

PEAK WORLD

FEBRUARY- MARCH 2018

**THINK
POSITIVE
HELP
OTHERS**

सर्व शिक्षा, सर्व ऊर्जा, सर्व सकाद्यत्मक सोच



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Yes , I Can (YIC)...

BY DR. ASHUTOSH KARNATAK

For any organisation or nation to sustain one side the climate aspects are to be taken care of but the other aspect related to the denizens are:

1. Positive Approach
2. "Yes,I Can" attitude

Our vision is:

- Every youth of the country and the world to say : YIC
- Every mind to have only one thought :YIC
- Every Disable to think and say : YIC

The vision is to align the individual mind with a thought YIC . This thought should overpower all other thoughts. It is the mother thought.

Say YIC... when you are failed
Say YIC.... when nobody is with you
Say YIC... when you are frustrated
Say YIC... when nothing is moving
Say YIC... when dreams get shattered
Say YIC... when people have deserted
Say YIC ... when you are fatigued

This thought is having double positive attack on self. I the word is surrounded by two positive words namely Yes (which is the most Powerful word) and CAN (this word develops the capability to do something by you) . YIC encourages you to move ahead .It makes you understand your internal strength.

There are three stages of self-improvement, which are as under:

- Self- Exploration
- Self- Empowerment (YIC)
- Self- Enlightenment (PEAK)

YIC is the next stage of Self-Exploration, wherein any individual after exploring and realizing self moves forward to empower self with the attributes which gives him/her to fight the battle of life. YIC will make one able whereas PEAK will make one capable and super-able. YIC will help to convert the ability to inability It is the stage when one have to understand and awaken the inherent dormant power. It has more impact on the internal that too mental strength than physical one .

*“The difference between a successful person and others is not lack of strength
not a lack of knowledge but rather a lack of will.”– Vince Lombardi*

The power of 'YES I CAN'

1. This CAN word has made Mahatma Gandhi to send out Britishers from India.
2. The CAN word has inspired Erik Weihenmayer a blind to win over Everest.
3. The strength of the CAN word has taken Arunima Sinha, who is not having both the legs and climbed Mount Everest.
4. This CAN has made Dasrath Manjhi to construct a 110 met road by cutting the hill rock for 22 years ,
5. This CAN word has made Abraham Lincon to be the President after failing 21 times
6. This CAN word has made Edison an inventor of filament bulb who failed 99 times

The Word CAN have impact on psychology of the person, which sometime inspires an incapacitate person to do miracles. Based on the experience it can be said that CAN does the following internal to the brain:

- Develops the self belief and confidence
- Develops optimism
- Develops Inner strength
- Develops fighting tendencies with the circumstances
- Takes the person from negativity or despair to Positivity
- Stimulates the persons dormant strength
- Converting disability to ability to win ability

YIC is the position of the person when one is able to deliver the desired results. Primarily it the eco system of the person physically ,mentally ,emotionally required to deliver the results. It can be easily understood by the example when the student after completion of class 12th goes to a professional college for engineering, medical etc, after completion of the course he is ready to deliver results as required by the engineer or a doctor, enabling him to say- "Yes, I can deliver as an Engineer or Doctor"

So why not to chant Yes, I can; Yes, I can; Yes I can daily, when you get up after sleep and before sleep daily 108 times and develop an Inner feeling that You are a Winner.

**Concept is – we all should be winner so
"Yes, I Can; Yes, You Can; Yes, We Can" (YIC, YUC, YWC)**

"Many of life's failures are experienced by people who did not realize how close they were to success when they gave up." - Thomas Edison

India U-17 Football Captain Amarjit Singh Kiyam's story begins in Manipur at 3 am



Amarjit Singh Kiyam's name will go down the history books as the boy who led India in their first FIFA World Cup tournament. In The FIFA U-17 World Cup the host country (India) playing USA in their first group match. Here is all you need to know about the captain whose story began in Manipur with a humble background.

Amarjit, who started playing football thanks to his uncle, was born and brought up in Manipur and started his training at the Chandigarh Football Academy (CFA). Amarjit caught the immediate attention of all the selectors during the trials for the Indian team for the Under-17 World Cup.

Amarjit's mother, Ashangbi Devi Kiyam, 60, is more used to carrying a plastic bag. Everyday, at 3 am, her husband, Chandra Mani Singh Kiyam, a small-time farmer and part-time carpenter, drops her on his bicycle at the local bus stop. A couple of hours later, she ar-

rives at Imphal's central market, where she fills her bag with fish, which she then proceeds to sell in the nearby streets. She earns about Rs 250-300 per day, which helps to meet the expenses of the family of five. Amarjit is the youngest among three siblings.

He was barely in his teens, but even back then he was very sure about his skills. My brother is special, when he dribbles, people stop to watch him," says Umakanta. "He would always talk about football. Sometimes, before the annual exams, we would remind him to study as well. After he made it to the Indian team, there was no stopping him," recalls former CFHA coach Harjinder Singh.

In an overwhelming majority, 26 of the 27 boys picked Amarjit Singh Kiyam as one of their top three and the 16-year-old from Manipur was named captain. Kiyam is the first Indian captain, male or female, to lead an Indian team out onto the pitch during a World Cup.

MESSAGE:

Trust your skills & Potential & strive to your goal with determination

“Adversity has the effect of eliciting talents which, in prosperous circumstances, would have lain dormant.” — Horace 658 B.C.

Matt Stutzman has no arms but that hasn't stopped him from becoming a champion archer – The Armless Archer



UNITED States archer Matt Stutzman last year hit a target with a single arrow from 283m. It's a Guinness world record. No-one, ever, has fired with such accuracy across the length of two-and-a-half footy fields.

But here's the kicker: Stutzman did it with no arms.

In one of the greatest examples of adaptability over disability at these Rio Paralympic Games, the 33-year-old born without arms instead uses his legs, trunk and jaw to succeed at a sport seemingly impossible to play without upper limbs.

"Whether I win or lose, I'm leaving a legacy for people to watch," Stutzman said.

"Look at that guy, he has no arms, and he's shooting. He didn't let having no arms stand in the way of doing something he wanted to do'.

Matt Stutzman has not let having no arms get in his way of competing.

"For me that's what's important, changing just one person's life. If I get a medal that's great on top of everything else."

Stutzman won a silver medal at the London 2012 Paralympics, and on Thursday morning defeated Puerto Rico's Alexis Rosario Vazquez in the opening round of the men's individual compound 1/16 eliminations. His Rio campaign ended soon after with a heartbreaking 142-141 defeat to Brazilian Andrey Muniz de Castro in their 1/8 match.

The man known as the "Armless Archer" came into the Games already with a following in the US, where he has featured in online and TV reports since his London silver.

MESSAGE:

Self Confidence & determination is the key to success.

"The real opportunity for success lies within the person and not in the job." – Zig Ziglar

The Eternal Power of Positivity: SUDHA CHANDRAN

Early life of Sudha Chandran

Sudha Chandran started learning dancing when she was 3 and half years old. She used to go school and then to her dance training and used to come home by 9:30 pm. In 10th she stood the first with 80%. In those olden times, 80% used to be equivalent to 95% of today. But instead of picking up Science she chooses Arts and continued with her dance as another career. She has performed at several events and hundreds of stage shows.

The Unexpected Turn in her Life

And suddenly life took a big turn and Sudha met with a major accident. This accident left some minor fractures and some cuts on her leg and she was probably the least injured person. But the numbers of patients were more and that too with a big number of injuries so doctor neglected Sudha. Sudha was generally attended by the interns. Due to which the cuts on her right ankle were neglected and this resulted in getting the foot gangrene. There was a fear of this spreading throughout the body and therefore my parents took a difficult decision of amputating her right foot. Sudha was completely shattered and she had realized her love for the dance.

Destiny had something else for her!

She did not lose her hopes and started walking again. It took her 4 months to walk straight. Not only that it took Sudha 3 more years to recover and walk again like normal people with the help of physiotherapy. People used to taunt her and feel pity for her as she couldn't full fill her dreams and also taunted that they won't come true now.

But she did not quit her passion and her dreams.



Start from where you are! Use what you have! Do what you can!
Only you can change your life, no one else can do it for you!

Though it was a slow and painful process she did not give up her passion. She fought for it. She learned every step with full concentration and determination. Finally, a day came where she was fully ready to perform on the stage and told her dad that she wants to perform again. After a long struggle, she performed in St. Xavier's College, Mumbai. Sudha got a bit nervous but her strength was her grand mom. She asked Sudha to have faith in God and the miracle happened.

Sudha performed with ease the Varanyam and also received a standing ovation from the audience. She also said in an interview that after this show her father came to her and touched her feet. According to her father, Sudha had done the impossible and he was proud of her. And thus she started her career in films and serials and also continued her passion, her "Dance"

MESSAGE:

Disability can never be a weakness of a person. Be so strong and face all the hurdles with a strong will power and determination.

"Fall seven times, stand up eight"
—Japanese Proverb

POSITIVE PSYCHOLOGY

Positive & Inspirational Life:

About a hundred years ago, a man looked at the morning newspaper and to his surprise and horror, read his name in the obituary column. The newspapers had reported the death of the wrong person by mistake. His first response was shock. Am I here or there? When he regained his composure, his second thought was to find out what people had said about him. The obituary read, "Dynamite King Dies." And also "He was the merchant of death." This man was the inventor of dynamite and when he read the words "merchant of death," he asked himself a question, "Is this how I am going to be remembered?" He got in touch with his feelings and decided that this was not the way he wanted to be remembered. From that day on, he started working toward peace. His name was Alfred Nobel and he is remembered today by the great Nobel Prize. Just as Alfred Nobel got in touch with his feelings and redefined his values, We should step back and do the same. What is your legacy? How would you like to be remembered? Will you be spoken well of? Will you be remembered with love and respect? Will you be missed?

It's Little Things that Make a Big Difference

There was a man taking a morning walk at or the beach. He saw that along with the morning tide came hundreds of starfish and when the tide receded, they were left behind and with the morning sun rays, they would die. The tide was fresh and the starfish were alive. The man took a few steps, picked one and threw it into the water. He did that repeatedly. Right behind him there was another person who couldn't understand what this man was doing. He caught up with him and asked, "What are you

doing? There are hundreds of starfish. How many can you help? What difference does it make?" This man did not reply, took two more steps, picked up another one, threw it into the water, and said, "It makes a difference to this one."

What difference are we making? Big or small, it does not matter. If everyone made a small difference, we'd end up with a big difference, wouldn't we?

Unnecessary Doubts

A boy and a girl were playing together. The boy had a collection of marbles. The girl had some sweets with her. The boy told the girl that he will give her all his marbles in exchange for her sweets. The girl agreed. The boy kept the biggest 'n the most beautiful marble aside 'n gave the rest to the girl. The girl gave him all her sweets as she had promised. That night, the girl slept peacefully. But the boy couldn't sleep as he kept wondering if the girl had hidden some sweets from him the way he had hidden his best marble. If you don't give your hundred percent in a relationship, you'll always keep doubting if the other person has given his/her hundred percent.

"We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far." – Swami Vivekananda

Happiest people:

"THE HAPPIEST PEOPLE DON'T HAVE THE BEST OF EVERYTHING, THEY MAKE THE BEST OF EVERYTHING."



"Trials, temptations, disappointments -- all these are helps instead of hindrances, if one uses them rightly. They not only test the fiber of a character, but strengthen it. Every conquered temptation represents a new fund of moral energy. Every trial endured and weathered in the right spirit makes a soul nobler and stronger than it was before." -James Buckham

