



Opening the chambers of the heart...

Rimni Chakravarty

Assistant Professor,

Department of Engineering Sciences and Humanities

Siliguri Institute of Technology

Email ID: rinnichakravarty@gmail.com

Abstract: The aim in human life is all about progress. Progress leads to the advancement of civilization which is always possible when all our potentials hidden within us are realized to the set goals. We the citizens of the world can reach our goals when aim for skill development: physical, mental, emotional, and spiritual. This paper attempts to focus on the objectives and procedures of skill development for the enrichment of human resource material that lead to the road of productivity. Increased productivity could be ensured only when our energies flow in the socially accepted channels with the harmonious functioning of our body, mind and soul.

Key Words: Progress, goals, skill development, productivity, energies.

I. INTRODUCTION

“There is an Indian proverb or axiom that says that everyone is a house with four rooms, a physical, a mental, an emotional and a spiritual. Most of us tend to live in one room most of time, but unless we go into every room every day, even if only to keep it aired, we are not a complete person.”—Rumer Godden in her autobiography, ‘A House with Four Rooms.’ I begin this article by quoting Rumer Godden who in her autobiography, ‘A House with Four Rooms,’ has explained very eloquently about how our perspective towards life should be. Books on self development are gaining immense popularity in recent times. Personality development program me have become mandatory in every professional institute that provides training for the future generation with employability skills. It is remarkable that in some corporate houses employees are advised to attend courses on self development or life skill program me to upgrade their thought process, release stress and aim for healthy living. Modern life is already known to be stressful with work, family, peer pressure .Increased competition, group rivalries are very common everywhere leading to unrest of mind .Moreover odd working hours, irregular food habits, craze for junk and packet foods take a toll on human body. High blood pressure, high blood sugar, diabetes, insomnia, thyroid, Migraine, problem, cardio vascular disease are ailments of modern society, not only among the adults but even a major concern for school children in their adolescent period.

II. THE VARIED DIMENSIONS OF SELF DEVELOPMENT

The definition of self development as goes the Oxford Advanced Learner’s Dictionary is “the process by which a person’s character and abilities are developed.”The term self development is subjective as well as relative. One who is materialistic self development may mean exploring every possible ways in realizing ones potential in terms of matter. While one who is spiritualist self development is developing ones higher consciousness to feel the presence of an inner spirit pervading and permeating the whole cosmos. As says Emerson: “The soul is the perceiver and revealer of truth. We know the truth when we see it, let skeptic and scoffer say what they choose... O, believe, as thou livest, that every sound that is spoken over the round world, which thou oughtest to hear, will vibrate on thine ear!”— Ralph Waldo Emerson, the Over Soul According to Emerson. Life is a composition of body, mind and spirit. We have different dimensions of life: physical, intellectual, emotional, spiritual, of which all the four selves are connected to each other. Greek philosopher Aristotle expressed that education is “the creation of a sound mind in a sound body.”The development of self could then be regarded as a harmonious functioning of our physical, mental, emotional and spiritual being which need to be analyzed separately:

i. Physical Dimension: It is said that our human body is made of clay. As we belong to the planet called earth. We perish with the advancement of time. It is in our hand to live life each moment by nourishing; nurturing our physical self to remain energized as well as focused all while. Our physical self then demands a balanced diet, exercise, rest, conscious about hygiene and sanitation, recreational activities for positive growth. It may seem *cliché* but cannot deny that health is another word of wealth.

ii. Intellectual Dimension: Human brain is at constant work. It is always striving to see the unseen, know the unknown and create a new. It is in our nature that we reason out every effect for a cause and every cause out of an effect. Our Intellectual self demands in developing the comprehensive abilities of reading, writing speaking, and understanding every situation we face upon and move accordingly. It is inherent in our blood that we seek to be appreciated and appreciate for the sake of self esteem and recognition.



International Journal of Ethics in Engineering & Management Education

Website: www.ijeee.in (ISSN: 2348-4748, Volume 1, Issue 3, March 2014)

iii. Emotional Dimension: The word emotion dates back to 16th century denoting from the French word 'emouvoir' which means to excite. Emotion is therefore the mental agitation of the mind. Emotion dimension is an emphasis on the awareness and acceptance of one's feelings. It is the degree to which one feels about oneself and life.

iv. Spiritual Dimension: Spiritual philosophy related with soul believes in the nature of our existence, purpose and goals in life. It is a probe as to how we connect ourselves as a unit in this vast universe. It is also concerned about transcending one's self from being attached to the fruits of action, rather to the action.

III. OBJECTIVES OF SELF DEVELOPMENT

i. Nothing is better than contentment or peace of mind, which could be achieved if we learn to live with completion in an incomplete situation.

ii. There are times when our dreams shatter into pieces, but if we accept that we are awakened to flow on like a river even during off seasons we get the better edge of any situation confronted with.

iii. Ability to interact with cooperation, commitment consideration with a rational bent of mind. As modern technology has far advanced and it's time realize that the world has become a global village.

iv. To believe in own self and work not with servitude, but as dynamic, enterprising leaders clear in vision and steady in mission. Productivity is the need of the hour.

v. Ability to develop professional skills, realizing one's potentials, inculcating good habits or else we fail to aim for the set goals

vi. Cultivating human values based on eternal wisdom of different cultures, creed and communities for an ethical standard of living happens to be the stepping stone of success.

IV. PROCESS OF SELF DEVELOPMENT

1. Change in perception: Change is the law of nature. With the passage of time, values change as well as our perceptions. Flexibility expands the mental horizons. Ability to accept any change according to situation becomes a key point towards progress.

2 Responsible and proactive: Human beings are made of flesh and blood. Born with the basic instincts of love anger and fear we tend to react when placed in different situations, be adverse or conducive. We happen to be social beings, so how could we neglect our responsibilities towards ourselves and the society we live in? As responsible citizens our aim is to combat the external stimulus of the vices when lay heavy on us. Our target is to control rather than be controlled. Success demands to be proactive in every situation to shoulder responsibility. Here I quote the often quoted sentence of Mahatma Gandhi, the father of the Nation "*nobody can hurt me without my permission*". Gandhi Quotes. www.googles.com

3. Time Management: In the opinion of Peter F. Drucker, hailed as the father of modern management, time is precious

enough to be wasted. "*Time is the scarcest resource and unless it is managed nothing else can be managed*". Peter Drucker. While lord Chesterfield has expressed his views very philosophically, "*take care of the minutes and the hours will take care of themselves.*" To Benjamin Franklin, "*Time is honey.*" Successful men people have valued time and they expressed its importance in different ways to let the world know the secret of their success. It is all about planning and organizing meticulously of one's daily priorities. After all we need to realize our key priority areas or K.P.A. It can be perceived that it's all about achieving a good score in arithmetic. Here I share my personal experience. When I was a senior school student our Mathematics teacher Mr. Basudeb Pal, often told us that life is all about mathematics. And being a student of English Literature I emphasize the importance of time by quoting William Shakespeare's views in Sonnet 19:

*"Time is very slow for those who wait;
Very fast for those who are scared?
Very long for those who lament;
Very short for those who celebrate
But for those who love, time is eternal."*

4. Enrichment through experience: In a spectrum all the colors are emitted. These colors could be taken as life with its diversified experience initiating from the cradle and ending in the grave. It is a continuous construction and reconstruction of experiences that enrich all of us in the long run. Spiritual leader Osho says: "*experience life in all possible ways-good-bad, bitter-sweet, dark-light, summer-winter. Experience all the dualities. Don't be afraid of experiences because the more experience you have, the more mature you become.*"

Experiencing life from every day situation with the aid of our five senses of smell, touch, vision, hearing and taste enable us to enrich ourselves with the variegated experience that life offers as if in a platter, just like a river with its rhythm creating a new path when obstructed.

5. Acceptance: Since the days of my childhood I heard my mother urging me to be accommodative, adjusting to the situation I faced in life, may be not satisfactory for a small child. I was told that our five fingers are not exactly the same. We are therefore unique and in the milieu meet people of different mentality. In social as well as professional life it becomes easy for us to work in a team if we know how to tackle different people and situation we meet in everyday life. It could be possible only when remain calm and composed to every situation we face be respectful or may be the opposite of it. To remain calm and composed we need to accept the world as it is and not how we like to see it. In work place we meet colleagues from different culture, background and mindset and our job is to perform best for the benefit of the organization and the society at large. If our organization makes profit, we would also be benefitted with handsome salary and promotion. We cannot change others as that will hurt others ego and there may be a possibility of personality clash which hamper



International Journal of Ethics in Engineering & Management Education

Website: www.ijeee.in (ISSN: 2348-4748, Volume 1, Issue 3, March 2014)

business. So developing an objective frame of mind help us remain detached and perform our job to get things done in an appropriate manner. There will be then a smooth functioning of the system when all move in the set direction through mutual support, trust, instead of condemnation. Acceptance will lead to appreciation and cooperation will minimize unhealthy competition for the maximum utilization of Human resource.

The transient nature of life if realized, than the music of concord is played instead of discord. I remember John Dryden in *All for Love* has expressed in lyrics:

*"Errors, like straws upon the surface flow;
He who would search for pearls, must dive below"*

6. **Aim for Values:** Mahatma Gandhi, long time back quoted:

*"Your beliefs become your thoughts
Your thoughts become your words
Your words become your actions
Your actions become your habits
Your habits become your values
Your values become your destiny."*

A sound value system is an essential ingredient of effective managerial qualities, comprising of proper communication, behavioral skills, organizing capabilities, sharp intellect. A leader imbued with values can emerge as a person of strong character and strength of mind. The leader would then be able to exercise control of own self as also of others, use his or her power or position accordingly. As says Abraham Lincoln: *"character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing."* Honesty, integrity builds a proper environment for ensuring transparency in the organization and a spontan flow of communication for harmonious relationship and growth.

7. **Live in the Present:** We all are aware of the concept of heaven since our child hood days. I have a query in my mind which can ask myself and find answers from my inner mind. Obviously heaven is a concept associated with profound joy. There are moments when we become so engrossed with our joyous moments that we forget to turn back to our past and probe into the future. Robert Browning in his dramatic monologue 'The Last Ride Together', stanza ix line 97-99 has eloquently expressed of heaven very philosophically:

*"... I sink back shuddering from the quest
Earth being so good, would heaven seem best?
Now heaven and she are beyond this ride."*

Browning emphasizes on eternity that lies in the present. And life has to be lived every moment

Accepting as it comes on our way; be storm or calm, be the sunshine of the torrents of rain. Living on the present enable us to remain focused, motivated in our work to be pragmatic and productive. By remaining elevated in our present much of our time and energy could be saved.

V. ROLE OF COMMUNICATION SKILLS IN THE PROCESS OF SELF DEVELOPMENT

'Communication', is a word with a rich history. From the Latin verb *communicare*, the word is referred to share or impart or make common from the Latin root '*communis*,' that says common or public: www.colorado.edu.

In the opinion of Albert Mehrabian in his book 'Silent Messages', on verbal communication or body language guide one to develop an awareness of the many subtle aspects of inter personal communication. Professor Mehrabian opined that 7 % of our messages pertains to feelings and attitudes on the words that are spoken. 38% pertains to the feelings and attitudes in the tone of the voice, while 55% of the messages pertains to feelings and attitudes in facial expression. It can therefore be referred from the perspective of Mehrabian that remaining emotionally sound and fit would enable us maintain poise and grace in all seasons; be the scorching heat of the summer to chilly winter, the cool breeze of spring to the 'mellow fruitfulness', of autumn.

Swami Vivekananda believes our thoughts have farfetched effect on our life. He says, *"We are what our thoughts have made us; so take care of what you think. Words are secondary. Thoughts live; they travel far."* Strength of mind is all we need to express from our insight in all situations; benevolent or malevolent. It would be possible if we remain alert all the while by being physically fit, emotionally balanced, spiritually awakened and financially equipped. When our physical, mental, emotional, spiritual selves motivate us in the same positive direction communication in all levels could flow.

VI. CONCLUSION

The development of human persona, even if obstructed can never be hindered when ensures the flow of communication in rhythmic strains. There would be then synergistic cooperation in professional, social and personal levels. Self development cultivates trust, mutual respect for all who we are connected to in every sphere of life to find inner peace through cooperation. We would all be influenced as well as influence for benefitting the world at large. Trust will breed trust. Cooperation will accelerate cooperation for fulfilling our aim of a win-win situation among the individuals; matured, diplomatic, and polite with deep penetrating insight and clear vision.

The chambers of our heart then would automatically unfold and manifest for a higher cause. The world citizens could then connect themselves to this vast cosmos without any inhibitions or prejudice. The inner powers would then be awakened. As says Swami Vivekananda: *"all power is within you, you can do anything and everything. Believe in that; do not believe that you are weak. You can do anything and everything without even the guidance of anyone. Stand up and express the divinity within you. Within each of you, there is the power to remove all wants and all miseries."*



International Journal of Ethics in Engineering & Management Education

Website: www.ijeee.in (ISSN: 2348-4748, Volume 1, Issue 3, March 2014)

VII. REFERENCE

- [1]. Business Communication: Varinder Kumar, Kalyani Publishers, New Delhi
- [2]. Article: Believe the impossible ,Amrit Sadhana ,OP ed The Asian Age, Tuesday 25th February 2014/Kolkata
- [3]. Wikipedia, the free encyclopedia
- [4]. en.citizendium.org/wiki/Communication
- [5]. www.colorado.edu/communication/meta_discourse/Theory/Latin_.htm-Collins Latin Gem Dictionary.