

# CHAPTER V

**V.1 Attributes of Character Building and its implication**

The Sanskrit literature has always been source of great literary marvel and rich material for spiritual, character building and Skill development. Some of these aspects are briefly discussed here keeping in mind the thrust area of this study as man making. The great philosophies and personality development criteria does not help, unless backed up with strong practical procedures are spelled out for implementation. A unified approach with regional consideration is required to be established for a Nation like India. This is being suggested and recommended to be established, keeping in view the regional, multilingual environment and cultural aspects of Indian sub-continent.

Scriptural material, Prayers, Custom and Rituals, Parental back up, Audio visual aids, Ayurveda, Skill development techniques, Hobbies, Entertainments, Sports, Role of Social and Religious Institutions, financials matter, educational aspects, Education to the teachers and one of the last requirements is of Political desire which will develop the Character Development of each person. All these factors are well known but their solution, assimilation and adoption are available in Sanskrit literature is not known. The awareness or modus operandi for opening this treasure is not known. The barriers and difficulties are required to be removed. This will be resulting in emergence of strong Nation having integrity, brotherhood and global environmental concerns.

**V 1.1 Magnanimity of Sanskrit literature in man making**

Sanskrit literature has immense potential to offer the turn key solution to every aspect of Character Development. This thesis has only concentrated on Character Building aspects and attributes as enunciated, mostly in recognized scriptural treatise and life and work of some eminent personalities who had reached the stage of perfect human being.

**V.2 Prayers**

Prayers and group chanting offers higher vibratory environment which is essential for better performance for any individual. This was known to sages and saints right from the early Vedic periods. One of the Whatsapp viral on social media advises to vibrate high. The vibration of prayer goes from 120 to 350 Hz, so sing, laugh, love, meditate, play, give thanks and live the vibrant life! Even it is claimed that Covid virus has a vibration of 5.5 Hz and dies above 25.5

Hz. The original source of information is claimed to be from the book ‘Power vs. Force’ based on David R Hawkins’ Doctoral Thesis. There are no substitutes for Prayers, Mantras and *Gitam* in any other system, with such a deep spiritual, religious and meaningful composition and chanted in rhythmic tone.

### V.3 Trilingual Formula

Solution to the vexing language issue, especially for Character Development, the prayers in Sanskrit are suggested to be recited as daily routine. A ‘Trilingual Formula’ is suggested for everybody as explained below. Firstly, very well-known Sanskrit *Sloka* appropriate to the time and occasion is given which is in *Devanagari* script, followed by its meaning in Mother tongue, Hindi and English. The languages suggested because of India being a multilingual environment with more than twenty languages with number of local variants. Moreover, Hindi being National and English being used and understood in all spears of field. *Devanagari* script can be easily picked up and is essential requirement being a national language. In fact, lot many people have Hindi and English as their mother tongue. A sample of one of the popular *mantras* having translations in Hindi and Marathi is given below. This is a Santi Mantra of Yajurveda.

ॐ सह नावतु । सह नौ भुनक्तु । सहवीर्यम् करवावहे ।  
तेजस्विनावधीतमस्तु मा विद्विषावहे ।  
ॐ शान्तिः शान्तिः शान्तिः ॥

#### Marathi

हे देवा आम्हीसर्व एकजुटीने राहावे, एकत्र जेवावे, एकजुटीने शौर्यवान व्हावे, तेजस्वि व विचारवंत व्हावे, (मनात) द्वेष भावना नाहीशी व्हावी ही प्रार्थना. सर्वत्र शान्तिच शान्ति होईल.

#### Hindi

हे भगवान हम सब एकसाथ रहें, एकसाथ भोजन करें, शौर्य-वीरता एकसाथ दिखायें, तेजस्वि और विचारवंत बनें, आपसमें द्वेष न करें यही प्रार्थना. सभी शान्ति होगी.

#### English

Om, May Lord protect us, May He cause us to enjoy, May we exert together, May our studies be thorough and faithful, May we never quarrel with each other. Om Peace Peace Peace.

The main concept is borrowed from a small booklet ‘Shraddha – Sankara’ written and printed by Shri Arun Ganesh Kulkarni<sup>1</sup> of Vadodara, Gujarat state of India.

<sup>1</sup> Kulkarni, Ganesh, Shraddha Sanskar, A. G. Kulkarni, Makarpura, Vadodara, 2009, p.28.

#### **V.4 Importance of moral building stories and audio visual aids**

Children are very fond of stories told to them especially by their mother. Character Building attributes are even picked up by them when they are growing up in the womb of their mother. Leave aside the believes and stories of Prahlada and Abhimanyu from the epics, but the bringing up the genius personality of Shivajimaharaj, Swami Vivekananda and Dr. Deepak Chopra, by their mother by narrating the stories from Mahabharata and Ramayana in their childhood are beyond any doubt or question. The art of storytelling is almost vanishing from present generation. The children today are habituated to electronic media for all their requirements in life. The stories, cartoons, Study materials, recreational material and other skill development are available in audio visual devises. They are available in most of the major languages. The musical, classical dance and other entertainment materials are also available on CD form and other electronic media. Now it is up to the parents, educational institute and social media to select and recommend these for students for CB. The topic of this thesis being CB from Sanskrit literature, the material available and to be generated especially on the electronic media is indicated by following publication. Lot of work has been done for children in literary field in most of the Indian language, however some areas related Sanskrit language is mentioned below.

- (a) Number of Institutes and organization spread all over country and abroad with the inspiration and work of Swami Vivekananda, have produced valuable material for children.
- (b) Chinmaya mission and number of Institutes and organization spread all over country and abroad with the inspiration and work of Swami Chinmayananda, have developed material, courses and even established school for children.
- (c) Sanskrit Bharti, New Delhi and their branches in all major cities in India are performing excellent wok in publishing books, running courses and conducting camps for promotion of Sanskrit for children and adults. The work is contributory for CB.
- (d) The work and publication of Lt Col Makarand Sathe is commendable in the field of CB. He is a Corps of Engineer officer of the Indian Army and devoted all his life after post retirement for the promotion of Sanskrit language, especially for Children. He and his work is hardly known except in few pockets of Maharashtra. He motivated some Sanskrit Scholars for writing books on the subject of short stories, conversational guides;

and elementary books covering grammar and aspects of CB for children. All these are available in the form of books and audiovisual CD. One of his compilation and some books from other authors are mentioned below. He was also roving ambassador for other state of India, like Gujarat and Rajasthan for promotion of Sanskrit in schools.

#### V.4.1 सङ्कलनम्

One of book written by Lt Col Makarand Sathe the ‘सङ्कलनम्’ which is a compilation of selected lessons from Sanskrit text book ‘*Sanskritavācanamālā*’ and some other publication including the books of Sanskrit Bharti. They cover the wholesome literature for standard 1 to 7<sup>th</sup> class students. It covers mainly lessons in the form of stories, poems, *stotram*, *subhasitam*, *gitam* and description of body parts and prayers. It is also available in CD form. It is treat to listen to some of the *Gītām*, like *Madhurāṣṭakam* and so on. It promotes musical composition in Sanskrit, listening ability, pronunciation and facility for learning by heart. Many such more can be listed. This is just an example.

#### V 4.2 शाला – संवादाः

The book ‘शाला – संवादाः’ written by Ms Anagha Anil Govande, consists of eighty-eight pages covering forty-nine lessons. Forty-one lessons in normal conversational mode of daily routine matters, like talk between Student on the topic of ‘Independence Day’ and ‘sentences’ useful to students in school environment. Rest of the seven lessons are on simple grammar, prayers and numbering system in Sanskrit language. This is one of the best books for learning Sanskrit in conversational mode. This idea of writing this book is based on the book written by Dr. N. R. Parasnis during 1940, entitled ‘A New Approach to Sanskrit Teaching’ by the father of Ms. Sandhya Makarand Sathe, wife of Lt Col Sathe. Lt Col Sathe helped and encouraged Anagha to write and publish this book.

#### V 4.3 रम्यकथा

Short stories ‘रम्यकथा’ authored by Ms. Vinodini Joshi and having eleven stories covering traditional animal stories and moral *kathā* in Marathi are translated into Sanskrit. Moral *kathā* subjects are ranging from ‘Don’t believe in rumors’ to ‘Always Speak truth’

#### **V.4.4 Bālakathāmalā**

*Balakathamala* is a Booklet, covering twenty-five *Nītikathās* (moral stories) in Sanskrit language. It is a classic example from where the stories could be told to children and even, they can read as a study of Sanskrit language. They are divided into three parts each covering aspects or attributes of Character building as follows.

- (a) *Puranic kathā* (short stories derived from ancient and mythological epics) – There are twelve stories covering the twelve aspects of CB such as patriotism, faith, honesty and so on.
- (b) *Aitihāsika Kathā* (short stories derived from History) – There are eight stories covering the eight CB aspects such as compassion, tolerance, inquisitiveness and so on.
- (c) *Itara kathā* (other short stories) - There are five stories covering the five aspects of CB such as friendship, honesty and sacrificial attitude.

#### **V.4.5 Compact disc**

A video CD ‘*Samvādamālā*’ produced and marketed by Sanskar Bharti, New Delhi is one of the best and educative CD, covering seventeen topics in conversational mode. The conversion in Sanskrit for ladies and classroom for children are useful. It mainly deals with learning Sanskrit and also offer CB tips.

### **V.5 Traditional advice for Character Building with respect to Ayurveda**

Each of the *doṣa* are dominant and prevalent in Nature. Like *Kapha* dominates from early morning 6 AM to 10 AM and evening 6 PM to 10 PM. After discovery of your body type, one has to balance with the Nature as well as maintaining balance of *doṣa* percentage in your body.

#### **V.5.1 Dinacaryā – Daily routine**

Getting up early morning and resting at night, is required has to be regulated as per the Cycle of Nature and your body type. Some of the general points are given below.

- a) Prayer related to concerned activities.
- b) Regional and Seasonal significance on Daily Routine.
- c) Get engaged in some social and welfare activities.

- d) Consciously work for issues related to Environment, cleanliness, sanitation and hygiene.
- e) Maintain health through Yoga, Dental Hygiene, Oil bath.
- f) Be with nature in all walks of life.
- g) Simple, natural and modest life.
- h) Public speaking, reading and writing.
- i) Importance of Sāttvika Food intake
- j) Importance of Recreational activities, Hobbies, Games, Outdoor activities, social network, Friends; Relationship with teachers, elders and the concept of mentoring.
- k) Deliberate and conscious effort to have knowledge about our country.

### **V.5.2 Aṣṭāṅga-yoga**

Breathing, posturing, etc. are no doubt helps in yoga; but they are physical. The great preparations are mental.

### **V.6 Ayurveda**

- (a) Discover your body type as suggested by Dr. Deepak Chopra<sup>2</sup> or any other *Yogācārya*.
- (b) Health is the most important aspect of overall development of human personality. Most of and lot of people suffer from Alzheimer disease in their advance and old age. Most of us pay attention to development of body through exercise and *Hathayoga* but very few attend in development of mental faculty. Though the concept of *Aṣṭāṅga yoga* has earlier briefly discussed which covers the aspect of mental health but special attention is required to be paid to Ayurvedic teaching as mentioned earlier in health maintenance. In Ayurveda Alzheimer can be termed as *Smṛti-bhraṁśa* which ultimately leads to *Smṛuti-nāsha*. Now what is *Smṛuti-bhransha*? Is there any better definition of memory loss which is main cause of disease? In short it defines ‘Memory’ as a knowledge of experienced events, which when recalled as individual desires. It further states the reason for memory loss so it that it can be prevented. There is also example of sharpening memory at an advanced age in case of some individuals which needs to be investigated. *Ayurveda* prescribes the preventive measures and healthy life style for better life. *Carakācārya* also mentions it on his *Caraka-Saṁhitā*.

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<sup>2</sup> Chopra Deepak, *Perfect Health*, Harmony books, Three Rivers Press, New York, USA, 1991, p.31

## **V 7 Adi Śankarācārya**

- (a) Setting up learning Centers based on role model of Śankarācārya of establishing the monasteries in four corners of India. This reveals his foresight of this genius as also his vision of the geographical and cultural unity of India. Such an exercise especially in the present environment is required by additional Centre at Eastern and central India, having spiritual and Character Building as central theme.
- (b) The greatness of Śankara's vision was that he was looking for unity in diversity and not uniformity. The mission was achieved with his glowing thoughts on spirituality, vast intellect and deep sympathy by travelling length and breadth of India and ensuring the minds and hearts of masses.

## **V 8 Conclusion**

Basic nature of a child is innocence, the divinity which has to developed and preserved throughout the life cycle. This divinity is corrupted because of absence of fundamental principles of character building at early stage of child. Excellent efforts are being done by some individual, in some pockets and organizational level. They are required to be explored, highlighted, encouraged and brought to the light for their implementation across the country. The Indian sub-continent is bestowed with multilingual environment and cultural aspects, which are kept in mind while suggesting the solutions. There are barriers and difficulties because of regional and communal set up which are required to be removed.

### **V 8.1 Sanskrit literature**

- (a) Prayers, Mantras and *Gītām* in Sanskrit language have great value in CB.
- (b) The art of storytelling is almost vanishing from present generation and lot of material is available in Sanskrit especially for children.
- (c) A 'Trilingual Formula' for recitation is presented for overcoming the language issue especially for Children.
- (d) The stories, cartoons, Study materials, recreational material and other skill development are also available in audio visual devises for present generation.

### **V 8.2 Ayurveda**

Health is most important for Character Building. This is offered by Ayurveda and few aspects are mentioned below as an example.



- (a) Each of the *doṣa* are dominant and prevalent in Nature. After discovery of your body type, one has to balance these timing with the Nature. Maintaining balance of *doṣa* percentage in your body will keep the body healthy and no disease can affect you.
- (b) Strict maintenance of '*Dinacaryā* – Daily routine' is key to keeping body healthy.
- (c) Practicing regularly *yoga* covering *prāṇāyāma*, *āsanas* and *dhyāna* is essential for maintaining health. Breathing, posturing, etc. are no doubt helps in yoga; but they are physical and exercise to cognitive faculty is the main requirement.

The Thesis focusses not only on the theoretical concepts of Character Building but also the applied side. Unless and until all of these or part of these fundamentals are not practiced then the desired result, in terms of Character Building, may not be achieved. The reason for this entire exercise is to imbibe in the society in every layman for strong character. Strongly built character can always contribute to family, society, state, country and universe on the whole. Today's society largely need such leaders who can contribute their might for the nation. This is what will make the country proud and strong. May it be academics or extra-curricular activities? An example of such is already evinced by us in the recent Olympics and especially in the Paralympics wherein the country bagged a number of medals making all of us proud. Thus, Character Building is not just a concept but much more. It is the foremost required quality in nation building as well. Its effect largely on the society is also visible. We hope for the day when a society stands upright with all such inherent qualities portrayed by our Sastras in terms of Character Building. That is entire purpose of writing this Thesis.