



Presents

# Art of Imbibing Individual Social Responsibility

by

**Dr. P.R. Subas Chandran, Ph.D.,**



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Dr. P.R. Subas Chandran, Ph.D.,

This book is for those who.....

Are yet to write...

Wish to write...

Have been writing...

Continue writing... success stories

Life changing audios! Resolutions of rescheduling your humdrum routine life atleast an iota after reading this book? Confronting starting trouble like everyone does how to induce those thoughts into your memory system? The scientifically contrived technique, the 'Art of Altering Attitude through audio files', once listened to before hitting the bed (at the alpha hour) just for 18 days shows the way magical spell charms on you working miracles.

The pudding is in the eating. Don't have to believe your eyes or ears. For any guidance (for instance to get up on time with a smile or how to eliminate irritation, etc.) contact the undersigned; we will attune the content and facilitate you record; in fact, the tips are free of cost; the readily available piece, indeed. Service to humanity is service to Mother Nature.

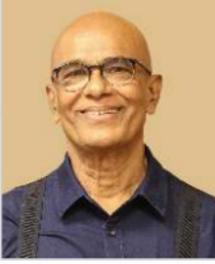
## Dr. P.R. Subas Chandran,Ph.D.,

Journalist,  
Motivational Speaker,  
Social Activist,  
Psychologist,  
Short Film Maker,  
Biographer,

Fulfledged Scribe for Inspirational writing to students,  
employees and every other individual of all age group.

## Dedicated to

those who have forgotten to live a life designed by the Mother Nature but awakened now and started living from this moment onwards to be a worthy citizen of this country.



## FROM THE AUTHOR

### Art of Imbibing Individual Social Responsibility (AOIISR)

“கடன்என்ப நல்லவை எல்லாம் கடன்அறிந்து  
சான்றாண்மை மேற்கோள் பவர்க்கு.”

[Imbibing social responsibility with integrity bestows  
all righteous responsibilities.]

There are many true stories of differently-abled people rendering rich contributions to infuse transformations in various fields without the aid of anyone. There are many noble souls, who have left lucrative jobs to immerse themselves in the service to mankind, sacrificing many personal comforts and conveniences. The list is endless, but each one of them is my inspiration. It is unbelievable how an individual could play a pivotal role in transforming the society. But it is the genuine individuals who are the catalyst in transcending barriers, be it a revolution or freedom struggle, to alter the community and nation.

As an individual, I believe that I have done the best I could for the society- Be it in the form of giving up most of my properties for charity and pledging my organs and body. I feel I have returned my gift to Mother Nature as a part of my individual social responsibility. This book is not about preaching or teaching some morals or values but only sharing of information which could get you inspired and motivated to become part of the transformation. If the book fails to impress, you could just throw it away. So let us promote inclusive life and make it meaningful for others and ourselves so that no room is left for regrets at the fag end of our life.

**All the best**

(Dr. P.R. Subas Chandran)





## FOREWORD

**Prof. Chivukula Sree Rama Prabhu,**

M.Tech (EE-CS) IIT, Ph.D. (CSE) SRU,

Retd. Director General - National Informatics Centre, Govt. of India

Dean Research - Keshav Memorial Institute of Technology [KMIT], Hyderabad

### **Art of Imbibing Individual Social Responsibility**

I was wondering many times are we responsible citizens when we enjoy unlimited freedom. The answer is this book. Dr P. R. Subas Chandran, done the homework to inspire every reader. Freedom and responsibility are the two sides of the same coin. Any deviation from the noble philosophy will be disastrous to an individual as well as the nation. It is appropriate for us to imbibe the role of an individual and his/her responsibility towards society. Any country deserves every individual's contribution to fortify every pillar of individual democracy. I am immensely pleased to write this foreword because every individual's role is very well explained in detail. The pocket-size book will be a road map or guide for those who want to really understand one's responsibility towards the society having enjoyed many freedoms from different sources.

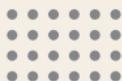
I am really moved by the content which not only inspired me but also, I believe, will inspire whoever reads it with a focus to understand all about individual social responsibility. Once again, I thank Dr Chandran for bringing this handbook for the benefit of the public, and I recommend every reader should read the rich content for his / her benefit and for the society.



Prof. C.S.R. Prabhu



# About the Author



**Dr. P.R. Subas Chandran** is a non-clinical psychologist, biographer, social activist, short-film maker and live-wire-motivational speaker. He has penned '**Aakaasameehaddu**', a compilation of interviews with 72 women officers in Swati, a Telugu weekly. 'Why Modi should become the Prime Minister', a pre-poll book (2015) with **Mr. Modi's** message was a well received publication. The author of 'Who Wrote My Destiny?', the authorized biography of former Union Home Minister, **Shri. Sushil Kumar Shinde**. People from all streams approach the author for counselling. His favourite theme is Inclusive Life, where he wants to serve the communities by unlocking the hidden potential of executives, students, and the working class. The Art series by the Life Style Dynamics – from Art of Beginning the Day to Art of Ending the Day- is his latest venture.

He is one of the Senate members of the 104-year-old SNTD Women's University, Mumbai and a visiting faculty for National Forensic Sciences University, Gujarat. He is also a resource person for Meenakshi Mission Hospital and Research Centre, Madurai and Meenakshi Hospital, Thanjavur.

# ACKNOWLEDGEMENTS

This presentation reflects the Master who has sent a messenger to disseminate the message. A repository of creative people interspersed with worldly wisdom from mundane to spiritual fields is incorporated.

The author is indebted to **Prof. Chivukula Sree Rama Prabhu** M.Tech (EE-CS) IIT, Ph.D. (CSE) SRU, Retd. Director General, Dean Research - Keshav Memorial Ins for penning foreword with due responsibility as the harbinger of ISR to all the responsible ci.

Of course, **Dr. S. Gurushankar**, Chairman Meenakshi Mission Hospital & Research Centre deserves a more than thanks for the all round support .

The author extends his due accreditations to **Mr. Sam Rajappa** and remains in gratitude to **Mrs. Latha Sharma**, Associate Editor, for making this book a possibility.

Also, applauds Google.com, Wikipedia, the team members **Mr. Sam Arackal**, **Mr. S. Manikanda Raja** & Designing Team of MMHRC whose contribution is immeasurable in publishing the pocket-sized book.

## Special adulations to the first reviewer

The author and his team gratefully acknowledges the angel's (name not to be revealed) immaculate appraisal, correcting, editing as well as amending, to have the book rendered nearly error-free.



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## NOTE

This book is a compilation of wisdom from myriad sources intended to benefit the general readers, certainly not experts. Most of them are suggestive, self-experienced that readers may consult health care specialist, should they find information not in rhythm with their expectation. Moreover, the write-up is governed by the British English Language/Grammar rules. Any reconciliation with the computer language be kindly overlooked. The author and the publisher bear no responsibility for abusing or misusing the indicative measures.



“Dear Subas,

This morning while reading news paper I saw the picture of Shri. Narendra Modiji clearing the litter during his morning walk on the beaches of Kovalam on his enterprise to meet Mr. Xi Jinping, the Chinese President, in TN. I reminisce a resemblance of it in my College campus, too. A couple of years ago, one fine morning when I went around the premises, I saw students rag picking; washing their plates themselves; tidying up their corridors, etc. I’m happy to confide to you that some transformation had come up then, where from...?” Are you surprised to know what brought about this change? Run the lines through...

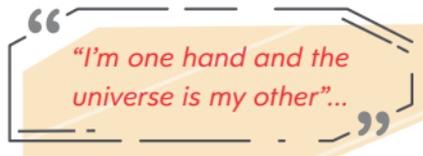
“ *A Mahatma is one in one hundred million;  
A Vivekananda is one in one million;  
An APJ is one in thousands;  
A Radhakrishnan is one in hundreds;  
Paulo Coelho is one in tens;  
but YOU are the one and only of the kind...* ”

- Author

## What? Dazed? Flattered! Flaunted? Flouted?

The author on one of his lecture sessions was about to resume his discourse after tea. He suddenly excused himself and vanished in the thin air. A long while past he was not to return. Everybody was wonderstruck and started looking for him in the direction of his exit. Out of curiosity some peeked out. There was a loner picking the rags near to the canteen. To everybody's surprise, it was none other than the author himself. There was an air of embarrassment and a roar of applause, "The Pragmatist! The Pragmatist! The Pragmatist!"

The then education minister addressed the issues related to government schools and private schools in New Delhi. In her attempt to increase the number of admissions in the Government schools, her survey showed that 10% of staff worked dedicated; 10%, out of sincerity but the remaining 80%? If each one plays his part then the remaining takes its own course. To enhance the 10% she had motivated, invested, facilitated the infrastructural benefits and ultimately realized her goal that New Delhi has more number of students beeline for admission to Govt. schools than those Public and Private schools. The individual gets focused, which only drives that every individual is avowed to his family, society, country and planet of course, call it ISR? Could be.



It is in this context the writer would like to recall the famous quote by John. F. Kennedy, a former American President and reformer:

**“Ask not what the nation has done for you;  
Ask what you have done to your nation”.**

This spirit is the beacon light behind the materialisation of this pocket size book. Well, we talk of family, society, corporate, universe, bla...bla...bla... but who do you think is the fulcrum of all this? What does HE bear to these above? How does he account for these? Stay glued to these pages, you will rationalise.



Obviously, no flower becomes a garland. Right from wake up call to the night alarm, round the clock somebody or the other is at our call. More particularly, Mother Nature bestows on us her manna gifts never expecting anything in return. Yet, please remember, **To whom much is given much more is expected.**

### **Individual Social Responsibility? Probably?**

Know what, Corporate Social Responsibility (CSR), the Corporate culture imbues Social Responsibility that mandates corporate entities to contribute at least 2 percent of their profit towards social responsibility projects. In India, it is obligatory for companies with a turnover in excess of Rs.1000 crores or having net worth over Rs.100 crores or earning a net profit in excess of Rs. 5 crores to execute socially relevant projects. Non-compliance to CSR provisions attracts monetary penalties as well as imprisonment for up to 3 years. Mulling over the idea why not every citizen of this



country bears some Individual Social Responsibility in line with Corporate Social Responsibility, the author's query is responded by the annals of the constitutional rights, which seems to be the whistle blower/take the call. Here where we stand to introspect our understanding of the title, Individual Social Responsibility (**ISR**).

### **ISR - Individual Social Responsibility (Definition)**

The obligation of an individual to work and cooperate with other individuals and organizations for the benefit of the society at large is one version of ISR. Another, social responsibility is the duty every individual has to perform so as to maintain a balance between the economy and the ecosystems. The responsibility of an individual to sustain the equilibrium between the society and the environment could be one other interpretation of ISR.

Name it anything. It is man in an environment amidst all living and non-living things, his attributes of concern- impudence, reticence and restraint, or sympathy-empathy.

## The son of the soil

Remember, the first citizen to the last each avows his citizenship to the nation. The President may singularly shoulder the collective responsibility of national security, food sufficiency, healthcare, education, etc. But, YOU are the pinnacle of this illustrious list of responsible citizenship. Unless and until you fulfill your responsibility the rungs above you will not be complete hence, you.

## The most significant role of ISR-care & be cared

Mahatma Gandhi says, “**Customer is God; not an interruption to the work but the purpose of it. We don’t do any favour; but he does so by giving us an opportunity to serve him, God; the most significant visitor on our premises; he is not dependent on us; rather we, on him**”. In Business parlance, you must have heard of the ‘first customer’. Each is a customer to the other. A customer to a firm, a student to a school, a patient to a hospital, an audience to a theatre is not all. Standing in a queue, the one in front is a client to the second and the third since the second and the third spend their time and energy, waiting behind him he is responsible to give them best customer care service not wasting time unnecessarily squatting at the bill counter. In this context, let us cite an incident that shall make the matter loud and clear.

Once Sadguru happened to travel to the South by road. While waiting at the Toll plaza, another swishy and swanky car overtook his and rode past. Bewildered Sadguru poured out the pearls of wisdom: **Law abiding citizen is a role model to his future generation**. Is n’t it disputable to ask who appeals the most? The controversial view: “old school of thought, stalemate! Oldie has no better job...” Depose the argument. But the law abiding one is lauded always. He becomes the role model to his next gen.



## Inclusive life / Life inclusive

Life inclusive should be better understood not as “laissez faire” but as “laissez les autres faciliter” [let others be facilitated (by you)]. Inclusive education means holistic learning, the physical, moral, behavioural and attitudinal, and spiritual integrity of a complete man. Later, Guruji interpreted overriding experience, opportunity, people and circumstances reveals ignorance, rather allow to pass through you then comes the real transformation. Jesus Christ was not wrong in praying at the Last supper, “**Oh, God! They know not what they do. Forgive our sins as we forgive those who sin against us**”. The rider has failed to learn the art of patience, perseverance and persistence. The heightened arrogance is the sign of insolence, which means failing to learn or learning to fail-half baked or unbaked knowledge that most education systems impart. Had elsebody been in Sadguru’s place would have lost his temper. That’s why, buy no mango! (Ref. : Art of Sterilizing Stress\* to know about mango story).

## Internal auditing

The Internal Audit System is to synchronise, organise and co-ordinate the sensory organs, senses apertained and the organs to execute an amicable action plan. This system of self disciplining teaches one to preserve his tongue; prevent untoward action and perfect planning of his execution. this is otherwise called synthesising TWD: thought, Word and Deed. With this internal auditing system how much freedom can one enjoy: so long as his, tongue never wounds the others; arm does not leash the other; eyes, nose and ears similarly do not harm the others; mind does not bear ill-will. Do remember we are no teachers to check the others’ mistakes. **Do good, if possible but never hurt** [Indian scriptures say: **HELP EVER; HURT NEVER** (sanadhana dharma)] is all life inclusive or inclusive life.

I am inspired by Sadguru Jaggi Vasudev who has been advocating a considerably basic philosophy finely attuned to the laws of Nature, calling Life Inclusive or Inclusive Life. He practises what he preaches and being one of his followers, I wish to play a role in advancing Individual Social Responsibility. No road is without tryst and turn. Penalising those violate rules is lawful; punishing /humiliating the one abides by...? Sheer Impudence!

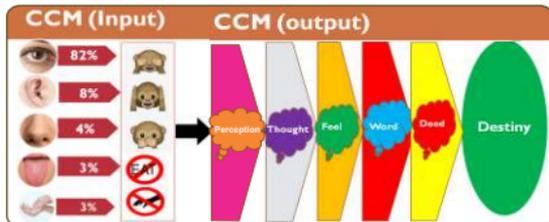
### 'AM IMPORTANT TO ME-THE FIRST CUSTOMER

In customer care management (CCM), you, 'INDIVIDUAL' are the first customer. When your wants are satisfied you recommend the product for the others, as a father suggests professional options for the son; mother, the best suitor for the daughter, so does a customer about a product. If I'm well I can take care of my family, society, country, etc. If a mother falls ill who should take care of the fooding of the others? so I is the first and foremost client & also the service provider.

### MY WELL BEING, IS THE WELL BEING OF MY SOCIETY

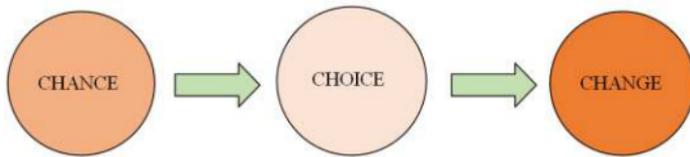
When I'm no nuisance to my family members or the neighbourhood, my society lives in harmony. A drunkard drinks every night while returning from work; picks quarrel with his spouse, children feel horrified some even turn juvenile delinquents; this disturbs the neighbours, the office and the school and the women's club where the children of the drunkard are gossiped about. **What I mean to me, that I mean to all-love thy neighbours as thyself.**

When my preceptors are right my perceptions are also right. Then the outcome shall be to my expectation.



## 3Cs, the million dollar question

In my course of executing my responsibility, I have to take the call, the inertia, to inspire to mobilize the market be it the business of family, friendship or merchandise. I have to put down my foot and say come on let me do it (chance). While doing so I happen to prioritise (choice) on certain negotiations only when can I, the prime customer, bring about a transformation (change), the change in me as well as my milieu, the expected outcome.



The characteristic traits of a personality naturally changes in accordance with the choice of chance to promote customer care. The attributes are sensory and hence reverberate, resonate and replicate. Therefore, being the first customer I need to put in certain positive qualities to promulgate peace and harmony in the environment thus facilitating my goal. The triggered target abounds because of the optimistic tendencies I have invested.



## Devil's advocate-problem creators-whistle blower

இடிப்பாரை இல்லாத ஏமரா மன்னன்  
கெடுப்பா ரிலானுங் கெடும்.



The above translation means According to Thirukkural the king who is without the guard of men who can rebuke him will perish even though there be none to destroy him. The opposition or 'objection my Lord!' is inevitable part of growth and progress. To every Dryden there should be a Pope. There was a famous poet of the occultist in Kerala who composed verses on Lord Guruvayur. He thanked cancer in his prologue/acknowledgement without which realization of Divinity wouldn't have been possible. Objection should be sustained. This becomes the wake up call. Even in the political scenario there arises a change not when objections are overruled, rather sustained. Our critics are our best wishers. Hence heed to the critics. Development expedites.

Covid pandemic is in a way a blessing in disguise to know true human values. This devil's advocacy has identified the relentless warriors, the silent sufferers, the most concerned and the apathetic. 'Know your men in adversity' goes an English proverb. The individual has to be ever ready, up on his toes to challenge uncertainties, the law of the land. Extend a helping hand wherever whosoever needs for, no one knows what life has for us in its store. Hats off to all the Corporation scavengers, cleaners, sweepers, attenders, nurses & medicos especially those who have been the duty doctors in the

Covid-19 wards. The real responsible citizens have been those who volunteered service to provide the basic amenities to those remote corners of the Country.

Be a Covid warrior 24x7 on the alert eveready; shoulder the responsibility clean the litter that befalls your eyesight. The co-author, being a hostelite would fetch 25 litres of water in shifts from ground floor to the third floor for all the roommates to have seen bathed. When the commode got blocked due to the inadvertent disposal of sanitary pads she would scavenge the lavatories herself without complaining. There is a septuagenarian near Sholinganallur who has solely cleaned the lake for his villagers to use; charity begins at home; train children to share and care; volunteer help to the neighbours, rickshaw pullers; launderettes. For, it blesseth him that gives and him that takes. This is the true meaning of individual social responsibility.

Laughter is the best medicine and it has the magical power to spread peace, unity and harmony. A contented mind is a continual joy; a continued joy is a sign of bubbling energy; such HAPPINESS emanating positive energy is the secret of success. It disseminates not in bits and parts but proliferates like the bio-ballistic gene-gun multiplying millions of seeds out of one. The happiness, gradient of physical; emotional; economic; spiritual level zooms past to the ecstatic state of bliss. This is all possible to the might which realizes the sense of accreditation and avow.

A small planning is indispensable to the socially responsible individual, i.e., the trio: wake up call, mirror reflex and mirth.



## Fundamental Duties- Constitution of India

**The 42<sup>nd</sup> amendment act 1976 article 51 A and 86<sup>th</sup>**

**Constitutional Amendment Act, 2002 of the Indian constitution list the fundamental duties of Indian citizens. It reads:**

- a) Abide by the Indian Constitution and respect its ideals and institutions, the National Flag and the National Anthem
- b) Cherish and follow the noble ideals that inspired the national struggle for freedom
- c) Uphold and protect the sovereignty, unity and integrity of India
- d) Defend the country and render national service when called upon to do so
- e) Promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities and to renounce practices derogatory to the dignity of women
- f) Value and preserve the rich heritage of the country's composite culture
- g) Protect and improve the natural environment including forests, lakes, rivers and wildlife and to have compassion for living creatures
- h) Develop scientific temper, humanism and the spirit of inquiry and reform
- i) Safeguard public property and to abjure violence
- j) Strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavor and achievement
- k) Provide opportunities for education to his child or ward between the age of six and fourteen years

To sup on the points above, all needn't be Thiruppur Kumaran\* or Pingali Venkayya\*, at least rise or pause while the national anthem is played or sung; don't discard the flag so flaunting after any national day is celebrated. Freedom from alien rule took three hundred long years to materialise because of the Judases and Ettappans and Gotses, (long list of traitors) but of course, due to many sacrificial souls; were it be the present scenario with all selfishness and greed, mark it, freedom might have been a reverie or a nightmare.

**IMITATION IS SUICIDE; ENVY, IGNORANCE** [Ralph Waldo Emerson].

**'I', the first customer to My first customers (fellowmen)- You've Done to Your Nation.**

Martyrs' day is too less for those unsung heroes inclusive of Jalianwala bagh genocide to Pulwama assail, all in the ring. There have been uncrowned princes and emperors to this legacy. Many touching sensational episodes portray humanism beyond communalism and caste segregation. Indian mythology supplants: Goddess Renuka devi, the deity borne the curse of caste and creed distinction fostered by Parasurama's father, sage Jamadhagni\*. Fortunately, thanks to the efforts of many reformers India is secular. Law maker should not be the breaker, after all. Man doesn't mind the human values but boasts of rituals superstitions and orthodox. **All is false** (GB Shaw).

**Arun Krishnamurthy**, an Indian environmental activist who initiated the campaign of cleaning various lakes across India is Known for founding the NGO, Environmentalist Foundation of India (EFI) in 2011 based in Chennai with branches in other cities: Hyderabad, Delhi and Coimbatore. Arun with the organisation has been successful in cleaning at least 39 lakes in the country and having worked in Google



before quitting the job to dedicate voluntarily is chosen one among the five people for prestigious Rolex Awards for Enterprise award in 2012 for scientific lake restoration in Chennai. It goes without saying that the future resonates with non-violent peaceful co-existence demonstrated in the more recent gentlemanly protest by the Students at Marina on Jallikattu' Alanganallur bull fight.

“  
பொதுநலம் என்பது தனி ஒருவன் செய்வது  
A lone man's empathy is charity/socialism  
”



The glorious instances portrayed are a mere speck in the ocean. This could form the basis for us to improve upon and way forward towards bringing visible changes not only in individuals but also on the society at large. How? Whatever you do gets attributed to the society, good as well as bad. Society is the mirror. Hence you practise any gesticulation in front of the mirror reflects your personality and so does the society. Are you not important? But, to whom? When?

### **A journey through womb and tomb...**

The Darwinian origin of species, natural selection to the Big Bang theory of Stephen Hawkins responsibility is all encompassing, especially, man-‘the supremo species’. Directly or indirectly, man influences nature more than any other species. Consciously or unconsciously, individual social responsibility begins before or after birth. The foetus inside the womb is held responsible for the uterus environment and the mother's safety. Likewise, after the birth too, so much so it interacts with the mother through breast feed does it bear its affinity to her sentiments and emotions thereby the others.

Once the newborn enters the outside world the dichotomy of internal and external worlds turn into the intrinsic and extrinsic worlds at the psychology of the newborn being nurtured as it grows. Fed with fastidious fashionables out grows innocence and faces the wider world, the vaster expanse under the canopy of Biodiversity. Now, entering the second (the family), third (friends and relatives) and makes for the society of a variety of known and unknown people and there again to the universal/global relations.

### **Multi Faceted Role**

Since the book is only the tip of the iceberg, justice may not have been done to every individual or every representative of the cadre. Yet, with a broader perspective for future reference some of them are touched upon. An individual has variable roles to play; as a son/daughter, brother / sister, husband/spouse, father/mother, grandchild, -in law of every sort, neighbor, a wayfarer, fellow passenger, a student, employee/ employer, colleague, peer, tenant/owner, customer/client-vendor, etc. In all these, he or she is involved. Society is a web, that cogmires all. The affinity one bears between his sole underfoot and earth matters social responsibility. Each is held responsible in his own way to himself as well as to the society irrespective of age, gender, colour, caste or creed. For instance. \*In Russia the senior citizens need no sympathy while traveling if they don't get a seat, never ask anybody to make place for. It offends their self respect.

## **Family, the building block of the society**

It is unfair to expect most Indian citizens to suddenly beware and concerned about their individual social responsibility. So it is visualized to initiate with a small collection of individuals who are aware and committed towards the cause. But for the Family foundation there is no

building. Unless one knows what's up with his threshold he won't be able to conjecture what might have gone wrong with the neighbour's. Gradually we can grow into state level groups and finally into the central level.



To start with, a few samples from the society and elaborate upon their responsibilities while not deviating from the principles laid down by the constitution, the family is the first and foremost rung of society on which the nation of sky scraper rests. Let's then contemplate on this building block. The individual citizen becomes the life breath of this block. In a family, the mother/ father is the most significant entity. He/she is the one who is capable of vamping up socially responsible citizens of the country. If the father could become a model for his kids, then the kids could easily become model citizens of that nation.

## Role of a son or daughter

ஈன்ற பொழுதின் பெரிதுவக்கும் தன்மகனைச்  
சான்றோன் எனக்கேட்ட தாய்.

[A mother's happiness lies in the laurels her ward wins  
from renowned erudites] - Thirukkural

A son has to be obedient child a responsible father - son caring his child as well as his aged parents; to earn for the family shoulder the duties of a brother to his siblings is mandatory. He is the son not only to his parents but every individual in and around him who needs a support of a male child. When he becomes son-in law he is legally acknowledged son to take care of his marital home. Similarly a daughter should play the unbiased role of daughter and daughter in-law in serving her parents as well as parents in-law like her own mother and father.

## Responsible sons are responsible citizen

A good son or a good daughter alone deserves a good father or parents. Don't question the father of his duties remember your responsibility towards your father. Never take support from a stranger. Such support could have dangerous consequences. It is like downloading from an unsafe website. There could be viruses in what you download. Try to take your parents into confidence in whatever actions you do, even if it does not fit into the long established societal norms. The best thing about parents is they will not try to exploit you whereas anybody else could do that. "Things that did not work out despite one's greatest desire could be the best thing that could have happened to you."- author.

## As the father, so the citizen

Responsible citizen makes a responsible father or responsible father makes a responsible citizen is like the chick and egg puzzle. A father, to become responsible has to identify himself as a socially responsible person. One of the first rules for a father, I would like to propound is that he should never indulge in unethical practices say, smoking and drinking at home. What the father does the, child follows; as the father, so is the son. First father pays the price later the son does. This is also one and the like wheel of karma. It may be a personalised view point. The father drinks and the son following him, both have to pay a terrible price for it. Being a victim himself, the author knows what all mistakes one should not make.

*Do Wrong Deeds so as to learn the Right ones, the right way.*

- Author

Many would ask, how he could preach when he himself does not conform to the standards. "Never expect a flawless person to teach morals"

is the answer to that question. “I am a flaw, an absolute flaw, I admit. Through my flaws I have the first hand knowledge of the repercussions of these flaws. It is because of the pangs of suffering and failures that one confronts he makes more realistic and appealing ones. Since I have already suffered because of my mistakes it is only wise for me to suggest to others not to make the same mistake and suffer like me. So I repeat, never indulge in smoking or drinking at home if you are a father”. Instead of doing negative things before the children, you could guide them encouraging do extracurricular activities like yoga, meditation and prayer. This will allow them to train their mind on how to control it. Besides, motivate them to participate in charity and community service.

## Rest, change of work

Children should be encouraged to learn most of the household chores, such as washing, cooking, ironing, housekeeping, shoe polishing, gardening, managing funds, shopping, etc. to make them self reliant and responsible citizens.

## Travel broadens the mind

One of the most powerful learning acquired by a child could be going places unaccompanied in adolescence and accompanied in childhood. This makes them independent and affords them enough scope to learn how to handle different situations, meeting people when to be polite and when to stand up for their rights enhancing first hand real life experience.

## Train up finance management

Another important aspect is the value of managing money. Make your son or daughter manager of the home for a month or two. Let him run the home. It'll equip them manage budgetary plans, deficit or surplus.

## Infuse managerial ability

Encouraging children to take up part time jobs like foreign countries infuses in them sense of self dependence and individuality. It also teaches the importance of money to earn and preserve and also to spend it frugally.

## Fine-tune basic manners & etiquettes

The parents should first adopt table manners and then consciously imbue such things into their wards. This is one area where we Indians fail the most. Most of us give two hoots about table manners. We talk loudly, chew even louder and spit and spew, while eating. In essence he should teach good manners and healthy ways to enjoy food.

## Be an anchor of hope-imbue confidence

At times there could be unpleasant situations because of your son or daughter. In such circumstances, never let them down; breathe confidence in them: look before you leap; once leapt, be brave to challenge [எண்ணித் துணிக கருமம் துணிந்தபின் எண்ணுவம் என்பது இழுக்கு] how as a father you behave and react, carry utmost importance (Ref. : Art of developing self confidence\*). Your son or daughter could have been love intrigued which has gone ugly or got into some extra marital affairs or so. At such junctures, it is very important that you hold your nerve. React quite matured. Never shout or get into some verbal diatribe with your ward. Such things could only exacerbate the matter further. First thing you should do is

to show empathy. A pat in the back to say that you understand would be a good start. Even if the fault is with your ward such an approach would get him into ease and will make him own to his mistakes.

## To ERR is human; forgive, divine?

Every human is prone to making mistakes. A father can lend a helping hand if his ward has made an error either purposely or inadvertently. All they need is your support and advice to get out of a tight situation. One could effect a 360 degree change in his ward through such an approach. As a practising psychologist, I have come across many cases where the children suffer because of bad approach of the parents when made mistakes. A boy has turned a PTSD (Post Traumatic Stress Disorder) because of parents rude behavior. In another case a girl when shared her accident with her parents instead of getting counseled, she was beaten black and blue and became a mental wreck (Ref. : Art of developing self confidence\*).

In addition breed humanism, secularism not punishing your ward for interacting with other community friends or hesitate to help them in the hour of need. Earning money for the family is ok but saving for the future generation only tarnishes the ambition, ability of the child so never buy property in ward's name.

## Need to instill self reliance

Never produce a replica of you from your children but a newer generation of warriors and heroes (Ref. : Art of Welcoming failure\*). According to Khalil Gibran *your children are not born to you but born through you*. As a parent what could be your social responsibility?

\*Refer Art of Parenting and Career management. A responsible parent is a 'round character' in the development of his children.

Do you know that the parents are the first and best teachers to their children. Hence, it is necessary for the parents to be role models to their children. It is too very unfortunate! That the parents thrust their unfulfilled dreams on their children making them tread the beaten track. The happenings at IIT coaching in Kota, Rajasthan, is like injecting the wrong blood group into a patient nipping the flower in its bud.

*“Things that did not work out despite one's greatest desire could be the best thing that could have happened to you.”*

- Author.

***Good Citizens Build Prosperous /  
Independent Nation-nation Builders\* J.F. Kennedy***

Follow the law of the land irrespective of the fact, whether your peers follow it or not. It will make you feel proud of being a good citizen. Caring for elderly is also part and parcel of ISR\* (Ref. : Art of caring the elderly)

Turning to the case of spinsters and bachelors, Individual social responsibility lies with you too. Though it is your choice to remain unmarried, I would say it is against the law of nature. The cardinal principle of the law of nature is procreation. If you have a choice, opt for that now. If not at least have a companion. When you are going through your bachelorhood, you could take up a job which is in the service of the society. When you get really old try to choose a good old age home that fits your requirements. Try to have a partner either male or female so that you will not suffer loneliness. If possible adopt a child and groom him and make him your legacy as a fulfillment of your individual social responsibility. It is always better if you are a bachelor or spinster keep in touch with fellow bachelors.

## THE 3R's of LIFE (READING, WRITING AND ARITHMETIC)

A student's role is to convince his parents to the right means of earning livelihood; a student owes to his parents, peers, teachers, school and society. A youth if checked by an elder for hanging on the footboard remarks: "Yeh oldie! Mind your business!" How impudent it is! But most accidents especially one of when a lad of twelve lost his life because of this heightened arrogance was quite pathetic. It should be noted that the Indian Constitution allows Right to Education Act of (RTEA) 2009-10 compulsory education between 6-14, then isn't its right to expect a responsible student-citizen? (Ref. : New Education Policy (NEP) 2020\*) Much is given with a view to get much more; instead least is reciprocated. Why so? Instead of learning at the right age, they loafer, flirt in infatuation wasting time, money and energy of all. Where do these three emerge from? Undoubtedly from Mother Nature!

Let's cite an anecdote from the life of the great philosopher, Socrates. Socrates was convicted for the crime of corrupting the youth of Athens with his teachings and sentenced to death by hemlock poisoning. Prior to be poisoned, while walking on the corridor a mellifluous music hit his ears. He walked towards the source of the music and found a young fellow prisoner playing the violin. Attracted by the knack of playing the violin, Socrates asked the young man if he could teach him violin. The man wondered and asked, "why do you want to learn violin at this twelfth hour?". Socrates smiled and said that at least he could die with the happiness that he has learnt to play violin.

That's it. Learning alone has no time or age limit. If you are a student be a student and not a lover. As a student your job is to excel in your studies and come out with flying colours well equipped with job.

Try to learn a course like typing, a new language or public speaking skills or musical instruments. Enrich your vocabulary by learning minimum five words a day. Learning is a joy unfounded by many (Ref. : Art of Reading, Writing, Speaking, Listening & Non Verbal Communication\*).

## The greatest of ISR

The precise meaning of ISR vests in an individual stretching a helping hand to a stranger. Standing at the bus stop we don't notice a person collapsing due to hunger; or a wife tormented by her drunkard husband; or eve teasers bullying a school girl. Don't have to emerge heroic like Malala atleast show the basic human concern of standing by to keep company. An old man who is stumbling could be helped out to his place; a visually challenged shown the path; a vendor helped with a support to lift the basket to the market or alight the bus; a peddler handed out a cup of tea; why the rag picker offered some munchits but let these all be with the first fresh cooked stuff not the stale, unwanted. Offer what you can use not what you discard. This is the greatest of Individual social responsibility. A cricketer wins laurels for his country; a scientist invents the greatest technology also account for ISR. (There are many more to join the list) Hats off. ISR doesn't merely mean individual Social Responsibility but inclusive social responsibility, all encompassing.

**Let's know what is meant for each as we search for our birth day/date in the fresh new year calendar. Gear up! Cheers!**

### **Common to All**

- 1 Follow the law of the land.
- 2 Insure self and near and dear.

- 3 Give 10% of your income on charity.
- 4 Everyday do three good karma. Could be giving food, caring someone etc.
- 5 Don't waste food.
- 6 Pray before you eat.
- 7 Pray after you eat.
- 8 Bath in cold water. You reap rich benefits. I can vouch for that.
- 9 Try to be a vegetarian.
- 10 Visit old age homes.
- 11 Visit hospital to experience why old age is such a curse in India.
- 12 Never believe things blindly unless you experience it.
- 13 Listen more.
- 14 Pray before you sleep.
- 15 Plant a tree.
- 16 Share a meal.
- 17 Visit places.
- 18 Visit places with different cuisines and taste such food.
- 19 Try different recipes.
- 20 Use toilet to attend nature's calls.
- 21 Use laxative once a month to cleanse the digestive system.
- 22 Fast intermittently to keep your body and mind fit.
- 23 Follow some therapy like fruit therapy after consulting a doctor.
- 24 Hit the bed before 9.30 pm and get up before 5 am with a smile.
- 25 Read a book once a month.

- 26 See a good movie once in a month or once in a week.
- 27 Go to a theater or art museum occasionally.
- 28 Have a medical check up once in three months if over 40 and once in a year if under 40.
- 29 Make at least one call to the parent, wife, son, daughter, siblings, grand father etc.
- 30 Make weekly call to distant relatives or friends or associates or someone who is ailing.
- 31 Make fortnightly calls to your old friends, colleagues, teachers, gurus etc.
- 32 Make a will when you are in sound mind.
- 33 Be with elders and loot their wisdom and knowledge.
- 34 Venture into something new like mountaineering, sky diving, which you have not done before.
- 35 Take up some community work like coaching children, assisting elders etc.
- 36 Donate organ posthumously.

I have already written a will saying that the body should be handed over to some medical college hospital so that students could use it for study. Also all the organs which could be used will be donated. So even after my death I wish to make myself useful for others. With this objective in mind I am taking good care of my physical body. So take good care of all your organs so that it could be used even after your death. That is all for the day. Thank you very much.

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