

IMPACT

INNOVATIVE MANAGEMENT PRACTICES
AND CREATIVE THINKING

A JOURNAL FOR MANAGEMENT PROFESSIONALS

THE FATHER OF INDIAN
CONSTITUTION



DR. B. R. AMBEDKAR

Greetings from **IMPACT**



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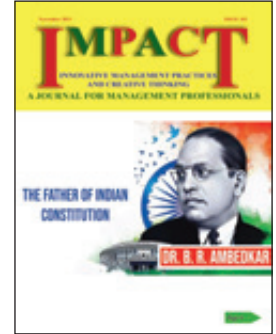
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Dear Readers,

Qatar has been playing a significant role in mediating international conflicts, attracting Western trust due to its involvement in negotiations, such as the release of American hostages held by Hamas and Iran. Qatar's support for Hamas, however, has drawn criticism. The ongoing conflict between Israel and Palestine has garnered international attention, with the United States Secretary of State, Antony Blinken, calling for a unified stance on the war in Israel, similar to what diplomats have done over Ukraine and other major issues. The United Nations has also called for an end to the violence and urged both sides to show restraint. The European Union has called on both sides to de-escalate tensions and reiterated that violence and incitement are unacceptable and the perpetrators on all sides must be held accountable. The Arab League has condemned Israeli air strikes on Gaza as indiscriminate and irresponsible. China has expressed its neutrality on the conflict but has faced challenges in its intended role and ambitions as a peace broker in the Middle East.

Qatar established trade relations with the State of Israel in 1996, the first amongst all nations of the Arabian Peninsula after Oman reportedly did, concurrently with Israel-Jordan peace treaty. Until 2009, Qatar and Israel maintained diplomatic and financial relations, but due to Operation Cast Lead, Qatar broke ties with Israel. In October 2023, eight former Indian Navy personnel were given the death penalty by a Qatar court on allegations of spying for Israel. India has vowed to contest the death sentence. US President Joe Biden asserted that one of the reasons Hamas launched an all-front attack on Israel is because the militant wanted to jeopardize the India-Middle East-Europe Economic Corridor announced last month during the G20 Summit in New Delhi.

Editorial Team

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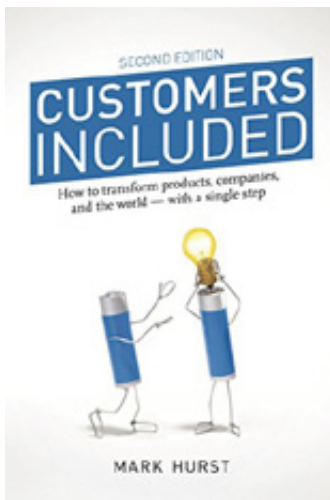
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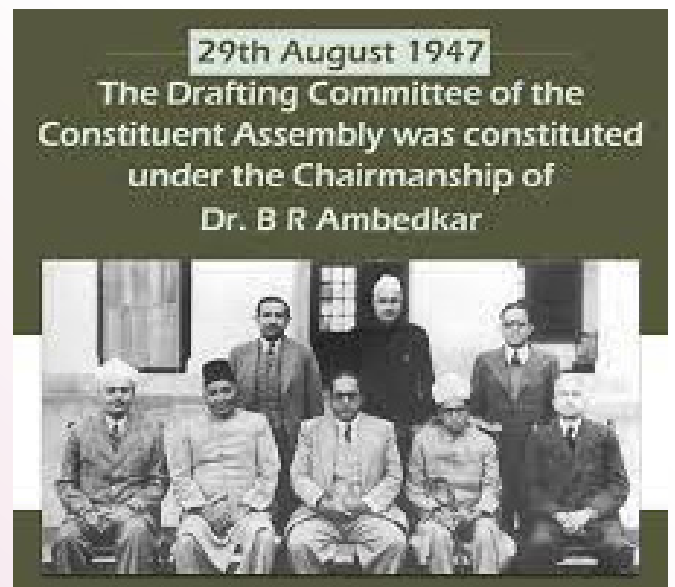
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The Constitution of India



The Constitution of India was born on 26.11.1949, a day, which we are celebrating as 'The Constitution Day'. However, a day earlier on 25th Nov 1949, Dr. B.R. Ambedkar finalised the Draft Constitution and gave his concluding speech, for its acceptance by the Constituent Assembly members. Just before finishing his speech, Dr. B.R. Ambedkar, the Chairman of the Constitutional Drafting Committee, expressed his grave concern for the future of India. The portion of his speech excerpted from the book "DR. AMBEDKAR & THE MAKING OF THE INDIAN CONSTITUTION" written by DR. H.V. HANDE & published by Macmillan & Co, is given under

"Here I could have ended. But my mind is so full of the future of our Country that I ought to take this occasion to give expression to some of my reflection thereon. On 26th January 1950, India will be an Independent Country.(Cheers)What would happen to her Independence?. Will she maintain her Independence or will she lose it again? This is the first thought that comes to my mind. It is not that India was never an Independent Country. The point is that she once lost the Independence she had. Will she lose it a second time? It is this thought which makes





me most anxious for the future. What perturbs me greatly is the fact that not only has India once before lost her Independence, but she lost it by the infidelity and treachery of some of her own people. In the invasion of Sind by Mohmommmed -Bin-Kasim, the military commanders of King Dahar accepted bribes from the agents of Mahommed-Bin-Kasim and refused to fight on the side of their king. It was Jaichand who invited Mohommed Ghori to invade India and fight against Prithvi Raj and promised him the help of himself and the Solanki Kings! When Shivaji was fighting for the liberation of Hindus,


the other Maratha noblemen and the Rajput Kings were fighting the battle on the side of the Moghul Emperors, When the British were trying to destroy the Sikh Rulers, Gulab Singh, their principle Commander, sat silently and did not help to save the Sikh kingdom. In 1857, when a large part of India had declared a war of Independence against the British, some stood and watched the event as silent spectators. Will history repeat itself? It is this thought which fills me with anxiety”. Concluded Dr. B.R. Ambedkar

I am afraid, Dr. B.R. Amebedkar’s grave concern about the ‘future of India’, expressed in the Constituent Assembly, on 25.11.1949 is unfortunately proving right !



Dr. H.V. Hande

*Former Health Minister of Government of Tamilnadu.
Founder& Director of Hande Hospital.*



Talking to your teenager

Getting teenagers to talk openly about what's bothering them can be hard. Follow these tips to help get them talking to you about their worries.

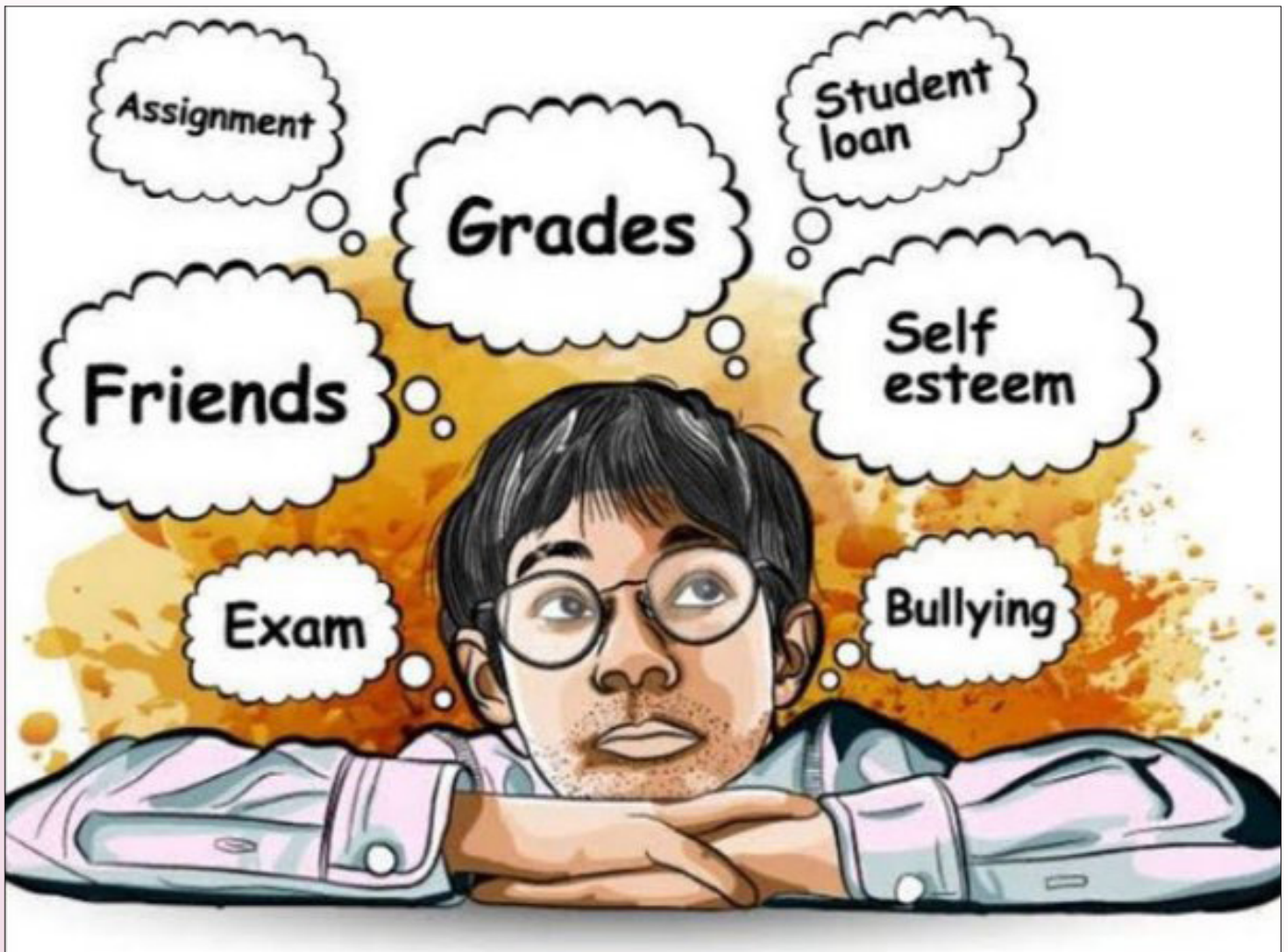
Do not judge your teenager

Start by assuming they have a good reason for doing what they do. Show them you respect their intelligence and are curious about the choices they've made.

If you do not pre-judge their behaviour as "stupid" or "wrong", they're more likely to open up and explain why their actions made sense to them.

Try not to assume you know what's wrong

Do not assume that you know what's wrong. Rather than asking "Are you being bullied?", try saying "I've been worried about you. You do not seem your usual self, and I wondered what's going





on with you at the moment? Is there anything I can help with?”.

Be clear you want to help

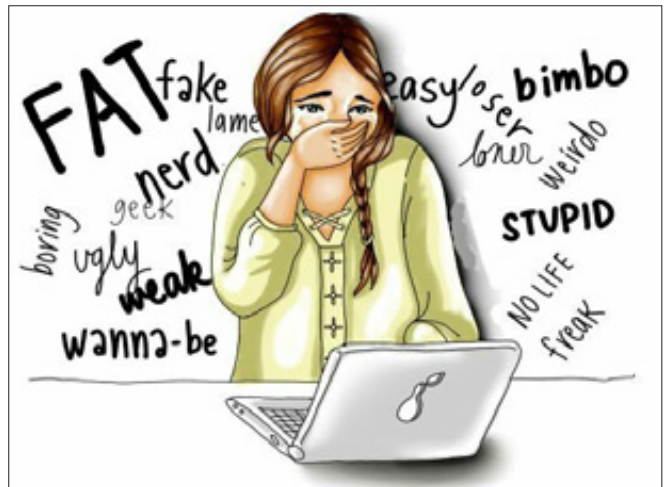
If you suspect your child is using drugs or drinking excessively, be gentle but direct. Ask them, and let them know that you’ll help them through any of their difficulties.

Be honest to yourself

Teenagers will criticise you if you do not follow your own advice. If you drink too much alcohol yourself, for example, they’re likely to mention it (“You cannot talk!”). Make sure you’re acting responsibly yourself.

Help your teenager think for themselves

Instead of trying to be the expert on your teenager’s life, try to help them think for themselves:





FINDING THE WAY OUT WHEN IT SEEMS IMPOSSIBLE

- Discuss the potential implications of poor behaviour choices. For example, “How does smoking weed make you feel the next day? So, if you feel like that, how’s that going to affect you playing football?”
- Help them think critically about what they see and hear. “So Paul said X: is that what you think?”
- Help them feel that they can deal with life’s challenges. Remind them of what they’re good at and what you like about them. This will give them confidence in other areas of their lives.
- Information is empowering. Point them towards websites that can give them information on drugs, sex and smoking so they can read the facts and make up their own minds.
- Help them think of ways they can respond and cope. “So, when you feel like that, is there



HOW TO BOND WITH YOUR TEENAGER

Tips to bond like never before



How to Talk to a TEENAGER Who Doesn't Want to Talk

Raising Teens Today

anything you can do to make yourself feel better?”

- Encourage them to think through the pros and cons of their behaviour.

Pick your battles with your teenager

If they only ever hear nagging from you, they'll stop listening. Overlooking minor issues, such as the clothes they wear, may mean you're still talking to each other when you need to negotiate – or stand firm – with them on bigger issues, such as drugs and sex.

Try not to react to angry outbursts

Teenagers often hit out at the people they most love and trust, not because they hate you, but because they feel confused.



Do not think that they mean the bad things they say (“I hate you!”). They may just feel confused, angry, upset, lost or hormonal, and they do not know how to express it.

Help your teenager feel safe

Teenagers often worry that telling an adult will just make things worse. You need to be clear that you want to help them and will not do anything they do not want you to.

This may be particularly important with bullying. If your child opens up to you about bullying, explain that it is unacceptable. Listen to their fears and reassure them it's not their fault.

Help build up their confidence by reassuring them that you'll face the problem together.

Ask your teenager the right questions

Sometimes you'll find out more about your teenager if you ask open questions. If they have an eating disorder, for example, asking confrontational questions like “What did you eat for lunch?” or “Have you made yourself sick?” may mean you get a dishonest answer.

Sticking to open questions such as “How are you?” or “How has your day been?” helps your teenager talk to you about how they're feeling.

Source Courtesy: <https://www.nhs.uk/>

Book Review

CUSTOMERS INCLUDED

By

MARK HURST & PHIL TERRY

Book published by Creative Good, Inc., New York.

Authors-

Mark Hurst is a Master's in Computer Science from MIT and lives in New York city.

Phil Terry holds an MBA from Harvard Business School and lives in Brooklyn.

This book is a 'must' read for every entrepreneur and venture investor. This book shows how to include customers in the innovation process and it shows that any new technology can not replace the simple act of listening to the customers.

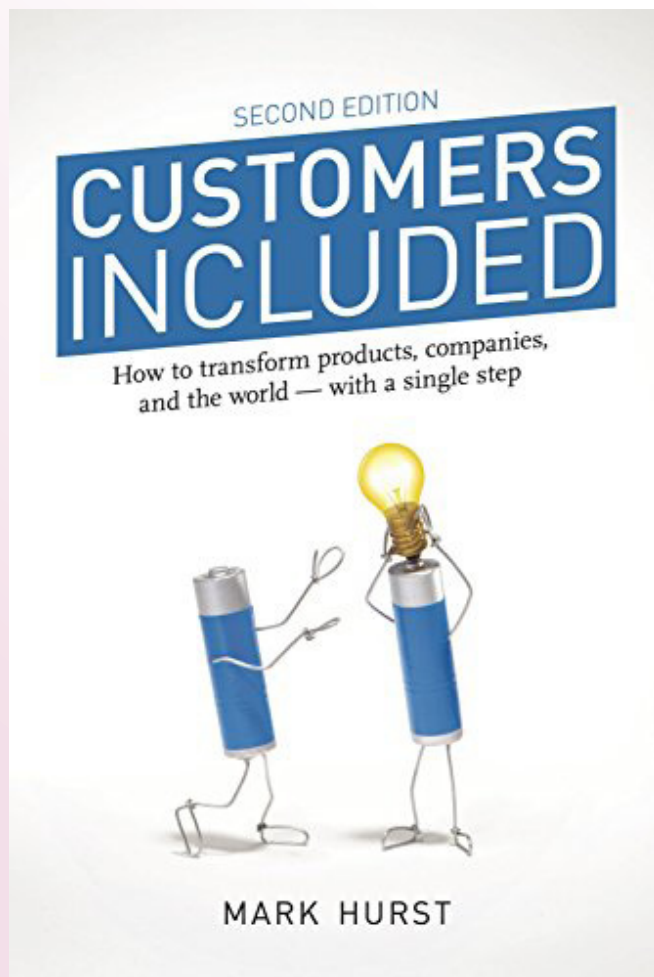
Phil and Mark have shared their years of experience helping a wide range of companies. This book is a guide to keeping the customers at the centre of any organization and help in giving customers what they want or what they expect and often even surprise them with novel offerings.

Customer, the main focus

We can not afford to ignore customer, although he is not the main and only focus in any organization.

But we have to include the customer in our day-to-day functioning.

We have to see the world through the eyes of a customer, which is not very easy. Any innovation becomes a failure if it does not include the customer's perspective. Even Steve Jobs started with a passionate concern for the customer and worked backwards to the technology. He focused on the iPhone project



from the very beginning, on creating a better customer experience.

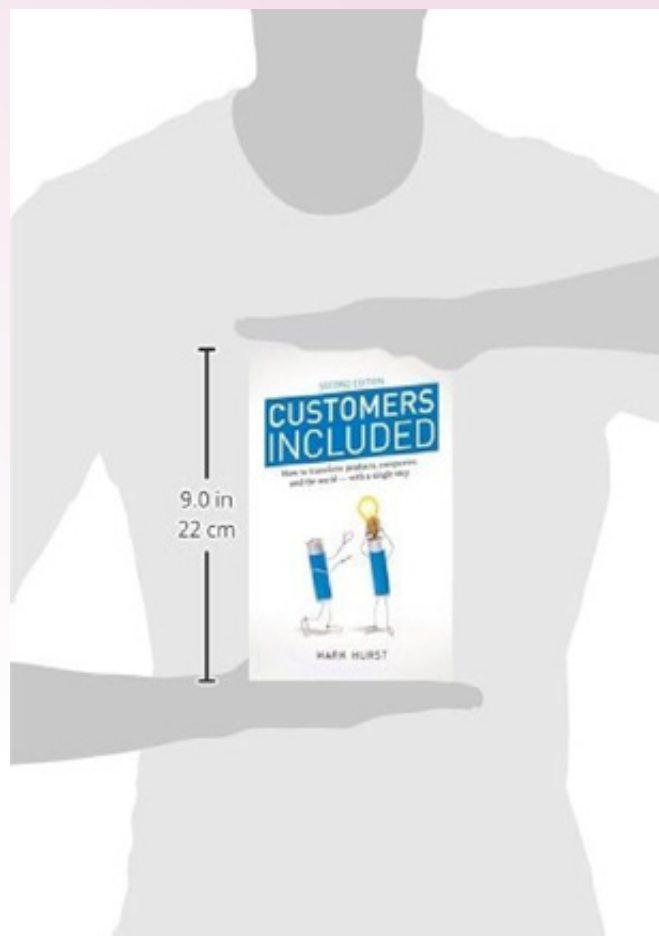
Some times there is a difference between what the customer says and what he does. Focus groups and surveys tend to generate data that is what the customers say rather than what they actually do.

Any attempt to create or improve the customer experience needs the support of the organization. That means, to include the customer, you must also include the organization.

Never include the customer by default. It requires an intentional effort to get the organization to make a customer-inclusive change. Getting the other stakeholders to watch customers together can pave the way towards consensus.

The Target Audience for this book

Customer Included is for any one who wants to transform their business or sustain long term success.



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Don't Just Meet Your Customer Expectations,

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This book is for start-up entrepreneurs and executives at Fortune 500 companies. This is for an entire team building of the company.

Any person in an organization- whether you are the CEO, a product manager, a sales person, a designer or a Director- all have customers.

This book is for any one wanting to better serve their customers. For managers who want to build products that customers will be delighted to use again and again. And for public service professionals.

Mark and Phil provide practical tips for a strategic, customer-inclusive approach that generates results. They have shared some eye-opening examples that point to the real importance of considering and including the customer in organizational decisions.

Mark and Phil understand that the secret to a great organization is keeping customers at its heart. They have done a terrific job of detailing the importance of listening to the customer as a vital factor in crafting the strategy.

This book is loaded with stories of success and failure- all of which yield a crucial lesson- Include the Customer.

R. Venugopal

Mr. Venugopal has served in LIC of India from 1968 to 2006 for 38 years and retired as an Executive Director.





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What every investor should know about risk?

What you as an investor should know about risk and how it plays a role in your wealth creation efforts. •

The parable of the blind men and the elephant aptly describes the understanding of risk among many retail investors. Like a group of blind

Tips and Tricks for Investors



Track your investment watchlist

men, who have never come across an elephant before, each lays a hand on different areas of the elephant's body, yet is unable to recognize what the animal is.

Risk has many facets to it.

Not everything can be diversified

In 1970, a study by Fisher and Lorie found 95% of diversification benefits can be derived from the construction of a 32-stock portfolio compared to a portfolio comprising the entire New York stock exchange.



Ever since 30 has become the magic number for stock managers. However, it needs to be noted that beyond the sector and stock diversification, there is an element of 'market risk' that can never be fully diversified away.

Unlike specific risk, directly linked with an industry or company-based performance, market risk is associated with the overall economy or securities markets.

Also known as systematic risk, it is the risk emanating from unforeseen events such as political instability, terrorist attack and trade embargoes. It is impossible to eliminate all such risks. Prudent portfolio construction, however, could reduce a portfolio's susceptibility to it.

Risk capacity is different from risk tolerance

Risk capacity is defined as an investor's financial capability to withstand a financial loss without meaningfully compromising her desired standard of living. It can be measured objectively.

6 PROFITABILITY RATIOS

EVERY INVESTOR SHOULD KNOW

Return on Equity (ROE)

$$\frac{\text{Net Income}}{\text{Shareholders Equity}} \times 100$$

Indicates how well a company is generating profits for its shareholders

Return on Assets (ROA)

$$\frac{\text{Net Income}}{\text{Total Assets}} \times 100$$

Indicates how profitable a company is in relation to its total assets

Return on Capital Employed (ROCE)

$$\frac{\text{Earnings Before Interest \& Taxes}}{\text{Capital Employed}} \times 100$$

Indicates how much operating income is generated for each rupee of capital invested

Net Profit Margin (NPM)

$$\frac{\text{Net Income}}{\text{Net Sales}} \times 100$$

Indicates the proportion of revenue that finds its way into profits after meeting expenses

Operating Profit Margin

$$\frac{\text{Operating Profit}}{\text{Net Sales}} \times 100$$

Indicates the percentage of sales remaining after all costs and expenses, except interest & tax

Earnings Per Share (EPS)

$$\frac{\text{Net Profit - Preferred Dividend}}{\text{Number of Equity Shares}}$$

Indicates how much money a company makes for each share held by equity shareholders

COMMON MISTAKES EVERY INVESTOR SHOULD AVOID.

- Not assessing your risk appetite**
Understand your risk profile before making any investment so that it matches your risk profile.
- Panicking or celebrating too much**
Market ups and downs can drive your emotions, but don't let it drive your investments.
- Falling for rumours**
News only gives today's perspective and cannot predict the future. So treat it with caution!
- Never reviewing, never rebalancing**
Always keep a close track of your investments and rebalance your portfolio if necessary!
- Not having an investment plan**
The most important part of investing is to create a plan and invest for each goal.
- Not investing for the long term**
Your financial goals are seldom short term. Ensure that you invest for the long term too!

For instance, if an investor has adequate cash savings, pension income and net worth to cover her standard-of-living needs without significantly relying on the value of portfolio assets dedicated to achieving financial goals – then she is said to have a high-risk capacity.

Risk tolerance, in turn, gauges the willingness of investors to take risks and is represented by the maximum amount of uncertainty an investor is willing to accept while taking investment decisions.

As against risk capacity which can be measured objectively, risk tolerance is a behavioural trait determined through questionnaires and tests.

While risk capacity changes throughout the goal timeline, the financial risk tolerance level is relatively stable across time. The former needs to be revisited as the financial situation changes and as one moves closer towards the completion of goals.

Don't ignore the sub-asset risk

Investors often tend to look at risk only at the asset level. For instance, equity funds as an asset class are considered riskier than debt funds.

However, within equity funds, there is a range of funds – each with its distinct characteristics. Small-cap funds are higher on volatility while large-caps are relatively less so.

While debt funds are relatively safer than equity funds, the NAV of long-term gilt funds can fluctuate a lot based on the interest rates trends in the economy. So, it is important to look at the risk factors of individual schemes before making investment decisions.

It is all about probabilities

What's the worst-case scenario for your portfolio over a month? Value at Risk (VAR) gives you a



sense of it. It does not express absolute certainty but instead makes a probabilistic estimate.

Just because in the last 40 years, the Indian stock market has not corrected beyond say 30% in a month, doesn't mean it will not happen in the future. History need not repeat itself.

Risk and return are not always together

Stocks can potentially give a higher return than bonds over the long term but are also more volatile. Bond investors as creditors are legally entitled to fixed amounts of interest and principal. They are repaid in priority if the company goes bankrupt. However, if the company is successful, you won't earn more than that.

Shareholders in turn are owners. As a shareholder, if the company is unsuccessful, you could lose all

your money. But if the company is successful, you could see higher dividends and a rising share price.

Historically, Indian stock market investors have managed to get an annual return of 12% against 6% for bonds – a premium of 6% p.a. for taking higher equity risk. However, this doesn't always guarantee more returns and in that proportion.

Take away

Comprehend risk by understanding its components and by staying away from popular myths attached to it.

Author: Muthukumar K

Source Courtesy: <https://scripbox.com/>

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Truth Alone Triumphs

Education ,be it formal or experiential, shapes our lives,infact the experiential learning gives us a strong sense of all the phenomenon occuring in our surroundings.And gradually,we come to realise that there is a unique pattern or system or logic behind every such phenomenon occuring every second throughout the universe .There is a unique science of the society and there is a unique mathematical management of the material existence of the universe.

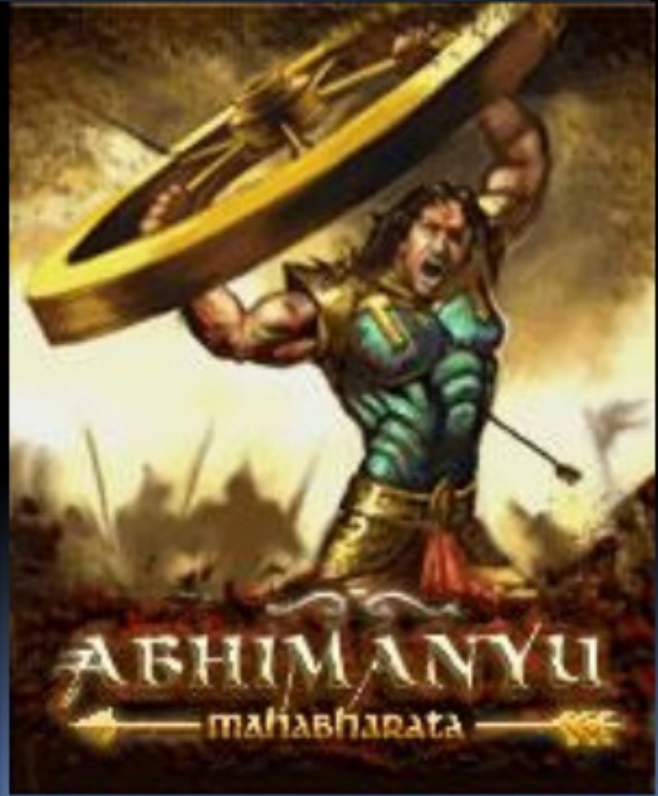
The very basic learning starts from imitation of sounds and establishing their link with the specific objects like tha tha sound linking with a person 's face called athai or thatha in our relationship or a moo moo sound showing to the cow or a kaa kaa sound pointing at a crow and so on.

Mother's love and father's care are the first two basic things we receive from this world as we are born on earth.But our learning starts from within the

ABHIMANYU- A WARRIOR IN THE WOMB

Learning in the womb

Abhimanyu in Padmavyuham

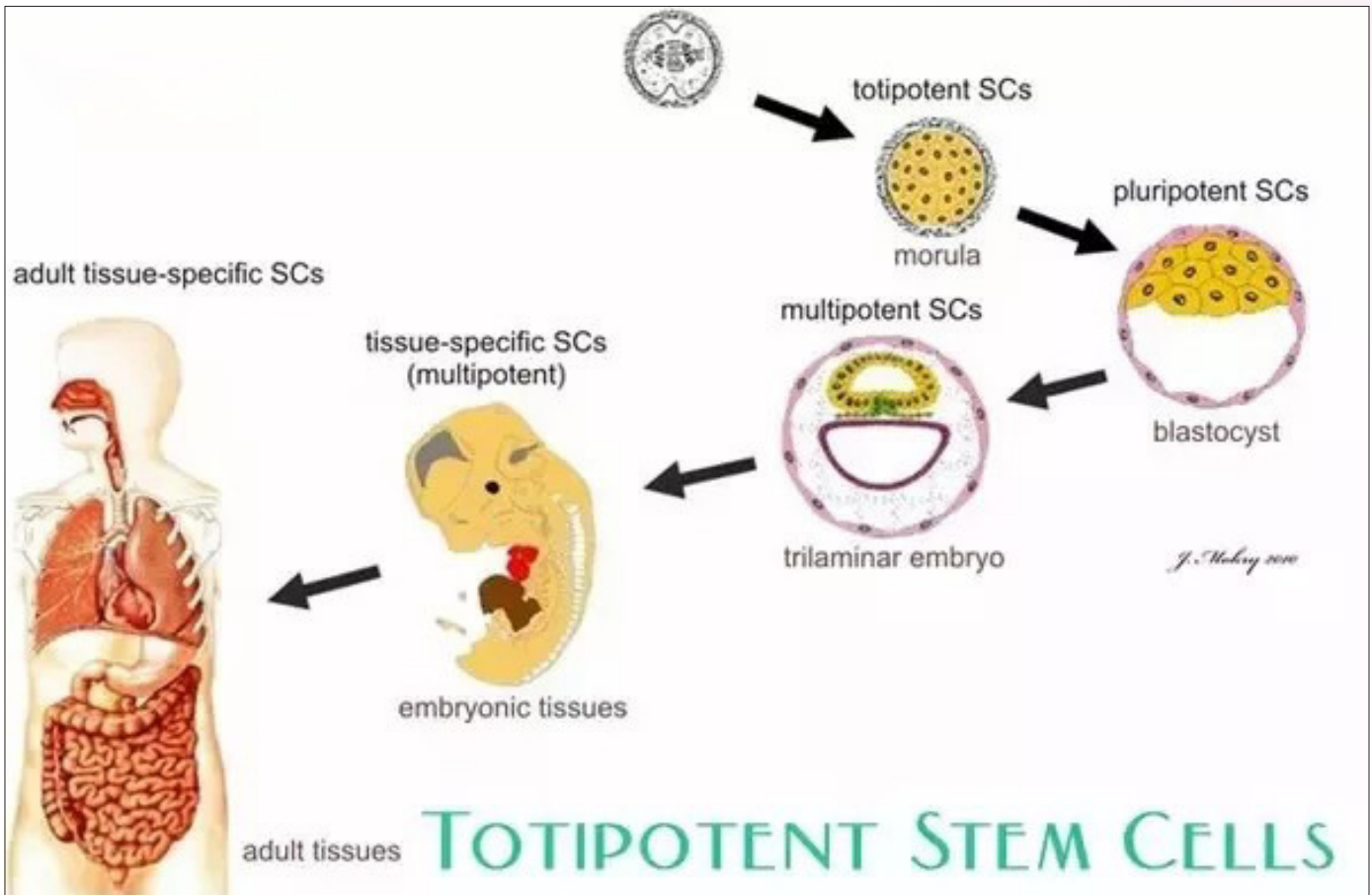


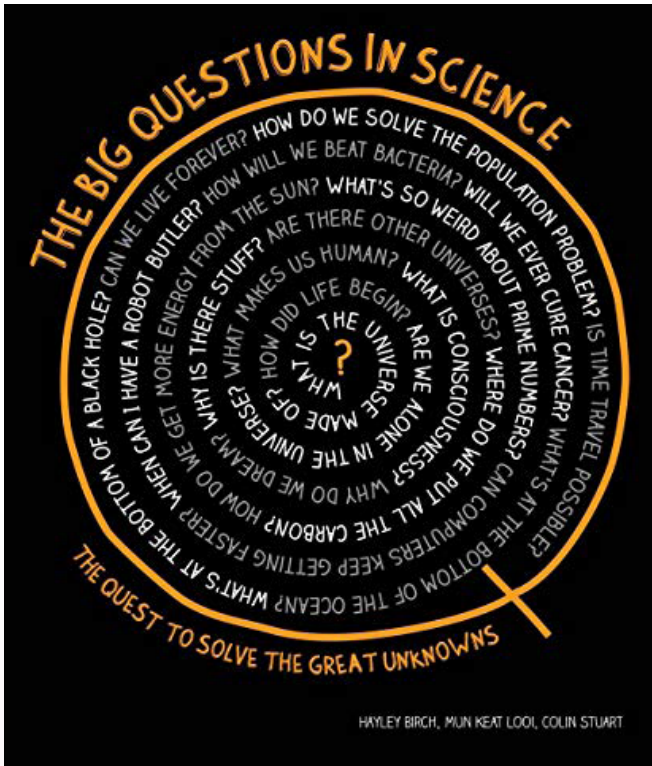


mother's womb about which we have narrations in our epics like Abhimanyu having learnt the secret of entering a chakravyuh while being Inside his mother Subhadra's womb when his father Arjuna was explaining those war tactics to his beloved wife. But Abhimanyu had not got the wisdom of when and how that specific learning will be utilised in his life.

Maybe each one of us learn many things while being within our mother's womb not knowing when and how that knowledge will be utilised in our life, and the womb is like the universe, having dark matter where two very tiny things invisible to eyes, the egg and sperm, joins together forming the zygote and gradually grows up to the 36 cell stage as the totipotent cells .

Each totipotent cell is capable of growing into another ball of 36 cell stage and if we imagine, we can visualise how a whole lot of matter can be created from two very basic things of matter





and energy within the dark empty space called mother's womb. And it's a wonderful phenomenon occurring far away from our vision somewhere in the universe where galaxies are born as well as very much deep within us where an infant grows. Isn't it so interesting that we are part of the vast universe and the vast universe is part of us. But, we don't have the consciousness of anything till certain age, after which we slowly develop the consciousness of space, time and everything happening around us. Finally, we reach a point in life, where we gain the wisdom of who we are and what we are and we attain a balanced state of mind that finetunes our existence leading us to the point in life when again we go back to the stage of dust particles leaving behind us our footprints in the form of our memories that others carry in their heart and mind and as our children who come from within us and continue their journey beyond us following the same pattern we followed.

This phenomenon of life and death and the consciousness of being alive is the ultimate knowledge and the ultimate truth beyond our control. So is there anyone who has created this

specific pattern and, is there any way to see and feel that person during our existence in this world!!

Learning has an immense impact on our life and living. And the knowledge of life and death can have even greater impact on our existence. In Grade VII, in the Odia literature textbook, which was the first language paper for us, we had the story of Nachiketa and his adamancy to know the Mrityunjay Aatma Gyan. Then somewhere in the Grade IX, we had another chapter about Swami Vivekananda and his adamancy to meet Hanumanji by sitting silently in their backyard banana garden as he had heard some stories from his mother that Hanumanji comes to eat banana from their garden and how his family was restless searching for him for few days not knowing his whereabouts. As a curious child, who was enjoying every subject be it literature or numbers or science of cause and effect, I too had shown interest in the Mrityunjay Aatma Gyan. But, then, where is the Yamlok, where Nachiketa spent three consecutive days waiting for Yamraj to arrive as he had gone out somewhere when Nachiketa reached that place. And where is Hanumanji, is he really there in this world!!

We all know that the top of the iceberg is just one-tenth of it whose nine-tenth part lies under water, invisible to our naked eyes. If they are invisible, then how do we see them and accept them with so much accuracy of fractional divisions!

Again in mathematics, the very basic things we learn are the numbers and their operations and we are taught how between two whole numbers, there exists an infinite Numbers like $\frac{1}{2}, \frac{1}{4}$, etc and we are taught a very basic theorem that every number on a number line can be represented as a single dot. This way, if we stretch our number line and try to give a specific dot or a specific position to all those numbers between two whole numbers, since there are infinite Numbers between two whole numbers, we will end up in space from the two dimensional plane of paper where we started with the number line, and even a number line is

nothing but arrangements of continuous dots in a straight line pattern. That is, the two dimensional surfaces or three dimensional solid shapes are also accumulated dots in a particular pattern. This way, the whole universe is an agglomeration of dots and from a single dot, the whole universe has grown. Interestingly the concept of Algebra developed from India which is known as the Science of finding the unknown in terms of the equations with the unknown variables like "x,y,z etc" and the known coefficients. Maybe the variables are like the invisible part of the iceberg and the coefficients are the visible tip. Maybe, there is a specific mathematical formula to solve the exact position of God the way our satellites solve the linear equations and the quadratic equations to give us the exact location of a particular thing through the GPS system and God is the most known, yet unknown thing for us.

Maybe, Puri or the Purushottam Khetra is in line with the centre of the universe where Lord Jagannath is sitting atop 22 steps as seven deities representing the constant $\pi = 22/7$ and the

universe is ever expanding like a circle whose periphery can be increased to infinity keeping the relationship of $A = \pi r^2$ or $P = 2\pi r$, where "r" is the radius of the circle having the centre fixed at one point and A is the area we can cover and P is the periphery and we can imagine it with infinity value of the radius.

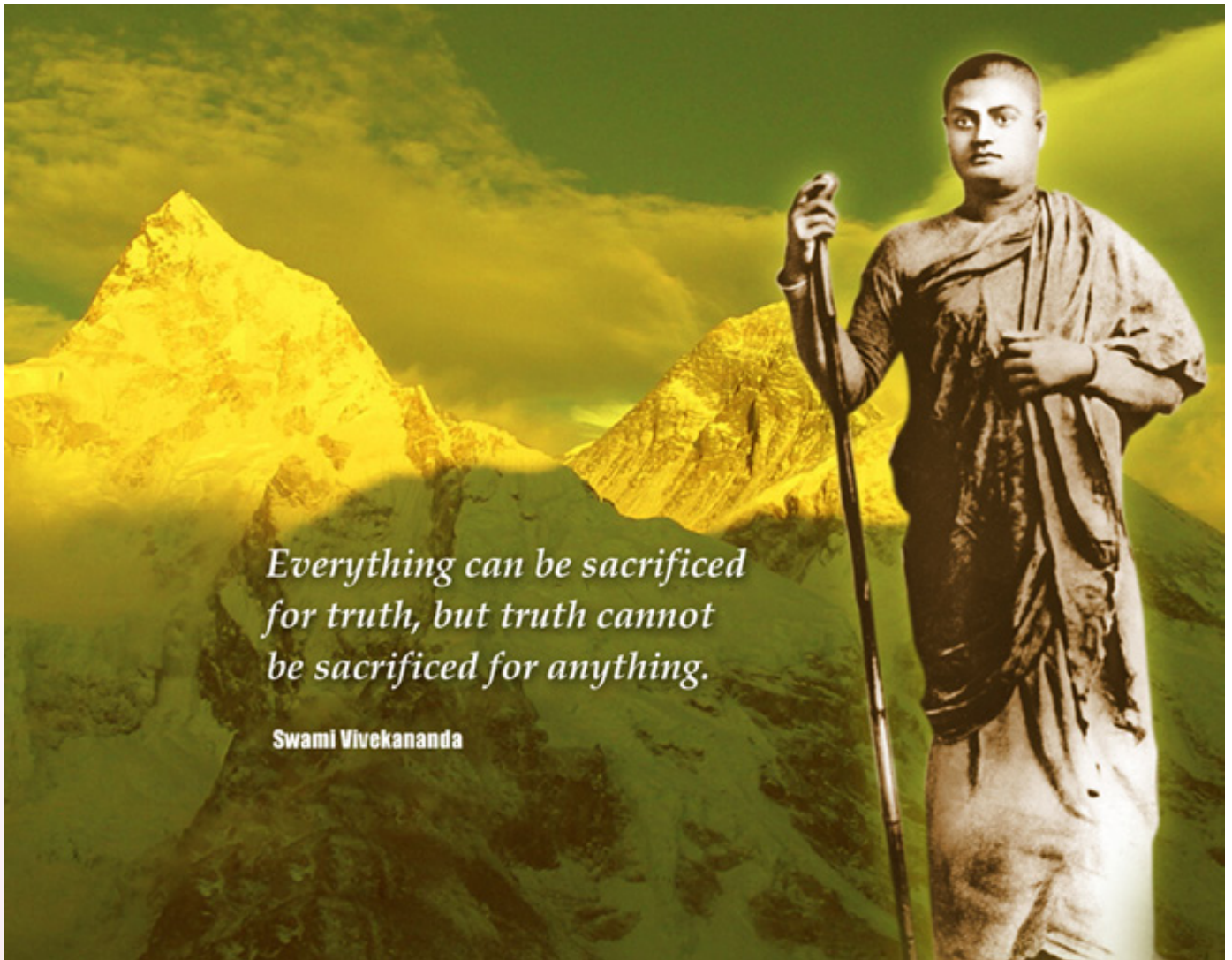
As per one of the legends, during the cosmic flood when Rishi Markandeya was being dragged down by the swift current, near the Banyan tree that still stands inside the Puri temple complex, Lord Jagannath had given him Darshan as Balmukund and had made him very small asking him to enter inside his mouth to get rid of the flood. And the Rishi had travelled throughout his mouth leading to the food pipe and so on but he couldn't reach the other end and he returned back to his mouth and by that time the cosmic flood was over and he composed the Balamukund Ashtakam as per his darshan. And we all chant those verses till date though many times we find it little hard to believe in those legends. But, the MRI scan technology is like this type of movement inside our body

**Readers are requested to send their
management related questions.**

IMPACT will get replies from management
experts.

Send your questions to:

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*Everything can be sacrificed
for truth, but truth cannot
be sacrificed for anything.*

Swami Vivekananda

recording the details happening inside. And even the fiction movies like The Antman is like this concept of a fully grown adult diminishing to the size of a tiny ant. Maybe such concepts have just taken shape in the thoughts of those Hollywood directors and the director of this universe is a master of that phenomenon and can appear and disappear whenever he likes, how he likes and when he likes.

Well, my knowledge of exact mathematical calculation of this world and universe or the exact biological activities taking place inside our body is a little less known fact for me just like the invisible part of the iceberg but the experiences of several social phenomena that generally each one of us experience, has taught me certain specific patterns

that occur in our society like the visible tip of the iceberg. Sharing some of those experiences of life of mine.

One Day during the Grade VIII, a group of magicians who visited our school and executed many interesting tricks, had performed one challenging trick in which one of the performer pierced a thick needle through his cheeks without getting pain and even summoned anyone to rise up to the stage to test for herself (it was a girls' highschool). I stood up and decided to go near him to try the trick and some of my teachers had cautioned me. But the free spirit of the little happy child in me was dared enough and to everyone's surprise they pierced the same kind of thick needle in my cheeks and took out without any pain or bleeding. The Tiny hole got

filled gradually in due course of time. We see, many people performing such tasks during certain temple festivals. I don't know the exact logic, but before doing so, they had asked me to remove my school shoes and they had instructed not to clap after the trick is done and they had prayed something in their heart and had rubbed little bit of dust that they took by touching the ground. It was a daring act by me to take a decision to be a participant and a real time experience too.

Then, the same year, during the annual exams, I along with other residents of our locality had observed a sadful incident, where an young boy from some place who had entered the township looking for some daily work outside the factory had unfortunately met with death (mysterious) and was hanged in a tree branch and many people had flocked to see the same including me. I had seen that incident two to three times after returning from the exam and by afternoon I developed sudden vomiting and a sudden feeling of fear and hallucination.

That was the day, all sorts of weird things including hallucinations, fear of being haunted, nightmares started in my life. I was clueless about the same and was unable to express it to my parents. From that day night to the night of my birthday in April 2020, when I decided to write my story for the Write India Season-III Contest, the fear of death had preoccupied me beyond my control. My journey was like that of a double headed snake, while consciously I was trying my best to march ahead in life preparing for civil services exam, my life was dragging me backward in time in the subconscious level beyond my control away from the worldly existence. During those days I had heard a story from my mother that, I was the first girl child in my father's family where for several generations no girl child had survived and without much idea of what was going on within me and around me, I started developing the idea that I would leave this world very soon. Since I had deep love for my father, I started to feel like doing something good before

leaving the world. Gradually that feeling coincided with the feelings of palpitations, headache unexplained hallucinations, nightmares and as if like the laws of attraction, I started inviting death towards me.

Those feelings were quite disturbing, at one point during the final exams of Grade X, the feelings went to such extreme levels that, I was unable to eat anything for one month and sensing death very near me, I started crying and those experiences of losing my father left me very helpless. Suddenly I started feeling guilty, as if I had prayed something wrong in my life like inviting death. And again I started praying to God not to take me away from my father, as I was deeply bonded with my father. And I had fixed my mind that, if I score very good marks in the public exam getting a rank among the Best Ten students in the state, my death will be confirmed. As I was good at studies, when the exam became more closer, my feelings of approaching death became more stronger and that started disturbing me too much with the pain of going away from the most loved person of my life. I don't know, why that kind of a thought grew so strong in me and those days were very difficult days psychologically. I apologised to God and started praying not to take me away from my father. And, again I twisted my conditions, like if I don't get any rank within the Top Ten students, I will not leave this world. Those days of my life in the year 1997, when I completed the higher secondary school public exam, I was facing severe chaotic situations within me. When the results came, I stood at rank 17 and started



pacifying myself that I was not going to leave my father forever.

But since those days to till December 2018 when I came to know about the broken bone of L4 L5 area, psychologically I was struggling with several unexplained fears and phobias that had left me helpless from within. And the recent video clip of Dr Tony Nader (Neurologist) gave me the links like what exactly would have gone wrong with me due to the fall from the train. As per those medical explanations generally children or people having experienced any fall from a height end up developing sudden vomiting and other such neurological symptoms after 4 to 5 years of the fall. But the other social phenomena that I had observed had got coincided with that sense of vomiting and fearfulness and I was not aware of what exactly was going on in my life. The CT scan of the brain was normal and I had no pain symptoms near the pelvic area. So as a whole the body was sound clinically and physically but I started experiencing various psychological impacts just like the invisible tip of the iceberg. And when I saw the video of Dr Tony Nader, narrating Lord Rama's existence inside the sella turcica cave present inside our brain and Lord Hanumanji being in charge of the entire endocrine system of our body, I could establish another link of my experiences of various dreams and the theories of structure of our memory which is explained as a three layered structure comprising of the conscious, subconscious and the superconscious parts.

During the first week of April-2020, I had a unique dream of witnessing a very beautiful greenish blue sky (the only colourful dream) from where all the Gods and Goddesses of all forms of faiths were blessing the Earth and I was witnessing that phenomenon in my dream when suddenly I found myself inside a very deep and dark cave where there was a statue of Lord Hanumanji and I was praying to him, when suddenly he appeared from within the statue and touched my chest and disappeared



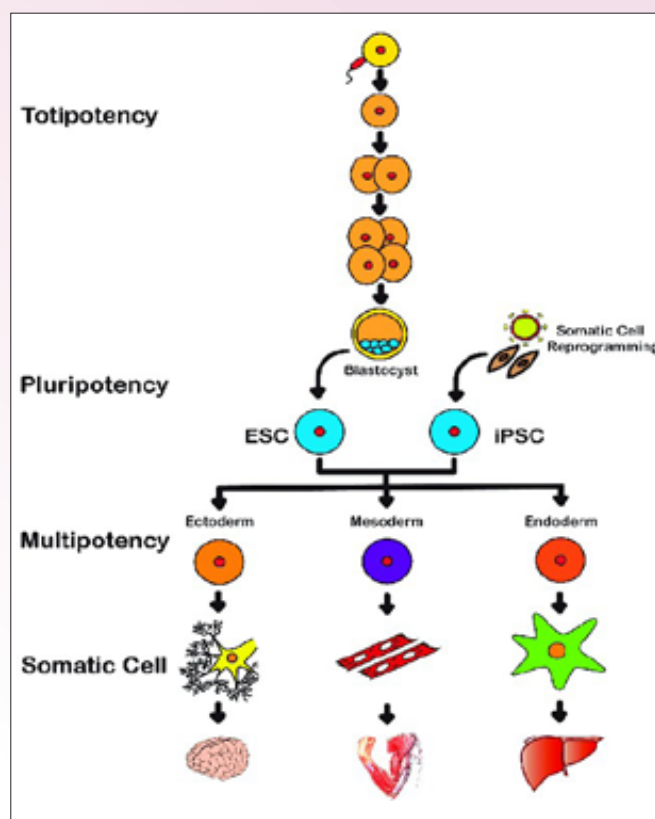
and I had got up from my sleep in the very early hours of the morning. That dream had left me more confused as we all know that Lord Hanumanji is a Brahmachari and that feeling of touch in my dream had created a different kind of sensation for me being a woman. In that same month, on the night of my birthday on April 28, I had overcome all forms of fear and phobias and had taken rebirth as the happy child of my childhood. And this journey of more than 22 years, both inward as well as outward was like a tug of war of my internal invisible self and the external visible self. Finally I reached a point in life, when I could balance both the parts and my life became stable and I had a Darshan of Hanumanji in my dream who removed all fear and phobias and sprinkled my body with the Sanjivani of life controlling Hormones and to my surprise my medical reports had shown increase in the growth hormone and the Gall bladder that had got shrunk in the previous scan had come back to near normalcy.

And from outside I had faced several situations when the fear of possible death was aggravating those internal disturbances. The first such fear I had felt during the first year of graduation when I had raised voice against ragging and the entire hostel including seniors and super seniors, my batchmates and even my roommates had stood against me. Those days were helpless moments and I was wondering why do we behave like that. We all say ragging is not acceptable yet we enjoy it in little dose. Maybe something like we label the alcohol with the social message for public health as “Consumption of alcohol is injurious to health and avoid drinking and driving” and yet we enjoy them in every weekend or month-end or year-end parties.

Again I was confused, if I had made a mistake by raising my voice against the practices of ragging! But I never felt guilty from within, rather faced the feeling of loneliness being boycotted by everyone.

During the final year of graduation when we were eligible to take part in the Institution Election process, I had filed the nomination form for the post of President. But I came to realise that, the Election process was a mere farce or mockery and the candidates for various posts were already fixed. Moreover it was very difficult to get votes from the students as they had stood against me during the first year for my opposition to ragging. Then I came to understand certain practical aspects of public life and leadership in public relations.

The public likes every good thing in words and actions as long as their personal goals and interests are not affected. If any public law affects the public negatively and yet is a law, we see two types of reactions. The public who are at the receiving end either keep quiet or gather enough guts and gatherings to raise voice against the law. The law enforcement authorities also keep quiet despite knowing its negative impacts on public or enforces the same with ruthlessness. There arise



some visionaries who try to take the change in the direction of public good but gaining momentum for such visions take time and sometimes people witness the birth of an extra ordinary hero from within an ordinary man. The same year, I had received an invitation from the Desh Bachao and Desh Banao movement's Odisha head, then Ex Lok Sabha speaker Late Rabi Rai ji to be part of the movement through my candid questioning to the statesman who had once visited our college as the chief guest of a student addressal program. But I had humbly declined the invitation following my dreams of UPSC and my personal views of Indian political system.

After several years of journey having worked with the members of our system, the simple question that came to me regarding that movement was, "Desh Bachao from Whom and Desh Banao as How?" Now I have all the answers with me and I am trying to balance both the acts despite my failures in becoming an IAS officer. When I filed the nomination form for the post of President, I was given death threatening as the suitable candidates

were already decided upon and the Election was just an eyewash to get into those positions of powers .And despite those life threats I had demanded Free and Fair Election or No election and for the first time in the history of RIE,the Election process got replaced with the Selection process. Again many of my batchmates were against me as their long efforts of becoming post bearers turned into futility.Then I started introspecting,is it right to support justice by standing against our fellow beings whom we want to serve or lead by coming to the posts!

We lead the people as a leader or the people follow us as followers! How can we lead a diverse and complex population where the interests vary significantly and retaining unity among the members becomes the toughest task.

Once we come to certain power,our position becomes important or our love for the public who bring us to that post! If the public is wrong or fellow leaders are wrong, what is the outcome of standing for justice which mostly takes away the public from us.

As a whole,there were lots of questions and many aspirations to serve the public through UPSC.

I was presented with the Miss Daring pageant on the valedictory program day of that final year,but the thoughts of life threats had left me in a state of Yam lok, sensing death in practical life beyond my feelings at the psychological state during the election process of final year in 2003.Then this process of meeting death very closely occurred on several occasions like when I was struggling with life and death and the doctor had to choose anyone, either me or my first child and my little infant had embraced death blessing me with life. Then again during giving birth to my son,I had experienced several critical problems mostly life threatening.This process of struggle between life and death,is like a threshold between life and death and may be that is the door where Nachiketa was

waiting to meet Yamraj the God of Justice and I wasn't capable enough to meet him (the God of Justice)during my school days when knowingly or unknowingly I had felt like leaving the world. But now I feel fortunate for having gone through such states of mind, when the fear of departure from my beloved father had left me imbalanced and I had prayed for life apologising to God for having asked for death because this life is a gift to us by God and denying life is like rejecting a beautiful gift from God.I feel pity and very sad for those teenagers who are giving up while preparing for exams like NEET and JEE and even youngsters who are giving up due to certain failures in career or relationship or middle age people for not able to overcome the challenges of certain humiliation in public life or work life or personal life or even old people who feel rejected at their old-age after having done so much for their children during their young age.Those who show the courage to digest the bitter pills of humiliation and failures and frustrations and choose life in place of death are like Nachiketa who had received the Mrityunjay Aatma Gyan from Yamraj ji.I have one personal experience with regards to This and after That incident I had experienced the feeling of Nachiketa and the way he was blessed with Three boons for having waited for Yamraj ji for Three consecutive days at his door.

Last year that was 2022, the month of November.I was called for an impeachment process in the public for raising my voice against the President of the welfare association where I was serving as the Secretary and the President is a retired IG and has worked with three chief ministers of Tamilnadu.That welfare association was created by him and a group of people from different walks of life around Three decades ago.This association has the patronage of an Ex MLA and the main legal advisor is from the background of law, serving as a member in several government commissions .My five years of dedicated service in the association had given me a first hand

experience of a sample of Government of India with its three pillars of The Representative, The Executive and The Judiciary. As a homemaker who cooks rice daily and it's a time-tested science that we can check if the entire pot of rice is cooked or not by checking a spoon of it as sample, I am sure I will end up in the same kind of situation that I faced last year in the association emergency meeting if I raise my voice against corruption in our system.

Our government system is a highly effective and efficient system but it still holds the system of hierarchy and it lacks the modern ethics of leadership and public management. Rather it still believes that its authority is unquestionable in case of its inability to deliver or execute otherwise desired public management skills and leadership abilities from it. This very attitude of unquestionable power and authority and pride and prejudices keep the system far away from our public and it's like a century old social distancing unlike the social distancing that we faced temporarily during the pandemic.

In our government system, the Executives are not free from the clutches of the Representatives and the Judiciary is not just enough to deliver justice in right time. The Representatives are not free from the grip of greed of power. As a whole, in place of working together sharing responsibility and maintaining check and balance in the system, this system mostly stands against the public if Any Day the public raises its voice against its malfunctioning.

13 th November -2022- Sunday evening. The whole day it was raining heavily. Morning 5 O'clock, I took my son for a marathon and after returning home prepared food and completed other household chores while preparing myself mentally to face the impeachment process in the evening that was called as a conspiracy meeting in the disguise of an emergency meeting. June 2022, after the AGM, I took charge as the Secretary and from the very next day of taking up the post, I started facing the real



challenges that generally our Executives face at the hands of our representatives. Despite several such moves and attempts of using me as a puppet, when it was clear to the three main functionary of the association about my honesty and boldness to face the truth by questioning the so called protocols and other malpractices followed in our system, an internal cold war started to take place. I could sense the situation well and tried my best not to get tangled in any conspiracy by focusing on my duties and responsibilities. But internal conflicts are bound to take shape of external open war if not stopped through proper diplomatic propagandas of peaceful means of solving those issues.

We have witnessed the Russia Ukraine war and very recently witnessing the Israel Palestine war, where the victims are the innocent public and the leaders of the nations are busy testing their powers of supremacy for reasons unknown but mostly not free from greedy personal motifs. I was aware of the happening that was going to take place that evening and a well wisher of mine had asked me to resign from the post on certain personal grounds to avoid such impeachment process as such things hardly matters to the public who mostly keep quiet in everything as they know the people sitting in power hardly understands the public problems and hardly respect the public despite the Constitution drawing its power from the Public.

Why one should lose one's self-respect and dignity in public by working hard and honestly for the public who mostly keep themselves aloof from the system. That day it was the ultimate day of my life

since 1999, when I had Joined RIE and my father had given the holy Geeta in my hand as a Raksha kavach along with the photo of Lord Jagannath.

I had no idea how to face the committee members and I wasn't in favour of resigning on personal grounds to safeguard my self dignity in public.

I decided to face the impeachment process for I hadn't done anything wrong rather I had served the public dedicatedly but I had to raise my voice against my seniors who were of my father's age and were orthodox in terms of their protocols and hierarchical in terms of their positions and never wanted any good change rather stick to their positions to misappropriate resources for personal benefits. I am sure, this would be like a sample of Government of India to check the efficiency of the system just like checking a spoon of rice as a homemaker. That day, despite a rough weather, a huge gathering of all the committee members was witnessed many of whom never show their face during their Two years tenure. Mostly people execute extraordinary prudence and unity and support for wrong moves and rarely for the right moves.

That evening, I faced the gathering all alone with Lord Krishna and my own courage as my sole company. I wasn't allowed to defend in favour of my action and the whole gathering except a few who preferred to keep quiet despite knowing my innocence, shouted at me, tried their best to dress me down with sharp tongues and high pitches and



I tried my best to defend myself humbly with vain. That moment was like the moment of Draupadi Vastra Haran of Mahabharat and also like the state of Arjuna facing his own near and dear ones inside the chakravyuh fighting against injustice.

I was given two options:

- 1) Either to resign gracefully
- 2) Or be ready to be impeached shamelessly.

I accepted to resign gracefully and the whole gathering started celebrating for having defeated me. I left the meeting holding the little Geeta that my father had given me when I had stepped out of my house for the first time in 1999 which I had carried to the meeting along with other records and office documents.

After having digested the humiliation I left the meeting without any feeling of guilt from within for my act of raising voice against corruption or for having faced such a doomed day in life for having lived a life of truth and justice and having shown love for the needy and helpless in our society. That moment was like the Yamlok dealing with death face to face.

And when we show the courage to stand for truth despite our failures, The God of Justice does justice to us by blessing us with the Knowledge of Mrityunjay Aatma Gyan.

That day I wasn't defeated, rather the whole gathering got defeated by night before retiring to the bed when I produced the single evidence in the WhatsApp group of the Committee members, proving my innocence and establishing the crime like act of those seniors, where the President had behaved like the Blind king Dhritarashtra, the others had acted like the corrupt Kauravas and the main legal advisor had acted like the Shakuni. That evidence was a piece of date on the office notepad. People committing crime usually leave behind a clue when they become blind to the fact that Truth Alone

Triumphs and Time is watching everyone and it does justice to the right person at the right time.

That day,I had won the battle of my war against injustice in our system and got the wisdom to engage myself in Nation building work.I resigned from the association gracefully and President Sir said sorry to me and requested me not to carry anything in heart.I too accepted his request and I don't carry any bitterness, rather I became a more better person after having faced that day's incident and I also felt the Greatness of Geeta, which I had carried with me as a promise note of God to be there with the beholder of it with love and complete faith and that was given to me by my father and parents are like the living Gods. After facing this incident,the fear of death in real life got vanished and I learnt the essence of Hanumanji who destroys every evil energy and matter and thought and bless us with the feeling of fearlessness.Now I know that God will come to rescue us if we stand for justice by raising voice against injustice with complete faith in him and if we choose life despite facing the humiliation of failures by not giving up,our sphere of life will grow manifold in place of shrinking to nothing for life is a gift to be lived not to be denied.

Truth Alone Triumphs is the ultimate knowledge of Almighty shared to us as his wordings and our Government of India has adopted this statement as it's guiding principle and working philosophy and indeed there are many great leaders and visionaries among us who are working hard to make India a better democracy and definitely oneday,We will grow up to be the greatest land of love and peace of progress and prosperity and of justice and joy.

Satyamev Jayate -Truth Alone Triumphs...

And yes,God is that person who has created this universe which has a unique science of society and a magical mathematical management of the whole material existence and we can see and feel him during our existence in this world.

Some scientists are busy trying cracking the phenomenon of the science of consciousness and I have already cracked it and this science is beyond the business of man, it's fully under control of its master creator,the Lord of the Universe, now sitting as Lord Jagannath, representing the visible tip of the knowledge of consciousness while carrying within himself the whole universe and he gives a glance of that invisible universe to those who seek him with love and only pure love.

Maybe our dreams are like the online zoom meetings, where each one of us is capable of meeting God virtually who exists somewhere in his Vaikuntha far away from our vision and yet stay connected to each one of us,as we all have come from him.Number 9 is a magical number when multiplied by any number from 1 to infinity it remains the same 9.And the number system beyond 9 is by adding a zero to the first number 1, making it 10. This number has a unique link with Lord Jagannath, but I am not aware of that deep mathematical knowledge. However I have felt his presence in living an honest life.

He is the Sachidanand,the source of Truth, Knowledge and Bliss and Truth Alone Triumphs is the ultimate statement of social science of human existence.

Jai Hind...Jai Jagannath...

Ms.Chinmayee

Am a full-time homemaker and a self-taught passionate artist and an amateur writer looking forward to take my passions to a professional level.I have written certain situational stanzas in English and an amateur autobiography of my life experiences from 1999 to 2021 in Odia titled Baishi Pahache meaning on the 22 nd step.



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