

Gandhian thoughts for developing healthy partners in nation-building

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ABSTRACT: - *Happiness is anything done with harmony. Mahatma Gandhi explained that only when person's thoughts, actions and words are balanced and connected to each other, only then he can achieve true harmony. Gandhi's principles of life were Dharma, ahimsa, karma, sarvodaya, swadeshi, non-Cooperation. Gandhi had valued emotional optimism about his ability to manage feelings and handle stress that is one aspect of emotional intelligence that has been form to be important for success, (Newman 2008). Gandhi said, "Emancipating yourself is the emancipation of India and all else is make believe". He has strong belief that nobility of soul consists in realizing that you are yourself India. Gandhi was not a psychologist or having any training of that aspect, but his techniques and ideas are psychological implications to improve human condition. Gandhi and his messages are a timeless contribution to humanity, irrespective of time and space. Gandhi is one person who realized the power and potentiality of youth, understanding the dynamics of social change. Gandhi emphasized on simplicity, kindness, truth, and non-violence as his life's mantra. These are the essential things that students have to learn and follow from him. Moreover, he wanted the youth of today to follow moral values. His ideas and philosophy teach us a lot about his morals and principles.*

Key Words: - Gandhi, students, psychology.

MAHATMA GANDHI'S PSYCHOLOGY OF MENTAL BALANCE -

Gandhi motivated the people by saying that, not to carry unnecessarily burden on the head to make India free, free yourself from ego. Emancipating yourself is the emancipation of India and all else is make believe. He has strong belief that nobility of soul consists in realizing that you are yourself India. Gandhi believed that man's action should bring him closer to the community, to the society, to the nation and with the help of freedom; problem of non violence can be cured. According to Gandhi, "life is an inspiration. Its mission is to strive after perfection, which is self realization". Mohandas Karamchand Gandhi became *Mahatma* and *Rashtrapita* by experiencing his authentic self as a spiritual being. Inner Voice has to be often heard to take crucial decisions, said Gandhi. At the time of freedom movement, Gandhi was also dealing to find the solution of the problems like social reconstruction, economic upliftment, educational reform and many more. It is believed, learning psychology of Gandhi is same as learning peace psychology.

Nelson Mandela referred to Gandhi as the '*Sacred Warrior*'. Gandhi challenged the salt laws which was made by the Britishers, and created a mass agitation through a pinch of salt. It is known and believed that, Gandhi was never tempted by power and he never had any administrative office to work from. His vision was to see every citizen of India with dignity and prosperity. Gandhian philosophy and thoughts were rooted in ancient Indian culture, harnessing universal moral and religious principles. Gandhian ideology emphasizes not on idealism, but on practical idealism. The ideologies of Gandhi have been further developed by Vinoba Bhave, Jaiprakash Narayan, Martin Luther King Junior and others.

RELEVANCE OF GANDHIAN THOUGHTS IN TODAY'S CONTEXT:-

- * Gandhi's teaching is valid in today's scenario when people are trying to find solutions to the greed, violence and bad style of Living.
- * Gandhian philosophy should be used today in The Times of War between world peace and World War, between force of mind and force of materialism, between democracy and totalitarianism.

Barack Obama once said, " I have always looked to Mahatma Gandhi as an inspiration, because he embodies the kind of transformational change that can be made when ordinary people come together to do extra ordinary things".

Youth of every generation needs an ideal person whose values he can imbibe. We cannot forget that Gandhi started bringing about social transformation in his young days. Mohandas **Gandhi** was a charismatic person with ability to unarm resistance of people and win their love and respect with a charming simplicity and honesty. He valued basic human **qualities** like truthfulness and honesty much more than outward show and pomp. According to Gandhi, person comprises of body mind and soul. Soul is divine within each of us.

DEVELOPING HEALTHY PARTNERS IN NATION-BUILDING:-

Man is both good and evil. Development of man is a struggle between these two conflicting aspects. Today's education system is the root cause of all problems. Real education consists in drawing the best from you. The Indian youth is facing a hard time today. After independence the youth has become more morally, ethically, socially and spiritually adrift. They feel alienated and frustrated. There are many reasons (both internal and external) for frustration and purposelessness.

Research indicates that during early adolescence there are decreases in warmth, closeness and time spent together, as well as increases in conflict from both the adolescent's perspective and the parent's perspective (Shanahan, McHale, Crouter, & Osgood, 2007). In order to address this, there needs to be a shift in thinking: "It is important to view youth as resources- as people possessing strengths to be enhanced rather than problems to be solved" (Harrison & Cultforth, 1997 as cited in Delgado, 2002, p. 112).

It will be prudent to understand the problems faced by 'gen next' before any steps can be taken to inculcate good values in youth and make them healthy partners in nation-building. Thus, on all fronts Gandhi believed in creating from youth a cadre of inspiring and competent role models and change agents with the courage of conviction who in turn will trigger off the process of building a healthy nation.

IMPORTANCE OF PSYCHOLOGY AND NATIVE WISDOM:-

Native wisdom is neglected in more or less manner because educational ideas, practices, etc are mainly borrowed from the west and due to this, philosophy and psychology of the country may suffer. Much of psychological research in India is mainly imitative and replicative of Western countries (Rao, 2002). It is said that, role of psychology is very less in national development. This may be lack of relevance to native conditions. Psychology when only focused on word or spelling is a western word. But it is proved that *manovigyan* played a vital role in Indian history. Our Indian philosophy and ancient history shows the treasure full of materials, rituals, techniques about mind managing, concentration technique, importance of meditation, yog and more. But now a days, people wants to show them as modern and that's why they try to adopt western philosophy, neglecting native culture, though it may be the mother of all good things. Gandhi believed in imparting basic education to the children in their mother tongue or native language.

Today we feel modern and updated when we use word YOGA in place of YOG. YOGA, originated from YOG word, has traces of mythological era of Indian ancient civilization. So it is important to know the native culture, native philosophy, psychology which brings pride and positive feelings.

The roots of Indian psychology may be found in Indian culture and tradition and it is not limited to India only, but was spread all over the world. The important factor that drives human direction to their behavior is religion. The distinguishing feature of religious behavior is spirituality. A curriculum of religious instructions should include a study of the tenets of faith, other than one's own. For this purpose the students should be trained to cultivate the habit of understanding and appreciating the doctrines of various great religions of the world in the spirit of reverence and broad minded tolerance. Indian psychology has the potential for new psychology with an expanded scope for scientific study.

Character building was the primary concern of ancient education. Gandhi always opted for alternative educational program which was very much people oriented. He explained that one must overcome his ignorance by attaining proper vidhya that is wisdom. Vidhya is the intellectual knowledge, which produces self-consciousness and self-will to a person. Some basic tenets of Indian psychology are found in the thought and practices of Gandhi like creatively applying Indian psychological principle to the areas of social action to resolve conflict suggesting Satyagraha, ahimsa, etc.

IMPORTANCE OF EMOTIONAL INTELLIGENCE IN STUDENT'S LIFE:-

Emotional intelligence is the ability to identify, evaluate, control and express emotions in an effective and positive way. Emotional intelligence defined by Northouse, 2013, "it is the ability to perceive and express emotions, to use emotions to facilitate thinking, to understand and reason with emotions, and to effectively manage emotions within oneself and in relationships with others".

Gandhi was known to be an intelligent person emotionally also, as he was seen calm with controlled behavior at the time of freedom movement in India. An individual with high emotional intelligence is able to communicate better, lessen their anxiety and stress, resolve conflicts, improve relationships, empathize with others and overcome life challenges. Future citizens are also to be expected to have high emotional intelligent quotient as life quality is affected by the level of emotional intelligence quotient and it influences human behavior and relationships. It is responsible for the failure and success of a person.

Students having high level of emotional intelligence quotient are better and empathetic to others around them and become more confident learners. Opposite to this, students lacking emotional intelligence become less connected to the school; their performance in the classroom is negatively affected.

LIFE CHANGING LESSONS TO LEARN FROM MAHATMA GANDHI

1. *“Be the change you want to see in the world.” — Mahatma Gandhi*

Even when facing imprisonment, hunger and possible death, Gandhi remained calm, loving, peaceful and of controlled personality. To take decisions calmly, not to get excited every time can be taught to the students.

2. *“There are many causes that I am prepared to die for but no cause that I am prepared to kill for.” — Mahatma Gandhi*

Through his extraordinary strength Gandhi led his people to independence. The man who is pure, and who dare can do anything can be taught to the students

3. *“An eye for an eye will only make the whole world blind.” — Mahatma Gandhi*

Gandhi’s life principle was ‘Non-Violence’, because the only thing that Gandhi hated in his life was violence. **He always motivated to try to follow the path of peace instead of violence to handle the tough situations. Bullying in the school can be stopped by teaching this lesson.**

4. *“Even if you are a minority of one, the truth is the truth.” — Mahatma Gandhi*

Repeating of information doesn’t make something true. He warned people against blindly accepting information without careful examination. Always speak truth, is the lesson to be taught.

5. *“A man is but the product of his thoughts. What he thinks, he becomes.” — Mahatma Gandhi*

Gaining control of the thoughts, thinking positive, looking to each side of the aspect, can transform your whole life. The teachings that always think positive, think good for others, respect elders, think about nation in priority will make a student a good citizen.

6. **Anything is possible** You can learn to believe in yourself and do what feels right. Never think any less of yourself.

Never stop doing the right thing, thinking about the results, can be taught

7. **Keep trying**

Success comes slowly to those who try and not to those who lose patience and stop trying. Keep trying and trying, without the fear of failure is a mantra to be taught to the students to make them tension free during their results.

8. **Simplicity**

Simple living and high thinking was his mantra. Student should live like a sanyasi, and then only he can concentrate on his goal, said Gandhi.

9. **Be a role model**

To be a role model and lead by example was his life mantra. So, it’s always better to change yourself first and then expect the world to change. Don’t argue with others for their doings, see what you have done first, should be taught to the students.

10. **See no evil, hear no evil and speak no evil**

Gandhi’s 3 monkeys are every famous who teaches this lesson.

NEED FOR A CURRICULUM TO DEVELOP MENTAL HEALTH:-

- Mental health problems can affect a student's energy level, concentration, dependability, mental ability, and optimism, hindering performance. Research suggests that depression is associated with lower grade point averages and that co-occurring depression and anxiety can increase this association.
- Introducing a mental health curriculum within the schools is not an additional educational curriculum but is a platform to create a sensitized, educated as well as empowered generation encouraging positive mental health.
- When the student’s are mentally healthy, they enjoy their life and environment, and the people in it. They become creative, learn, try new things, and take risks. They are able to cope with difficult times in their school and personal lives.
- Empathy teaching and building a culture of self-discipline by encouraging moral and ethical values can work as ventilator.
- The shift in thinking may be accomplished by adopting an alternative lens, positive youth development.
- Positive youth development occurs when the strengths of youth are supported with ecological resources such as schools and youth-serving organizations (Bowers et al., 2010).

We live in a country where the youth show no respect to elders, have utter disregard for other's feelings, show no brotherhood and true friendship, harass women and girls and use foul and mixed language which in itself shows lack of patriotism. Therefore, Character building and love for nation should be taught in priority to the children.

The Gandhian educational concepts have given new outlook to Indian way of understanding education in a highly amazing way. Gandhi added values along with wisdom and ethics in education by making it more adaptable and life oriented. Thus he has given a new outlook to Indian education system to make every individual a universal citizen, independent and self-reliant.

CONCLUSION

Gandhi and his messages are a timeless contribution to humanity, irrespective of time and space. No doubt, he is a global leader, inspiring millions of people across the world even today. He wished Indian youth to get inspiration and follow his ideals to lead a peaceful India. He understood the feeling and sympathy of youth and called them as **instruments of social change**. Gandhi is one person who realized the power and potentiality of youth, understanding the dynamics of social change.

The moral influence of Gandhi's personality, charisma and glory cannot be measured in any material scale. From generations to generations he would be known as great personality, not only in India but all over the world. His life is message to all. It is never too late to cultivate his values in our life and follow him.

He always said that, **"children can study abroad, but should come back and work for own country, to contribute towards their JANMABHUMI and pay her debt"**.

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