

A talk in the Orientation Camp for 2020 UG Batch, IIITA Prayagraj

Oct 26<sup>th</sup> 2020 Saturday

# Self Awareness and Empathy

नीतेश पुरोहित

एसोसिएट प्रोफेसर, भारतीय सूचना प्रौद्योगिकी संस्थान इलाहाबाद

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# Self Awareness: What/who am I?

- **View point-1:** Anatomy, Physiology, Cognitive Science, etc.
- **View Point-2:** How clearly we see our own passions, aspirations, strengths, weaknesses etc.
- **View Point-3:** The model described in ancient Indian texts

# Awareness about our nation

भारत क्या है?

*विष्णु पुराण मे यह बताया गया है  
, लगभग 2000 वर्ष पूर्व।*

"उत्तरम् यत समुद्रस्य,  
हिमाद्रेचैव दक्षिणम्।  
वर्षं तद् भारतम् नाम,  
भारती यत्र संतति।"

"North of the ocean(Indian ocean),  
and south of the Himalayas  
there lies the nation named Bharat,  
and it's descendants are Bharatiya"

# Awareness about our collective desires

वर दे, वीणावादिनि वर दे!

प्रिय स्वतंत्र-रव अमृत-मंत्र नव

भारत में भर दे!

.....

.....

नव गति, नव लय, ताल-छंद नव

नवल कंठ, नव जलद-मन्द्ररव;

नव नभ के नव विहग-वृंद को

नव पर, नव स्वर दे !



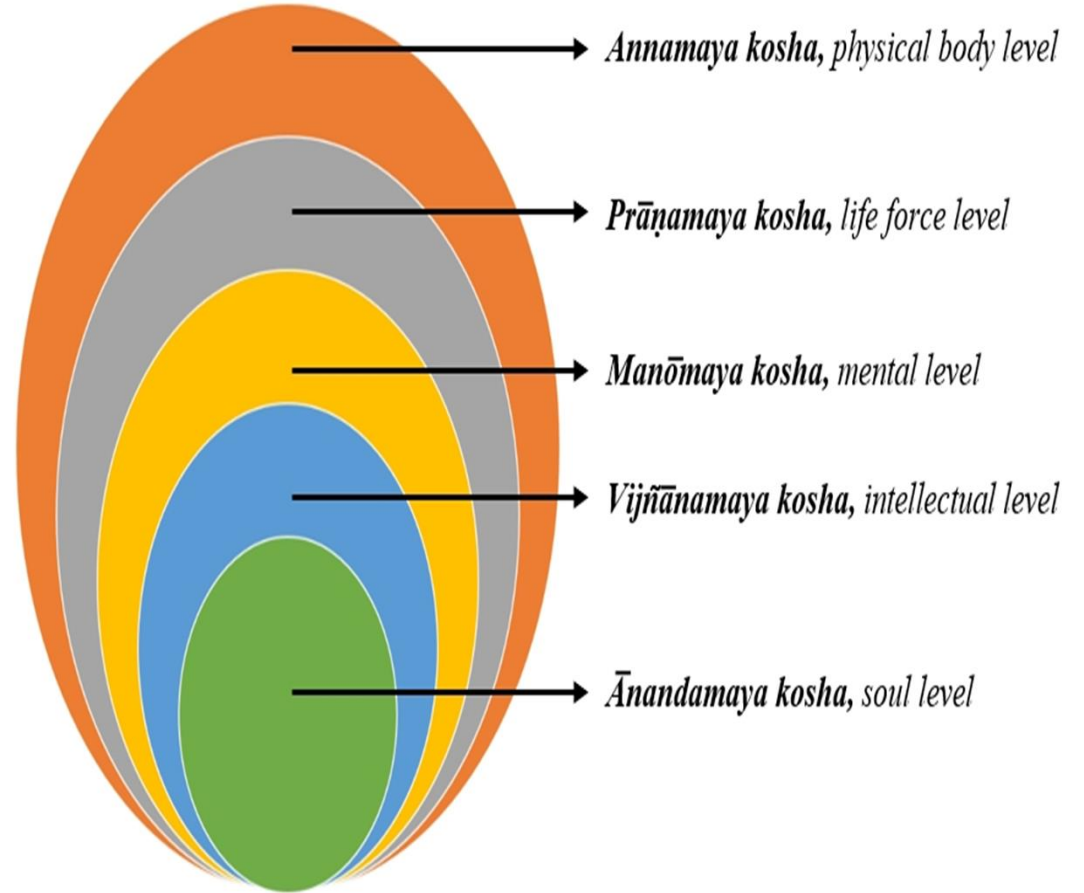
श्रद्धां मेधां यशः प्रज्ञां  
विद्यां पुष्टिम श्रियं बलम्।  
तेज आयुष्यं आरोग्यं  
देहि मे हव्यवाहन।।

संस्कृत

# Panch Mahabhut



# Panch Kosha

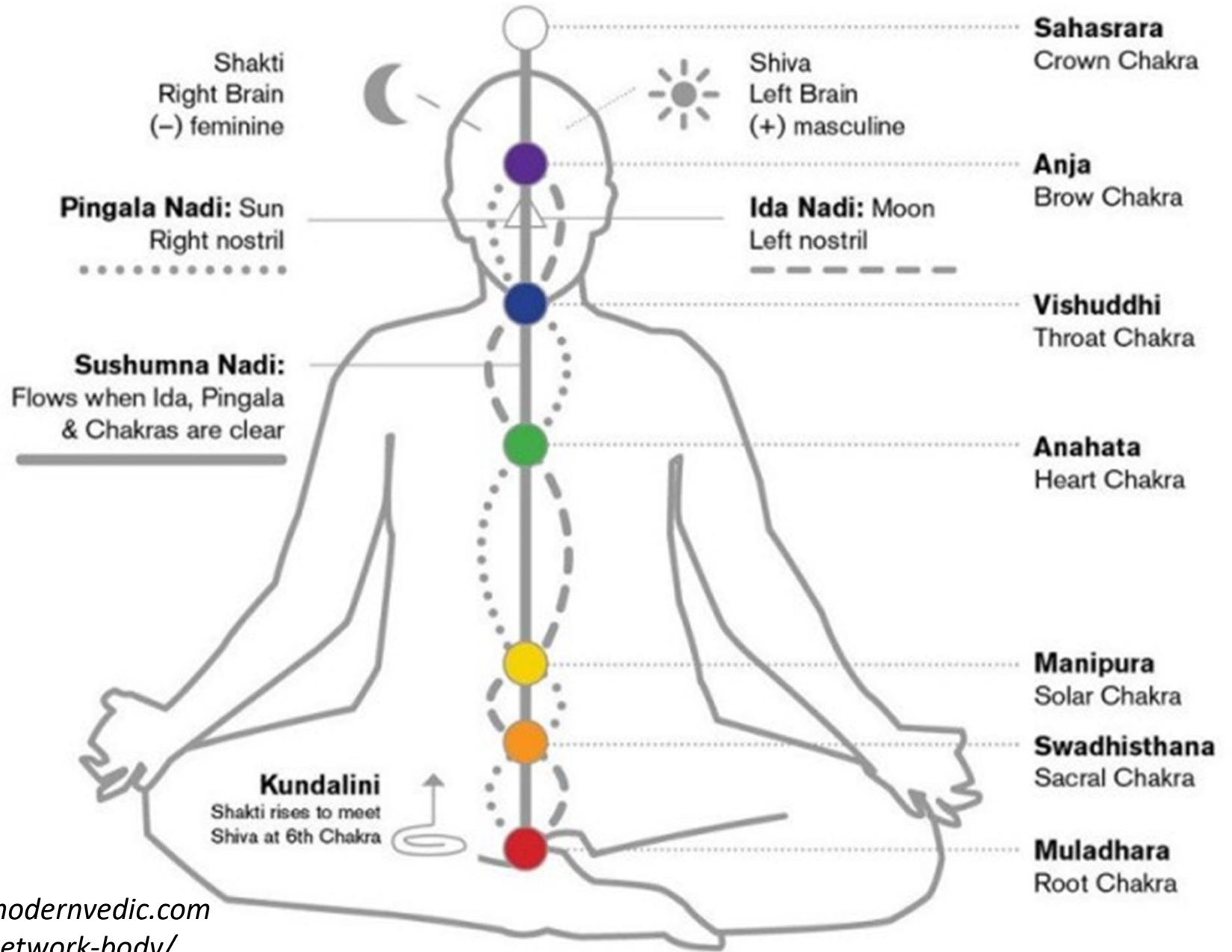


# The Concept of Pran

- The Pran/force needed for smooth operation of the Body
  - Pran
  - Samaan
  - Apaan
  - Udaan
  - Vyan
- The Pran/force needed for effectively utilizing the body
  - Ojas
  - Tejas
  - Pragya
  - Varchas
  - Kanti



## The 3 Major Nadis (rivers) and the 7 Chakras (wheels of energy)





Jio

09:12

86%



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Dr David Frawley

@davidfrawleyved

Your body is your external instrument like your automobile to go places in the outer world. Your mind is your internal instrument like your computer to provide knowledge about the outer world. But you are the immortal Self, their master, the true consciousness behind them.

09:02 · 26/12/20 · Twitter Web App

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# What/Who am I?

“The question, ‘who am I?’ is not really meant to get an answer, the question ‘who am I?’ is meant to dissolve the questioner.”

Maharshi Raman (1879-1950)

Yajur Veda says, “*अहम् ब्रह्मास्मि*” I am Brahm, The owner of three fundamental capabilities:

Rajo gun, Sato Gun and Tapo Gun

**Recommended for Reading**

[http://literature.awgp.org/book/Main\\_Kya\\_Hun/v4.1](http://literature.awgp.org/book/Main_Kya_Hun/v4.1)

# Empathy or Maturity

“Empathy is the ability to sense other people’s emotions, coupled with the ability to imagine what someone else might be thinking or feeling.”

Prof. Paul Ekman, Berkeley University

# The levels of Maturity

- **0<sup>th</sup>**: The abilities gained for self benefits.
- **1<sup>st</sup>**: Respecting, loving, sacrificing for the parents, siblings, wife, children and close relatives/friends.
- **2<sup>nd</sup>**: The selfless services to needy persons, the alma mater, nation, world and humanity.

## **Attaining higher level of maturity**

- Promise yourself to achieve zero dependency.
- Help your mother in at least one of her daily activity.
- Help your father in at least one of his daily activity.
- **It will be accounted for your Summative Assessment.**

# Questions for Formative Assessment

- What are various view points of self awareness?
- Which land is Bharat?
- What are different types of *prana*?
- What attributes can be used for assessing the maturity level of a person?
- What is the purpose of *rajo*, *sato* and *tapo guna*?
- What should one ask from God?

Thank You