

# 'Yoga'kshemam

Corona, India is galloping towards 3<sup>rd</sup> Position. Curve is long way away to start flattening. 10M (550K) cases, 0.5M (16K) deaths. Therapy is inching in. 'Vaccines' are circling around. Distance, Mask, Wash, Immunity Nutrition, WFA – still the mantra. Technology helps. Tracking App, Data Analytics, Dashboards, Drones, Info-guide, teleservices.

These crises are echoing – let us live and evolve with life, nature; let us transcend just seva and sangarsh, to seva, sangarsh and samsodhan. This effort multiplies the results manifold. Let us go towards more life-nature-centric living-thinking-action leading to augmented knowledge and evidence for and with us. And by us soon.

Confirmed negative growth. May be we have to call it depression. Micro-enterprises have halted, shut shop; recovery could be longer. Increased transient unemployment, poverty, inequity. Drained savings. Decreased credit availability. Dried-up Informal credit flows. Inadequate cashflows from 'state'. And may not increase significantly.

Climate crises compound the life on this planet.

Only lives are at stake. Planet goes on. Let us be free from fear. Let us alter our ways of living. Let us care 'life' that needs support. Let us care the 'last' person. Let us march together. Let us be together. Let us 'include' all. Let us admit our 'mistakes'. Let us be frugal. Let us work with local short value-chains. Let us 'pray'. Let us have 'thinking action'.

**PV Narasimha Rao, 99 – Rajarshi, Yogi**

28 June 2020 marks the beginning of centenary year of the Scholar, Reformer, Educationist Prime Minister of India during 1991-96. PVNR is closely linked to my alma maters – Sarvail Gurukulam, Residential Junior College Nagarjuna Sagar, NIT Warangal.

He is referred as Father of Economic Reforms – Liberalization, Privatization and Globalization. He was born in Laknepalli and native of Vangara, in current Telangana. He finally rested in 2004 at Hyderabad – PV Jnana Bhumi. He served as Chief Minister of combined AP in 1971-72 and implemented land reforms. First Residential Schools of the country, have been started at Sarvail, Tadikonda and Kodigena Halli. Residential Junior College at

Nagarjuna Sagar, and Degree College. Silver Jubilee Degree College at Kurnool. Subsequently, we have residential schools coming up in a big way – 4-5/district; for girls too; ashram schools for tribal children. Navodaya Schools (1/district) have been started in the country when he was HRD Minister at Gol. When he was to become PM, he was considering to accept the Headship of Siddheswara Peetham, Kurtaalam. A polyglot (some 11 Indian and 6 foreign languages). Sahasraphan, a translation from Telugu into Hindi, is very famous. His book 'Insider' was also well-received.

## Living in 2020 and Beyond

Future calls for hybrid of deep expertise (core competence, unique skills, depth) and generalist integration ability. Breadth of Perspective. Ability to connect the dots. Ability to generate the dots. Ability to appreciate advancement in technology. Ability to handle increased/increasing uncertainty. Realization that past performance does not guarantee future results. More skillsets and more toolkits in hand. Access to more skills and more tools. Agility.

Flexibility. Reading widely. Broad spectrum. Systems thinking. Interconnectedness. Disruptive impacts. Multi-functional experience. Multi-domain grasp. Multi-geographic insights. Multi-cultural appreciation. Immersions. General cognitive ability. Meta-fishing ability.

We need to have life-centric nature-centric approach. Philosophy. Way of thinking.

As technology takes deeper roots, we human beings become less useful unless we deliberately focus on being useful. Artificial Intelligence takes over many human tasks. Our 'tasks' need to be reinvented more frequently, again and again. Some of us, majority of us, may end becoming unemployed, and unemployable. Virtual, hybrid worlds may take charge of engaging us. We seek meaning in life in these worlds. These include 'isms'. Ideologies. Lifestyles. Screens. Books. We seek 'happiness' in the mind, brain. We seek 'happiness' in the journey. Life. We seek 'happiness' within. Equated universal happiness.

As we have limited knowledge of the elephant, and as we do not realize that, we end up drawing conclusions. Mostly mistaken conclusions. Our incompetence does not allow us to realize this. In fact, we remain or become confident in our opinions and

**G Muralidhar**

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articulations. Unrecognized ignorance drives us. Many a time this ignorance is linked to our self-worth. The old dogs in the mind let no new dogs easily. We lack the skills, tools and abilities to assess the old dogs within us. To silence them. To shun them. Even if we get 'feedback'. Can we keep reminding ourselves that there are lot of things we do not know; and the one part we think we know 100% is not true. Many small parts are still not known to us. Not understood by us.

Let us realize that it is 'one' consciousness that is spread all across cosmos. Its modes and quanta differ.

Agroecology practices take us closer to this consciousness. Health and wellbeing of Humans, Life, Soil and Planet. The elements include: Multiple crops, 365 day-green cover, livestock, integrated farming, landscape management, local value addition, local self-reliance, short value-chains, family food-nutrition-health security and equity, low cultivation costs, increased proportion of consumer rupee in the hands of the producers. State could get out of 'subsidies'. Forests would be back. Bio-diversity. Unfallowing. Regeneration. Collectivization and aggregation. Communitization. Community-owned value chains. Outlets. Producer-consumer linkages. IT Platforms.

Towards increasing land and water productivity. Towards living without debt. Towards Nutrition security. Towards living soils. Towards Resilience. Towards Dignity. Towards Universalization. Towards covering the entire Planet.

Let us hurry up on Natural Farming Platform and Natural Farming Coalition nationally and beyond.

It is possible to take the 'work' closer to the nature and deliver globally. Work closely with global teams. One can add local work into the portfolio. Teaching. Caring. Farming. Value Addition. Planning. This may improve/increase Nutrition, Health, Savings, Care, Usefulness and Happiness. This is the 'culture' of self-employed families. Can we hybridize this now? For more and more of us?

While every entrepreneur is a social entrepreneur in some sense, some are more social than others. They tackle world's most urgent issues. They work under intense pressure in under-resourced situations. Path is often lonely. They often overlook their own wellbeing. These lead to high burn-out, mental health and relationship breakdown incidences. 50% is the guesstimate among the successful.

Their wellbeing and well-doing are closely interrelated. Performance is optimal when the pressure is in the stretch zone. If it crosses into strain or burnout, the performance drops significantly. Art and Culture that appeal to hearts and minds can play a significant part in keeping the pressure within the realms of stretch zone.

Life does not have to be so stressful. Simple life can help in making it less stressful. It increases happiness. When the crunch comes, we need air, water, nutrition, clothes (cover), shelter (shade), engagement and entertainment. Simple life includes silence, solitude, reflection and mediation. It gives us more time to ourselves. As we reduce time for materials, we get time to invest in our relationships of quality and intensity. Friends improve heart, mind and brain health. Be generous and keep doing good. As consumption comes down, we have less debt. Need for money, incomes comes down. Health improves. Focus improves. Planet can feed more. Planet's health improves. We become beings. To have is not important. To do may be limited to – to be.

It is time for us to learn and start living in post-COVID window and beyond.

Let us be life-centric. N-centric. With hybrid portfolio of skills of core and generalist. Deep and Integrated. Management and Leadership. Let us be leaders with these portfolios. Let us build leaders with these portfolios. Let N take and keep us there.

Join us in the world of yoga – navanipunayoga for 7L. Krsna confirms he takes charge of guiding us to him.

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