

# 'Yoga'kshemam

Corona, India is peaking to 'flatten', we hope. India at #2. Registered Infections/Deaths - 28(4)M/900(75)K. May be ten times this on ground. Vaccines are queueing up. Yet we are still figuring out coping with it and the deaths of the dear ones, earlier than 'normal'. Not-so-successful, but no alternative - Mantra continues - Distance, Mask, Wash, Immunity Nutrition, WFA; stay fit, be mind positive.

I am still surprised, google tells me that I travelled in 20,000 km, 100 cities, 500 locations in 2020. Even during CoVID year. Can I slow down? There is no alternative.

Sleep is a means of servicing the body. It gets rid of impurities. It is a maintenance and repair time for the wear-and-tear of the body at various levels. What we need is rest. It is possible to sleep less and still feel restful. Try these: eat fresh food; eat simple, eat chemical free; take 'less' food and easily digestible food during the day and within 2 hours of sunset; sleep only after two hours of dinner; do not sleep with head towards north; do not deny sleep forcefully; be joyful when awake; be relaxed while 'living'; do yoga and achieve lower pulse rate; and do meditation.

Dr MBV Prasad continues. Nothing is free, not even air, water, ....So is healthcare! Funded by budget or patient pays. With insurance or otherwise. Or Government schemes-packages. Government may have to 'take control' fully. Now there are several stakeholders in healthcare provision. The providers in the system wish to get more money out of it, whereas the users want to get the services for as low cost as possible, if not for free. Healthcare and allied industries are not healthy for a variety of reasons, including doctors becoming a small cog in the healthcare industry. This calls for considerable understanding across and a concerted, decisive action from all. Meanwhile, it is important that we have a good cover - insurance.

CSE write-up quoting CSTEP Study confirms natural farming's big gains - savings in water, energy and money. CSE Report on Natural Farming is being released on 8 September by NITI Aayog.

Heart 2 Heart Talk with Masters (read: IRMANs) continued. It has been Sanjiv Phansalkar. It appears we imitate our mentors-teachers in our methods, ways and practices!!!

**'Development Practice: Conversations with Master Practitioners':** the listing is ON. More Conversations are being suggested - with Scale-up Champion Leaders; with Start-up Leaders; with Young Leaders. We will converse with in various ways, through various means. Please nominate. Please volunteer. Let us get together and get going.

Stumbled upon Bombay Plan for India, 1944. 8 people could do that. Time has come to have a Plan for India for the next 15-20 years, in the new paradigm. It has to be bold and radical. Some of us need to put our minds for this for some time and articulate. Qualitative and quantitative. Let us begin with the ends first. Then the means to these ends and sourcing resources.

Focus areas and modus operandi. A systemic and systematic plan. This should include reducing poverty and misery, improving livelihoods, education, health, care and wellbeing.

Former President, Bharat Ratna Pranab Mukherjee, 84, rested. He was a clerk, a lecturer, a journalist before becoming a lawyer -politician, a man for all seasons. His mark on Indian politics well over 40 years is unmistakable. His books show us the movement of the state of affairs during the last 40-50 years: Congress and Making of the Indian Nation; Thoughts and Reflections; The Dramatic Decade: The Indira Gandhi Years; The Turbulent Years: 1980-1996; The Coalition Years: 1996-2012.

Kesavananda Bharathi passed away. Let us be inspired that Constitution has put a frame that takes us through Identity-Solidarity-Capacity-Rights-Wellbeing-Freedom path for sure. Let us work to realize it.

Learning-Practice

5 September, Teachers' Day, took us to thinking on Teachers. Education. Learning and practice. A teacher is: adhyaapak, upaadhyay, pandit, aachaarya, drsta, guru; tutor, instructor, lecturer, practice help, trainer, counsellor, guide, coach, trouble shooter, loco-parent, philosopher, friend. Many roles and many possibilities. An educator. A learning for action facilitator. An inspirer to practice and act. A value-inculcator. A vision and perspective builder. Teacher manages 'instruction' and/or 'education', cares, offers expertise, and nurtures 'behaviour'. S/he needs to have people skills, data-tech-knowledge skills, and social skills. Knowledge domain. Craft-Skill domain. Disposition-values domain. Teacher needs be enthusiastic and interactive, in her/his ways. Towards learning orientation, path, drive by the learners.

We may be surprised. Intelligence at 50 is more closely correlated to intelligence at 8 than to educational attainment. Having said this, education increases measurable intelligence. Learning increases with a portfolio of multiple modalities - visual, auditory, kinesthetic, musical, interpersonal, intrapersonal, verbal, logical etc.

It is almost established that if we invest dedicated 10,000 hours on any discipline, we master it. And if we master one, we can comprehend 'all'. The questions are - which item to focus on? Do we have 10,000 hours? It is 30 years, 1 hour a day; or 10 years, 3 hours a day; or 5 years, 6 hours a day. Do we remain dedicated so long?

Then the issue is to figure out: residential system, gurukulam, home education, homing-based school education, or a hybrid. It is clear we need mother-tongue based education for some 10 years; we need to home-based; we need to be homing-based; and we need to be in a gurukulam. All these have to be done by a learner. Let us not skip any. No one way is fine fully. Learners not paying fee is a critical element in Gurukula thinking. Society, Community and State has to pay for maintaining Gurukulam. Gurudakshina is a payback and this has to be institutionalized.

Current Gurukulams include Residential Schools, Ashram Schools, Navodaya Schools and Boarding schools. However, the doctrine is not fully internalized all of them equally. Then the seats of higher education and institutes. I am blessed to have transited through four such Gurukulams – Schooling – Sarvail; Intermediate – Nagarjuna Sagar; Technology – NIT Warangal; and Rural Management – IRMA. I am surely an improved person because I went through them. My recommendation is: have a gurukulam education for a minimum of 1000 days in your education portfolio.

A must read-see-listen classics, may be 100, exist for us. These may be include Mahabharata, Ramayana, Vedas, Thirukkural etc. Experiencing life across. Travelling the country is an important part of education.

All of us should be conversant with Our Constitution. Religious sacred books – Gita, Quran, Bible, Guru Granth, Dammapada etc. We should know our history, our context, our resources and our culture. All of us should have practiced 7L skills – life, living, livelihoods, linkages, leadership, learning and love. All of us should go ‘meta’. All of us should be 7R practitioners – read, write, arithmetic and ICT, reflect, unlearn-learn, pursue, practice. All of us need to be entrepreneurial. All of us need to be generalist integrators with personal mastery in some discipline.

It may be important that we work with Education Continuum chain from ‘1000’ days to ‘2000 days’, 3-18 year schooling, university, leadership-management post-graduation, doctoral research and beyond. 2-3 critical settings. Right to Mandatory Compulsory Education till 18 years calls for this as urgently as we can - as our literacy levels are nowhere near 100% and the education index is hovering around 70%. It is also time we are talking about new survival skills – reasoning, coding, analysis, synthesis, critical thinking, systems thinking, complex problem solving, team plan-work-learn, participation-culture, global thinking - local action, integration and articulation. We are talking about Dharmam, Rinam. We are talking about being in sync with N and U. We are talking about being useful as a means to our end of liberation, or an end in itself. We are talking about continuum from atheism to monotheism to nirguna-sadhuna and bahuguna to universalism, secularism. We are talking about poverty-vulnerability-misery reduction to prosperity to transcending aham-iham, and may be param. Continuum of slavery to voluntary usefulness.

Thus knowledge, skills, tools and resources at multiple levels to serve oneself, one’s family, one’s extended family and the society form part of the education. These include 7R that broadly includes listening, reading, memorizing, reciting, saying, conversing, writing, numbers, coding, algorithms, meditating, reflecting, thinking and logic, comprehending, unlearning-learning, appreciating, realizing, conferencing, discourse, practicing, demonstrating, researching, and pursuing relentlessly.

3-4 years of pre-education (1000-2000 days from conception in the mother’s womb), and at least 15-years (25,000+ hours) of Right Education: Enlightens; Improves (self); Builds/reinforces

behavioral competencies; Inculcates a sense of usefulness; Demonstrates a sense of equity-equality; Practices simple living, and ‘naked’ community life; Transmits culture and traditions; Nurtures Values; Fosters physical-mental-emotional-inner-spiritual wellbeing; Facilitates mastery of a discipline, and a meaningful life. Thus, it builds character, develops personality, and contributes to learning, wellbeing and prosperity. It prepares us for real life.

First 2000-days have the ability to reduce inequities dramatically. They can increase IQ-EQ benefits in the long-run. Can we start looking at 0-18 years as ‘Compulsory Education’ and work on it comprehensively?

I get a strong feeling to delve deep into ancient Gurukula, Swaadhyay and Sangha systems to feed our new education. It needs to start early; it needs a learning hygiene, architecture and group; and it needs to help our students discharge their three debts – to the nature (by being in sync), to the past and present gurus (by learning and practicing), to the future owners (by being trustees). It needs to help the students realize their innate potential towards being with N and serving U. This innate potential is from genes, from womb, from the stories, songs, plays, acts and words in the family, from ‘life’ before school... This could be broadened, augmented, sharpened, and nurtured in schooling and beyond. This needs to be realized.

Education should not cut-kill. Individual’s leadership and creativity for being useful to U. If it has to do only one thing, then it needs to accept all of us are born leaders, and it needs to hold and nurture us, with hope, faith, promise and love, we deserve. We take care of the rest, through our life-long unlearning-learning-practice.

As teachers, we are blessed to touch lives of so many participants passing through this ‘learning’ arena, with us in there. Usefulness is maximized!

Through Interdependence, Inter-be, Intra-accountability. It is integrity within. Self-adherence to principles. Self as being whole; Life as being whole; location as being whole; institution as being whole; community as being whole; universe as being whole. In entirety, without being cut, sliced or diminished. In full. With stamina. Fully functional. The best. Excellent, not less. By living fully, wholly; walking the talk; committing less; delivering the little committed; no ambitious promises; caring the environment around; staying focused; and being with people committed to this whole.

This usefulness is Kaivalya. Being useful is Kaivalya. The way ahead is being useful. Learning and being useful. Unlearning-learning-practice and being useful. Being learning leader – young, start-up, scale-up, master. Humble servant leader with patience. Being useful to Life, Nature and Universe. Offering Joy. Being together with co-learner leaders. With N. with U. In teams. In learning. In leading. In practice.

N reciprocates, takes and keeps us along in Kaivalya.

Join us in the world of yoga - vidyaayoga for 7L. Krsna confirms Vidya liberates N and N’s learners and takes into Krsna and Krsna’s Kaivalya here and now.

## G Muralidhar