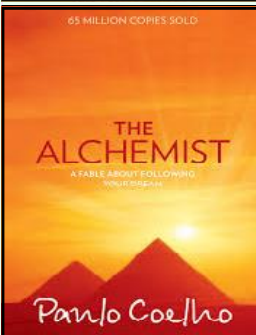
<https://tesisconsultor.files.wordpress.com/2019/07/the-fifth-discipline.pdf>



Classic Book: Small is Beautiful - Dr E.F.Schumacher

“Small is Beautiful looks at the economic structure of the western world in a revolutionary way. Schumacher maintains that Man’s current pursuit of profit and progress, which promotes giant organizations and increased specialization, has in fact resulted in gross economic inefficiency, environmental pollution and inhumane working conditions.”

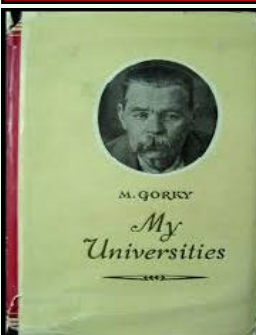
https://sciencepolicy.colorado.edu/students/envs_5110/small_is_beautiful.pdf



Classic Book: The Alchemist - Paulo Coelho

“Laid out in the form of a novel, this book is an extraordinary exposition of the human nature and process of seeking the life goal of a person. It is the possibility of having a life goal come true that makes life interesting. However, every one does not treat the life goal in the same manner.”

<http://www.metaphysicspirit.com/books/The%20Alchemist.pdf>

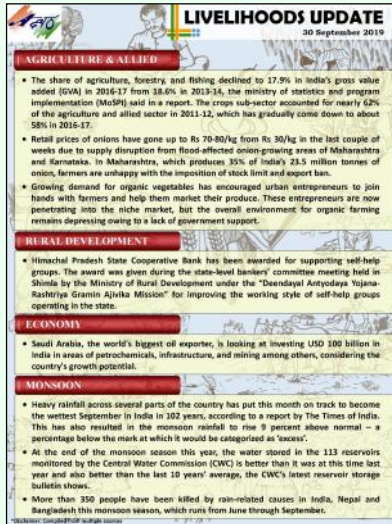


Classic Book: My Universities - Maxim Gorky

My Universities is a narration of author’s interaction with various vulnerable people in his student life. Gamut of people with whom he interacted includes petty shop owners, alcoholics, small time robbers, students, progressive thinkers who were mostly poor living in dark rooms, living in adverse life conditions facing hardships, conflicts and cruelty that poverty poses.

<http://www.socialiststories.com/liberate/The%20Autobiography%20of%20Maxim%20Gorky.pdf>

Livelihoods Update



We collect the livelihoods related (agriculture, rural development, livelihoods, economy, enterprise, partnerships, energy, entrepreneurships, health, education, service sector, skill development, climate change, monsoon and etc.) news every day and put a form and upload in Social Media.

Weekly Livelihoods Update



We collect the livelihoods related (agriculture, rural development, livelihoods, economy, enterprise, partnerships, energy, entrepreneurships, health, education, service sector, skill development, climate change, monsoon and etc.) articles every week and put a form and upload in Social Media

The Farmer and Sparrows

Maniappa was a farmer. He worked from dawn to dusk in his field.

Amidst the crops in the field, a sparrow had built a nest. She roosted in the nest. She got two children. The little sparrows lived with their mother happily.

Days passed by. And the harvesting season fast approached. The corns

were ripe. And everywhere people started their harvests.

The little sparrows said to their mother, "Mummy! We will have to flyaway".

The mother sparrow replied, "Not so soon babies! The farmer is not ready.

One day, they heard the farmer saying "I must call my neighbours and make them do the harvest."

The little sparrows said, "Mummy, tonight we shall fly away." The mother said, "Not so soon babies. The farmer won't make it." The words of the mother came true. The neighbours did not turn up the next day.

The farmer was heard saying, "I will call my relatives and make them do the harvest".

This time also the little ones wanted to flyaway. But the mother asked them to relax. Once again, the words of the mother came true.

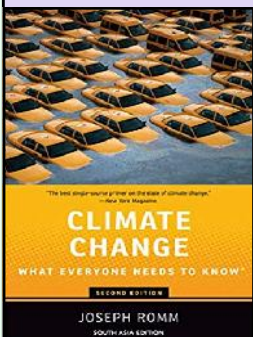
Now, they heard the farmer saying "Tomorrow I will do the harvest myself". On hearing these words, the mother said, "Come my children. It is time for us to leave this field".

MORAL : Self-help is always respected.

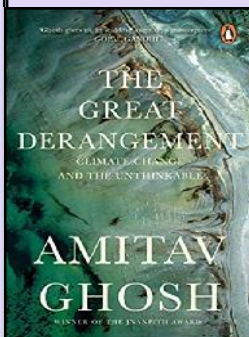
Source: <http://www.english-for-students.com/The-Farmer-and-The-Sparrows.html> ❖



Latest Books



Book Name: Climate Change
 Author: Joseph Romm
 Publication: OUP US (7 May 2018)



Book Name: The Great Derangement: Climate Change and the Unthinkable
 Authors: Amitav Ghosh
 Publication: Penguin (14 June 2019)

'Yoga'kshemam

Navaratri! Vijayadasami! Dusserah!

Deepaavali!

Elders! Gandhi! Sastri!

Habitat! Animals! Girls! Students! Mental Health! Sight! Polio! Blood Donation! Food! Posts! Air Force! Thrift! Savings! Unity! Standards! Development Information!

Natural Disasters Reduction! United Nations!!

Vegan | Saints | Souls | Tsunami | Infants | Children | Men | Citizens | Kindness | Cancer | Toilets | Transport | Pneumonia | Diabetes | Epilepsy | Gurus | Television | No Violence (F) | Constitution | Life | Flag | Thanks

Be sure - Inner Resolve wins. Vijaya Dasami. Lights come. Pearls speak.

Rest in Peace: BN Yugandhar. He made a significant difference to rural development in India. We remember him for his work - Watersheds, Employment Guarantee, and Self-help. SERPs, WASSAN, and Commitments remain his legacy organizations.

Congratulations, Ramanjaneyulu GV, CSA. Rythu Nestam Life Time Achievement Award from the hands of Vice President of India.

Congratulations, Ramesh Kumar D, my friend for life, for launching the book - The Agile Entrepreneur, The 60 Minute Start-up - that describes a system to start a business in 1 hour a day and get first paying customers in 30 days or less. This is the 'promise' he offers.

Kashmir is yet to come to terms with its new self, new selves!

Gol announces tax reduction for corporates, in a big way.

Natural Farming Mission - Bharat Praakrithik Krishi Paddati, BPKP is on its way. Prime Minister presses for it in Parliament. Finance Minister mentions obliquely in the Budget Speech. PM reiterates resolve to pursue Natural Farming, in UNCCD CoP 14. Niti Aayog solicits States to go for it. Ministry of Agriculture suggests Paramparagat Krishi Vikas Yojana to be expanded. Governors of several states talk about it.

Greta Thunberg, 16, asks us to go natural at UN - "we are in the beginning of a mass extinction and all you [world leaders] can talk about is money and fairy tales of eternal economic growth - how dare you? We will not forgive you, if you do not act...." Autumn Peltier, 15, urged clean water for her generation and the next. She called for an end to plastic use.

Teen leaders are asking for their future and can we keep quiet? It is better that we trust their leadership than trusting ourselves. Let us be their instruments. At this time of a window, similar to the window, at the time of beginning of the extinction of Indus Valley Civilization. We have the window for 12 years, accept a paradigm shift in our thinking and act, in all spheres of our lives. Else, we have a window to be sinners and get ready to get extinct sometime around 2050.

National Mission for Elders should also be coming. Sooner than later. We should and will do our bit.

Mahatma Gandhi, Mohandas Karamchand Gandhi, 150. It is also 12 years since we articulated how Gandhi, one of the earliest livelihoods thinkers, has been an inspiration of 'livelihoods'. Gandhian livelihoods thought inspired many and continues to inspire many of us. Summed up as -

The good of the individual is contained in the good of all

All works have the same value, as all have the same right of earning their livelihood from their work.

A life of labour is a life worth living

These principles led to his famous Sarvodaya-Antyodaya, Swadeshi [holistic local] and Satyagraha [a way of life]. Gandhi strove to awaken the soul-force within himself and his fellowmen. Soul-force is the source of the greatest power, with unlimited potential.

It is time to dedicate ourselves to these three principles - sarvodaya, swadeshi, and satyagraha; his eleven vows (ahimsa, satyam, asthaya, brahmacharya, asangraha, sareerasrama, asvada, sarvatra bhayavarjanam, sarva dharma samaanata, swadeshi, sparshabhaavana iti ekadasa vrata/sutra - non-violence, truth, non-stealing, celibacy, non-possession, labour, controlled palate, fearlessness, equal respect for all religions, local self-reliance, and removal of untouchability); and avoid seven "deadly sins", based on natural principles/laws: wealth without work, pleasure without conscience, knowledge without character, commerce without morality (ethics), science without humanity, religion without sacrifice and politics without principles.

Let us not forget his emphasis: "A person cannot do right in one department whilst attempting to do wrong in another department. Life is one indivisible whole." Let us keep his talisman before us always: "...Recall the face of the poorest and weakest man whom you have seen, and ask yourself if the step you contemplate is going to be of any use to him. Will he gain anything by it? Will it restore him to a control over his own life and destiny?..."

The exhortation is: let us not deplete natural resources; let us enhance diversity; let us consume less; let us be a Gandhi. Gandhi is inescapable. If Gandhi can do from aatma, to antaraatma to Mahaatma, we can do. Gandhian thought is and will remain our inspiration.

G Muralidhar

Gandhi tells us to remain fit. Let us remain fit at the core. Let us walk; take steps; stretch often; dance; stand; stand on single leg; balance on the side; slide forward with two hands; stretch fully without body touching the floor; raise hands and lift feet up; do surya namaskar; move hips; jog; cycle; and/or do yoga exercises. Smile, cry, shed tears, sing ...

Drink water often; eat more in the morning; eat a little less; eat less, near zero, after the sunset. Some milk and peanuts suffice.

Meditate. Reflect. Write Diary. Read. Write. Do Arithmetic. Do crosswords. Make Lists to do. Daily.

Be with people. Travel across. Stay in villages. Live simple. Live natural. Be authentic and servant leader. Be an N-warrior - worker, animator, facilitator, mentor. Pursue 7Is for 7L Agenda. We can be in the scale-mode, at least in scale-out.

We must go on. As a movement of vision-led N-leaders for L-Agenda, leading Gandhian thought and practice. With Children hand-in-hand in the leadership. We need ever-learning leaders and mentors committed to better Planet, better Universe. We need to identify, build, nurture, mentor and be with them.

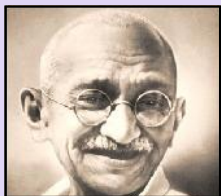
Let us be part of the flows in M-space in the N-domain with L-agenda. Let us have the Is in them. Let us have the N-generation in them. Let us live, flow and be.

This is sevayoga. This is being in the flows of being. This is sevakanaayakayogam.

Can we be there? Yes, if we pursue Atma Yoga. If we flow! If we let others join the flow! If we be! If we let others be with us! If we practice! If we let the innermost take charge! If we lead ourselves! Krsna confirms 'he' is in janahridaya and janahridayanivaasi coexists with and gradually becomes one with 'him'.

Join us in the world of yoga - for life - towards krsnajanahridayayogasiddhi. You will not regret it. ❖

Inspiration



Gandhi Jayanthi
150 Anniversary

Mahatma Gandhi, Father of the Nation, was one of the earliest livelihoods thinkers in the previous century. Gandhian livelihoods thought inspired many and continues to inspire many of us.

The three principles, part of Gandhi's essential philosophical underpinning and livelihoods thought, adopted from Ruskin Bond's *Unto This Last*, are:

- The good of the individual is contained in the good of all.
- All works have the same value, as all have the same right of earning their livelihood from their work.
- A life of labour is a life worth living.

These principles led to his famous Sarvodaya, Swadeshi and Satyagraha.

For Gandhi, **Sarvodaya** and Antyodaya, well-being of every individual and well-being of the last individual, was an important concern and a philosophical position. Society must strive for the economic, social, spiritual and physical well-being of all, not just the majority. He favoured a holistic approach to individual well-being, and a total approach to community well-being.

Gandhi advocated **Swadeshi**, local self-sufficiency - the locus of power situated in the village or neighbourhood unit. There should be equitable distribution of resources and communities must become self-sustaining through reliance on local products. People, by making goods for local consumption, become interdependent within each locality. Small local industries help each individual to be gainfully employed and live a self-sufficient fulfilled life. For him, Swadeshi means - buy local, be proud of local, support local, uphold and live local, and decentralised local interdependence and employment for all.

Satyagraha (non-violent direct action) is a way of life, not just absence of violence. Satyagrahi needs to be disciplined, entailing the important element of self-restraint in respect of all the sensory urges and consumptions. It also entails respect for all beings regardless of religious beliefs, caste, race or creed, and devotion to the values of truth, love and responsibility.

Gandhi knew "Earth has enough to satisfy everybody's need but not anybody's greed" and called for replacing greed with love. Gandhi is, now, a source of inspiration and a reference for those fighting against discrimination, oppression, war, environmental degradation, lack of freedom and human rights and for those fighting for a better world. Gandhi is, therefore no longer an individual, a symbol of all that is the best and the most enduring in the human tradition. And he is also a symbol of the alternative in all areas of life - livelihoods, growth, education, organization, etc. He is a man of the future, to be shaped for the survival of human race and progress on the path of evolution.

Gandhi strove to awaken the soul-force within himself and his fellowmen. Soul-force is the source of the greatest power, with unlimited potential. He was a living example of this conviction. His eleven vows (ahimsa et al - non-violence, truth, non-stealing, celibacy, non-possession, labour, controlled palate, fearlessness, equal respect for all religions,

local self-reliance, and removal of untouchability) daily, his satyagraha, his constructive programs - meant to awaken the soul-force.

Gandhi advocated against seven "deadly sins", based on natural principles/laws: wealth without work, pleasure without conscience, knowledge without character, commerce without morality (ethics), science without humanity, religion without sacrifice and politics without principles.

For Gandhi, "Real Swaraj will come ... by acquisition of capacity by all to resist authority when it is abused." He worked to develop such capacity that involved individual's transformation. Individual's transformation and society's transformation were not separate unrelated things for him. He emphasized : "A person cannot do right in one department whilst attempting to do wrong in another department. Life is one indivisible whole."

Gandhi wrote: I will give you a talisman. Whenever you are in doubt or when the self becomes too much for you, apply the following test. Recall the face of the poorest and weakest man whom you have seen, and ask yourself if the step you contemplate is going to be of any use to him. Will he gain anything by it? Will it restore him to a control over his own life and destiny? ... Then you will find your doubt and your self melting away.

Today we face the spectres of global warming/climate change, and continued depletion of natural resources and diversity on Earth. The unbridled consumption on the part of some and the total deprivation of others is one of the results of 'development' and economic growth. What is the way out?

Gandhian Thought. Gandhigiri! It gives guidance in resisting destructive processes and building constructive ones from a position of inner moral strength. Evolving new/alternative livelihoods thought is inspired by his profound thinking and philosophy. No contradictions!

Gandhi inspires us as a person too. One gets charged with a feeling 'if a Gandhi can do, why can't I?'

Gandhi, born in middle class in an obscure princely State, was mediocre at studies, shy and nervous. He could not muster courage to speak in public. But he was a man with exceptional sincerity and truthfulness. Once any principle appealed to him, he immediately began to translate it in practice. He did not flinch from taking risks and did not mind confessing mistakes. He was ever-growing; hence he was often found inconsistent. He was not concerned with that.

In due course, he went on to lead India into freedom and became Mahatma. Einstein said - Generations to come, it may be, will scarce believe that such one as this ever in flesh and blood walked upon this earth. Martin Luther King Jr said - Gandhi is inescapable.

For any one immersed in the yoga of livelihoods thought, Gandhi is inescapable. He is and will remain our inspiration.. ❖