

Nation Building, Youth and Happiness

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(Talk in html format)

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Why nation building is important ?

- **All life forms want a comfortable and happy life. In case of human beings it is a sum of 2 things; personal happiness and better environment.**
- **Personal happiness can be obtained from variety of ways. We will talk about it later.**
- **Environmental happiness is what I call nation building. It is the environment which makes you feel happy to live in, work in and just be a part of it. This environmental happiness also gives us a sense of belonging, makes us feel proud and give us a sense of ownership.**
- **Our pride should be genuine and not out of insecurity.**
- **For environmental happiness and nation building we need excellent young people like you.**

How can youth participate in nation building (personal work) ?

- **First accept that whatever we are today is because of the country and society. Hence we should give something back to the society. Gratitude is the essence of being human.**
- **Half an hour per day (only 2% of the time) should be set aside for society work. Almost 200 hours/year.**
- **Work on anything in which you interact with the surrounding and can help make it better. Thus work of helping needy students, cleaning the surroundings, energy saving etc. can all be part of your work for society.**
- **Don't worry about the outcome. Things will happen. You are doing the society work for your benefit – discipline and discovery.**
- **Just trying to conserve energy in whatever way you can will be a great way of helping society. Keep a daily log of the energy consumed and how you can save it.**

Youth in Nation Building (contd.)

- **Even thinking on improving your surroundings, writing about it and telling others is society work.**
- **Be active and this activity will give you a positive frame of mind.**
- **Develop a “can do” approach. You should be bubbling with ideas. Best ideas are maximum ideas.**
- **Be positive in your approach. Rise above the negative things. Make them irrelevant. This is how nature evolves.**

How can you help the society (institutional effort) ?

- **60% of our rural population live in primitive conditions. They use kerosene lanterns for light. They also use biomass in primitive cook stoves which have been used for thousands of years. Modern technology somehow has not touched their lives.**
- **Without these people getting into mainstream, environment cannot be improved. 54% of India's population is below 25 years of age and most of them live in rural areas and are unemployed. Creation of rural based enterprises is the best bet to create wealth and bring these people into mainstream of development.**
- **You will all go and become important people in your own enterprises, in corporate and other sectors. Even if you go abroad think how you can create conditions to improve the lives of these people. Use your considerable clout to create enterprises etc. for these people. This is your contribution to society.**

Specific examples to help rural areas

- **Help create venture and other funds so that rural enterprises can access soft funds.**
- **Use your corporate or enterprise resources to help rural areas.**
- **Use of very high technology for rural applications. Lighting, cooking, water etc.**
- **Follow the nature as dictum for R&D.**
- **Set up S&T based NGOs.**
- **Tie up with existing NGOs for spreading the technologies and ideas.**
- **Spend a year with a rural NGO.**

How to create personal Happiness ?

- **Happiness is a state of mind. You start feeling happy when you become internally secure.**
- **Deep thought or Sanyam helps in creating internal calmness and security. A powerful mind can move mountains.**
- **This internal security also helps us become less greedy for materials and resources. This is the genesis of spirituality.**
- **With the reduction or removal of greed the environment can be made better.**
- **A happy individual can then give back to society both knowledge and resources. This is the essence of nation building.**

THANK YOU

- <http://nariphaltan.virtualave.net>
- <http://education.vsnl.com/nimbkar/spiritual.html>
- <http://nariphaltan.virtualave.net/flyer.pdf> (book)