

ART OF SELF MANAGEMENT



WISDOM INNER MANAGEMENT

Self-Management is a value-based supplement to academic education. It is a short course that has been successfully conducted in premier educational institutions in India and abroad. The response has been overwhelming from students, teachers and parents.

In the present-day context, value-based education is the need of the hour. The **Wisdom Art of Self-Management** module addresses this critical need, by equipping and empowering the student to be **life ready**.

True education would blossom from within enriched by values to kick start the process of educational renaissance.

Based on study and the experience of having successfully conducted self-management programs in many educational institutions, we are offering this module of **Value Based Education**.





Education with Values

Purpose of Education The word 'education' is a compound of two Latin terminologies - 'edu' and 'cate'. 'Edu' means to draw and 'Cate' means out. Therefore education is the process of 'drawing out' the hidden potential in a student.

The Two Fold Effect of Education

a) Academic growth - The student gathers information on various subjects like science, arts etc and ultimately specialises in a field.

b) Value Based Development - The student through academic pursuit learns and understands about realities of life and living. This builds one's inner character with a positive and meaningful direction to life. With this knowledge the student is prepared to face challenges of the world. Thinking becomes original. Their sense of reasoning matures to make right choices in life. Ultimately, they learn to respect the Law of co-existence in the world and are able to harmonise with society.

Education is complete only when both these aspects are instilled in a student.

"Perhaps", says Thomas Huxley, "the most valuable result of all education is the ability to apply yourself to the thing you have to do when it ought to be done 'whether you like it or not'. It is the first lesson that ought to be learned and however early a man's training begins it is probably the last lesson that he learns thoroughly."

From the above definition it can be understood that the purpose of education is achieved only when the student evolves into a human being, governed by values.

Values - A Necessity :

While academic growth is important to choose a proper career and earn a living, value-based development becomes necessary to make life meaningful, peaceful and productive. Bereft of value-based development a student remains unprepared to face the complexities of life. **Situations, circumstances, mind's whims and fancies, stress and strain plague life whether one is academically educated or not.**

Education system world over focuses on mere academic growth of a student. Value based development seems to be neglected. Educated masses turn into **world governing specialists** but not **self-governing individuals**. Hence, life witnesses a strange paradox - a rapidly developing world on one hand and an unprepared individual facing a dynamic world, on the other.

This paradox can be set right by developing the individual. Ideally this task should start from the early days of academic education.

Both formats of education - Academic and Value based should be imparted simultaneously to the younger generation.

Such complete education transforms a student to be productive and peaceful in life.

Precedence From The Past - This system of value-based education is not an experiment. It is a time tested scientific technique that has yielded positive results in the past.

Cultural and value based education was the backbone of the Indian society, that thrived with prosperity, nobility and harmony. This all-round development attracted invaders to plunder wealth from India. All such invasions were successfully resisted and overcome until the very backbone of the nation's values and culture were destroyed.



Education with Values

The speech appended below by Lord Macaulay, the Father of modern education, at the British Parliament on 2 February 1835 is of abundant significance to the cause of value-based education.

"I have traveled across the length and breadth of India and I have not seen one person who is a beggar, who is a thief. Such wealth I have seen in this country, such high moral values, people of such caliber, that I do not think we would ever conquer this country, unless we break the very backbone of this nation, which is her spiritual and cultural heritage, and, therefore, I propose that we replace her old & ancient education system, her culture, for if the Indians think that all that is foreign and English is good and greater than their own, they will lose their self-esteem, their native self-culture and they will become what we want them, a truly dominated nation."

The speech reveals a wealth of historic facts and information on India with regard to its culture and values. This substantiates the following truths:

1. Material advancement in a society is an effect of cultural and value-based life lived by its individual members.
2. Lack of culture and values weakens the individual morale, divides society and ultimately destroys the nation.

Rebuilding a nation is a mammoth task. It starts with individual development. This is accomplished only by fortifying and building the individual with cultural and value based education. Not with academic proficiency alone.

Hence value based education should ideally claim top priority in a nation's educational programme for its younger generation.

The Complex Scenario - Today value-based education is rarely available nor understood in all its significance. Much before the younger generation is equipped intellectually, liberal exposures of the modern environment influences their mind and unsettles any value-based direction to life.

The situation is complex with the problem being dual faceted -

- Absence of value-based education
- Strong presence of environmental influences, gravitating the mind easily towards lower impulses.

This accelerates qualitative and cultural degradation of the younger generation.

Three Main Reasons for Value based Development in Younger Generation -

- a) The future of the nation rests on their collective character.
- b) They have their entire life ahead of them and hence need guidance to find a meaningful direction to life.
- c) They are in the age group ideal for education where they are ready to absorb fresh knowledge.



Vinayji is an established thinker, philosopher, a Management Guru and Founder of Wisdom Foundation. His quest and fervor for self-management started at an early age of 16. His teachings are backed by over three decades of full time study and research on ancient wisdom and its practical application to life.

His inspiring oration transforms subtle philosophic themes to approach life. His appeal lies in the presentation of these truths with absolute precision, effortless ease and consummate wit.

His tireless works in India and abroad have captivated and inspired people to commit themselves to a higher ideal and transform their lives to be more productive and peaceful.

Vinayji is fully engaged in promoting higher values through public discourses, retreats, modules for educational institutions, management seminars and in-house programs.

His multi-tasking abilities combined with his dedication and commitment has impacted the society.

Being an athlete he regularly participates in marathons besides a daily schedule of yoga and badminton. He is passionate about mountain trekking and one of his expeditions was a 9-day trek to Annapurna Base Camp (ABC) in Nepal.

Above all, **Vinayji stands as a testimony to youth, for dynamic living with higher values.**

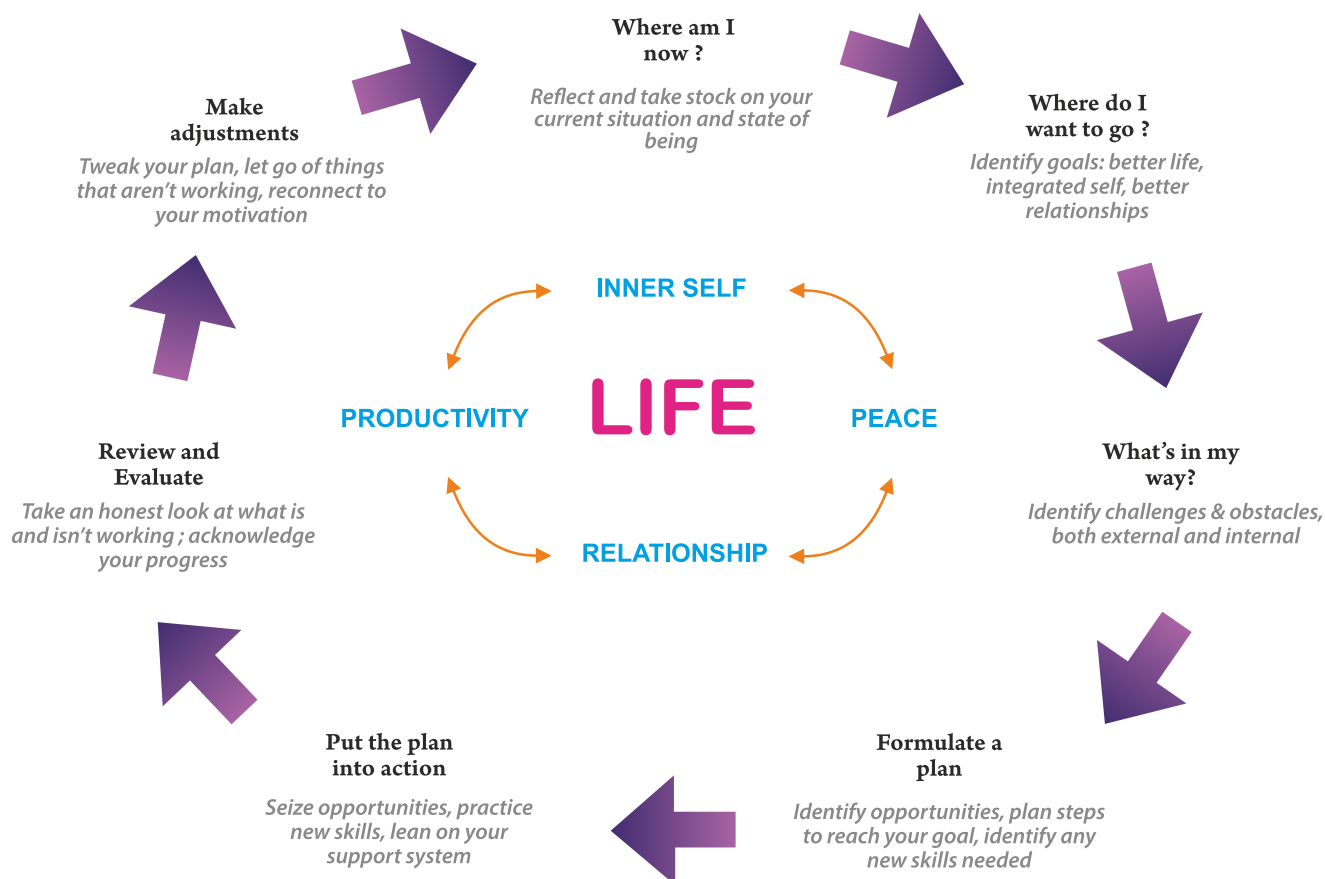


Objectives of the Course

- Gain an understanding of the individual mechanism
- How to apply oneself liberally to any education
- Encourage independent thinking through development of the intellect
- Understand what is and isn't structured discussion and thinking
- To bring about transformation rather than transferring information

Learning Outcome

- Increased clarity of thinking
- Greater initiative in one's work
- Maturity and objectivity in decision-making
- Greater personal efficiency and productivity
- Less ego and friction in the workplace and with people. Creating harmony in relationships
- Enables one to handle his emotions
- One embarks on self- development, which is the key to holistic development.





Self-Management Course

PART (A) INTRODUCTION TO SELF-MANAGEMENT



Chapter 1:A

PURPOSE OF EDUCATION

- WHAT IS EDUCATION
- LIBERAL & SERVILE EDUCATION
- BANE OF EDUCATION SYSTEM
- IGNORANCE IS BLISS
- SUBJECTIVE AND OBJECTIVE EDUCATION
- EFFECTS OF TRUE EDUCATION
- INTELLECT VS INTELLIGENCE



Chapter 1:B

FUNDAMENTALS OF SELF - MANAGEMENT

- MANAGEMENT vs SELF – MANAGEMENT
- ACCENT ON LIFE
- PARADOX OF LIFE
- STANDARD OF LIVING vs QUALITY OF LIFE
- SCIENCE vs WISDOM

PART (B) APPLICATION OF SELF-MANAGEMENT



Chapter 2:A

HISTORY OF HUMAN DEVELOPMENT

- ANATOMY OF HUMAN BEING
- THREE SPECIES & HOW THEY FUNCTION
- FOUR STAGES OF HUMAN INTELLECT & CURRENT ERA



Chapter 2:B

THE INDIVIDUAL MECHANISM

- THE INCREDIBLE MACHINE
- DISCIPLINE YOUR DESIRES & ITS MODIFICATIONS
- THREE CONDITIONS OF THE MIND
- THREE TRANSACTIONS OF LIFE INDIVIDUAL – QUALITY CONTROL
- THE TWO LADDERS LADDER OF FALL AND LADDER OF RISE



Chapter 2

THE TECHNIQUE OF RIGHT ACTION

- DILEMMA OF CHOICE
- THE THREE TYPES OF ACTION
- AN IDEAL ACTION



Chapter 3

CAREER MANAGEMENT

- INHERENT NATURE
- CHRONOLOGY OF ACTION
- SWADHARMA vs PARADHARMA
- HOW TO CHOOSE ONE'S SPECIALISATION



Chapter 4

POETRY & LITERATURE

- THE TURKEY & THE ANT – JOHN GAY
- THE PINEAPPLE & THE BEE – WILLIAM COWPER
- THE MOUNTAIN & THE SQUIRREL – RALPH WALDO EMERSON
- EVEN THIS SHALL PASS AWAY – THEODORE TILTON
- POLONIOUS' ADVICE IN 'HAMLET' – WILLIAM SHAKESPEARE (ESSENTIAL GUIDELINES TO LIFE)



Chapter 5

RELATIONSHIP MANAGEMENT

- WHERE DOES JOY & SORROW RESIDE
- THE BASIS OF ANY RELATIONSHIP
- DOES THE WORLD BRING THE BEST IN YOU?
- ASSESSMENT OF THE WORLD
- THREE STATES OF MIND



Chapter 5

CONSEQUENCES OF DISREGARDING SELF- MANAGEMENT

- MIND WRECKS HAVOC
- MIND CLOUDS INTELLECTUAL CLARITY
- NO INTELLECT – DESTRUCTION

PART (C) ACHIEVING SELF-MANAGEMENT



Chapter 6

FUNDAMENTAL VALUES OF LIFE

- VALUES ARE PARAMOUNT – NEED OF THE HOUR
- INSTILL HIGHER VALUES



Chapter 7

VISIONING LIFE

- PLAN & PROGRAMME ENTIRE LIFE
- THE ULTIMATE OBJECTIVES



Chapter 8

LIFE MANAGEMENT THROUGH SELF- MANAGEMENT

- UNIQUENESS OF INTELLECT
- WHY DEVELOP INTELLECT
- AGGRESSIVE vs PASSIVE
- THREE STAGES OF INTELLECT
- HOW TO DEVELOP INTELLECT



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