Chapter VI

Result and Discussion
**Result**

**Important Findings:**

The Methods and Strategies used by the respondents to overcome the stress are as under:-

\[ X_1 = \text{EXPERIMENTAL ATTITUDE.} \]
\[ X_2 = \text{BEING FLEXIBLE.} \]
\[ X_3 = \text{STRUCTURED APPROACH.} \]
\[ X_4 = \text{ASSERTIVE BEHAVIOUR.} \]
\[ X_5 = \text{BEING PRO ACTIVE.} \]
\[ X_6 = \text{SELF ANALYTICAL.} \]
\[ X_7 = \text{FUCTION STRATEGICALLY.} \]
\[ X_8 = \text{SEEKING SOCIAL SUPPORT.} \]
\[ X_9 = \text{SELF CONTROLLING.} \]
\[ X_{10} = \text{ACCEPTING RESPONSIBILITY.} \]

The Consequences found among the college students because of the unmanageable / unbearable stress are as under:-

\[ Y_1 = \text{INSOMNIA} \]
\[ Y_2 = \text{ANXIETY} \]
\[ Y_3 = \text{FATIGUE} \]
\[ Y_4 = \text{DEPRESSION} \]
\[ Y_5 = \text{PHYSICAL ILL HEALTH} \]

By applying factor analysis the grouping is done.

(Various questions in \( X_n \) and \( Y_n \))
**X1 = EXPERIMENTAL ATTITUDE.**

Experimental attitude is an approach to execute your strategy in different ways to overcome stress. Here the person is very creative in his approach. At times it can become stressful also. It can become a reason for your stress.

It was observed that reasonably huge number of female respondents used this strategy, around 56%. Experimental Attitude is found to co-relate with Insomnia and physical ill health. Experimental Attitude is found to be associated with fatigue, anxiety and depression.

The impact of this strategy on the respondents in relation to insomnia and physical ill health was positive. It was average for depression and below average for fatigue and anxiety.

4% of the female respondent never used this strategy. 56% of the female respondents used this strategy and the break up is 12% used it rarely, 17% many times, 18% most of the times and around 10% all the times.

It was also observed that 36% of male respondents used this strategy and slightly on a lower side compared to the female respondents. Here Experimental Attitude is found to co-relate with fatigue. Experimental Attitude is found to be associated with Insomnia and other consequences.

In the male respondents this strategy was not affecting fatigue, Insomnia and other consequences.

3% male respondents never used this strategy. 36% of the male respondents used this strategy and the break up is 6% used it rarely, 9% used it many times, 13% most of the times and 10% all the times.

It is seen that this strategy is helping the male respondents to cope up with the stress and are not affected by fatigue, Insomnia, physical ill health, anxiety and depression as compared to the female respondents.
Overall both the gender put together 30% used most of the times, followed by 25% used it many times, 18% using it rarely.

Overall both the gender put together 7% have not used it at all.

**X2 = BEING FLEXIBLE.**

Being flexible also means not being rigid. It is one of the strategies used by the respondents to overcome stress. It can also be seen as one of the survival instinct strategies.

It was observed that huge number of female respondents used this strategy around 57%. Among all the 10 strategies used this strategy of being flexible scored highest numbers amongst all the strategies. It was also observed that this number was more compared to the male respondents which were 36%. Flexibility is found to co-relate with Insomnia, fatigue, depression and physical ill health. Flexibility is also found to be associated with anxiety.

The impact of this strategy on the respondents in relation to anxiety was positive. The female respondents were able to keep their anxiety under control. Anxiety had a score of below average. Even the other results such as Insomnia, fatigue, depression and physical ill health were under control. They had average scoring.

4% of the female respondent never used this strategy. 56% of the female respondents used this strategy and the break up is 11% used it rarely, 21% many times, 14% most of the times and around 11% all the times.

It was also observed that huge number of male respondents used this strategy around 36% but slightly on a lower side compared to the female respondents. Here also Flexibility is found to be associated with Insomnia, anxiety, fatigue, depression and physical ill health.

In the case of male respondents this strategy was not affecting insomnia, anxiety, fatigue, depression and physical ill health. It was well within the control.
3% of the male respondents never used this strategy. 36% of the male respondents used this strategy and the break up is 4% used it rarely, 12% used it many times, another 12% most of the times and 9% all the times.

It is seen that this strategy is helping the male respondents to cope up with the stress and are not affected by insomnia, anxiety, fatigue, depression and physical ill health as compared to the female respondents.

Overall both the gender put together 32% used it many times, followed by 26% used most of the times, 20% all the times. 7% of the respondents never used it.

Overall both the gender put together 7% have not used it at all.

**X3 = STRUCTURED APPROACH.**

It means that a person is organized and prepared to handle the stress well in advance. He has a logical approach and ready with the approach; maybe plan ‘B’ is ready in case plan ‘A’ fails. He has a systematic approach. In such cases there are also chances that the person can fall into his own trap of always being structured and at times losing out on flexibility.

It was observed that quite a number of female respondents almost 57% used this strategy. It was also observed that this number was more as compared to the male respondents which was 39%. Structured approach was found to have a co-relation with Insomnia and Physical ill health. Structured approach was found to be associated with anxiety and fatigue. Structured approach appears to be having an average relation with depression.

The impact of this strategy on the respondents in relation to insomnia and physical ill health was seen. The female respondents were able to keep their anxiety and fatigue under control and had a score of below average. Even the depression was under control. It had average scoring.
3% of the female respondent never used this strategy. 57% of the female respondents used this strategy and the break up is 18% used it rarely, 27% many times, 11% most of the times and around 1% all the times.

It was also observed that less number of male respondents used this strategy almost more than 39%. Here Structured Approach is found to be associated with Insomnia, anxiety, fatigue, depression and physical ill health.

In the case of male respondents this strategy was not affecting insomnia, anxiety, fatigue, depression and physical ill health. It was well within the control.

Less than 1% of the male respondents never used this strategy. More than 39% of the male respondents used this strategy and the break up is 10% used it rarely, 21% used it many times, another 8% most of the times and 1% all the times.

It is seen that this strategy is helping the male respondents more to cope up with the stress and are not affected by insomnia, anxiety, fatigue, depression and physical ill health as compared to the female respondent.

Overall both the gender put together 48% used it many times, followed by 28% used it rarely, 19% most of the times and 2% of the respondents all the times.

Overall both the gender put together 4% of the respondents never used this strategy.

**X4 = ASSERTIVE BEHAVIOUR.**

Being assertive is to be TACTFULLY, JUSTLY, EFFECTIVELY, Express our PREFERENCES, NEEDS, OPINIONS & FEELINGS; without violating the RIGHTS of OTHERS.

It was observed that quite a number of female respondents used this strategy 33% of them did use. It was also observed that this number was less compared to the male respondents. Assertive
behavior was found to have a co-relation with Insomnia and Physical ill health. Assertive behavior was also found to be associated with anxiety and fatigue. Assertive behavior appears to be having an average relation with depression.

The impact of this strategy on the respondents in relation to insomnia and physical ill health was seen. It had above average scoring. The female respondents were able to keep their anxiety and fatigue under control and had a score of below average. Even the depression was under control. It had average scoring.

1% of the female respondent never used this strategy. 59% of the female respondents used this strategy and the break up is 10% used it rarely, 20% many times, 25% most of the times and around 4% all the times.

It was also observed that 39% of male respondents used this strategy. Here Assertive Behavior is found to be associated with Insomnia, anxiety, fatigue, depression and physical ill health.

In the case of male respondents this strategy was not affecting insomnia, anxiety, fatigue, depression and physical ill health. It was well within the control.

Here also 1% of the male respondents never used this strategy. More than 59% of the male respondents used this strategy and the break up is 4% used it rarely, 14% used it many times, another 18% most of the times and 3% all the times.

It is seen that this strategy is helping the male respondents to cope up with the stress and are not affected by insomnia, anxiety, fatigue, depression and physical ill health as compared to the female respondent in a much better way. In comparison the male respondents had a better control on insomnia and physical ill health due to assertive behavior as a stress coping strategy, compared to the female counterparts.
Overall both the genders put together 98% of them used this strategy. 43% used it most of the times, followed by 34% many times, 14% rarely and 7% all the times. 2% of the respondents never used this strategy.

**X5 = BEING PROACTIVE.**

(Covey, 1990) One of the principles of Personal Vision is being Anticipative. You need to decide your line of action on doing the right thing. Successful people do not invest their time and energy on discussing matters about what they cannot do but rather channelize all their energy in all that they can do. They take responsibilities of all their actions and results.

It was observed that 59% of female respondents used this strategy. It was also observed that this number was more compared to the male respondent which was 39%. Being Proactive was found to have a co-relation with Insomnia and Physical ill health. Being Proactive was also found to be associated with anxiety and fatigue. Being Proactive appears to be having an average relation with depression.

The impact of this strategy on the respondents in relation to insomnia and physical ill health was seen. It had above average scoring. The female respondents were able to keep their anxiety and fatigue under control and had a score of below average. Even the depression was under control. It had average scoring.

1% of the female respondent never used this strategy. 59% of the female respondents used this strategy and the break up is 13% used it rarely, 26% many times, 18% most of the times and around 2% all the times.

It was also observed that 39% male respondents used this strategy. Here Being Proactive is found to be associated with Insomnia, anxiety, fatigue, depression and physical ill health.

In the case of male respondents this strategy was not affecting insomnia, anxiety, fatigue, depression and physical ill health. It was well within the control.
Here less than 1% of the male respondents never used this strategy. 39% of the male respondents used this strategy and the break up is 6% used it rarely, 13% used it many times, another 18% most of the times and 2% all the times.

It is seen that this strategy is helping the male respondents to cope up with the stress and are not affected by insomnia, anxiety, fatigue, depression and physical ill health as compared to the female respondents in a much better way. In comparison the male respondents had a better control on insomnia and physical ill health on account of being Proactive as a stress coping strategy, compared to the female counterparts.

Overall both the genders put together 98% of them used this strategy. 39% used it many times, followed by 36% most of the times, 20% rarely and 4% all the times. Less than 2% of the respondents never used this strategy.

**X6 = SELF ANALYTICAL.**

A person is always being critical of one self and on the move to learn something from every situation. A person having an analytical mind set is a left brain dominant personality. A person doing SWOT analysis in every situation that he comes across.

It was observed that 58% of female respondents used this strategy. It was also observed that this number was more compared to the male respondents which were 38%. Being Self Analytical it was found to have a co-relation with Insomnia and Physical ill health. Being Self Analytical, it was also found to be associated with anxiety and fatigue. Being Self Analytical appears to be having an average relation with depression.

The impact of this strategy on the respondents in relation to insomnia and physical ill health was seen. It had slightly above average scoring. The female respondents were able to keep their anxiety and fatigue under control and had a score of below average. Even the depression was under control. It had average scoring.
2% of the female respondent never used this strategy. 58% of the female respondents used this strategy and the break up is 18% used it rarely, 27% many times, 11% most of the times and around 2% all the times.

It was also observed that 38% of male respondents used this strategy. Here Being Self Analytical is found to be associated with Insomnia, anxiety, fatigue, depression and physical ill health. In the case of male respondents, this strategy was not affecting insomnia, anxiety, fatigue, depression and physical ill health. It was well within the control.

Here 1% of the male respondents never used this strategy. 38% of the male respondents used this strategy and the break up is 10% used it rarely, 20% used it many times, another 8% most of the times and less than 1% all the times.

It is seen that this strategy is helping the male respondents to cope up with the stress and are not affected by insomnia, anxiety, fatigue, depression and physical ill health as compared to the female respondents in a much better way. In comparison, the male respondents had a better control on insomnia and physical ill health on account of being Proactive as a stress coping strategy compared to the female counterparts.

Overall both the genders put together 97% of them used this strategy. 47% used it many times, followed by 28% rarely, 20% most of the times, 2% all the times.

More than 3% of the respondents never used this strategy.

**X7 = FUNCTION STRATEGICALLY.**

THINK of WIN-WIN strategy in any given situation. This comes under Principles of Interpersonal Management. In any given situation and circumstances the strategy used should be useful to all the stake holders. This is one of the best stress coping methods and strategies. In this one needs to be long term player and needs patience.
It was observed that 58% of female respondents used this strategy. It was also observed that this number was more compared to the male respondents which were 37%. Functioning strategically was also found to have a co-relation with Insomnia and Physical ill health. Functioning strategically was found to be associated with anxiety and fatigue. Functioning strategically appears to be having an average relation with depression.

The impact of this strategy on the respondents in relation to insomnia and physical ill health was seen. It had above average scoring. The female respondents were able to keep their anxiety and fatigue under control and had a score of below average. Even the depression was under control. It had average scoring.

2% of the female respondent never used this strategy. 58% of the female respondents used this strategy and the break up is 8% used it rarely, 24% many times, 22% most of the times and around 4% all the times.

It was also observed that same number of male respondents used this strategy. Here Functioning strategically is found to be associated with Insomnia, anxiety, fatigue, depression and physical ill health.

In the case of male respondents, this strategy was not affecting insomnia, anxiety, fatigue, depression and physical ill health. It was well within the control.

Here 2% of the male respondents never used this strategy. 37% of the male respondents used this strategy and the break up is 7% used it rarely, 18% used it many times, another 9% most of the times and 5% all the times.

It is seen that this strategy is helping the male respondents to cope up with the stress and are not affected by insomnia, anxiety, fatigue, depression and physical ill health as compared to the female respondents in a much better way. In comparison the male respondents had a better control on insomnia and physical ill health due to Functioning strategically as a stress coping strategy compared the female counterpart.
Overall both the genders put together 96% of them used this strategy. 41% used it many times, followed by 31% most of the times, 15% rarely, 9% all the times. 4% of the respondents never used this strategy.

**X8 = SEEKING SOCIAL SUPPORT.**

(Rai. et.al, 2002) A respondent uses this as a strategy of seeking support from the known people from the society and is looking for approvals to what he or she is doing and can end with seeking professional help. This happens when the confidence level is low or the issue can be linked to self esteem.

It was observed that entire 60% of female respondents used this strategy. It was also observed that this number was more compared to the male respondents which were 39%. Seeking Social Support was associated with all the consequences. Seeking Social Support appears to be having an average relation with depression.

The impact of this strategy on the respondents in relation to insomnia and physical ill health was seen. It had above average scoring. The female respondents were able to keep their anxiety and fatigue under control and had a score of below average. Even the depression was under control. It had average scoring.

The entire population of female respondent used this strategy and the break up is 8% used it rarely, 36% many times, 15% most of the times and around 2% all the times.

It was also observed that 39% of male respondents used this strategy. Here Functioning strategically is found to be associated with Insomnia, anxiety, fatigue, depression and physical ill health.

In the case of male respondents this strategy was not affecting insomnia, anxiety, fatigue, depression and physical ill health. It was well within the control.
Less than 1% of the male respondents never used this strategy. 39% of the male respondents used this strategy and the break up is 6% used it rarely, 23% used it many times, another 9% most of the times and less than 1% all the times.

It is seen that this strategy is helping the male respondents to cope up with the stress and are not affected by insomnia, anxiety, fatigue, depression and physical ill health as compared to the female respondent in a much better way. In comparison, the male respondents had a better control on insomnia and physical ill health.

Overall both the genders put together more than 99% of them used this strategy. 59% used it many times, followed by 24% most of the times, 14% rarely, 2% all the times.

Less than 1% of the respondents never used this strategy.

X9 = SELF CONTROLLING.

Think before you act. A self restraining process where you are not comfortable responding to the situation. May be you want to think, meditate on the issue and then act hence self controlling. You need time to gather information, data, facts etc; doing your home work and then responding, hence self controlling.

It was observed that 54% of female respondents used this strategy. It was also observed that this number was more compared to the male respondents which were 35%. Self Controlling was found to have a co-relation with Insomnia and Physical ill health. Self Controlling was found to be associated with anxiety and fatigue. Self Controlling appears to be having an average relation with depression.

The impact of this strategy on the respondents in relation to insomnia and physical ill health was seen. It had above average scoring. The female respondents were able to keep their anxiety and
fatigue under control and had a score of below average. Even the depression was under control. It had average scoring.

3% of the female respondent never used this strategy. 54% of the female respondents used this strategy and the break up is 8% used it rarely, 33% many times, 13% most of the times and none all the times.

It was also observed that same number of male respondents used this strategy. Here Self Controlling is found to be associated with Insomnia, anxiety, fatigue, depression and physical ill health.

In the case of male respondents this strategy was not affecting insomnia, anxiety, fatigue, depression and physical ill health. It was well within the control.

Here 1% of the male respondents never used this strategy. 35% of the male respondents used this strategy and the break up is 6% used it rarely, 22% used it many times, 6% most of the times and less than 1% all the times.

It is seen that this strategy is helping the male respondents to cope up with the stress and are not affected by insomnia, anxiety, fatigue, depression and physical ill health as compared to the female respondents in a much better way. In comparison the male respondents had a better control on insomnia and physical ill health due to Self Controlling as a stress coping strategy compared to the female counterparts.

Overall both the genders put together more than 89% of them used this strategy. 55% used it many times, followed by 19% most of the times, 14% rarely and less than 1% all the times.

4% of the respondents never used this strategy.

**X10 = ACCEPTING RESPONSIBILITY.**
Accepting responsibility of everything happening around you is the indication of a successful person.

It was observed that 56% of female respondents used this strategy. It was also observed that this number was more compared to the 38% of male respondents. Accepting Responsibility was found to have a co-relation with Insomnia and Physical ill health. Accepting Responsibility was found to be associated with anxiety and fatigue. Accepting Responsibility appears to be having an average relation with depression.

The impact of this strategy on the respondents in relation to insomnia and physical ill health was seen. It had above average scoring. The female respondents were able to keep their anxiety and fatigue under control and had a score of below average. Even the depression was under control. It had average scoring.

4% of the female respondent never used this strategy. 56% of the female respondents used this strategy and the break up is 15% used it rarely, 26% many times, 11% most of the times and 5% all the times.

It was also observed that 38% of male respondents used this strategy. Here Accepting Responsibility is found to be associated with Insomnia, anxiety, fatigue, depression and physical ill health.
In the case of male respondents this strategy was not affecting insomnia, anxiety, fatigue, depression and physical ill health. It was well within the control.

Here 2% of the male respondents never used this strategy. 38% of the male respondents used this strategy and the break up is 8% used it rarely, 17% used it many times, 10% most of the times and less than 3% all the times.

It is seen that this strategy is helping the male respondents to cope up with the stress and are not affected by insomnia, anxiety, fatigue, depression and physical ill health as compared to the female respondent in a much better way. In comparison, the male respondents had a better
control on insomnia and physical ill health on account of Accepting Responsibility as a stress-
coping-strategy compared to the female counterpart.

Overall both the genders put together 94% of them used this strategy. 43% used it many times,
followed by 22% rarely, 21% most of the times and 8% all the times.
6% of the respondents never used this strategy.

**Y1 = INSOMNIA**

40% of the respondents never suffered from insomnia.
44% of them suffered rarely and 16% of them many times.
60% of the respondents did suffer from insomnia.
38% of the female respondents did suffer from insomnia as compared to 22% of the male
respondents.
Over all it is observed that the female respondents suffer more as compared to male respondents in the area of insomnia.

**Y2 = ANXIETY**

48% of the respondents never suffered from anxiety.
41% of them suffered rarely and 12% of them many times.
52% of the respondents did suffer from anxiety.
31% of the female respondents did suffer from anxiety as compared to 21% of the male respondents.

Over all it is observed that the female respondents suffer more as compared to male respondents in the area of anxiety.

**Y3 = FATIGUE**

38% of the respondents never suffered from fatigue.
40% of them suffered rarely and 21% of them many times.
61% of the respondents did suffer from fatigue.
38% of the female respondents did suffer from fatigue as compared to 22% of the male respondents.

Over all it is observed that the female respondents suffer more as compared to male respondents in the area of fatigue.

**Y4 = DEPRESSION**

34% of the respondents never suffered from depression.
49% of them suffered rarely, 17% of them many times and less than 1% most of the times.
66% of the respondents did suffer from depression.
43% of the female respondents did suffer from depression as compared to 23% of the male respondents.
Over all it is observed that the female respondents suffer more as compared to male respondents in the area of depression.

**Y5 = PHYSICAL ILL HEALTH**
35% of the respondents never suffered from physical ill health.
39% of them suffered rarely, 21% of them many times and 5% most of the times.
65% of the respondents did suffer from physical ill health.
45% of the female respondents did suffer from physical ill health as compared to 20% of the male respondents.

Over all it is observed that the female respondents suffer more as compared to male respondents in the area of insomnia.

**Discussion**

All the stress coping strategies used by both the genders in terms of popularity or comfort or utility or choice are given below in the descending order.

X8 = SEEKING SOCIAL SUPPORT. 99%
X4 = ASSERTIVE BEHAVIOUR. 98%
X5 = BEING PRO ACTIVE. 98%
X6 = SELF ANALYTICAL. 97%
X3 = STRUCTURED APPROACH. 96%
X7 = FUCTION STRATEGICALLY. 95%
X10 = ACCEPTING RESPONSIBILITY. 94%
X2 = BEING FLEXIBLE. 93%
X1 = EXPERIMENTAL ATTITUDE. 92%
X9 = SELF CONTROLLING. 89%

Seeking Social Support coping style was most significant with the respondents and Self Controlling was least significant.
Seeking Social Support, Assertive behavior and Being Proactive coping styles were among the top three preferred ones followed by Self Analytical, Structured Approach, Function Strategically, Being Flexible and Experimental Attitude.

Among the top three coping styles Seeking Social Support was dominantly used by all the female respondents. (100% female respondents) Even among the least preferred coping style Self Controlling it was observed that female respondents used them more (90%) compared to the male respondent (87.5%)

The Consequences found among the college students because of the unmanageable / unbearable stress are as under in the descending order of sufferings:-

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Percentage</th>
<th>Female Percentage</th>
<th>Male Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Y4 = DEPRESSION</td>
<td>66%</td>
<td>43%</td>
<td>23%</td>
</tr>
<tr>
<td>Y5 = PHYSICAL ILL HEALTH</td>
<td>65%</td>
<td>45%</td>
<td>20%</td>
</tr>
<tr>
<td>Y3 = FATIGUE</td>
<td>61%</td>
<td>39%</td>
<td>22%</td>
</tr>
<tr>
<td>Y1 = INSOMNIA</td>
<td>60%</td>
<td>38%</td>
<td>22%</td>
</tr>
<tr>
<td>Y2 = ANXIETY</td>
<td>52%</td>
<td>31%</td>
<td>21%</td>
</tr>
</tbody>
</table>

Depression was found to be the number one outcome of stress amongst the respondents 66% (43% female & 23% male). 72% of the female respondents suffered due to depression compared to 58% of the male respondents. We can conclude from here that female respondents suffered more compared to the female respondents.

Physical Ill Health was found to be the number two outcome of stress amongst the respondents 65% (45% female & 20% male). 75% of the female respondents suffered due to physical ill health compared to 50% of the male respondents. We can conclude from here that female respondents suffered more compared to the female respondents.

Fatigue was found to be the number three outcome of stress amongst the respondents 61% (39% female & 22% male). 65% of the female respondents suffered due to fatigue compared to 55% of
the male respondents. We can conclude from here that female respondents suffered more compared to the female respondents.

Insomnia was found to be the number four outcome of stress amongst the respondents 60% (38% female & 22% male). 63% of the female respondents suffered due to insomnia compared to 55% of the male respondents. We can conclude from here that female respondents suffered more compared to the female respondents.

Anxiety was found to be the number last outcome of stress amongst the respondents 52% (31% female & 21% male). 52% of the female respondents suffered due to insomnia compared to 53% of the male respondents. We can conclude from here that female respondents and male respondents suffered almost equally.

More than 60% of the respondents suffered from Depression, Physical ill health, fatigue and Insomnia. Female respondents have been observed to be more on the receiving end compared to their male counterparts. There could be many reasons for the female respondents to suffer more compared to the male respondents such as their upbringing, culture, education, environment, attitude, belief system etc.

**Cultural Influence**

One influential factor in the selection of coping styles is the cultural background of the individual *(Nakano, 1991)*. An individual’s actions are influenced by what is encouraged or permitted by the culture. The social practices and upbringing of the individual, as well as the individual’s philosophical attitudes, influence the stress appraisal and the selection of coping styles. Culture plays an integral part in this process.

The psychological development of a child in India follows a somewhat different path than what we see in western societies. The child is revered as a gift from God to be appreciated and indulged during the first few years of life. The gradual development of detachment from mother that is seen as essential in western society is not a feature of early childhood in India. Hindus view the maintenance of ego boundaries as an illusion *(Kakar, 1979)*. Indian children are
encouraged to be dependent. Indian society frowns upon self-assertion as selfish and independent thinking as disobedience. Often individuals learn to play it safe by restoring to passive aggressive behavior or regressing to total passivity.

In India, there are distinct gender differences in the way children are raised and socialized. Hindu mythologies in the way children are raised and socialized. Hindu mythologies have idealized feminine and material figures. Both are looked upon as the sustaining figures in life, society, and families. They are expected to stay in the background and “put everything right.” They are the ones to “fix” things, yet do it inconspicuously. For centuries, mythic tales have idealized Indian women such as Sita, Savithri, and Draupadi who selflessly followed their husbands, endured hardships and insults, and performed their “duty.” The role is set for an Indian woman-nurturer, caretaker, and always an extension of others. Initially, she is the daughter of her father, then the wife of her husband, daughter-in-law to the “house” she is married into, and finally, she is the mother to her children (Baig, 1976).

Men are probably even less capable of escaping from traditional roles. They are the ones who are “responsible” for the well being of the family. In Indian society there are few avenues to transcend role boundaries. In this culture family cohesion, loyalty to relatives, and dependency and codependency are normative patterns (Guzdar & Krishna, 1991). The cultural constraints predispose the men and women of India to look at and deal with life events in uniquely Indian ways.

**Gender Differences in Preferences for Coping Styles**

Women respondents selected Seeking Social Support, Assertive Behavior and Being Pro Active more often than their male counterparts. These findings corroborate findings reported earlier in the literature review.

Socialization of Indian women encourages them to use indirect coping strategies. For women, most of the key decisions are made by the family. These decisions determine the kind of education they receive and the person they eventually marry. At best, the individual Indian woman has the option of expressing her wishes, but the final decision will be out of her hands. In
such instances Seeking Social Support, Assertive Behavior and Being Pro Active probably is the most adaptive coping style.

At times, coping is viewed as having to live with distress when problems cannot be solved, but for males and females, acceptance of a situation whether nothing can be done is more than merely putting up with distress. The spiritual belief of Indians looks at every life event as something to be accepted, whether good or bad. The philosophy and the teachings of “Bhagawad Gita” bid the individual to do his or her best without regard to the fruits of the action taken (Chidbhavananda, 1967). By renouncing expectation, frustration and consequent stress are reduced. This religious belief provides a framework for coping behavior. In addition, this belief also provides the individual a way out of stress situations that are out of personal control. It gives a person permission to feel that “I have done all that I can” and accept the situation without guilt. In this sense, the acceptance turns out to be a very healthy, positive coping style.
**Conclusions and Inferences:**

We conclude that various strategies have helped the male respondents to cope up with the stress and are not affected by insomnia, anxiety, fatigue, depression and physical ill health as compared to the female respondents in a much better way. In comparison, the male respondents had a better control on insomnia and physical ill health on account of various strategies used as a stress coping strategy compared to the female counterparts. BEING PROACTIVE, SELF ANALITICAL & ACCEPTING RESPONSIBILITY has been the prominent strategies used by male respondents compared to the female respondents.

‘BEING FLEXIBLE’ strategy was used more dominantly by Female respondents.

There is also a clear cut indication that strategies such as EXPERIMENTAL ATTITUDE, STRUCTURED APPROACH, ASSERTIVE BEHAVIOUR, FUNCTION STRATEGICALLY, SEEKING SOCIAL SUPPORT and SELF CONTROLLING are equally adopted by both genders (both males and females).

How the study is beneficial at large.

There is stress into getting high end job. It is important to include stress coping mechanism in our academic curriculum.

There are sufficient number of studies which says meditation, laughter therapy, music therapy, positive attitude, time management etc are some of the coping mechanism if included within the academic curriculum will provide an edge to the students and will be beneficial for their optimal utilization as a human resource for the benefit of the country and society at large.
If one wants to be stress-free one should not develop mere money-oriented consciousness. Do anything for the joy of doing rather than for money alone or position.

This research on stress coping strategies amongst students shall have multi benefits and multi uses to whole education field particularly:

- Useful for coping stress in the students.
- Useful for teachers/mentors/guides in counseling process.
- Useful for parents in understanding the stress of their children and handling them.
- Useful for educationists in planning the zero stress curriculums.
- And Useful for overall community in understanding the students and their stress creating problems.

By leading a life in a conscious state of mind you can manage the stress arising out of innumerable situations in life. If you are agitated and you are aware that you are agitated then you will do something to overcome your agitation. You will act on it. This will help you to be a stress free person.

All human are given the priceless gift of life and it is left to us what we fill that life with. Do you fill with anger, animosity, depression, melancholy, hatred, disappointment, etc, resulting in stress and tension? Or would you be interested to make a deliberate choice of joy, happiness, peace of mind, love, compassion, etc. If you choose the later, you can lead a stress-free life. This research has provided you a variety of tested and proven techniques to make a student life sublime, enchanting and productive.

The significance of this study or the importance of this study is to understand that stress cannot be avoided and the student’s community should be trained in a professional and structured way by undergoing soft skill training programs.

Ideally one should undergo a Soft Skill and Behavioral training programs.
The advent of next generation technologies has changed the way we perceive the world. Today, no challenge is too big, no project too small. In this scenario of mind-boggling possibilities, only the toughest can survive, only the toughest will win. To keep ahead of the rest requires more than mere academic excellence. You need to be thinking out of the box, which in turn moulds your entire personality to give you the ‘inner edge’.

As educators our mission is to be a world-class service provider in the field of education.

As educators, at the core of our deep-rooted commitment is to help the student’s lies our unwavering grounding in values that will give them the inner edge to lead more balanced and fulfilling lives as good citizens with a passion for winning and a zest for living.

We believe that every individual is born with a dream. A dream to be an achiever, a winner! A dream to be the best!

As educators we shall work to help students to realize their dreams.
**Results and Inferences:**

By using chi square analysis it is seen from the data that the following are significant:
- Flexible attitude with faculty
- Assertive behavior with faculty
- Proactive with gender
- Functional strategies with faculty
- Anxiety with faculty
- Depression with gender and Physical ill health and gender.

By using chi square analysis it is seen from the data that the following are not significant:
- Experimental attitude
- Structured approach
- Self analytical
- Seeking social support
- Self controlling
- Accepting responsibility
- Insomnia and Fatigue.

The study is saying that Flexible attitude with faculty is significant. Chi square value is 0.000 which is less than 0.05 which means the data is significant. The data indicates that medical students are showing more flexible attitude as compared to other 3 categories which means that they are more capable of coping with stress. The study is taking us in the direction to understand that Gender wise it is not showing any significant difference.

The study is saying that Assertive behavior with faculty is significant. Chi square value is 0.010 which is less than 0.05 which means the data is significant. The data indicates that engineering students are showing assertive behavior most of the times and all the times as compared to other 3 faculties which mean that they are more capable of coping with stress. The study is taking us in the direction to understand that Gender wise it is not showing any significant difference.

The study is saying that Proactive with gender is significant. Chi square value is 0.030 which is less than 0.05 which means the data is significant. The data indicates that females have been showing more proactive behavior as compared to male which mean that they are more capable of coping with stress. The study is taking us in the direction to understand that Faculty wise it is not showing any significant difference.
The study is saying that Functional strategies with faculty are significant. Chi square value is 0.029 which is less than 0.05 which means the data is significant. The data indicates that engineering students are showing more functional strategies as compared to other 3 {general qualification (BA, BCom, BSc), MBBS & BPth} which means that they are more capable of coping with stress. The study is taking us in the direction to understand that Gender wise it is not showing any significant difference.

The study is saying that Anxiety with faculty is significant. Chi square value is 0.039 which is less than 0.05 which means the data is significant. The data indicates that general graduates as well as engineering students are showing high anxiety levels as compared to the other 2 categories. The study is taking us in the direction to understand that Gender wise it is not showing any significant difference.

The study is saying that Depression with gender is significant. Chi square value is 0.018 which is less than 0.05 which means the data is significant. The data indicates that females are more prone to depression as compared to male respondents. The study is taking us in the direction to understand that Faculty wise it is not showing any significant difference.

The study is saying that Physical ill health and gender is significant. Chi square value is 0.000 which is less than 0.05 which means the data is significant. The data indicates that here is a gender difference in getting affected with this particular consequence. This study is taking us in the direction to understand that Faculty wise it is not showing any significant difference.

All the important findings, observations, results make us conclude that all the issues faced by us in our life can be handled better by understanding the mind, the unbounded mind, the complex mind or in simple words the power of the mind. The role played by the mind along with the important aspect which exists and that is the universe, the cosmos the galaxy needs to be understood in detailed as explained under. Meditation is a universal tool in managing stress. Also one need to be a Positive Thinker and handling your available Time is important. Importance
should be given to interpersonal relationship and people should change with time so that they
don’t become obsolete.

**MANAGING STRESS THRU MIND MANAGEMENT**

Management of mind in managing stress is very crucial. It is said 75% of our diseases are psychosomatic i.e. It starts from our mind, our thought process, our belief system and hence managing our mind; taming our mind; controlling our mind is important. To eliminate the stress one needs to go to the core of the mind. It is like peeling the onion. You remove the first layer of the onion to go to the second layer and so on and so forth. There are many layers of our mind and many dimensions to our mind. One needs to have the right orientation in life and a few of the thought process is given as below:-

a) **Calm Mind**

From good old days it is perceived that our mind cannot be calm down so easily. The mind was referred to that of a wind which one can never be able to seize it because of its wandering qualities as it migrated where ever it wanted from the past to the future and from the future to the past and we never have been able to achieve expertise on calming of the mind. In another reference the mind is compared to the elephant who is known for the brutal strength it possess and at the same time is associated with soberness, peaceful, calm and serene in nature and can perform efficiently and effectively. At the same time when the elephant becomes violent it loses its calmness and is no more sober and goes on rampant smashing everything that comes in his way. Our mind also function’s in the similar way when it is under strain and it is difficult to calm down.

Calming the mind is a very skill full task and one need to devote sufficient amount of time with proper devotion and regular exercise with total honesty to change one’s thought process. With this exercise our mind will become calm, peaceful, co-operative, helpful, sober but we need to change our thinking process and this can only be achieved by doing serious introspection by looking within. Other people around us cannot change us but we need to change our self and for
this we need to realize and have the wish, desire to change with our own efforts. A long lasting and vibrant change is possible when we take the responsibility our self from within and no external help can be of any use here.

b) **Mind**

What we perceive is one thing and the actual reality is another. The truth is always the reality at any given time. It is important to understand the different levels of our mind to understand the truth. The purity of my thoughts, words and actions depends from which level of our mind it has come from. There are three different stages/levels of our mind.

- The first stage/level of my mind is the one in which all my thoughts, words and actions are in the most pure and opaque in nature and whatever is right and true comes to my mind in the form of my thoughts, words and actions. Any kind of impurity does not enter my mind in the form of thoughts, words and actions.

- The second stage/level of my mind is such that one mind acknowledges what is the truth, but the other mind does not have the power to bring the reality into the practice. My one mind pulls me in one direction but the other mind pulls me in another direction and dominates me. I eventually do what I should not have.

- The third stage/level of my mind is not clear, confused to accept the truth so my one mind is not able to convince the other mind to accept the reality does not happen. Hence my one mind which is negative and operates from the lower level of being takes charge of the situation and dominates my behavior. Here I do what I should not have and also something of that I am even not aware of.

When my negative mind dominates my other positive mind continuously, I lose my actual true self. Due to this my true self loses its power to analyze the right from the wrong and is under the heavy influence of the negative mind. The truth eventually gets silenced. As a result I can no longer differentiate between the right and the wrong. I eventually understand that there are no proper ways to define the right and the wrong and both the minds have their perception to define what is right and wrong.
The true spiritual information which gets preserved in the mind, and the experience of meditation, which cleans all the levels of mind and gives me the reality in the right perspective and helps me in understanding about what is right, what is wrong, what is the truth and what is false and the understanding of this definition makes me experience the truth and only the truth and nothing else. With this I am able to maintain myself in the most pure form in my day to day activities.

c) **Different Thought Types**

By understanding each one of the thoughts that the mind creates we can keep the beneficial thoughts and discard those which are useless or harmful.

**Necessary Thoughts**

Necessary thoughts are those relating to your daily routine, such as,

* What am I going to have for dinner?
* What time am I picking up the children from school?
* What is the number of my bank account?
* What have I got to do today…. etc.?

They are also thoughts connected with your profession or job. These necessary thoughts related to your daily life come into your mind according to your responsibilities and needs at a more physical, material and professional level. When these thoughts are repeated over and over again, they become unnecessary or waste thoughts.

**Waste Thoughts**

These thoughts are occurring in our mind at an inappropriate time which is full of worries and anxiety as and when they come in our mind. They are not creative in nature and hence not useful. These repetitive thoughts come to our mind and are of any use to us. Most of the time they are your past and you get connected with the past due to these thoughts. They are:

- Oh god why this has to happen…
- Why he said that to me?

There are many thoughts which are futuristic in nature and we hardly have any control on them:
• If I don’t submit on time what will happen?
• How could have I avoided in first place?
• What should I have done to avoid it in first place?
• Had I been on time, I could have avoided that accident.
• Had I got the data and the statistic on time, I would have won the bet.
• When I get my grades, I will be promoted in my organisation.

All these above thoughts create a lot of confusion in our mind and you lose your clarity of thought. You are not able to concentrate on your work. If you are loaded with such thoughts then you drain away a lot of your energy and consume more time in processing them. This also makes a person very pessimistic in approach. You keep shuttling from the past to the future thoughts and it does not help you in any ways. Eventually you become less productive, lose interest and eventually become weak. It is very important to change this thought process so that eventually you become more productive and start growing in life.

**Negative Thoughts**
Negative thoughts not only harm you but have an impact on others also. These thoughts disturb your peace and weaken your inner strength. If these thoughts occur on a regular basis, they can cause health problems, both physical and mental. They can even become destructive.

Negative thoughts are based on the five vices primarily - lust, anger, greed, ego, attachment. They are chiefly caused by selfish and harmful reasons, without taking into account the values and inner qualities of the person e.g.

* I think they should pay me more without having to do any more work to earn it (greed).

Negative thoughts also arise from unsatisfied expectations, in disagreements, in laziness, revenge, racism, jealousy, criticism, hate and an excess of power.

* My boss never appreciates my work but he always values my colleagues more (jealousy).

**Positive Thoughts**
Positive thoughts are those thoughts, which give us the experience of our original virtues like peace, love, joy, purity and power. They enable us to collect inner strength and equip us to wear a constructive attitude. Positive thinking means looking at what is beneficial in all circumstances, without being trapped in what is visible externally in those particular situations. Thinking positively involves looking at problems and recognizing realities, but at the same time being able to find solutions without being confused and experiencing feelings of powerlessness. This often requires tolerance, patience, peace and spiritual wisdom.

Positive thoughts make one internally strong and as a result our expectations of others decrease. This does not mean that they do not matter to us, but that we no longer demand love, respect, recognition, etc. from them, which is the best way to create long-lasting and harmonious relationships.

A person who thinks positively is aware of the weaknesses of others, but even then will direct his/her attention towards their positive sanskaras or personality traits. When we have inner happiness and are filled with positive energy, we have the strength to accept other people as what they are without wanting them to be different. This acceptance produces more stable relationships.

Always keep company of people with a positive attitude and ignore / avoid negative people, to live a happy life.

**Thoughts as Energy**

The environment in which we spend our time can be roughly defined as the temperature around us, the matter around us which can be in the form of liquid, solid and gaseous. There are many other elements of this environment which cannot be seen at a physical level but exists in nature but can be experienced by the mind. Telepathy is one such example which is self explanatory. Here the communication happens between two people without using any external means of communication and one picks up the thought generated by the other person. Now these thoughts travel from one person to another by means of frequency. These are nothing but the vibrations.
There are positive thoughts and negative thoughts which can influence other souls and also the matter. One can change the polarity of an object by changing his thought process. If you generate a strong positive thought of a particular frequency then it goes in the universe and all the thoughts of similar frequency comes together and one day it will come back to you in a much bigger force. Similarly if you generate a negative thought of a particular frequency the all the thoughts of similar frequency come together and one day this energy comes back to you. This energy can be destructive energy. These thoughts create a energy force field around the soul which can be called as aura which is similar to the electric field. This field can be positive, negative or neutral depending on the quality of thoughts generated. If a lot of people are generating positive thoughts then the ambience gets charged up and becomes positive and when they generate negative thoughts then the ambience becomes negative.

d) Negative Control and Arouse Positivity

There are many ways to incite or induce positivity:

- by reassuring,
- by supporting
- by contributing
- by hearing
- by promoting
- by reinforcing

In controlling others we create strain in the relationship where as when we are promoting someone we are enjoying the process and the energy that flows is soothing in nature and does not create any kind of disharmony.

When you want to arouse positivity we need to have the right kind of attitude with respect to what to say and what to do, when to say and when to do is also crucial. Here everything is a matter of perspective what I see as a problematic situation the other can see this as an opportunity. Your approach to the same thing decides whether you are a solution to the problem or you are a part of the problem. In every given situation there is an opportunity to learn and grow.
Always encourage people arouse positivity; ignore negative feelings and have the company of positive people to enjoy the GOD gifted beautiful life (instead of wasting it)!

e) **Reasons for being Negative**
There are multiple situations which are responsible for us to be negative in our approach. There is a lot of negative energy surrounding us which influences our mind to think negatively. A couple of them may be internal thought process or external are given below:

- Negative people around you;
- People criticizing you;
- Lack of confidence;
- Goals not clear;
- Not knowing your abilities;
- Not knowing your strengths;
- Not knowing your values;
- Having a pessimistic attitude;
- Carrying the past baggage;
- Being self-centered;
- Low on the personality;
- Lack of empathy;
- Lack of patience, etc.
- Not being realistic

Develop a habit of inculcating positive thoughts only in life. By changing your thought process you will change your destiny. By becoming a positive personality you will create a positive impact on others life. BE POSITIVE; STAY POSITIVE.

f) **Positive Newness**
At a regular interval we all should be injected by some newness to keep our hearts and minds fresh. How can we define newness? It is a change of thoughts, feelings, words, actions, circumstances - when all or some of these deviate from the normal or are new, they give us
an experience of joy. On a physical level we go on a holiday or a party, watch a movie, etc., all of these and many more such activities achieve the purpose mentioned above. We then get back to our daily routine of thoughts and actions, with more freshness, which makes the routine more interesting.

On a spiritual level, a daily dose of new and different spiritual knowledge at the start of the day does the work of newness, it rekindles our creative spirit. Newness in our thoughts then flows into our feelings, beliefs, attitude, personality or nature, perception, actions, interactions, relationships, etc. bringing newness in all of them and removing the stagnancy of the regular routine. Meditation, which is not just a process of reducing the mind to a nil stage, but the creation of positive, constructive thoughts to take the mind to a positive experience of peace and bliss, can become boring or less interesting for many over a long term, if the thoughts created each time one meditates are the same. So feeding spiritual knowledge to the mind benefits meditation immensely, because meditation can then become an interesting, new and creative exercise each time one practices it, instead of a routine affair. Also, the speed and enthusiasm of bringing positive transformation in the self can slow down, if the methods used for the same are not changed regularly. Fresh spiritual knowledge everyday helps us see transformation from a different perspective each day and work on it differently, which increases its speed and also helps us realize new aspects of our personality which need to be worked on. Swift self change then also brings benefit to everyone whom we interact with, all of which are significant aspects of spirituality.

g) You get what you look for
You get what you look for. If you are looking for positive energy you will get positive energy. If you are looking for negative energy you will get them probably in abundance. If you are looking for something positive in a person you will for sure get in him but for that you need to go deep into him to find that. At the surface face level it may not be visible. But why is that people looking for love in their life gets exactly opposite. This is because they keep thinking negatively of their goals and keep radiating negative energy there by manifesting the opposite energy and the opposite results.
Similarly there are many people looking for success in life but eventually end up being a failure in life. Here it all depends on what kind of energy is radiated by the person in need of success. If he radiates positive energy he will for sure get success but if he is radiating negative energy then for sure he will attract negative energy only and will be a disaster in life. If our thoughts for success are positive and very strong and we are strongly committed to achieve our goals then for sure we will be successful. Once we set our goals then there should not be any negative energy in us or there should not be any doubt on our capabilities and abilities in achieving our goals. Fear of failure should not come in our mind neither at a conscious level nor at the sub conscious level of our mind.

Every time we move closer to our goals it is because of our positive thinking and if we are moving away from our goals it is because of our negative thinking. Even if you feel you are drifting away from your goals you need to stay tuned positively into it. It is not a failure but success postponed. When you start thinking in this fashion the entire energy around you changes and you get a fresh bundle of energy to help you reach closer to your goals. At times we our self are the obstacle in our growth and that is because of our self-limitation coming from negative thinking. At times you may feel that you have lost on your opportunity stay positive and even if one door has actually closed god will open another door for us. Have faith, be bold and stay tuned.

The best way to handle your fear is not by running away from it but facing it head on. Devote some time everyday to do something to overcome your fear. Eventually you will develop your inner strength and proceed forward towards your goals to be successful in life.

Please always think that “whatever you do will be a success”. There lies a power within us which helps us to achieve multiple things; do not get disheartened in a failure but consider it as the step towards success. We should work with a clear goal and a purpose of life in place; give your 100% and it’s a question of time to be successful in life!

h) **Self Confidence**

It is very much associated to the fact that I have something different in me, a spark that will contribute to the well being of self and others with me being different. Every individual is
different and incomparable. We all have a unique purpose of being here to make a difference to others life. Transforming and helping others to grow will give us immense happiness and fulfilment in life. One needs to always be a giver than to be a taker. I can be confident and happy when I am always giving. It not only gives me happiness but also makes my life satisfied and contended. Without focusing on the results, without focusing on the outcome of your efforts one should give his 100% and live rest to god, this approach will certainly make me happy. Allow others to use your strength for their growth and happiness. Have no expectations from others when you are contributing for their success and happiness. In doing so you don’t get drained out but contrary you fell more energised. Live an unselfish life. Devote your time and energy for the accomplishment of others goals, success and happiness. You will get more than what you expect in life.

In the welfare of the society we should invest all our resources and in this process our evolution happens. We develop our wisdom in the process. A person is completely confident when he is spiritually blessed. He experiences and enjoys the divine energy to guide others with total empathy, love, peace and happiness.

i) **Self Control**
One of the mantras of leading a happy and fulfilled life is by having a self control over self and our lives. We can enjoy a sense of freedom in the self control. When our expectations from other person’s are not matched we get angry on them. At times we may get angry on other person just because we were not able to control them. Predicting a person to behave or respond in a particular fashion in it is an attempt to manipulate or control him. The best way to control others is by controlling our self. The process of controlling other leads to life full of stress. Every person comes with a unique strength and a purpose of life and trying to control that is interference in that person’s growth and doing that is impossible task which will lead to our failure, increase in our dissatisfaction leading to frustration and eventually getting stressed out.

We can control our own thoughts and canalize them in a more productive way. Controlling our own thoughts and feelings will be more effective and a happy state of being. We should not react in any given situation but act wisely.
We all of us have an aptitude and inclination to do something in comparison to others. We have the ability to change our behavior when we deal with different people around us in our life. The unique competence that we have helps us in controlling our own thoughts and feelings and helps us in not becoming a victim of the situation. By taking responsibility of everything that is happening around us we don’t blame others for the entire wrong thing that happens around us. With this we have our own control on the self and do not allow anyone to blame us.

If we blame others for our happiness then that reflects on us of not having control on our own mind. In any given situation there are two possible responses. One we do not react and act. Here we display the control over our mind. The second response is we just react which can be a knee jerk reaction in any given situation. The end result here is we lose our self-control. In such a situation if we want to retrieve the lost control in the given situation then we must shift to our belief system and change our thoughts and feelings. This can be easily done if you are internally driven. The more the self-control we have on our self the better positive impact on others in turn increasing our effectiveness.

Instead of trying to correct the world, let us change ourselves to live a Happy Life!

j) Understanding and Overcoming Ego

Ego transcends you into a false self image and associating with ego generates a false image and either you start relating yourself in a inferior way or in a superior way as per the situation and different people who are involved. The ego raises yourself into a false, fictitious world and it brings out your personal identity into fore front and relates to a feeling of I am, and this can be because of either being a male or female, the religious background you have (Brahmins have a superiority complex and backward community people have an inferiority complex), your nationality, your inborn qualities that you posses, brings out an affinity towards self, and this relates and contest with others. This makes a person vulnerable and ensures that everybody around him responds and starts thinking the way he or she does. Every person is born with different personalities and is unique in their own terms expressing themselves differently but a person with an egoistic tendency observes every person as a probable threat. People with high
egoistic tendency always want to relate to the people of his own thought process and people who fall into his thought process are only welcomed and rest of the world are differed.

People with egoistic tendency have lost their core identification of their self and buried themselves under deeper layers of false individuality. This fake personality which they carry around has lost the sheen of our culture, tradition, uniqueness and the original person they are and appear to be lost in the glamorous world around them.

People with egoistic tendency have an attitude of knowing everything in the world and are not open towards learning anything new and with this false self image tries to manipulate others with their own personal selfish motives. This eventually disturbs people around them, their interpersonal relationship, the creativity of the other person and eventually the self esteem and the personality of the other person.

Ego and happiness are two sides of a coin. If you have an egoistic tendency you cannot lead a life full of happiness. To lead a life full of happiness you have to overcome your egoistic tendencies and for this an honest and humble efforts are required. We need to address all the false self image of ours with total courage and humility and understand and accept that the desire to control others exist with the attitude of knowing everything also. Once we overcome this aspect of self we will lead a life full of happiness from within.

To overcome ego the following understanding will help:

- I am a droplet of energy in this world of the supreme positive energy (God); possess all the qualities and strength of the supreme positive energy which is a part of the universe, galaxy and the cosmos.
- I am the part and parcel of the supreme positive energy resting along with him.
- I am intelligent and well informed spirit,
- I am blessed spirit and radiate happiness to all around me

Here meditation can come handy as a tool to overcome ego. In meditation by referring yourself to the way expressed above as “I am” the corrupt and the negative influence on the pure soul, the
pure form of energy which is a droplet of this cosmos is changed slowly and permanently to become the original true self, the one in the purest form which is not associated with anything and is completely wholesome.

The aspect of this positive energy is in itself not a selfish existence or motive but a selfless personality and in this the person is very open, confident and positive. He stars relating with others on every single issue in a positive way, shares information that he have, talks about his strength, skills and his inborn abilities helping others to grow and becomes a ray of hope for people around. He becomes a great motivator and fun to be around. People are happy relating to him. He is an embodiment of a pure, positive soul.

k) Bringing Your Dreams Alive

Every individual is born with a dream, a dream to be successful and happy. Each one of us every day we try to nurture that dream. Dreams can be termed as immediate dreams to achieve, short term dreams to fulfil and long term dreams to be followed. As we grow and change with time our dreams also changes with time. Some dreams get fulfilled and many don’t. Many of us have the skills to understand our dreams, goals and purpose of life quite easily as compared to the rest of the world. The most critical and crucial thing about dreams is that how much do we believe in our dreams and understand that we can fulfil the same.

Some of the negative influences on this are:

- The past life success or failure plays a crucial role in our belief system. It creates its own negative impact on us, on our confidence and on our belief system. There are our past experiences of failures which create some discomfort about them in our mind and its occurrence again and again which become an obstacle in achieving our dreams or perceiving our dreams or chasing them. It creates a delusion in our mind and keeps us away from taking any concrete steps marching towards our dreams. All small resistance in fulfilling our dreams makes us nervous and we get inclined more towards our failures because of our past. We tend to become a pessimistic personality.
• Lack of capability, capacity or core competence could be the reason for not fulfilling your dreams. There could be some amount of resistance in fulfilling our dreams which makes us lose interest and feel de-motivated. All types of negative thoughts come to our mind which puts us down. It starts with Why me? , I don’t have the capability in doing this or my stars are not favouring me now or this is not a part of my destiny or bad karma’s are responsible for fulfilling our dreams etc.

• The judgemental statements made by others disturb the fabric of confidence within you. What they say may not relate to your thought process and are not able to relate to our true essence of life. Their statement totally changes your orientation in a negative way and you lose your direction of life.

• Lack of Flexibility in the process of achieving the dream. Any process for success to achieve our dreams is full of surprises, obstacle, resistances and sudden changes. Any kind of inflexibility of mind which do not change as per the situation to accomplish the desired success will make the process of accomplishment more difficult than otherwise.

• We should look at our dreams more objectively than getting over involved and emotionally associated into it. If not done properly then the entire process becomes stressful and hampers our belief system.

Always THINK BIG and work hard to achieve it with confidence; always remember that failures are the path for our success.

1) Looking from others point of view
All the activities of the day that we are involved we need to check our thought process in an objective way or from the third person point of view, and we will notice that most of the time we do all the activities keeping in mind how it will be seen by others specifically by my wife; what is she thinking about the same, my friend; how is he observing the same, my child; how will he behave with what I am doing, my relatives; what will they say if it fails, my boss; will he approve what I am doing or not, my secretary and colleagues in the office on they being judgemental of all the activities and also many other people right from the milk man, newspaper
delivery boy, laundry fellow, lift man, pump man and all the stakeholders who serve us. We relate to how they are going to judge us and accordingly and we try to adjust our behaviour. When we always think of others thought process and their comments in all our acts we are likely to lead a life full of fear. We are always trying to make others comfortable and happy so that we are always approved by them of all our acts.

We seek a favourable response from others, we always look for encouragement from others, we avoid their rejection what so ever it may be and this reliability on others makes us put all our efforts to impress them. Many a times after having done all that needs to be done to keep them happy they still crib about everything around you, then you feel sad about the whole incidence after having done all that was possible for you to do! Within yourself you want to entertain them because you expect something in return may be their love, or you have a fear that your boss may not retain you in the job, or we are afraid of being vague, unique and not being approved. The kind of reliance on others we look for reduces our genuineness in the whole process. If we keep doing the right thing that ought to be done then we will get the right response from others and in the process if others still don't respond in a right way then we will learn something from them in the process. Here we need to understand that with this approach our values and self-esteem is not based on their response. With this mind set when you do your work, when you fulfil all your responsibilities you are always positive and open minded because you believe in yourself, in your action which comes from the confidence and being fearless.

Finally one more thing that exits in our mind to whom we also relate to and that is the positive energy, the supreme energy and we refer to that energy as God. In our mind we think of the God evaluating us for our saintly behaviour or for our sins in all our acts. When I look at God in that perspective that he is judging me on whether my behaviour is saintly or sinful then I keep myself away from him. This thought process does not allow me to lead a life of inner peace and happiness. Many people in general from the community that we live have been distancing themselves from God as we have understood him to be more disciplined who adheres to norms. We are scared of his judgemental values.

In reality, God is a symbol of love, he encourages me, guides me, takes care of me, helps me to fulfil my purpose of life, sees my strength and directs me accordingly, he hugs me and in that
relieves me from all my problems and short comings, I am energised being one with him and I get my freedom and he does not make me dependent on him.

Believe in yourself; love yourself first; identify your strengths; do good things in life and live a Happy Life.

m) Peace - Realizing Our Natural Nature of Peace

Nature is an embodiment of peace. All that exists in nature, all the life forms whether they are plants, flowers, leaf, fruits etc follow the principles of nature, do all the activities in a serene manner – all grow and blossom, flourish calmly, decompose peacefully and die without being ruffled. It is quite evident phenomena that peace is their true characteristic. All the 5 components of nature – earth, wind, water, fire and space are by large calm in nature. Our curiosity to manipulate them and change their equilibrium makes them lose their peace.

The times have changed and we all are leading a very stressful and busy life, whatever our age may be we still respond peacefully and communicate our peaceful nature with all the stake holders by way of peaceful thoughts, peaceful words and peaceful actions. Most of the time we respond peacefully unless and until there is some form of distraction in the association among all the stake holders in the nature. By nature we are peace lovers and maintain that in all the relationships. If somewhere something goes haywire in our relationship however small that could be, we lose peace of our mind and get disturb. WE lose our harmony with the self and nature. This is self explanatory that we human beings are part of nature and hence are peaceful by nature which eventually can be termed as our fundamental personality.

In every possible case most of us most of the times have displayed our inherent peaceful nature. It happens so automatically that we not even realizing of our response of being executed calmly. Many times we have experienced that when we lose our originality of being peaceful or being natural ie. Being unnatural we drift away from peace and attract negative energies such as worries, we get scared of unknown, we get quickly irritated. This unnatural phase is a temporary phase and it goes away quickly and with patience we come back to our original peaceful nature. In few cases there are people who are always dissatisfied with someone or something due to
some issues or the other. At times we may also experience that we are relentlessly being on the edge and every now and then encountering anger, frustration and depression. Even such people, who are perpetually angry and disturbed when they look within their self, will experience peace and harmony from within which is their true personality.

n) Play full

At any age specifically when you have grown older in life by age and you remember those childhood memories and want to nurture them, nourish them and still would want to be a child and behave like one. You would want to enjoy that childhood; you still want to be playful. The basic quality of a child is to get involved in whatever they do, whether they are running or laughing or dancing or fighting. They do it with 100% of their involvement. They are just enjoying. They are not aware of the issues which might crop up later in life and behave in a forgetful manner and enjoys the freedom by getting soaked in their act. To enjoy like a child, you need not stop behaving in a matured way. An intelligent person can mingle like a child and fuse into an adulthood with ease by being sensible. Replay all your childhood video clips from your memory and visualize all your feelings and moments of happiness, fun, spontaneity, creativity, chilling out naturally, charged up and excited, and existing with thrill and surprises at the beautiful world.

Learn from the kid’s what they are good at:

Innocent Laughter

One of the characteristic of a child is to laugh naturally. He would like to laugh and be with the people who also can laugh at themselves and with people around them. The children know from within that the more the dose of laughter in a day the better it is. They would stretch themselves to loiter with people who will make them laugh and laugh with them on their pranks.

Use your Imagination
Every child is a dreamer, they create their own stories of fantasies, they use their power of imagination and are enterprising and we all can be like a child if we allow our self to do all that a child does. If you go back to your childhood you will recollect of having enjoyed drawing, how we prepared our stanza or poetry, enjoyed listening to stories, created and formed our games, drifted, loitered without any purpose into our own imagination with all those who were ready to listen to what we said and was willing to participate with us. Those childhood days were one of the best movements of our life and great fun and were also the sound foundation of our life in totality. All the success, creativity and the positive energy commences with the childlike fantasies.

**Instantaneous**

If you observe children are ready to experiment anything at the spur of the moment. The child within you always wants to be quick and rash simultaneously, and they are not willing to prepare themselves for anything. They enjoy being impulsive than being organized and planned properly and executed. Being instantaneous is very natural and is a child like behavior. The sudden shift from a matured response in any situation to childlike behavior is the key of spontaneity, being instantaneous, being a childlike personality.

**Accept people the way they are**

When a baby is just born it does not have even a slightest clue of how the world is or going to be or how different it is than how it should have been. The just arrived baby just accepts the things as it comes to them one after the other, adjust to the surrounding and navigates its way into the world as beautifully as it can. Similarly the child inside you knows the best possible way to adjust to the situation and take things as it comes, act competently and behave happily with all of them who come across. If you can recollect those beautiful moments of your childhood and the spirit of your being then you are always young.

These illustrious childlike attributes, eminent features which will help you enjoy your life every day from moment to moment is an integral part of yourself. They are inherent part of you. If you enjoy the child within you, and really mean to be a child again then you will always find peace within yourself.
When you enjoy the true happiness from within you can achieve anything. Make an attempt to enjoy the true happiness of a child by being instantaneous, by experimenting at the spur of the moment to be a fun loving child again.

0) **True self**

Meditation is a tool to rediscover your true self. The relevance of who am I, what I am, why I am born, what is my purpose of life etc it is this self which gives us the complete satisfaction, contentment and movement to our life. Here in meditation we are supposed to be staying in the present by staying tuned on the now, rather than drifting in the past or migrating to the future. Here the thought emerges about who I am and this process of meditation helps us to realize the true self.

To remain in this state of being we focus on the word Om, a spiritual label that acts as an important element to human thought process. We evolve in this process and one day we reach the true self by meditation, and in this we filter the false self which has been deeply rooted in our lives, in our way of thinking and the level of being. This realization is very important for the evolution of the soul which is the true purpose of life.

When we come to realize about the existence of false self around us and the impact of the same on our lives then we should work towards eradicating the bad effects on the true self right from the grass root level. The wrong self is made up of cravings which when accomplished fail to give us happiness, value of that achievement and exactly the opposite is achieved.

p) **Power of the mind**

We and our mind exits in this world function in this world and we get energy to function from Mind, Body and Matter. The fundamental dissimilarity between the mind and matter is that matter is a material and mind in not. The another difference between mind and matter is that, matter has a defined boundaries and is related to the time frame and space dimension whereas the mind has no boundaries, there is no limit to its functioning, the functioning of mind with the time frame or the space dimensions does not exist.
When we look within and understand the functioning of the mind we realize and also experience the power of the mind. Sitting in Mumbai with a blink of an eye I get connected to my sister in Chicago, USA, and the other moment I get connected with a friend in Australia who are in a different direction, place, different time zone and also the space. My mind can relate to what happened day before yesterday, today, 10 years back and what may happen a couple of years from now. Hence we say that our mind is very powerful.

Our thoughts get generated in our mind and they also posses tremendous amount of power. Our mind wanders with the help of thoughts and we get connected to the past and are engrossed in our past experiences of life. These thoughts create tremendous impact on our mind. When I visited Cochin and Allepay a couple of years back I start visualizing my experience in the house boat which I stayed for a day. I get connected to the beautiful happy experiences during my stay in the boat; I get emotional when I recollect the sunrise seen then, the fresh green paddy fields etc. Even when I think and talk about these past experiences I radiate happiness, positive energy and transform people around me and of course I am also happy. At the same time when I relate to the sudden death of my father which occurred last year I immediately become sad, depressed and lose the peace of my mind.

Let us utilize our Powerful Minds for the betterment of ourselves and also the Society and live a Happy Life!

q) Understanding the Inner Mechanism of Anger

When our expectations are not fulfilled we become angry and when we in totality as a human being get angry whether in our thought process, in the words used or in our behavior it creates an impact on our mind and or our memory. The result of this becomes the sanskara of anger to be reproduced. In this sanskara all our feelings and encounters are stored along with the manifestation with respect to the target of our anger which can be a human being or a site. If we come across the target of our anger the next day then all the prerecorded emotions, feelings, actions, words, gestures, behavior etc will erupt from within the sanskara.
Even after thinking of the target, the anger gets erupted within us then we are reinforcing the anger deep in our sanskaras. The outcome of this in our behavior has a significant impact and we stop behaving in a positive way. This keeps on hovering over our mind, in turn we get confused, we lose our rational thought process, our mind loses its original strength and alters our decision making abilities and eventually our behavior changes, changing our destiny in a wrong way. At times the site of the target makes our life miserable and we our self are responsible for that as all the pre recorded messages are reproduced from within our sanskaras which makes thing rough for us to talk to people around us in our life. This is because of the negative pictures we carry about them which are stored in our sanskaras reflecting from our previous encounters. This repetition of the negative energies makes our mind biased towards the target.

r) **The Cosmic Consciousness**

We are the actors on this stage called as planet earth and the respective souls in the people around play their role to the fullest. The stage exits in a very small size in this universe which is well defined by the physical structures, chemical elements and biological theory.

In our culture where we stay we enjoy the fruits of our action and we accept that as our destiny. The sole is resting in the human body which functions as the vehicle of the soul and helps the soul to perform and fulfill its duty making changes in the physical world. The actual reality of the existence of the material world is the reflection of the mind. If the mind is peaceful you will see the same energy around in the material world which we can call as harmonious energies. But if the mind is agitated and disturbed, it reflects its disharmonious mood and the same gets reflected into the actual materialistic world.

In this cosmic world space and time are the main dimensions in which the actual movement of the earth is defined by the sounds that gets generated, movement of all the objects, color in available in every shape and form. On this stage called earth, various actions takes place witnessed by the galaxy of sun, moon and stars. In this drama that gets enacted a lot of emotions are displayed by the soul who is the main actor and expressed in the form of pleasure and pain, related to purity and impurity of the relationship, to the association of happiness, joy and sadness.
where the new is differentiated from the old and demarked from negative to positive. In this drama of life you reach a point where the soul along with other elements of the universe in the physical form gets purified by the supreme positive energy and comes back to its original state to re-perform everything all over again to achieve salvation. This can be called as the external world cycle of the cosmos.

When we live in the material world we will never get happiness and satisfaction. In spite of living in the materialistic world how to live a life full of happiness, satisfaction and contentment is the key to success. This also indicates how to lead a life without any stress. There is only one way to achieve that and that is by developing your mind to be aware of “Cosmic Consciousness”. The above eternal world cycle talked about the tiny size of the planet mother earth and when you compare the size of the earth with respect to the universe, galaxy, cosmos then in the relative terms the mother earth does not exist. However for all practical purpose and for the discussion purpose we assume the size as a very small dot. In that case now if the earth is a tiny dot then how big is Asia? How big is India? How big are our states, our area we live in, and our house and how big are we? In all this relativity we do not even exist! But our ego is bigger than even the mother earth!

Even for past trillion’s of years so many people have lived on this planet and for next trillion’s of years many more people are supposed to inhabitant on this planet. Even in our life span of 100 years all our achievements is hardly anything for us to boost about. When you arrive at this consciousness it is called developing cosmic consciousness. This development of cosmic consciousness helps us in developing humility which helps us in crushing our ego. Hence developing cosmic consciousness helps us in managing stress effectively.

Now with respect to the cosmos understand you level of your existence, the issues we keep cribbing about and relating to. Is it worth even mentioning about all the pity matters that we talk and relate to? Why do we pick up fight every now and then? We need to understand everything and organize our self with the right orientation.
We need to appreciate the tiny blue planet that we live on. Now contemplate, meditate on the tiny picture of the mother earth which exits in this huge cosmos as a tiny blue dot where we all stay. All our aspirations and dreams we leave here with all the tiny complex issues we face with all the achievements we boost off with all our gadgets, innovation, technology where man has reached the moon, with all the natural resources, with all the mighty countries and government within with all the administrative finesse, with all the love and hatred going around continuously is it worth for all the total human population around the globe always in a flux. We need to understand humility out of this description.
MANAGING STRESS THRU MEDITATION

(Law, 2008) Scientist Probe Meditation Secrets These day’s lot of scientists are doing research work on meditation and they feel that it has a tangible effect on the brain but many pessimists do not believe that it is not a practical way to try to deal with the stresses of modern life.

When you are stressed due to depression then you can manage the stress by a combination of medication and a psychological treatment called Cognitive Behavioral Therapy.

(Williams, 2008) The other scientists have developed another technique of combining meditation along with cognitive therapy in the ratio of 80:20 to handle stress. He suggests looking at a problem in a different perspective, and not getting judgmental about the thought that comes to your mind irrespective of them being positive, negative or neutral. The research says that you have a 50% success rate in this technique. Meditation helps in tackling difficult and very modern challenges.

(Davidson, 2008) What is meditation?
There are many ways one can define meditation. It is a mental practice in which you close your eyes and keep observing your thoughts by focusing on the third eye chakra. You can also bring your attention on a subject or an object.

There are various other ways of doing it like repeatedly saying words, phrases which can be called as mantras, focusing on breathing which is also called Vipassana Meditation technique or simply being in awareness of being alive.

(Lazar, 2008) Meditation when practiced along with other lifestyle changes such as yoga, exercise, diet can be more effective and a measurable impact on the brain is seen thru neuroscience. By using MRI scanning one can study the brain’s cortex of various people and a
positive impact of meditation on the human mind can be seen specifically on those who regularly practice.

MEDITATION FOR STUDENTS

In all I have taught more than 21 various types of meditation techniques and the one given below is the one practiced by me daily and recommend the same to the student’s community to follow. This specific technique helps you to get connected to the supreme positive energy and in the process get guided throughout the day, from minute to minute to achieve your goals.

1. (Betai, 2006) To remain conscious at higher levels is meditation; i.e. raising our Level-of-Consciousness which will help in increasing our awareness thereby increasing our pleasures. If the level of consciousness is not increased then access to the higher levels are not achieved there by leading life in ignorance which breeds pain.

2. Additional purpose is to raise our Physical thoughts to various levels of brain waves with regular practice of meditation.

3. The primary objective is to be connected with the supreme positive energy throughout the day and be guided. It is similar to the concept of using the GPS system while traveling from one destiny to another. Similarly being connected to the supreme energy helps in achieving the desired goals for the day, for the moment and gets guided from time to time.

Posture of the Body during Meditation

You can sit, stand or lie down during the practice of meditation. As a beginner it is always recommended to sit and meditate.

4. For meditation you can either sit, stand or lie down flat on the ground but for Beginners we suggest starting with the sitting posture and ideally sitting in
the Padma-Asana posture is ideal if not the normal sitting posture with spine somewhat straight, head slightly lowered, hands on your thighs, with palms down, eyes lightly closed. Don’t use a posture that may cause Stress because that would distract your Focus-of-Attention.

5. Sit in an open posture where you are comfortable. Your hands and legs are in a proper position and comfortable. We should not sit with our hands crossed, legs at the knees and ankle in the same way. This is a closed posture and your mind also gets locked in this posture. This also applies to all the students when they go for interview as in a tricky movement you will not be able to answer the question because your mind is also locked. This during the meditation process will shift your focus from meditation to the discomfort created by locking of your hands or legs. With the open posture and continuous daily exercise you will be comfortable in your suitable posture.

**Duration of Meditations**

6. The time frame will be 20 minutes for beginners and gradually one can go up to one hour a day as you become a serious meditator.

**When to Practice**

7. Early Morning [3 am to 6 am] is the apt time to exercise and practice because your mind is fresh and the energy of the earth also goes up thus helping your soul also to rise, and in other words it is the brahma muhrata as followed by our entire ancestor. Actually meditation can be done throughout the day but for the beginners it is recommended to start in the morning immediately after you get up. During sunrise the energy of the earth goes up and that also helps the meditator.

**How to Meditate**

8. **STEP 1:**
Ideally start in an enclosed room where the light, sunrise do not fall directly on your eyes. Strictly avoid sitting in an open area where the sun rays falls directly on your face. Close your eyes and relax totally. With this you will slowly cut off yourself from all external inputs and gradually turn inwards helping you to activate the meditation process. The Ten Deep Breaths Method is ideal for preparing your Physical-Body for meditation. Just sit calm in a comfortable position with eyes closed and brings your attention on your respiration to start with and eventually you will drift inside on your meditation.

9. Usually one would find it easier to Practice-Meditation when one is fresh after good sleep and having taken bath. How-Ever, taking bath is not an essential criterion in the Practice-of-Meditation for evolutionary progress through the journey of life, as our Physical-Body plays no part in the Practice-of-Meditation.

10. **STEP 2:**
Step 1 ideally is only the preparation part. When you settle down in your physical posture then withdraw your Focus-of-Attention from the outside and in-to your Sixth-Energy-Center. (Third eye chakra)

11. **STEP 3:**
After the step 2 the actual process of meditation begins. Now your physical body is calm, serene and tranquil. Your mind starts relaxing and is very alert and attentive. When your Focus-of-Attention comes within the direct effect of the Energy-Force-Field of the Lord Almighty, then your Soul-Mind would be spontaneously attracted by The Lord Almighty, towards higher Centers of Consciousness; just like a small magnet is attracted by a large magnet spontaneously when the small magnet is placed within the Magnetic-Field of the large Magnet.

12. Your effort is required only to shift your Focus-of-Attention, which is Scattered in the out-side world through your 5 Sensory-Organs [Ears, Eyes, Nose, Tongue, Skin], to the in-side world at the Sixth-Energy-Center, the third eye chakra where the Energy-Force-Field of The Lord Almighty can-be perceived with minimum distractions.
13. This effort can be made by simply changing your Focus-of-Attention from all outside worldly associations to the sound-current of ‘OHM’ which is pervading the entire universe, below its level-of manifestation.

14. You have done this shifting of your Focus-of-Attention when in your school-college class-room, when physically you appeared to-be focused upon the teacher, but in reality only your Physical-Body was focused upon the teacher and your mind was busy thinking-imagining-dreaming about some-thing else.

15. When you meditate for 45 minutes, initially your Focus-of-Attention may be within the inner-core of your Sixth-Energy-Center for just a few moments.

16. Your mind would normally resist your Practice-of-Meditation by distracting your Focus-of-Attention from ‘OHM’ to the outside worldly persons-products-places. As-soon-as you become aware that your Focus-of-Attention has drifted away from the Sixth-Energy-Center, get back to the Sixth-Energy-Center by trying to listen to the sound-resonance of ‘OHM’.

17. Remember, that you only need to attempt-to-hear that sound-resonance of ‘OHM’ and you may or may not hear the sound-resonance itself. The purpose of Meditation is not to actually ‘hear’ the sound-resonance of ‘OHM’ as-such. The attempt to hear that sound-resonance would result in upward movement of our Spirit-Force through attraction by the Supreme-Soul as-soon-as we [our Focus-of-Attention] come directly within the Energy-Force-Field of the Lord Almighty.

18. The eventual target is to remain in Meditative-State through-out the day-night, even as we sleep, eat, drink, walk and work. Initially when we Practice-Meditation for 60 minutes, we will remain in Meditative-State for about one hour after Meditation is over.
19. As we Practice-Meditation daily and regularly, we would remain in Meditative-State for increasingly longer duration. We should then remain in Meditative-State each-every moment of our life. i.e. we would be aware of the Prime-Purpose-Of-Life and Everything we do then, would result-in our Spiritual-Progress i.e. ascension of our Focus-of-Attention and proximity with The Lord Almighty.

20. **STEP 4:** Coming out of Meditative-State can be done by gradually opening your eyes, and drinking a glass of water.

**Nature of mind**

21. The nature of our mind or the true characteristic of our mind during meditation is to move from present to past or future. This is a normal phenomenon of our mind. During the meditation process when you come to this realization we simply need to bring our mind to the present situation and proceed further. The other possibility of happening is to fall asleep during meditation. In the beginning this happens as our mind sleeps when we close our eyes in our normal life. This is because of the habit pattern of our mind. Eventually with daily practice of meditation we will overcome this habit also and continue in our progress of learning mediation. With time we will evolve further in the process of learning meditation but the mind shifting from present to future or past will continue.

**Deep Breathing Method**

22. Once you have stabilized in your physical posture you should take a deep breath. This is your first deep breath (DP).

23. **1st DB:** With the first deep breath we activate the mental process to calm our mind and the entire body. With this we relax our entire body from head to toe in a short frame of time. The 1st DB will activate the link for relaxing our body totally from head to toe. After the 1st DB you can instruct your mind to relax.
24. The 1\textsuperscript{st} DB is for activating your actual body to relax and we reach this goal by doing it in small portion one at a time. Here you start the procedure from focusing on your scalp and giving instruction to relax. Then you bring your attention on your face and give instruction to relax. Here you can break up further into forehead, eyes, eyebrow, nose, lips, chin, ears and then entire face. Now you can move on further up to your toes.

25. In this process as relaxation progresses from one part to another the body starts relaxing each and every muscle, ligaments, all pressure points and the level of relaxation increases with every deep breath you take. You may need more than 10 minutes to relax each and every part of your body from scalp to toes and another 10 minutes when you reverse the relaxation procedure when you do that from toes to scalp.

26. In the above mentioned relaxation process it is recommended to take some deep breaths in from your nose in such a way that your stomach is expanding outside and when the air comes out of your nose the stomach goes back to its original position or even touches your back. This process will help you to achieve higher levels of relaxation. It is very beautiful and healthy to be always at a relaxed state of mind.

27. The experience of highly and deeply relax state of mind should be engraved properly and for good on our mind, body and soul at a deeper level so that the same experience can be reproduced at a very short notice in our future meditation process.

28. 2\textsuperscript{nd} DB: Once you are physically relaxed then you can go to the next level of your second deep breath which is used to calm down your mind. At this level it will help you to relax your mind quickly. When you take the second deep breath give a command to your subconscious mind that the time has come to relax.

29. We all have plenty of video clips in our mind of our past pleasant experiences. May be a vacation you had on the beaches, or a wonderful time spent on a hill station, may be a beautiful holidays in the snows or a wonderful serene experience of your stay in the
boathouse. The unique way to chill out mentally is to visualize all your past pleasant experiences in the memory screen of your mind and this is the best way to mentally relax.

30. Continue with this by devoting more time in being in those siren pictures and being with this illustration with all the senses of mind in place with total involvement. All the calm and cool pictures you chose to associate with should be done with total integrity and involvement. You can spend around 4 minutes or so doing this. Keep taking deep breath in between.

31. 3rd DB: This is the flashpoint for the commencement for the act of planning for positive conditioning of the mind. Take the third deep breath and give a command to your mind that I am at the threshold point, very much relaxed and starting the planning work to go deeper in my meditation and conditioning of the mind.

32. At this junction you do all types of positive conditioning of the mind that you wish to do. All this conditioning is happening at a deeper level of your mind, deeper than the first two beep breaths. The platform and ambience to commence with your programming is on.

33. The positive conditioning of the mind can be done effectively when you’re mind is open. When the physical body and all the senses of mind are calm, serene and tranquil the brain is in an open to accept all sorts of positive information useful for the growth. The programs are influenced in the following ways:

34. Confirmations – Confirmations are the positive claims you make about your goals to self. These are the claims which revolves around you that you want to achieve or want to be. These confirmations are communicated to your mind in your normal sense of being and also during meditation process. A confirmation when done strongly makes impression at a very deep level of your being during your meditation. The impression can be created at a very grass root level.
35. **Goal Setting and Potential Problem Analysis** – The goals must be smart; specific, measurable, achievable, realistic and time bound. Goal setting can be done by using the memory, programming the memory by using your creativity, by picturization, visualization and imagination. The best technique that I have been following in problem solving is by thinking of the problem before hitting the bed at night and when I get up in the morning the first thought that comes to our mind is the solution to our problem. A lot of intuitive power is used and relied upon to get the solution.

36. **Articulated Techniques** – These are structured and logical steps like a software programming and when followed step by step during meditation the outcome is encouragingly positive.

37. **Self-guided imagination** – Here you can condition your mind for a specific outcome that you wish to achieve thru goal setting or curing.

38. **Deep Breathing Reminder’s** – With all the above techniques and programming being done simultaneously keep talking deep breaths to still go deeper. During meditation get tuned to your deep breathing pattern and periodically keep taking deep breaths. These deep breaths will help you in further deepening. These deep breaths will change your metabolism in your body which will induce oxygen in the system, slows down your number of breaths per minute and relax all your muscles. Periodical deep breaths will help you to maintain your tranquility, peace of mind and keep you relaxed.

39. Meditation is our ancient Indian culture and a way of life. You choose to do it all by yourself and when done religiously your composition changes all together. Your personality changes completely. Your health gets enhanced, your interpersonal relationship improves, and your effectiveness in the job increases, you become creative in every aspect of your being and being positive helps in solving problems. Meditation helps you to maintain your equilibrium in each and every situation you encounter and hence all your choices and decisions are sound in nature. You enjoy your life to the fullest, lead a confident life with a positive outlook.
Meditation increases neurohormones as during meditation there are no thoughts coming to our mind and calmness stage appears thus helping in more secretion of neurohormones. General tranquility of brain is achieved due to Meditation thus improving the efficiency of the brain.

Meditation is a natural and enhancing human activity. Meditation when exercised daily as your life style it generates surprising results on physical, mental, emotional and spiritual aspects of our being. It connects us with our own inner powers of energy, vital strength, simplicity and love. When done deeply, it gives us an expanded sense of connection with all life, an experience of complete joy and happiness.
The Benefits:
The meditational methods used here are destined to bring about an awakening of self and an awareness of innate abilities, putting each individual in contact with a veritable powerhouse of energy and resources within themselves.
Regular practice has proved to have positive health benefits, including healing and reducing stress-related illnesses like heart problems, hypertension, hair loss, and weight issues.

Listed below are just few of the many benefits from this practice:

**Short Term**
- Reduces existing stress while increasing the ability to cope with pressure
- Builds the capacity to find creative solutions to issues
- Increases productivity
- Encourages lateral thinking
- Helps in anger management
- Promotes co-operation and team building
- Inspires self-motivation

**Long Term**
- Ability to handle increased responsibility
- Awakens leadership qualities
- Inspires a sense of purpose and direction
- Develops the intuition
- Spiritual growth
MANAGING STRESS THRU POSITIVE THINKING

The following are the positive statements one can think of to managing stress.

• When I win, I win; when I lose, I learn!
• Whatever happens; happens for the good!
• Dar Ke Aage, Jeet Hai!
• LET GO!
• Karm kiye jaa, phal ki chinta na kar!
• Don’t expect anything from anyone!
• Pen down your EMOTIONS! (It will clear your thoughts)
• Nothing is Failure, it is SUCCESS POSTPONED.
• MEDITATION...
• Do not follow others footprints, make your own decisions.
• The day I stop getting Butterflies in my stomach; when I face the camera, I shall stop acting. (Amitabh Bacchan)
• When Angry – TEAR PAPERS! (Please do that with the newspapers only; Currency Notes...)
• LOVE YOURSELF! YOU ARE UNIQUE!
• Don’t let others Influence you!
• THINK LOGICALLY & not emotionally; then take a decision, you may probably move a mountain.
• Share and let out frustrations with close buddies! (your MOM)
• FORGIVE & FORGET!
• DIG DEEP – out of 100 vices, look out for that 1 unique good quality in that person.
• Bury the past, live in the present! (Raat gaye, baat gaye)
• Use TECHNOLOGY - (Talking TOM)...
• Sometimes just LEARN TO IGNORE!
• KAL HO NA HO!
• Preparations’ are in your hand and not results.
• LIVE LIFE TO THE FULLEST!
• EAT CHOCOLATES...
• Lead a LIFE OF AWARENESS!
• Don’t become footballs of others opinion...
• BE THANKFUL TO GOD.
• Develop “ATTITUDE OF GRATITUDE”.
• Think you are the best; you can be happy and cheerful than the rest.
• Jealousy may create mental blocks about opponents.
• Change your thought process, be positive.
• All are sailing in the same boat.
• Replace Why Me by TRY ME!
• Every dark cloud has a silver lining.
• It’s not always my way or the highway.
• Many a times, people don’t like to be advised.
• Do not give advice when not asked for, it won’t be valued.
• Stop being a PERFECTIONIST, because the world itself is not perfect.
• Face your FEARS! (Don’t run away)
• DO NOT FEAR FAILURE
• Palest ink is better than brightest memory.
• BE HAPPY, BE JOLLY, AND BE CHEERFUL!
• CRY
• CLEAN YOU’RE HOUSE (Activity...)
• NOT TO DO – Any ILLEGAL / UNLAWFUL / UNETHICAL things under any Circumstances.
• You can’t be responsible for OTHERS ACT.
• Every time you may not be able to explain others or convince others.
MANAGE STRESS THROUGH CAPTIVATING INTERPERSONAL RELATIONSHIP

There is always a dispute with people with whom we interact on a daily basis. This happens with them because of the expectations from them not getting fulfilled and this is the case with the people with whom we are much closed to each other. If we are happy then we are not stressed out and if we are stressed out then we are not happy and this by and large is linked with our interpersonal relation with our parents, children, spouse, teacher etc.

When you want to lead a life without stress then maximum care should be taken to develop healthy interpersonal relationship. The more harmonious the interpersonal relationship the better stress management happens.

People experience more stress in an interpersonal relationship and it is one of the crucial areas in our life. When there is a disturbed relationship with people you are not comfortable and happy and whenever you interact with that person you feel stressed out.

All the human negative qualities such as anger, jealousy, misunderstanding etc are the outcome of the stress due to the disturbed relationship. When someone says something to you and you don’t like it, you feel bad. Feeling bad is your personal inner analysis of what inputs you got externally which was someone saying something to you? The external inputs can come from any one in your life such as your spouse, teachers, friends etc.

All the association and analysis of the events in our life should be described in a positive way. There should not be any room for negative thoughts when we deal with other person.
When we evolve our self to the purest level of our being with love, attention, attachment, understanding, rapport, affinity then there is no margin to experience stress in our life and our hearts and mind will be loaded with total positive energy, completely radiating joy and happiness. The person who has developed himself to such a level of purity will Manage Stress through Captivating Interpersonal Relationship.

**Humility**

With reference to all the stars, planets and other galaxies which exists in the universe our existence is negligible. We can go to the extent of saying that we don’t even exist.

This understanding of our existence with respect to the galaxy is called Cosmic Consciousness and will help us become humble. Developing humility is very crucial essence of our happiness.

We respect a person of great holiness not because of his skills or knowledge but for the humbleness that he displays in his behavior. When we say that a person is modest we intend to communicate that he does not have ego. Every individual would like to be associated with the modest person. Hence invest your time and money in being modest yourself and enjoy the fruits of the same in your interpersonal relationship eventually becoming happy.

**Expectations**

Expectations in our relationship when not fulfilled leads to disharmony amongst the stake holders. Expectations between the husband and wife when not met leads to disharmony. When the wife expects her husband to respond in a particular fashion and when the husband doesn’t cooperate then the wife becomes unhappy. Similarly when husbands expectations from his wife when not fulfilled leads to disharmony. The best thing to do in life is have no expectations from anybody in life. When we develop such approach towards all the people around us we can reduce the probability of having a strained association. Instead of expecting people to change; acknowledge people as they are and not as you would want them to be.

Now talking this discussion further, should we say that there should not be any expectations between the employer and the employee? Here the explanation goes this way; the employer should keep a goal for every employee and all the employees are expected to achieve these goals. The employees are expected to put in a minimum fixed amount of time to achieve their goals
with some level of quality being maintained and are paid for the same. Any kind of other expectations from the employee by the employer such as expecting to be saluted or oblige the employer by doing things which are not in their area of duty then such expectations will lead to discomfort spoiling the ambience of ethical work culture.

Similarly parents having some expectations from their child like always taking the orders and executing them can also be seen as unwarranted claims to be fulfilled by the child.

Similarly teachers having some expectations from their students like always taking the orders and executing them can also be seen as unwarranted claims to be fulfilled by the student.

**The steps to be taken for Managing Stress through Captivating Interpersonal Relationship are:-**

1. Understand people from their point of view. This is essential because we have a biased mind about them and that can take a back seat. This happens due to our past experiences of our life. We can view the same thing from various angles only when we have this approach.

   While you are interacting with other person have an eye on his behavior and think for the reasons for his thoughts and actions. What makes him do things that he is doing. What drives him to do what he is doing? Try and go to the source of his thought process and find out his desires, his aspirations and the reasons for his behavior. You can get a better insight by positioning yourself in his place. This will expand your horizon in accommodating and understanding people.

   People around us are very greedy, mean and selfish by nature. If you can help them achieve their goals then you have an opportunity to lead them. You can win over their trust.
2 Every individual has his or her ego and they think of themselves as a VIP. While communicating and handling people consider their point of view, ideas and notions. Please ensure that under any circumstances we should not hurt their ego. Make them feel important.

3 In any conversation or discussion one needs to be careful of not getting into an argument. Every person presents his ideas and considers them to be right. Arguments are useless because the focus is on proving that I am right and the other person is wrong, I am smarter than the other person. Be calm and polite when you express your ideas but keep in mind not to sale it forcefully. Communicate your views and leave it there.

4 Do not attack the person directly but relate to what he has to say. Do not use sarcasm or make a mockery of what he means. Do not harm or hurt the other person. Do not find faults in a person. Do not focus on the negative stuff of the person. If at all you need to communicate to him on all his negative aspects of being then instead of being direct try to be diplomatic. Unless and until you are a professional counselor pointing out the faults is useless. This will unnecessarily create disharmony in the relationship. If our purpose is honestly helping the other person to improve then you should not focus on his negatives. People can relate to our intentions whether it was a genuine purpose or it was a put off. All such responses can be rejected and taken as an insult.

In case you don’t have a choice but you have to narrow down on their mistakes then start with an honest appraisal, positive feedback. Shift their focus on their shortcomings indirectly. Relate the entire incident to the similar mistakes you were involved in. Please note that a simple negative statement of yours will de-motivate the person and make him lose interest in the activity he was working on. People don’t like being pinned down.

5 Most of the time we have always been judgmental and always been analytical about everything around. It is difficult to understand and relate to other persons purpose.
6 All human beings are always fault finders specifically with people around. With great difficulty we encourage and admire others. You can be a unique individual. Purposely make an effort of admiring and encouraging others. Admire and encourage to the smallest change and growth in others; this will motivate them to grow further.

It is human to be admired and encouraged. Admiration is an important criterion of developing beautiful relationships. Admiration should happen from the bottom of the heart. Uncalled for praises do not help in any way and is seen as not a genuine act and also hampers the interpersonal relationship.

7 There are many ways of getting the work done from the people. One of the ideal ways to extract the work is not by giving a direct command but to ask the person in the most polite way to do the work there by he not refusing to entertain you. It is more effective to ask a question to get the work done than by giving orders.

8 An extraordinary success is possible because of the support from all the members of the team. As a leader of the team you should whole heartedly praise the efforts put in by all your team mates and give them their due rather than taking all the accolades showered. When you share all the awards and honors with your team members they get motivated and their contribution goes up in achieving the targets set for other projects and eventually earning more laurels goes up. Your focus as a leader is to generate a positive outcome from all the activities with the full support from the team members and not spending your time on boosting about all your skills, talents, capacity etc.

9 Supporting others, promoting others and while doing so not having any kind of expectations in return will give you an immense happiness. Honest involvements in others growth will certainly improve interpersonal relationship.

10 When you are chasing a goal of your interest your energy level is bound to be high. Your enthusiasm goes up. You sound very positive. Positively inclined personalities always
welcome people with total love, respect, thrill and liveliness. Your enthusiasm is infectious and people around you can relate to it and will get attracted towards it.

11 A simple smile breaks all the barriers between the two people. Start your communication with the other person with a warm welcome smile. An honest effort to welcome someone does not require more time or energy and brings in a lot of joy and happiness. Animals are not able to smile but we can do so and that gift is possessed by us, we all people.

12 One of the effective ways of developing your interpersonal relationship is by addressing people by their first name. It is a very sweet melody that every human being on this planet would like to hear. People feel elevated and therefore recollect and address people with their name. Shri. Sharad Pawar the founder of the National Congress Party knows each and every person from the grass root level and people go out of their way to oblige him. Most of the people who have climbed the success ladder have the ability to remember the names of the people with whom they interact.

To increase your effectiveness in your interpersonal relationship is by making other person talk, talk more and talk about him and your role is to be a patient listener. This approach will help you to understand the other person better and the data shared can be used to promote him and help him grow. Listening with total involvement is the key to effective communication.

13 Never use boastful language in your interpersonal relationship. It has a dampening effect. The best way to increase your effectiveness is by listening to others with total involvement and certainly not to relate anything to self. An active silence is a better option and motivates others to talk about them. In case if we have to participate in the conversation then the focus should be to revolve the content around the other person than the self.

14 In all our conversation with the other person one should avoid referring to all our small and unimportant achievements. When you keep talking about all your success it is less
likely that it will get accepted and people getting convinced. You should always act swiftly and never promote self over others.

15 You need to have a big heart and courage to say I was wrong and it’s my fault as and when it happens. People with complete humbleness can do this act. People who accept their shortcomings immediately and whole heartedly are very well respected.

All the above information shared will be very effective in building your interpersonal relationship when done with honest intention and right from the bottom of your heart.

To be successful in life interpersonal relationship with other’s are very important. Living with zeal will add to your success. You will attract what you think. Do you have what it takes to be successful? Read on.....

**LIVING WITH ZEAL**

➢ WHATEVER WE DO AND WHATEVER WE ARE IS GENERATED BY OUR INTENTION, GOAL AND WORTH.

When you look around in any corner of the world where the fights are going on whether between two groups in a deteriorating country, within the same industry in two different companies, between the spouse where there is a disharmony existing, this all is happening because the people involved do not respect and trust each other’s intention and worth. They do not support achieving their goals.

Your values in life makes you get up early from your bed and chase your goals. Your values are the foundation of your intentions. If you don’t have a purpose in life then you have tunnel vision. You work like a robot and end up getting stressed out. Purpose is not a destiny but a journey. You lead your life on the basis of the values you have and cherish them. To fulfill all our desire we need to have a sight in place and you need to achieve them with complete zeal.
Your intentions are the motivating factors in achieving all the excellence in your life. You don’t have to live a life of a leader who is world renowned personality. What is required is to have a goal which can be accomplished by having the values in place.

➢ WHEN YOU HAVE THE RIGHT ATTITUDE IN PLACE EVERYTHING IN LIFE CAN BE ACHIEVED.

When you are able to manage your attitude, you will manage your life. In your dealing with people before they accept your idea, services or products you need to be sold on your attitude. In all the conversation and communication with our audience our effectiveness of the same depends on our intention in doing so. The influence that you can bring upon any individual when you are with them is a matter of your attitude. You can change the thinking pattern of an individual or a group of people by being with them and you can communicate effectively by your attitude more than the words you use.

➢ COMMITMENT

You may not know how to do a particular task, how to achieve your targets, how to chase your goals. Commitment is an important tool which is very simple and also effective and whatever you desire can be accomplished irrespective of what you want to achieve irrespective of how to achieve.

Knowingly or unknowingly we are always having the assurance of achieving something. It is basically sticking to whatever you have said to whomever under any circumstances not changing. You give your 100%. It is like having said to do a particular task irrespective of whether you like doing it or not, you still do it is commitment. It empowers us in achieving all our goals. In whatever circumstances we are stuck, once we have said of doing and achieving something it will not deter us from our intention and that is commitment.
GOALS

I am sure you know what you want to fulfill in your life, and hope that you have an answer for the same. You will, otherwise we will not be communicating this to you.

Most of us live in the dreams of ours and when we put a time boundaries to achieve it then it becomes our goals and once we have a goal to be achieved then all our creativity comes out automatically and all our thoughts takes shape and can be seen as a reality.

Goals have their own strength. You share your goals with the like minded people and when you do that they are positively influenced by your goals and they are also motivated to achieve similar or same goals to fulfill their life and make it more productive.

Many people are not able to digest your goals. They are jealous of your goals. They will criticize all your goals. They will respond very badly to your goals. In reality they are scared of achieving the goals that you have set to achieve.

Either you are living with zeal or not living with zeal; the choice is yours!

CHOICE

We all have the strength to develop our carriers, empower our self to achieve our purpose of life from minute to minute by having a choice.

The choice to lead with the zeal is a minute by minute decision. To fulfill our purpose of life from minute to minute we will get ample of choice in executing and achieving our goals and eventually our purpose of life throughout our life.
YOU WILL ATTRACTION WHAT YOU THINK
You will attract whatever you think. If you think of growth you will attract growth. If you think of success you will attract success. If you think of disaster you will attract disaster. Whatever you think of it will grow. If you are always thinking that ‘life is full of obstacles’ or ‘making money is a tough job’, then you are bound to pull such and similar stuff that will prove that whatever you think is right.

This theory has been functional right from your birth time or even before and if you are not able to relate to it, then you are in a very dangerous situation, create obstacles in your progress and will not allow you to grow and prosper. This theory of attraction communicates to us if we are not making enough money then why so.

This theory of attraction educates us that people are able to achieve what they think of. People have their grip on their life through the thoughts that they generate, feelings and emotions that they live with, words used and actions taken gives them the corresponding results and their life is directly proportionate to the thoughts that they are able to generate.

If you have generated positive thoughts you will experience positive results and if you have negative thoughts then you will experience negative results. These thoughts create your experience. If it is a positive result then you have a positive experience and if the results are negative then you have a negative experience.

DO YOU HAVE WHAT IT TAKES TO BE SUCCESSFUL?
Do you have all the ingredients required for success? The answer can be Yes or No. Many people don’t have them but few of them they do have. These are the people who don’t have the ingredients of success live a very poor quality of life and are labeled as failures. Each and every individual are blessed with all the qualities mentioned and explained above.
Even those who have those qualities may not have them in full strength but they do exist. We may not be in our awareness about their existence but once we are aware of their existence then we start growing and our effectiveness increases.

This is like having a huge amount of money stored in our dumping yard and we are not aware of its existence. In such situation we will not be able to make use of it in spite of having it. But the day you realize of its existence you will change your thought process and act accordingly. We will have all the buried valuables and the simple thing that needs to be done is use them effectively to be successful in life.

**Conclusion**

All the content mentioned under the heading Manage Stress through Captivating Interpersonal Relationship has helped me change my own perspective towards life and gave me the understanding and motivation to live more assertively and in a wholesome manner. When you read, understand and follow all the contents mentioned here there is only one option and that is change in your relationship which will occur in a very positive way.
MANAGE STRESS THROUGH CHANGE MANAGEMENT

One of the fundamental reasons for change should be an honest intention, the inner urge to change from within at the grass root level. Show off should not be the intention for the change but that change means everything to you.

We need not see any sense in all the activities we get involved and the reality is different from the sense. In many cases people use the sense to run away from the reality. Your analytical mind talks about the sense whereas the other mind shows you the reality. The analytical mind will convince you about attraction. The analytical mind will rationalize and convince you of the attraction or even the lure. Your analytical mind can give you a convincing answer to accept attraction as a need rather than a want. Your analytical mind will make you believe that attraction is not bad justifying its existence and covering it further as your need and will take you high in your life. You are not on the decline in your life is the belief that will get created in your mind. Such is the power of your analytical mind.

Change can occur with religious practice every day throughout the day for your life time. The practical way of getting the change in your life is by thinking about the change for 21 days continuously by playing it as an automatic cassette for 24 hrs of the day in your sub conscious mind and then the change will happen. One needs to be very honest and persistent in doing so.

The functioning of the whole system of the existence is similar to human life which works in total harmony effortlessly. Whatever we think and visualize can be linked to the nature. Whatever our output is, it makes it clear whether our thought process was effective or not. Achieving physical stillness of the body is the foundation for the programming structure. This
can be achieved by sitting on a chair in a dark room where there is pin drop silence. There should not be any kind of movement while sitting on the chair not even of movement of your finger. Total stillness needs to be achieved. You may take some time initially to achieve this. Once you reach this level then only move on to the next level.

**Step 1**

**Perfect Picture**

Whatever you think in your mind it starts creating a perfect picture. If you have a negative thoughts coming to your mind then it will create a negative picture of the object that you think of and can go to any extent on the scale of negativity. If you have a very positive thought in your mind it will create a very beautiful perfect picture of what you would want to achieve. This can be achieved very easily without any botheration.

**Step 2**

**Mental Images**

The artist closes his eyes, imagines the picture he wants to draw and as he tries to imagine a picture gets created in his mind and then later on it is reproduced on the canvas.

**Step 3**

**Truth**

You say something and your mind accepts as the truth, whether in reality it may or may not be the case. The more the number of time you keep saying it the truer it will appear in reality. Relate to your last experience which was a negative one. You did saw an extreme image of the same in your mind and the negative results in the form of a video clip on your memory screen. You were sure it will happen in reality also and that is the truth.

**Have faith in God and give your 100%**

This is a story of a saint from a village was busy with all his religious activities sitting in his house. He heard a huge sound like a bomb blast and soon realized that the huge wall of the dam had blasted and the water was entering the village with full force. The people were in panic and
being rescued. The water level was increasing and people were being rescued in the boat. The boat man shouted and said jump in we will save you. The saint refused and overcoming his fear decided not to run away along with others as he had faith in god and was sure that god will save him. Now the water level increased and went up to the windows, a boat full of people came and now again he was asked to get in but again this time also the saint said I have total confidence in the god, he will save me. Now the saint went on to the roof. When the water reached up there, another boat passed by and the saint refused to enter the boat. Now when the water reached the knee level a military person was sent with a fast moving boat to help him but again this time also he refused to enter the boat saying that I have complete faith in god and he will save me. Eventually the saint was drowned and went to the heaven. Here he complained to god of being a total devotee but he did not do anything for him. The god said I did send the boats to save you.

It is wrong on our part to expect god to come and help us every now and then. There are trillions of people staying on this earth and how is it possible for him to save us ever now and then?

We need to understand in the action and the result. We should certainly have faith in god and do our best in every situation that we come across. God has his style of helping all those who need his help but we should pick up the message and act. Have faith in God and give your 100%.

**Keep the honesty high in relation to the work**

You are expected to be honest in every aspect of your being. If you are not then you will feel low and weak in your personality. You are expected to be honest in your work in every aspect of it. You will do the work without compromising on the quality aspect of the job. What it says is walk the talk. You should not rob others of their money, goods, their time etc. Your dealings with your employer should be that you will give your 100%.

**Step 4**

**Want**

Whatever you set your eyes, your mind would like to go for it. This is because of the attraction towards the outside world. The more you crave the greater is the want. If you keep repeatedly thinking about something about, very soon it gets converted into wants.
Step 5

Confidence

The stronger the want, the bigger is the confidence. This is very important aspect. Even if you have the slightest doubt it will sweep your want, kill your assertion, and eradicate your mental video clip. Your mental images and perfect pictures will disappear.

You need to have faith that you already have it. Your mind will keep wandering it. Your mind will only follow when you have faith that you have faith that you have it. For example if you are running a race and if you start the race with the thought of not winning it then you certainly won’t win the race.

Step 6

Real

Perfect Picture – Mental Images – Truth – Want – Confidence

Observe in a wholesome way the above as a fulfillment of the process.

How will that be?

The complete flow is very natural and if there are any feelings of distrust, one will not be able to view the true film in the most efficient way. There is no room for any confusion.

The sharper the reality, the stronger is the confidence, the greater the want, the stronger the truth and the clearer are the mental images.

You can change your life by changing your way of thinking.

Step 7

Gratefulness

When you utter gratefulness, it is an indication of having achieved what was expected. Express gratitude even before you have achieved anything. This communicates a positive signal and will see to that your wish, goals are achieved. You have to wish in advance as if you have achieved all that you intended. Your mind enjoys gratefulness. It is an indication of what was expected.
10 Strategies of Successful people

All successful people are great strategist. There are 10 important strategies followed by successful people and they are discussed as under:-

FIRST STRATEGY  ➞ DREAM BIG

Dhirubhai Ambani gave this mantra of dream big – think big to the corporate world. Was he born with this strategy of success? Yes indeed he was. He always made it larger than his life. He was the master at the stock market and a leader in every activity of his being. More the challenges more the success and they don’t succumb to these pressures.

SECOND STRATEGY  ➞ WINNING ATTITUDE

You can write down 3 instances from your past life where the outcome could have been different had you been assertive in your life. Think of the answers that never allowed you to do so. The moment you get clarity on what is stopping you from being successful; you will do well to act. This is what successful people are made of. They will not waste their time in justifying for not achieving their goals but have a back up strategy ready to be the winner to achieve their goals.

THIRD STRATEGY  ➞ WINNERS ARE OPTIMISTS

Successful people, who are the best in money making, always have a positive outlook and focus on growth in any given situation, but the other people who never grow will notice only all the obstacles. In every bodies life we come across a lot of obstructions and rough passage, but these winners do not view the obstructions first. They will notice all the areas of growth and road map for progress. If you don’t do the right thing, take short cuts, go thru easy way then achieving goals will be difficult. More the efforts you put in and more the obstructions you overcome the faster will be your growth.
To handle all types of challenges you need to come out of your comfort zone. More the exposure to manage all your challenges better it is for the growth. You need to go head on and confront the challenges to be successful at the end of it.

FOURTH STRATEGY  **WINNERS HANDLE THEIR OWN FATE**
There are many people in this world who are the living failures who think that their luck is responsible for their success. They try to justify their shortcomings by making self limiting statements like money is not their priority in life which is the root cause of all negativity and money cannot buy you any happiness. Rather than introspecting on where things are going wrong for them these people make the people around them responsible for their failures. Their future, their career, their qualification, their area, their city, country, their company, their seniors and even God are all to be blamed for their disaster in life. These people never consider themselves for their own disaster and consider them flawless. It is the entire world to be blamed for their failure rather than themselves. These people want you to support them in such situation but they need to be thrashed in rough words, canned them on their thought process and shaken up thoroughly from their comfort zone.

FIFTH STRATEGY  **CELEBRATE OTHERS SUCCESS**
Successful people are successful because they are not jealous of others success. These are the people with the right attitude, financially strong and encourage and support the others to succeed. Those who are not successful are the one who respond negatively to others success.

SIXTH STRATEGY  **POSITIVE ASSOCIATION**
When you associate with the people who emit positive energies, one day you eventually conceive those energies. When you have people around you who are full of negative energies then you lose your originality and start behaving like them.

SEVENTH STRATEGY  **GOOD SALESMAHNSHIP**
There are a lot of qualities to be a good salesman and one need to use and practice them to be a master salesman. Practice them daily and see for any noticeable change in you.
• While you are in conversation with the people give proper eye contact and behave in an enthusiastic way.
• You should be presentable.
• Have good healthy habits. Be assertive in your approach.
• Be a good listener.
• Every person thinks he is important. Make him feel so.
• Think from others point of view.
• Organized people are good salesman.
• Do your homework about the market and know your product well.
• Honest salesman will always succeed.
• Be energetic and take things positively. Be persistent and learn from your mistakes.
• By keeping your words your image goes up.
• Have the right attitude.

EIGHT STRATEGY  ➔ TAKE CALCULATIVE RISK
Successful people take calculative risk and it pays. Check your income pattern and ways of changing them.

NINTH STRATEGY  ➔ DO NOT RUN AWAY FROM THE PROBLEMS
Successful people do not run away from their problems. They consider it as a part and parcel of life. As you grow in your life all the obstacles which appeared huge initially disappears gradually with time. If we go back down the memory lane when we were small at the age of seven and wanted to reach the jar full of cookies kept on the shelf in the kitchen it appeared to be a difficult task then. Something which appeared totally impossible became possible at the age of ten with the help of the chair. Eventually as we grew further this task became very simple and achievable effortlessly.

All the obstructions that we come across in our life appear to us in a similar fashion, the task appeared big when we were small (jar full of cookies) and the task became negligible when we grew up.
The only way to handle our problems is by taking the calculative risk. The solution to overcome the matter is by thinking about the worst outcome in that situation. When you can create the pictures of this on your memory screen you will not be afraid any more. For example you have given false information about something very crucial and there are strong chances of him knowing about it. The thought of that makes you fearful, nervous, you lose your hunger and your anxiety level goes up. Now here you need to imagine the extreme reaction from that person, he could blast you with abusive words; he might hit you or break the friendship. What else can happen? Will it go beyond this? Will you be killed for speaking lies? When you orient yourself with this thought mentally your anxiety level comes down and you feel better, calmer and peaceful.

**TENTH STRATEGY ←→ WINNERS ARE GOOD PEOPLE**

Egoistic people fake to know everything. The people with humility intend to learn. All winners are good people because they are open to new inputs and information. They understand if they do not change then they will be obsolete. They update themselves on all fronts and gain knowledge and information through various channels such as registered journals, listed newspapers and by using technology such as internet, what’s up. They respect the information and the content gained thru these channels and knows that it will be of great use to forward their career.

In the case of people who are not so educated and successful are of biased views and reluctant in accepting new ideas and information. Their attitude is that of I know everything and for not learning new things they come up with reasons like there is no time, life is very busy or I have a financial crunch now so cannot invest for books, magazines or attend seminars and conferences. The excuses given for not doing any up gradation are in fact the reason for doing it so that they gain some financial benefit and find time for their growth.

Lower income people are always willing to invest money for their child’s growth and learning but not on their personal growth. They are satisfied where they are and are not inclined to learn anything new. Every individual cannot take the risk of being ignorant of what is happening
around. Learning is a lifelong process and the day the good people stop learning then that is the beginning of their fall.

For ages people keep learning and keep changing to evolve in their life. This attitude of learning something new every day has transformed man to be a good person. If you do not gain more knowledge and information in today’s world you become redundant.

You are reading this because you want to change yourself for your evolution.

Conclusion
All the content mentioned under the heading Manage Stress through Change Management has helped me change my own attitude towards life and gave me the confidence and courage to live more assertively and in a wholesome manner. When you read, understand and follow all the contents mentioned here under this heading there will be a change within you and you will gradually move towards success.
MANAGING STRESS THRU MANAGEMENT OF TIME

At the school level students do well in their studies and other activities. Probably they were managed well by their parents and were obedient children to have followed all the instructions given by the parents in the most religious way. When these students join the college then they are exposed to the world where things are different. Earlier probably they never took any decisions on their own because their parents helped them to do so but here you are on your own. All the students who did well in the school may not do well in the colleges. Some of them receiving higher marks and grades start receiving lower marks and grades. Those receiving lower marks and grades are in no way inferior to the ones who are scoring more and doing well. Their method of doing their studies is not correct and on the top of it the time is not managed properly.

If you can relate yourself to any of the above issues being faced by you then you will do well in managing your time if you start working on it.

One needs to understand where things are going wrong, and make some changes in your schedule to make use of the time available on hand. There are no thumb rules to follow and there is no one method to manage your time. But knowing about self, your strength, weakness, opportunity and threat will help you to manage your time well.

We all of us have 24 hours/day and 168 hours/week at our disposal to use to achieve our goals but few of them make it but most of them don’t. If you need to work on these areas of
your weakness and improve your management of time to be effective in your life, then there are ways to use your time more effectively. One of the important aspects of time management is “PROCASTINATION”.

WHAT IS PROCRASTINATION?
It is postponing something that you know in your heart should be done now instead of later.

Most commonly used reasons for Procrastination are It is unpleasant, I function effectively when there is a stress, It’s difficult, Not in a mood to act now, Somebody else might do it if I wait, I really mean to do it, but I keep forgetting, I’m too tired, I’m too busy right now, It might not work, There a good TV program on, My horoscope indicated this is the wrong time, It’s too late now, anyway etc

ACTION PLAN TO AVOID PROCRASTINATION – DO IT NOW

HOW TO AVOID PROCRASTINATION?
One of the easiest ways to achieve our goal is to use visible reminders. These reminders should be stuck on as many places as possible in the home, in the office and also in our vehicles. You can create your own reminders.

The following are some for your adoption: - Begin, the work will be done, Do it now, Time is money, If not today – WHEN? Just do it! Make it happen, well begun is half done.

Thus this research helps the students by spelling out the concrete measures that the students must adopt for reducing/for tackling/for controlling the study generating stress among them. Particularly measures and strategies like positive thinking, time management and laughter therapy including regular meditation will be of immense help in stress management among the college students, particularly in Mumbai-like metro cities.