

CHAPTER VI

The present thesis focuses on different aspects of Character Building as given in the various chapters here. Character Building is the process which can be successfully achieved by tricolor formula; encouraging the hereditary skills and trends, nurturing subliminal impression on cognitive system right from embryonic stage to adulthood and conscious and deliberate effort by imbibing value system throughout life cycle of a person. There is voluminous material on Personality Development. In the beginning some of the attributes and elements, off the cuff are collated in Chapter I before embarking on aspects of Character Development based on Sanskrit literature.

Chapter I highlights the strength, utility and completeness in drawing the concept of Character Building. It also touches upon the history and issues related with 'Unity in Diversity', Language, Caste issues and Secularism which are hindrance in development of a Nation. The topic of the character building has been chosen because that is the need of the hour. Technological explosion witnessed during last century, continuous expansion of knowledge base and commercialization of life style has strangulated the student community. Wild fire of lust and greed is engulfing the entire youth community, with practically no guidance from the desired sector. The moral and value systems are degenerated, giving rise to anarchic condition. The youth energy is being dissipated, inviting physical and mental stress. This is where a strong character builds up dictum will help the entire youth community in general and Nation at large. The ideas derived from Sanskrit literature, would immensely benefit the youth by citing examples and teaching covered on the aspect of Character Building. The message of Character Building is excellently covered in Sanskrit literature; however same is required to be put up in coherent manner and the language understandable in the present environment. The resource material comprises of *Bhagavad-gītā*, *Vivekacūḍāmaṇi*, Selected *Upaniṣads*, *Nītiśatakam* etc. The legendaries referred to are Adi Śaṅkarācārya, Swami Vivekananda, Swami Chinmayananda, Shri Aurobindo Ghosh, Dr. Deepak Chopra.

Chapter II discusses on some concepts which are required to be studied before embarking on the Sanskrit classics because of the wide range of background and complexity involved. Similarly, the commonly known factor for Character Building and Personality Development prevalent are required to be known. These along with the following aspects are covered in this Chapter.

- (a) Potential of Sanskrit literature in Character Development.
- (b) The importance scriptural concept for Character Building.
- (c) Importance of elaboration of Sanskrit words in conveying the intended meaning.
- (d) The role played by values and ethics in Character Development.
- (e) Significance of *darśanaśāstra* in character building.

Chapter III the expanse of Sanskrit literature on Character Building especially in Vedic literature, rituals and traditional customs is woven and reflected in the form of treatises, epics, poetry, prayer, and story books. They are so rich in its literary content and values that a separate large scale institutional approach may be required to understand, propagate and implementation. This exercise is mainly targeted towards Student community and also for as first stepping stone. Some concepts, phrases and words are highlighted below to summarize the essence of Gita with respect to Character Building.

A Wakeup Call, time and again is given to Arjuna throughout in BG by Lord Kṛṣṇa to motivate him to follow the obligatory duties.

- (i) *Kṣudram hrdayadaurbalyam tyaktvā uttiṣṭha*. Parantapa is Arjuna, to whom Lord Kṛṣṇa addresses that he should shed off this insignificant weakness of heart and wake up (BG 2.03)
- (ii) *Tasmāt uttiṣṭha Kaunteya yuddhāya kṛta niścayaḥ* (Kaunteya is Arjuna. He has been reminded again to wake up and get ready to lead his fighting forces with firm conviction. (BG 2.37)
- (iii) The often-repeated slogan in BG is “The action is your birth right but never act in the interest of expectation for fruit.” *Karmaṇyevādhikārste mā faleşu kadācana* (you are the master and authority as far as taking action is concerned but never with the expectation of return) (BG 2.47)
- (iv) Balancing act, acting with evenness and treating all with same yard stick is called Yoga. This is one of the important attributes of Character Building. *Samatvam yoga ucyate* (BG 2.48)
- (v) *Yat yat ācarati śreṣṭhas tat tat eva itara janaḥ* the people follow elder, wise and learned.) (BG 3.21)
- (vi) Yoga promotes skill in action. *Yogaḥ karmsu kauśalm* (BG 2.50)
- (vii) *Prakṛteḥ kriyamāṇāni guṇaiḥ karmāṇisarvaśaḥ* (this nature is *triguṇātmaka* which also influences action of a person and reflect his Character) (BG 3.27, 4.7&8)

(viii) *Yadā yadā hi dharmasya glānirbhavati Bhārta*

Abhyutthānam adharmasya tadātmānam sṛjāmyaham BG 4.7

Whenever *adharmā* and anarchy spreads or is rampant I manifest in the form of *Avatāra* to uplift the mankind and set the things right.

(a) *Bhoktāram yajñatapasām sarvalokamaheśvaram* the one who is engaged in *yajña* and *tapas* is the supreme amongst all. This phrase is from BG is quoted here to highlight that all action to be undertaken as performance of *Yajña* and *tapas*, for tranquility, peace and success.) (BG 5.29)

(b) *Uddhared ātmanātmānām nātmānamavasādayet*

Ātmaiva hyātmano bandhurātmaiva ripurātmanaḥ BG 6.5

Self has to uplift himself; he should not allow himself to fall. He himself is his friend as well as enemy. This verse is incorporated in conclusion to highlight and emphasize that one has to wake up and take action to improve himself and no other thing or anybody can help.

(c) *Jñānam te'ham savijñānamidam vakṣyāmyaśeṣataḥ* Kṛṣṇa declares that Knowledge together with wisdom will be told to you (Arjuna) in totality. Here for purpose the students the meaning of *Vijñānam* is something more than knowledge, which can be labeled as wisdom. The knowledge shall be utilized for *lokasaṅgraham* (welfare of the people and it should be put in to practice. Otherwise, only knowledge have no meaning or value.) (BG 7.2)

The words in Sanskrit because of their etymological base in the womb of the verbal roots and derivatives are accomplished by prefix or suffix of varied elements and then flourishing and blooming under grammatical marvel and traditional uses having multiplicity and contextual meanings. The word itself conveys meaning and exhibits the essence in front of your eyes. Few of such words are listed below along with their meaning through translation and explanation but still they are matter of self-realization. For e.g., *Sthitaprajñah* (the person who is steady fast in his knowledge) (BG 2.54), *Nistha* (path or unquestionable faith and dedication) (BG 3.3), *Śarīrayātra* (maintenance body) (BG 3.8), *Iṣṭakāmadhuk* (it is milking of cow Kamdhenu of sage Vasiṣṭha who grants the desired wish, which here is compared with performance of *Yajña*. By performance of *yajña* the wishes are full filled.) (BG 3.10), *Lokasaṅgraham* (welfare of the society, kingdom or mankind) (BG 3.20), *Śraddhā* (unflinching faith) (BG 3.31), *Svadharmā* (obligatory and self-imposed duties as per *Dharmah*) (BG 3.35), *Vidyā vinaya sampanne* (the person with knowledge and humility etc. Such person possesses the highest

quality amongst human beings (BG 5.18). *Duḥkhayonayaḥ* (wombs of miseries). This word is used in the context of the sorrows originating from external stimulus and harboring in the minds of an aspirants. They further give rise to other means of enjoyment and push the soul in the valley of miseries) (BG 5.22). *Ādhyātmika* is one the greatest virtue in Character Building. (BG 8.4). *Jñānayañāḥ* is the performance of *Yajña* where in with the fire of knowledge the ignorance is destroyed. *Nirmalatva* is the Spotless, stainless and sinless implying Virtuous personality. When the lady is said to have a virtue of *Nirmalatva* any of the above given meanings in English are not adequate. *Jñānacakṣuṣaḥ* (eyes of wisdom) is also important. *Śūdra - Paricaryātmakam karma* - it is service and attendance type of work or profession carried out or adopted is a definition given by *Gītā*.

The Concepts of CB discussed are - The child is born with the subliminal impression which are called *Samskāra* which are Firmware of cognitive system. *Guṇāḥ - Sattva* is a state of equanimity, serene and poised thoughts, *Rajas* is a state of passion, desire and agitation, whereas *Tamas* is a state of ignorance and inertia. The universe, living organisms and flora and fauna are outcome or influenced by these *Guṇāḥ*. The journey should be always towards *Satvika*. Modification in the basic attributes of field - Kṛṣṇa added five more aspects than twenty-four listed for *kṣetraas Icchā* (Desire), *Dveṣa* (Hatred), *Sukham* (Pleasure), *Duḥkham* (Pain or miseries) and *Saṅghātaḥ*. These have been elaborated earlier.

This thesis is an effort towards rediscovery and bringing out the teaching of great personalities for the younger generation.

Yoga and Spirituality are two important aspects of Character Building, they are both strong point and core competency of Indian subcontinent. The leadership in these can change the present chaotic world scenario. Śaṅkara has beautifully covered the aspect of spiritually with his gift of '*Sādhana-catuṣṭaya*'. Also, his vision of establishment of four monistic center is an eye opener to the present generation to adopt this model for overall development. *Upaniṣadas* are collectively accepted as a simplified Vedic literature. Some *Vedānta* Concepts and anecdotes, in simple language and story form are to be prepared and passed on to the younger generation for primary phase, by parents and school authorities. The *śāntimantras* along with some prayers are suggested in daily routine which are elaborated in subsequent Chapter to be recited at appropriate time and occasion, as habit for building team spirit, togetherness, vigor, tranquility and magnanimity of Supreme.

As in the case of *Upaniṣads* the *Nītiśātkam* of Bhartṛhari to be in a curriculum at secondary

level with verses demonstrated with stories and animated video projection. Similar efforts also required in case of ‘*Amaracitrakathā* (a very popular Comic amongst the Indian children)’ and other Comic publication, which were very popular with children, between the age group of five to twelve year. Their decline was mainly due the lack of competent and creative team for publication. The Sanskrit literature have plenty of material in the form of stories, episodes and anecdotes from Vedanta, Puranas, Epics, Classics, History and so on, which can be harnessed and remodulated for entertaining the young minds for their growth. It can say while wounding up this Chapter that Sanskrit literature on Character Building can be stated in one-word *pūrṇāt pūrṇam udacyate*.

Chapter IV is the concept of CB based on Sanskrit literature, the liberty has been taken to have a separate chapter on life and work of legendary personality who were/are not only scholars of Sanskrit scriptural treatises but have lived, practiced and written books to educate and follow the traditional wisdom of Indian culture. They had and have large following and are the messenger of the Almighty, as well as all of them speak the language which is understood by common people. Lots of people wants to learn the Sanskrit for obvious reason for its versatility, grandeur and utilization in various field like spirituality, art, science and culture. It is best to begin the learning Sanskrit from childhood but for the adults! Especially on the subject of Indian philosophical thought and spirit this legendary personality are the best, as picking up classical Sanskrit at advance age is a difficult preposition.

The Indian philosophical thoughts and Nation building requirements are so well covered by this legendary personality that no other way is left but to follow them for drawing CB aspects from their life and wok. The only work left is that their messages are implemented through convincing media, in more practical way, with the additional input for changing environment and technology. The broad aspects of CB of these personalities are reproduced below.

- (a) Excellence in Oratory, convincing skill and knowledge of Vedic literature.
- (b) Best administrative and organizing skill.
- (c) Knowledge of Political, Geographical and Cultural-set up of the Indian sub-continent.
- (d) Stories from the Epics told by their mother to Swami Vivekananda and Dr. Deepak Copra
- (e) Importance of Karma yoga, that the task of householder is much more difficult than *Yogi*. For CB, carrying out obligatory duties, daily and occasion-based duties are essential.

- (f) Vedanta is not only for ascetics and saints but for house hold person also.
- (g) Learning of Sanskrit itself is one of the essential requirements for Character Building.

Character Building is the need of the hour. Indian population mainly consists of farmers, labour class, and tribal clans. They are very simple soul already having most of the attributes like *Bhakti* but lack formal education, concept of sanitation and hygiene and have an abject poverty. Such vast population who already possess the pre requisite of Character are required to be motivated and trained for Nation building. This is what is exactly expected from the youth today, who otherwise are well equipped but lack the yogic training to carry out this task.

The Complete solution can be seen reflected in Swami Vivekananda's¹ thoughts which are re-quoted as a complete solution to all issues and problems. "Just the Sanskrit has been linguistic solution, so the Arya, the racial solution, so the Brahmin hood is the solution of the varying degrees of progress and culture as well as that of all social and political problems." The volumes of 'The Complete Works of Swami Vivekananda' and two volumes of The Arts of Man Making of Swami Chinamayananda are the text-book and work-book for students on the subject of CB.

The greatest virtue to be cultivated and nurtured for CB for everybody, especially for students is to develop reading habit and learning as many languages as possible. Shri Vinoba Bhave, Aurobindo and Dr. APJ Abdul Kalam were of the same opinion. Sri Aurobindo spent most of the time other than his duties, learning Indian Culture and acquiring proficiency in Sanskrit, Hindi, Marathi, Gujarati and even his mother tongue Bengali. His knowledge base expanded with reading and study of Classics *Mahābhārata*, *Ramāyaṇa*, *Kālidāsa*, *Bhavabhūti*, Bankim as well as Homer, Dante, Horace and many.

Dr. Deepak Chopra can be called as the Prophet of alternative medicine. The main thrust area Dr. Deepak Chopra has been medical field with Ayurveda as a core. Moreover, his scientific approach, language and understanding of physiological set up of modern generation, especially the youth community will be of a great asset in shaping the habits and health of a person, which are intimately connected with Character Building. His childhood, education and background in modern era, was strongly supported with Indian traditional concepts and later on groomed under great master Mahesh Yogi.

¹ Swami Vivekananda, Complete works of Swami Vivekananda

It is up to us now up to us to fulfill the dreams of these legendary personality in an earnest way.

Chapter V focusses on Basic nature of a child, the divinity which has to be 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. Prayers, *Mantras* and *Gītām* in Sanskrit language have great value in CB. The art of storytelling is almost vanishing from present generation and lot of material is available in Sanskrit especially for children. A ‘Trilingual Formula’ for recitation is presented for overcoming the language issue especially for Children. The stories, cartoons, Study materials, recreational material and other skill development are also available in audio visual devises for present generation.

Health is most important for Character Building. This is offered by Ayurveda and few aspects are mentioned as an example. Each of the *dosha* 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. Strict maintenance of ‘*Dinacaryā* – Daily routine’ is key to keeping body healthy. 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 *śāstras* in terms of Character Building. That is entire purpose of writing this Thesis.

Limitations of the said study: The present thesis involves the works and mention of few legendary personalities only on whom the concepts of CB are applied and mentioned here. An attempt has been made here to cover the aspects of CB. The topic is vast and extensive hence the study is limited to few personalities only.

Further scope of Research:

Vivekacuḍāmaṇi deals with man-making of universal men and women. The time has come for researchers in India and abroad to find solution to unified Field Theory linking Einstein's four-dimensional continuum and Śankara's description of *Brāhmaṇa*." Lot of area of research on the legendary personality can be attended to learn and project the image of India.
