



महाराष्ट्र शासन

## प.पू.स्वामी चिन्मयानंद अभ्यासकेंद्र

(विद्यापीठ अनुदान आयोग द्वारा अनुदानित)

शासकीय अध्यापक महाविद्यालय (C.T.E) अकोला आणि  
शासकीय अध्यापक महाविद्यालय (IASE) औरंगाबाद  
ह्यांच्या संयुक्त विद्यमाने

बी.एड् अभ्यासक्रमावर

आधारित राज्यस्तरीय-कार्यशाळा

## UNDERSTANDING THE SELF

(फक्त बी.एड् प्रशिक्षणार्थींसाठी)



प्रमुख मार्गदर्शक



ब्राह्मचारिणी मैत्रेयी चैतन्या,  
चिन्मय मिशन पुणे

संकल्पना



मा. डॉ. संजीवनी मुळे  
प्राचार्य शा.अ.म.वि.  
औरंगाबाद

मुख्य समन्वयक व  
मार्गदर्शक



डॉ. वसुधा वि. देव  
प्राचार्य शा.अ.म.वि.  
अकोला

मार्गदर्शक



डॉ.महेश डाबरे  
सहयोगी प्राध्यापक, एल.आर.टी  
कॉमर्स कॉलेज अकोला

दिनांक १९ एप्रिल २०२१ ते २ मे २०२१ | वेळ, दुपारी १२ वा.

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[www.gceakola.com](http://www.gceakola.com)  
[principalakola80@gmail.com](mailto:principalakola80@gmail.com)



#Chinmaya Education



#GCE Akola



<http://www.chinmayasanskar.com>

**No Registration Fee\***

E-certificates will be issued to the participants who submit the feedback form after completion of the Workshop



स्थापना: २० नून १९५६

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**UNDERSTANDING THE SELF**

मुख्य समन्वयक व मार्गदर्शक



प्रमुख मार्गदर्शक

ब्राह्मचारिणी मैत्रेयी चैतन्या,  
चिन्मय मिशन पुणे

**डॉ वसुधा वि.देव**

प्राचार्य शासकीय अध्यापक महाविद्यालय  
अकोला



**KNOW YOUR PERSONALITY**

दिनांक २० एप्रिल २०२१ ~ वेळ १२:०० वाजता



# What is life?

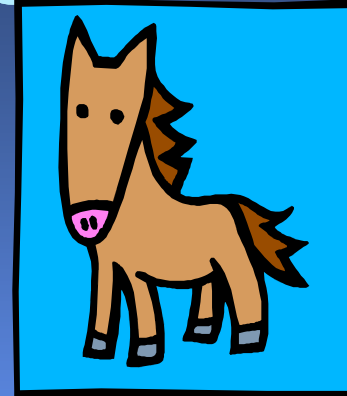
Some say Life is JMM

- o Just Make Merry
- o Just Make Money
- o Just Make out with Many



# To others....

- Born
- Grow
- Education
- Job
- Marriage
- Children
- Raising Children
- Retirement
- Death



# And yet others think...

Life is nothing but a losing proposition. Nobody ever came out of it alive



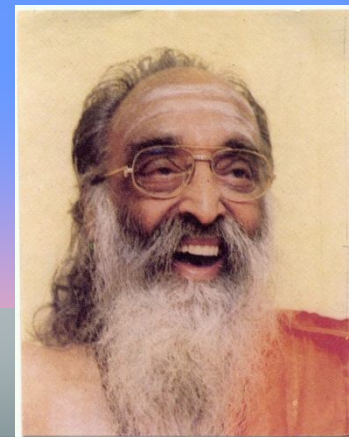
The process between the womb n the tomb is life



# But is that all...NO

- Life is a series of experiences.
- Experience is the unit of life like brick is the unit of a wall.
- The quality of life depends on the quality of experiences.

- Swami Chinmayananda



# Modern Life

- Our communication – Wireless
- Our business – Cashless
- Our telephone – Cordless
- Our cooking – Fireless
- Our youth – Jobless
- Our religion – Creedless
- Our food – Fatless

# Modern Life

- Our faith – Godless
- Our labor – Effortless
- Our conduct – Worthless
- Our relation – Loveless
- Our attitude – Careless
- Our feelings – Heartless
- Our politics – Shameless
- Our education – Valueless



# Modern Life

- Our Follies – Countless
- Our arguments – Baseless
- Our commitment – Aimless
- Our poor – Voiceless
- Our life – Meaningless
  
- Finally,  
Our existence - Useless????

# Howz life? n How r u?

- Pulling on....
- Going on.....
- Too difficult.....boring....
  
- I am stressed...tensed....fatigued...  
tired...exhausted....burnt out...

If u plan for **a year**,  
sow a seed;

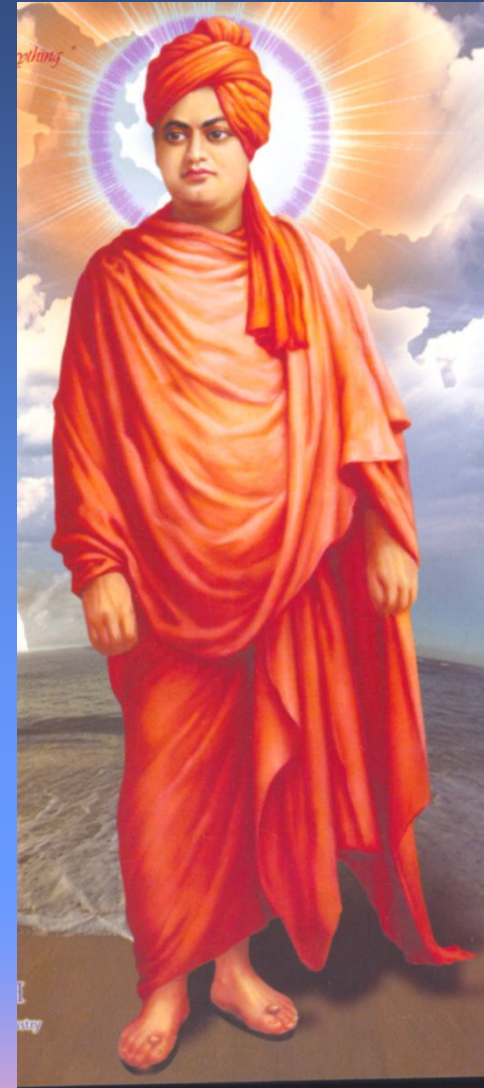
If u plan for **a decade**;  
plant a tree;

If u plan for **a century**;  
Educate the nation.



We want that Education by which character is formed, mind is strengthened, the intellect is expanded and by which one can stand on one's own feet.

It is a Man-making education that we want.  
-Swami Vivekananda



# NEED OF THE HOUR GREAT MEN WITH...

- Courage of Conviction
- Power of Practice
- Physically strong and able
- Mentally balanced, free and sensitive
- Intellectually brilliant and principled

# NEED OF THE HOUR GREAT MEN WITH...

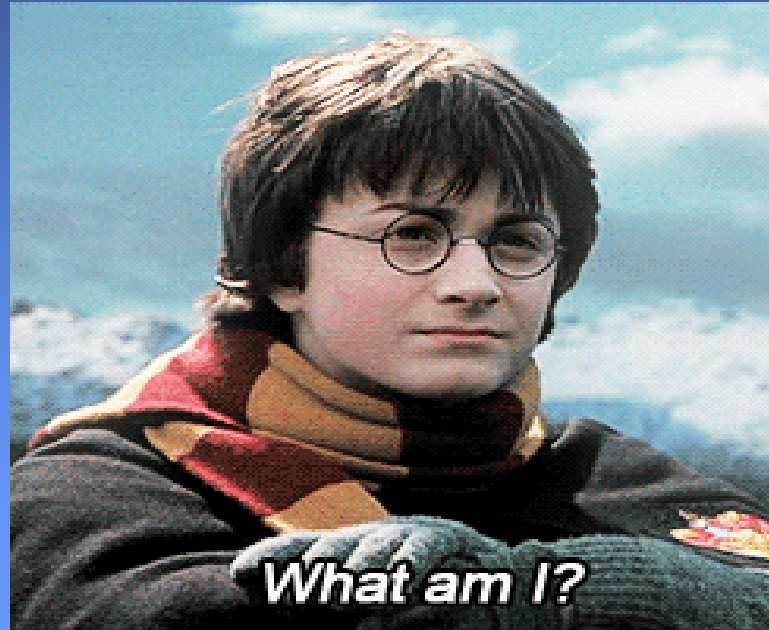
- Spiritually evolved and loving
- Culturally refined in thought and action
- Loyalty and Pride for the motherland India
- Contributor to the world at large

“WHO AM I”



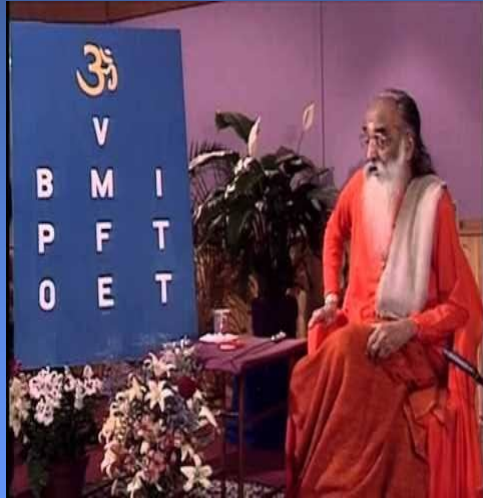
I AM BODY

# “WHO AM I”





# “WHO AM I”



# “WHO AM I”



# “WHO AM I”



BODY?  
MIND?  
INTELLECT?  
MORE THAN  
THAT ?

“WHO AM I”



THAT WHICH  
IS MINE

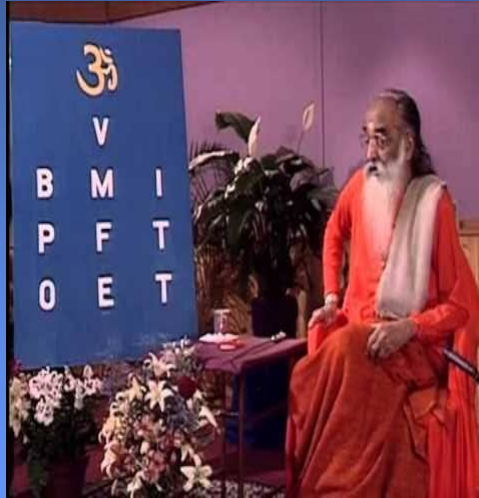
IS  
NOT MINE

# “WHO AM I”



# I AM BODY

# “WHO AM I”



## NATURE OF DUALITY

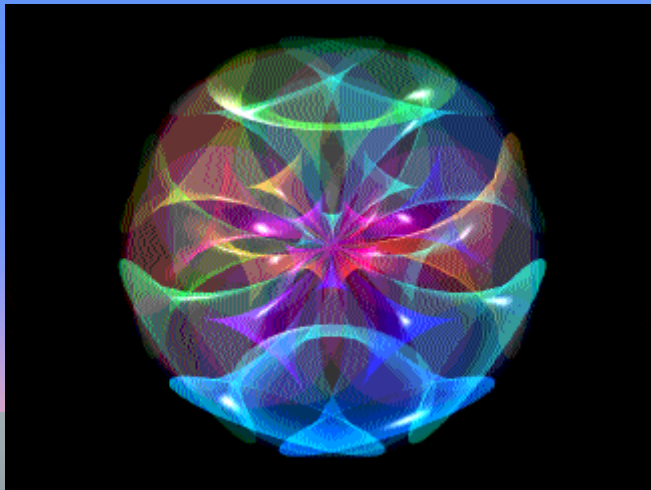
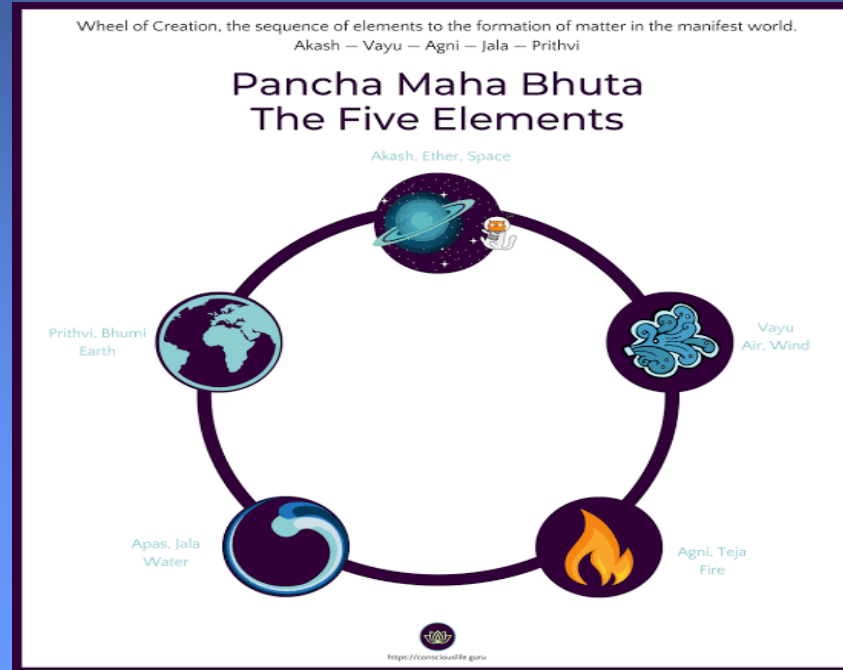
### Purush:

- Supreme self
- Pure consciousness
- Inactive
- Unchanging
- A passive witness
- Multiple

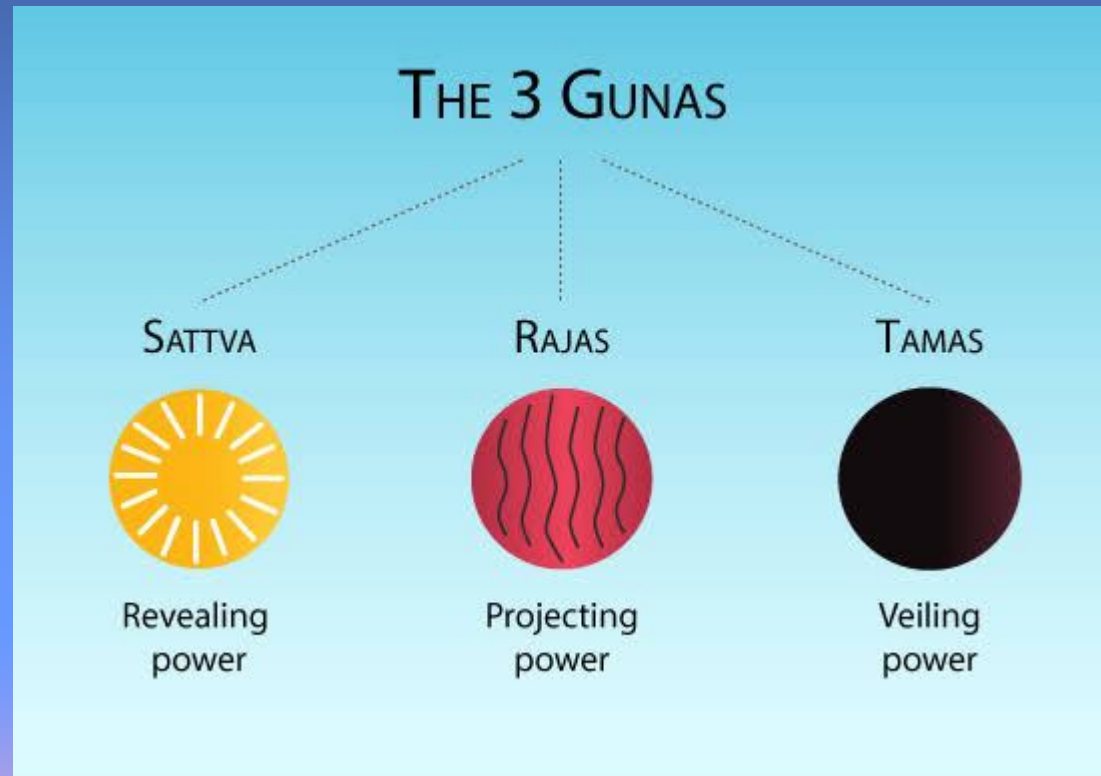
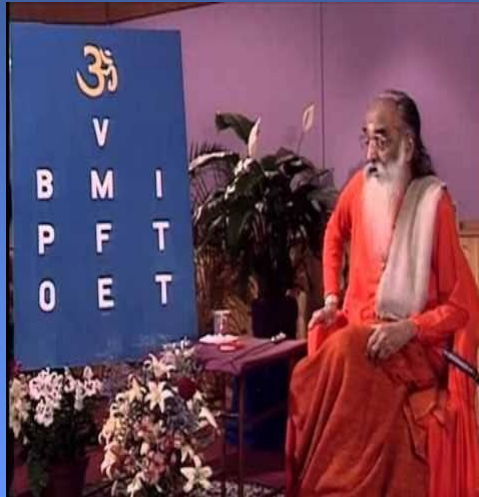
### Prakriti:

- Pure objectivity
- Phenomenal reality
- Non-conscious
- One mulprakriti in equilibrium

# “WHO AM I”

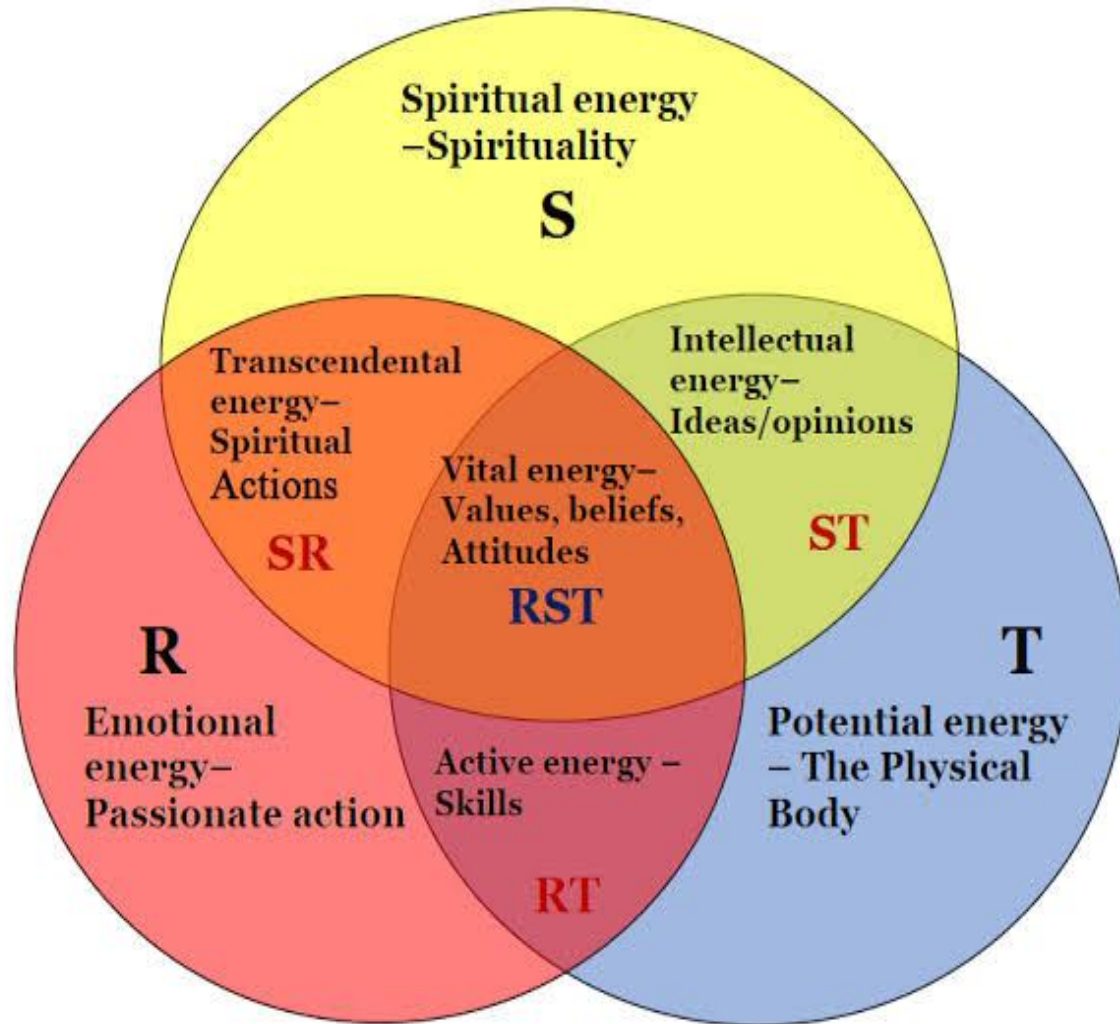


# “WHO AM I”





# “WHO AM I”



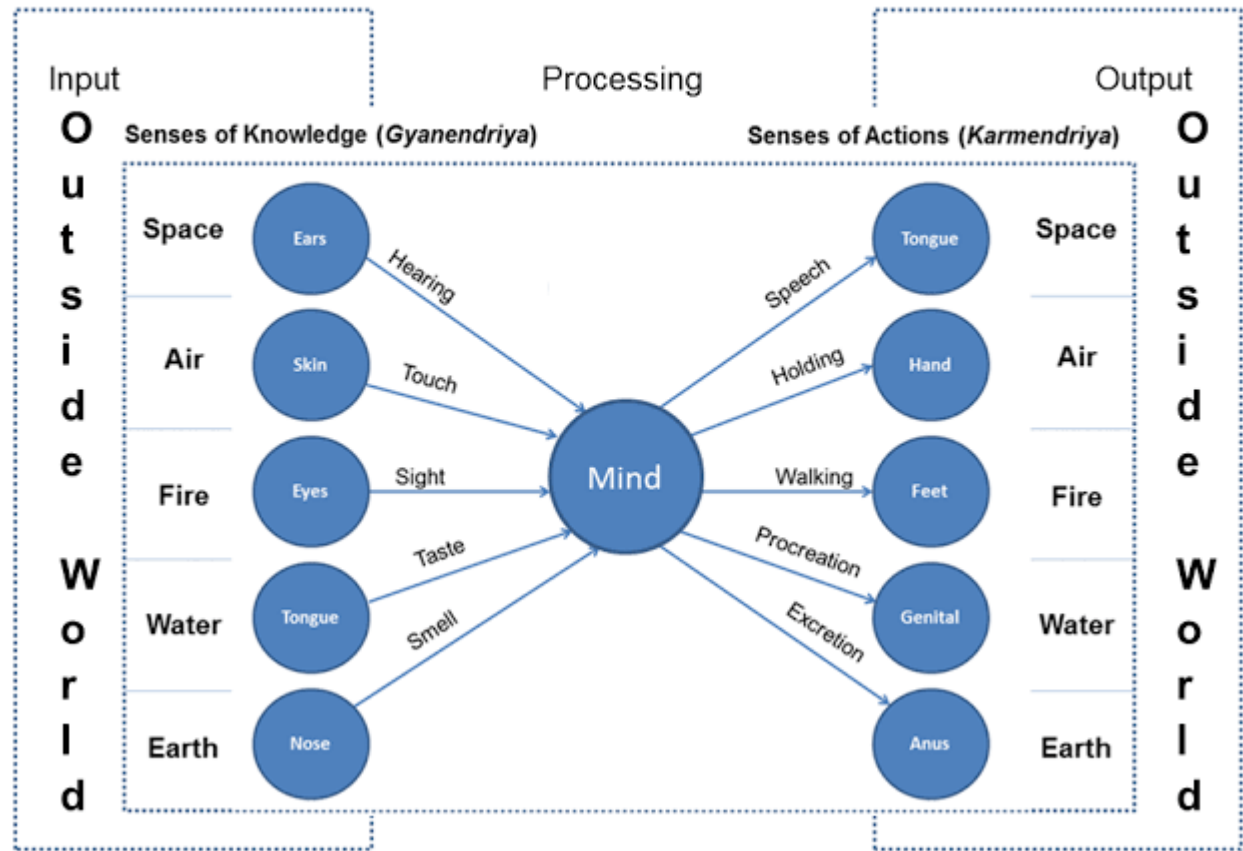
# “WHO AM I”



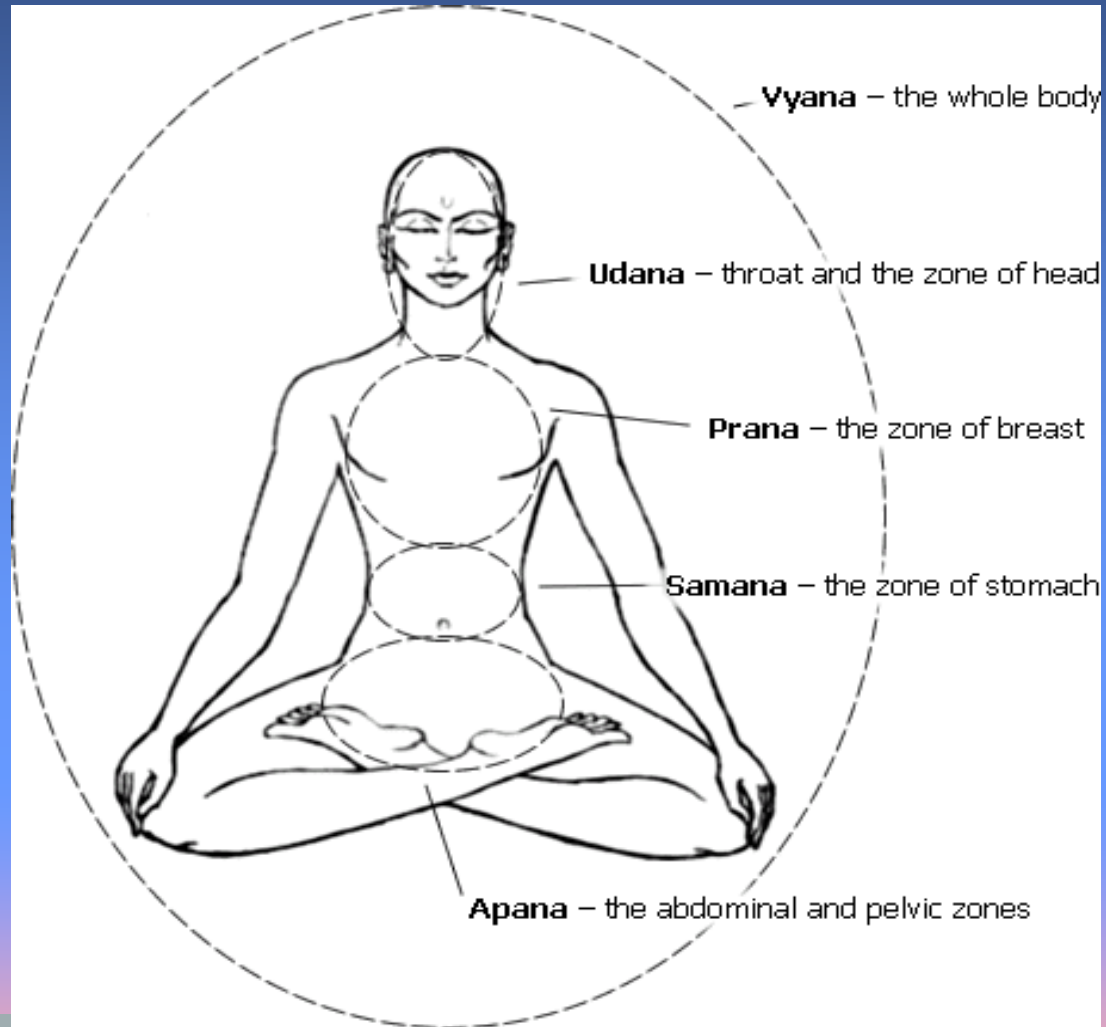
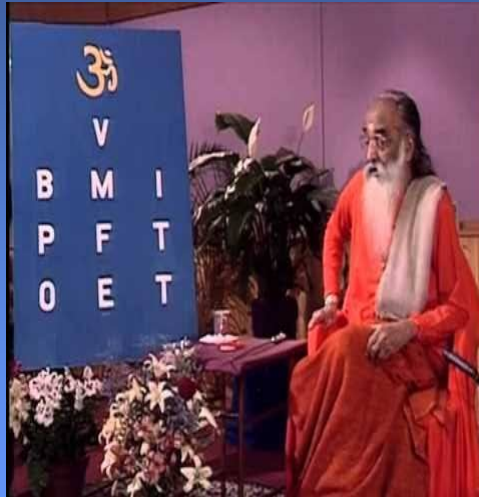
# “WHO AM I”



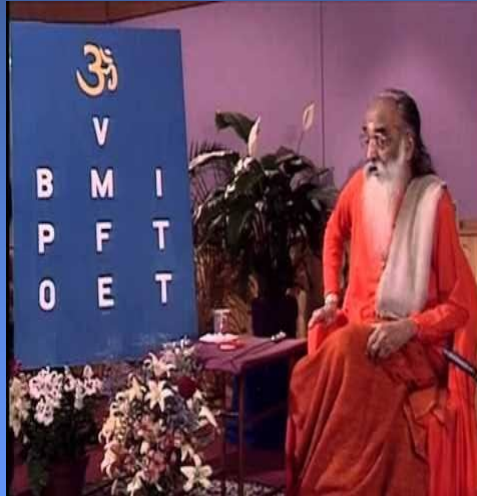
Picture 28 – Input-Output-Processing of Human Mind



# “WHO AM I”



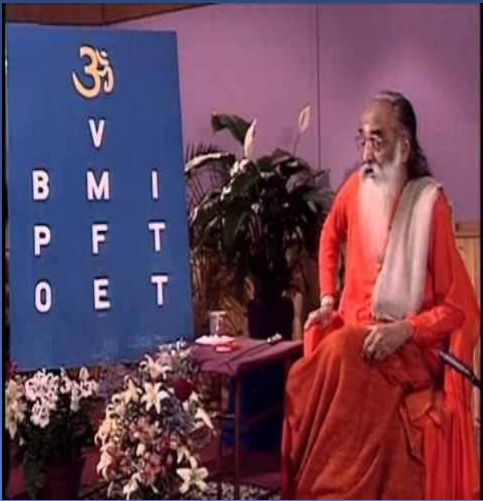
# “WHO AM I”



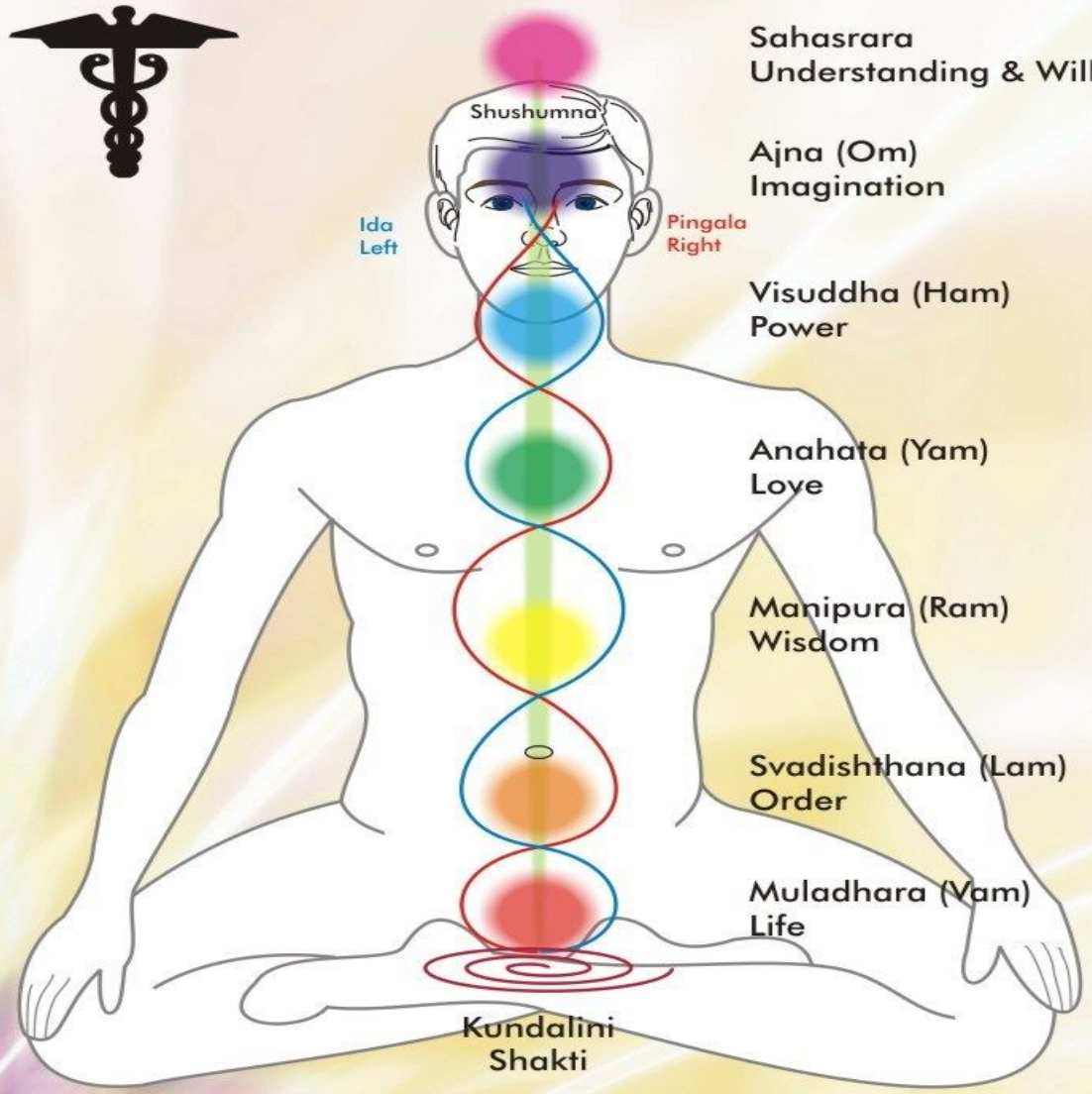
## SAPTA DHATU

- Ras Dhatu
- Rakta Dhatu
- Maans Dhatu
- Med Dhatu
- Asthi Dhatu
- Majja Dhatu
- Shukra Dhatu

These Seven Dhatus are considered equivalent to PATHOLOGY, in view of Modern Western Medicine-Allopathy.



# Seven Chakras



Sahasrara  
Understanding & Will

Ajna (Om)  
Imagination

Visuddha (Ham)  
Power

Anahata (Yam)  
Love

Manipura (Ram)  
Wisdom

Svadishthana (Lam)  
Order

Muladhara (Vam)  
Life

Kundalini  
Shakti

7th



- \* cosmic consciousness
- \* understanding
- \* enlightenment

6th



- \* clairvoyance
- \* intuition
- \* psychic senses

5th



- \* communication
- \* creativity
- \* healing

4th



- \* love
- \* hope
- \* compassion



3rd



- \* energy
- \* vitality
- \* desire + power

2nd



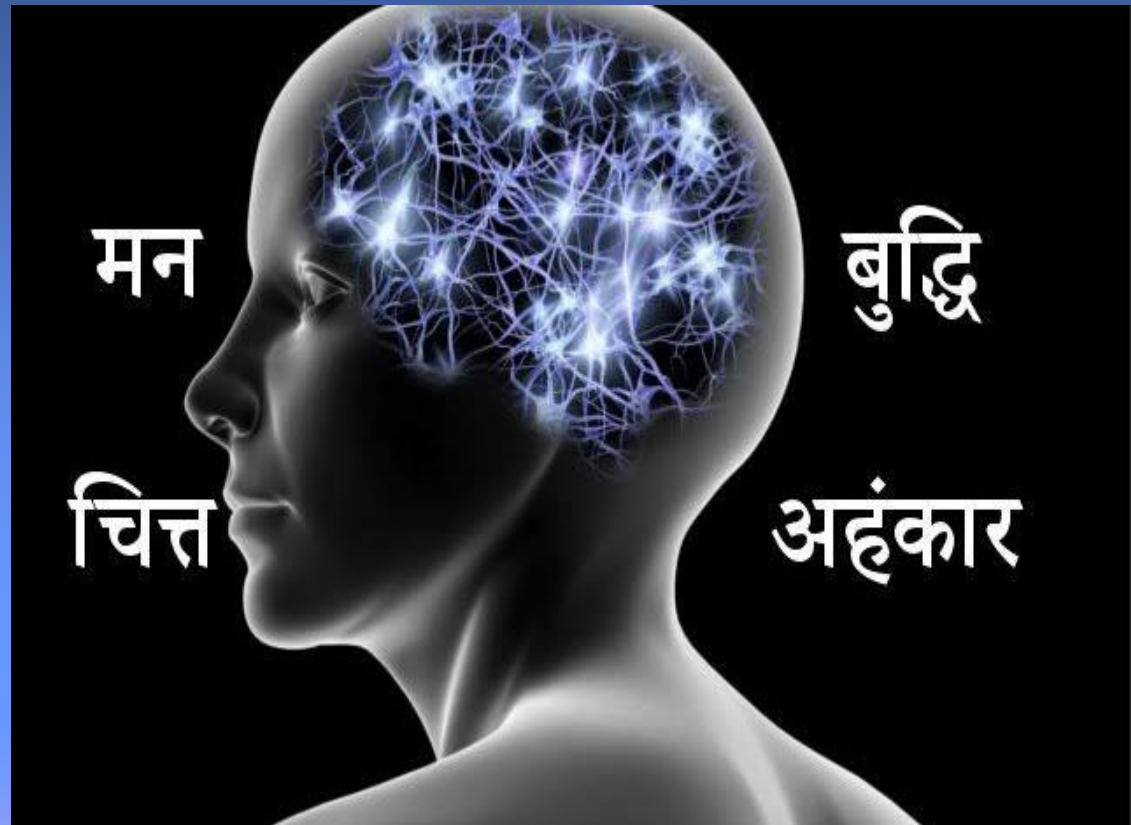
- \* emotions
- \* sexuality
- \* intimacy

1st



- \* survival instinct
- \* security
- \* grounding

# “WHO AM I”



# “WHO AM I”





```
graph TD; Vasanas --> Body; Vasanas --> Mind; Vasanas --> Intellect; Body --> Perceiver; Mind --> Feeler; Intellect --> Thinker; Perceiver --> Objects; Feeler --> Emotions; Thinker --> Thoughts;
```

Vasanas

Body

Mind

Intellect

Perceiver

Feeler

Thinker

Objects

Emotions

Thoughts

Integrated  
Development

```
graph TD; A[Integrated Development] --- B[Physical Development]; A --- C[Mental Development]; A --- D[Intellectual Development]; A --- E[Spiritual Development];
```

Physical  
Development

Spiritual  
Development

Mental  
Development

Intellectual  
Development

## Physical Development

The goal of Physical development is good health and fitness, including the education, awareness and discipline necessary to achieve it.

# Components of Physical development

1. Physical Fitness
2. Nutrition
3. Hygiene
4. Physical grooming
5. Health education

# Aspects of Physical Fitness

1. Physical training exercises
2. Calisthenics / Gymnastics
3. Sports and Games
4. Yoga
5. Martial arts
6. Sense organ development
7. Physical Self Expression

# Aspects of Nutrition

1. Food and body
2. Knowledge of basic food groups
3. Tailoring one's diet
4. Eating habits
5. Food and the mind
6. Aesthetics in food – Cooking, Serving, Offering, Eating, etc.

# Aspects of Hygiene

## PERSONAL CLENLINESS:

- Body care – Brushing, Bathing, Ablutions
- Sleep
- Clothes
- Clean habits
- Gender specific education

## CLEAN SURROUNDINGS:

- Clean environment
- Care for personal belongings
- Using the restrooms
- Littering

# Aspects of Physical Grooming

1. Posture
2. Dress Sense
3. Speech
4. Aesthetics and Self Beautification



## Aspects of Health Education:

1. Safety Measures
2. First Aid
3. Alternative medicines
4. Common ailments
5. Disease prevention
6. Health maintenance
7. Health assessment

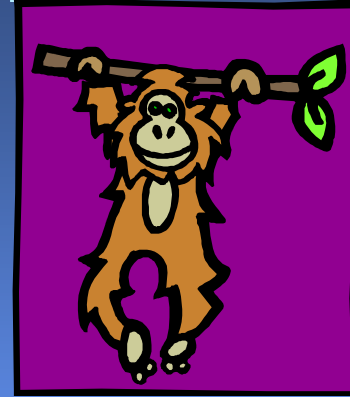
# “WHO AM I”



I  
AM  
MIN  
D

# What is Mind?

- Mind is a monkey



riding on the donkey of  
the body

in the circus of life.

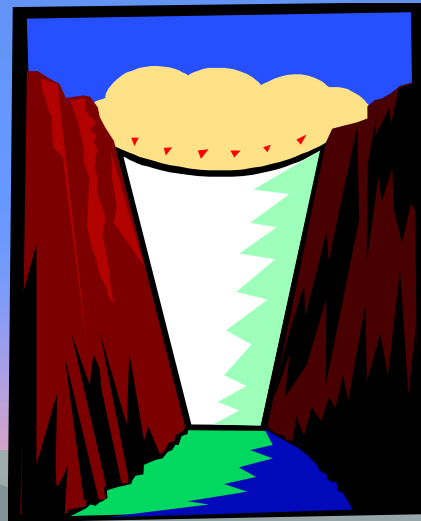
— Swami Chinmayananda



# What is Mind?

- ‘ Mind is a flow of thoughts.’

— Swami Chinmayananda



Mind- Friend & enemy

Mind is your best friend

&

Mind is your worst enemy

- Bhagawad Gita Ch.V

- **POWER OF DISCRIMINATION**

Mind- Friend & enemy

Mind is your best friend

&

Mind is your worst enemy

- Bhagawad Gita Ch.VI

# 2 types of Mind

- Lower Mind & Higher Mind
- Mano hi dvividham proktam  
sudham ca ashudhameva ca  
ashudham kama-sankalpam  
sudham kama-vivarjitam

- Amrita Bindu Upanishad 1

# Higher Mind

- Pure Mind (Introverted)
  - Independent. Not dependent on Objects
  - Peaceful. Not Restless at work.
  - Lives in Present. No fanciful imagination

Bhagavad Gita Ch.VI.4



# Lower Mind

- Impure Mind (Extroverted)
  - IGNORANT of its True Nature
  - Desires & Fancies (Kama & Sankalpa)
  - Attachments & Aversions (Raaga & Dvesha)
  - 6 impurities (kama, krodha, lobha, moha, mada, matsarya)
  - Depends on objects
  - Enslaves man

# Chapter 14

- “Mind is restless & agitated. More difficult to control than even a terrific storm”
  - Bhagavad Gita Ch.VI.34

Solution: Abhyasa & Vairagya

- Bhagavad Gita Ch.VI.35

# Mind Control

- A controlled mind is your best friend
- An uncontrolled mind is your worst enemy.

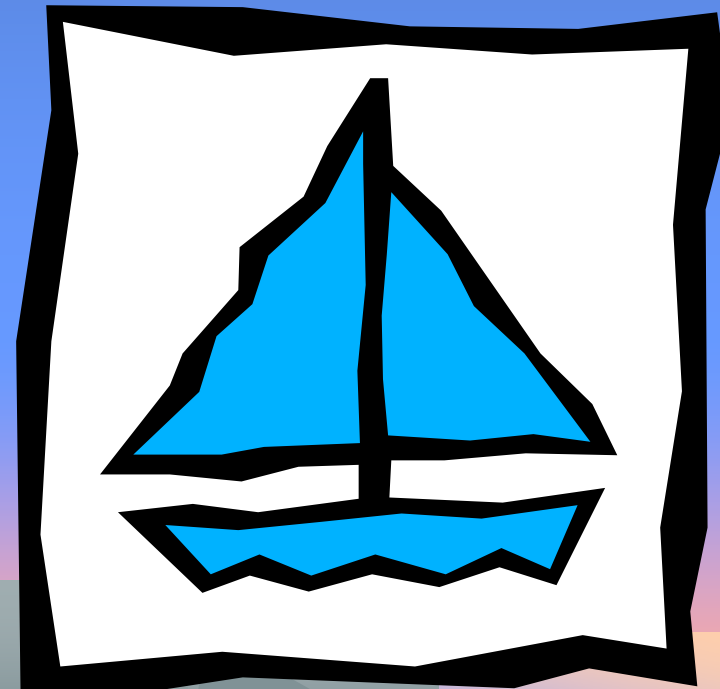
# Milk or Butter?

- Untrained Mind is like milk. When mixed with water it dilutes or even gets spoilt
- Trained mind is like butter. When mixed with water it remains afloat.

-Sri Ramakrishna Paramhansa

# Mind Control - Why?

- Standard of Living  
Vs  
Standard of Life



# Mental Development

Mental development  
aims at making ourself  
emotionally balanced  
personality.

# We LEARN WHAT WE LIVE

- If we lives with CRITICISM, we learns to CONDEMN
  - If we lives with HOSTILITY we learns to FIGHT
    - If we lives with RIDICULE we learns to SHY
- If we lives with SHAME we learns to feel GUILTY

# WE LEARN WHAT WE LIVE

- If we lives with TOLERANCE we learns to be PATIENT
- If we lives with ENCOURAGEMENT we learns to feel CONFIDENT
- If we lives with PRAISE we learns to APPRECIATE
- If we lives with FAIRNESS we learns JUSTICE



# WE LEARN WHAT WE LIVE

- If **we** lives with SECURITY **we** learns to have FAITH
- If **we** lives with APPROVAL **we** learns to LIKE himself
- If **we** lives with ACCEPTANCE & FRIENDSHIP **we** learns to find LOVE in the world

# Components of Mental development

1. Emotional Expansion

2. Handling Emotions

# Aspects of Emotional Expansion

1. Education

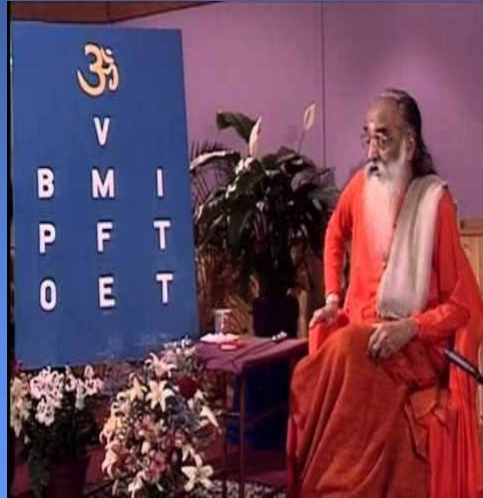
2. Positive atmosphere

3. Sensitivity

# Aspects of Handling Emotions

1. Negative Emotions
2. Imbibing Positive Emotions
3. Gender specific education

# “WHO AM I”



I  
AM  
INTELLE  
CT

Intellectual  
Development

POWER OF  
DETERMINATION.

## Intellectual Development

It deals with understanding,  
training and developing  
the intellect to the  
maximum level possible.

# Components of Intellectual development

1. Kindling the Intellect
2. Aesthetics
3. Independent thinking



# Spiritual Development

Man is Potentially divine.  
Spiritual development helps  
a child discover his or her  
inherent divinity and  
manifest it.

# Components of Spiritual development

1. Spiritual education
2. Spiritual self-analysis
3. Spiritual techniques

EMPOWER

E-POWER

M-POWER



# E-Power

- Economize your Energies (Physical)
- Empower your Emotions (Mental)
- Expand your Vision (Intellectual)
- Eliminate the Ego (Spiritual)

and

Experience Ecstasy

# Economize Energies (Body)

- BREAD of Life
  - B – Breath
  - R – Relaxation / Recreation
  - E – Exercise
  - A – Adaptation
  - D - Diet

# Empower your Emotions (Mind)

- Positive Emotions
- Give. Don't wait to receive.
- Let go of Hurry, Worry & curry.
- 'Let not the storms of the heart govern the sun in the head'

– Swami Chinmayananda

- Life is a movement in relationships



# Most Important

5 words

I am proud of You

4 words

What is your opinion?



# Most Important

3 words

## I Love You



2 words

## Thank You



# Most Important

1 word

WE



# Expand your Vision (Intellect)

- Man is what he believes and is limited by his beliefs because he believes in the Limited.
- Think Big.
- Even the word IMPOSSIBLE says I'M Possible.



# Vision

- As the Vision, so the world appears to us.

- Action without Vision creates Division  
Vision without Action is mere imagination  
Action with Vision creates transformation

– Swami Tejomayananda  
(Global Head, Chinmaya Mission)

# Expand your Vision

- Study inspires the intellect
- Introspect – Why am I doing whatever I am doing?
- Role-Models
- Inspiring Company

# Parable

- Open Your Eyes
- Break the Shell
- Spread your wings & Fly



# Eliminate the Ego

- Selfless Service (Karma Yoga)
- Surrender to Divinity (Bhakti Yoga)
- Self-Enquiry (Gnana Yoga)
- Self-Discipline (Raja Yoga)

# eMpower

- M-Power for management is
  - Machine Power
  - Money Power
  - Materials Power
  - Man Power

# eMpower

- M-Power in Life:
  - Mental Power
  - Master's Power

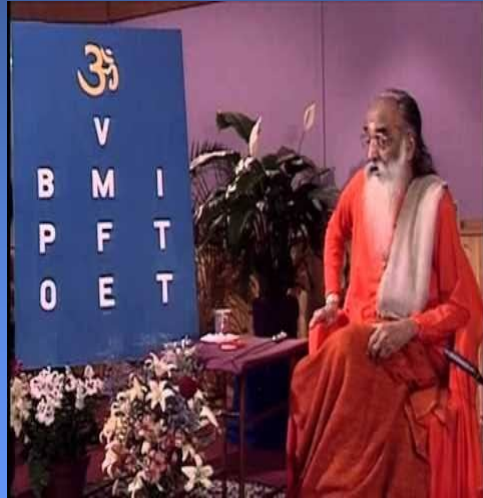


# eM-power



- “We have most of the necessary resources. There seems to be an attitude problem, as if we cannot shake ourselves out of a mindset of limited achievement.”
- 4 Ms – Men, Money, Machines, Materials  
5<sup>th</sup> M – Management is lacking.  
MINDSET is lacking

“WHO AM I”



I  
AM  
SUPREM  
SOUL

# Empowerment Formula

- $S - S = S + S$
- Success without Stress (S-S)  
Skill & Strength (S + S)



# Concentration - Ekagrata

☀ Let your mind be, where your hands are.

Swami Chinmayanandaji

While doing a work, become the work itself!

Swami Ramatirtha



# Expand your Vision

- Do what you love.  
Love what you do.
- Inspiration = Value(Head) + Love(Heart)
- Being in the right field  
Doing the right job  
Having the right attitude  
For the right purpose

# Expand Your Vision

- “Action without Vision creates division
- Vision without Action is mere imagination
- Action with a Vision creates transformation”



- Poojya Swami Tejomayanandaji  
(Global Head, Chinmaya Mission)

# Eliminate the Ego

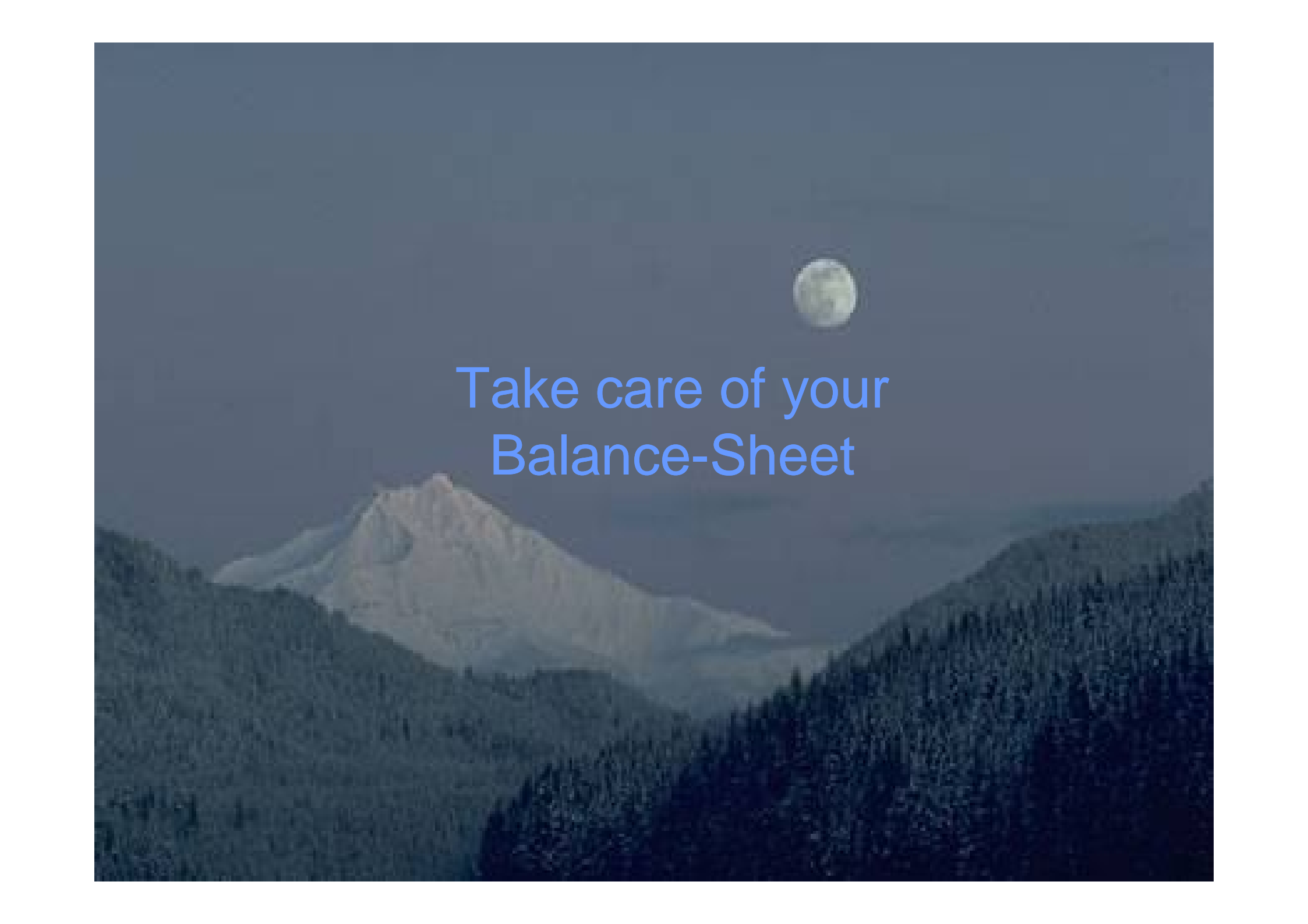
- Work will go on,  
not because of us but INSPITE of us.
- Reduce the need for Self-Importance.
- Work with humility & love.

# Daily Empowerment Formula

- XMS – 20-20-20
  - eXercise (Body)
  - Meditation (Mind)
  - Study (Intellect)





A full moon is visible in a dark, clear sky. Below the moon, a mountain range is visible, with a prominent peak in the center. The foreground is filled with a dense forest of evergreen trees. The overall scene is a serene, natural landscape.

Take care of your  
Balance-Sheet



BALANCE SHEET OF LIFE!

*Our Birth is our Opening Balance*

*Our Death is our Closing Balance*

*Our Prejudice Views are our Liabilities*

*Our Creative Ideas/ Good Deeds are our Assets*

*Heart is our Current Asset*

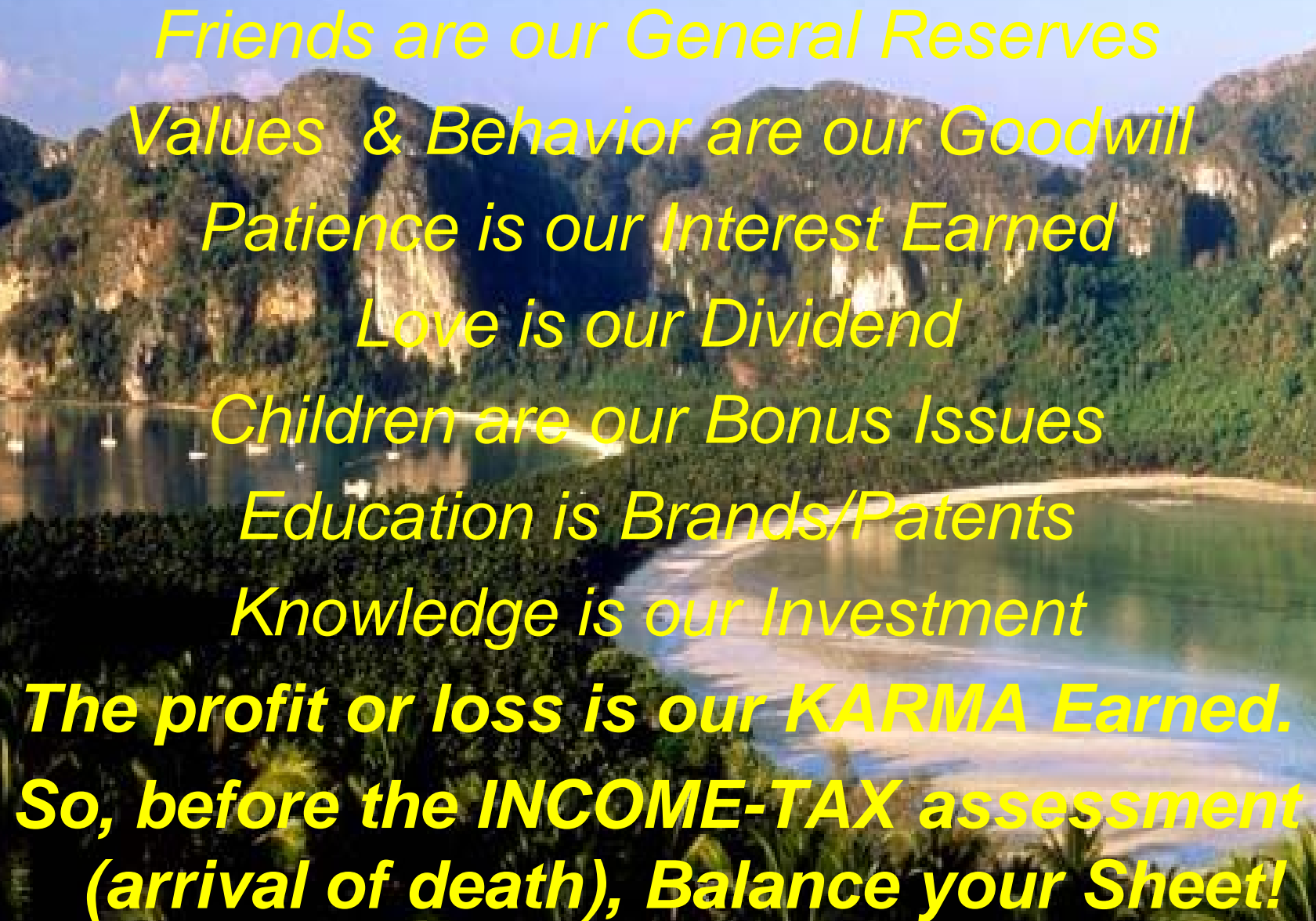
*Soul is our Fixed Assets*

*Brain is our Fixed Deposit*

*Thinking is our Current Account*

*Goodwill & Achievements are our Capital*

*Character & Morals, our Stock-in-trade*

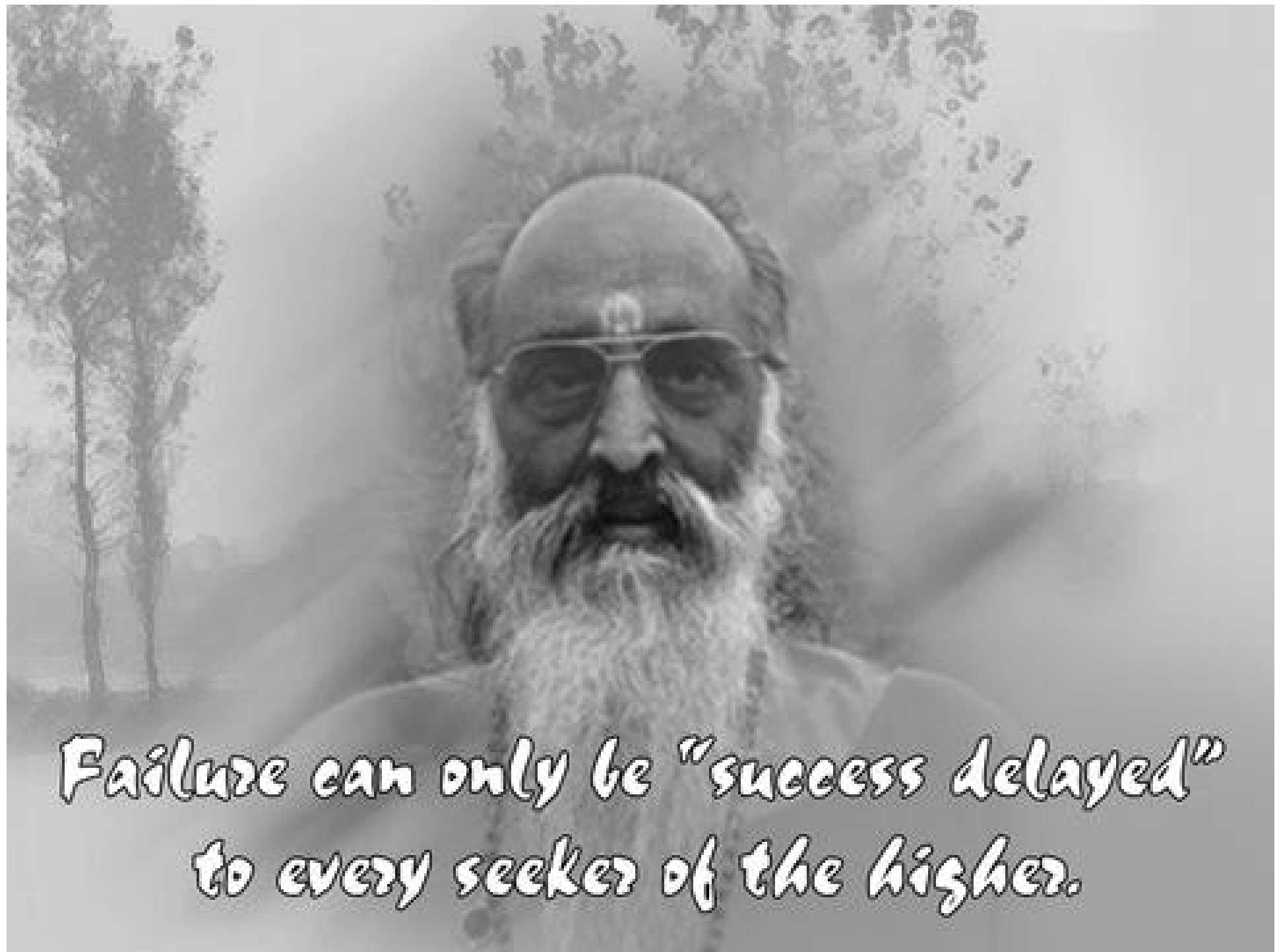


*Friends are our General Reserves  
Values & Behavior are our Goodwill  
Patience is our Interest Earned  
Love is our Dividend  
Children are our Bonus Issues  
Education is Brands/Patents  
Knowledge is our Investment  
**The profit or loss is our KARMA Earned.  
So, before the INCOME-TAX assessment  
(arrival of death), Balance your Sheet!***

nmSte

Saluta





Failure can only be "success delayed"  
to every seeker of the higher.