

PEAK WORLD

JANUARY 2018

**THINK
POSITIVE
HELP
OTHERS**

सर्व शिक्षा, सर्व ऊर्जा, सर्व सकारात्मक सोच



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‘Either we run the day, or the day runs we’

Since time immemorial the power of mind has always been a key aspect of humanitarian progress and development. It is only an individual's mind that perceives and determines the path of journey. It is how our thought processes work. We all have been there and the good thing is that we can do something about how we feel. It all starts with a first step or as we have rightly coined the term 'PEAK – Prayas Ek Aur Kadam' (One more step of effort). People always resist change because it takes us out of our comfort zone and asks for extra effort. But Positive thinking enables one to accept the change and sail smooth with the change.

It doesn't really matter if we already know something, what matters is constant inspiration and motivation. It is very essential to be around with subjects that continually feed our mind with positive and inspirational thoughts. Our body and mind is controlled by our emotions and we need to win over negative emotions by evolving a gradual but constant process of positive mechanism in our mind. In a simple language it is like working on a virtual machine, filter out errors, delete the viruses and establish an effective program. Likewise, our mind needs steady positive mentoring to be relieved from all unconstructive feelings.

“A man is but the product of his thoughts what he thinks, he becomes.” – Mahatma Gandhi

Considering the high level of stress survived by a person daily in pursuit of earning livelihood the infection of negativity has rooted deeply and spread into the unconscious mind. Can anything be done for this nerve-racking life? Is there any solution for it? We need to work hard to regain our positive consciousness and make every effort to move out of the mundane rattles. We need to respect and appreciate each other. We need to value our time. We need to talk and share our thought to achieve a positive consensus.

The **PEAK World**, which eventually be published as an e-newsletter, shall bring forth positive achievements of common people like me and we, and help we explore the nascent positivity within we. We are focused in nurturing a **Projectised India-Competent India-Positive India**, and the platform of 'PEAK – Prayas Ek Aur Kadam' shall play a pivotal role in bringing in a positive change in the lives of many. It shall recognize and honor the efforts of an individual for self-betterment and of the society. The **PEAK Dadhichi and PEAK Achiever's awards** to acknowledge the positive efforts of the people shall be a huge motivation for all. Come join us for a better and positive world of tomorrow.

‘Think Positive, Help Others’

Madhumita Ghara Tewari

POSITIVITY

DR. ASHUTOSH KARNATAK

Disseminating the Positive thinking among masses especially the youth of India is required, so that they can face challenges of this competitive world happily without stress. India is one of the youngest countries in the world. India can become a more prosperous country, if the youth of our country are utilized positively. India should invest in the betterment of its youth.

The Positive India marks the beginning of a change in the thinking and behavior of Indian people. Catch them young should be the mantra as behavior is easier to change in the early years of ones' life. Positive India will drive behavioral change within the citizens of India that will pave the way for development of value-based society.

Positive thinking is the mother of all virtues. If entire India becomes positive, much of the problems can be solved as it will unleash the true potential of this vibrant and diverse nation. One needs to assume positivity and deny negativity. Some of the direct advantages of positive thinking are as under:

- Start seeing half glass of water as "Half full" instead of "Half empty"
- Transformation to "Can Do" approach
- Always looking for solutions

Positive Thinking is our mental attitude which reflects in our day to day working, as thinking is a reflection of our attitude and attitude develops actions. Positive thinking leads to positive behavior. We need to orient our mind to perceive the strength of anything knowing well what negatives are. Idea is not that you don't see negative at all but to perceive the strength of anything knowing well what negatives are. Idea is to perceive the totality but presume the positive aspect of the same.

Mental Positivism: It is told that a successful person is that who bounce back faster than others in case of any failure. This phenomenon of bouncing back is related to the mental positivism. A mentally positive person can bounce faster than a negative attitude person. In order to fight the battle of life positivity is required and negative minded people already loose the battle before it starts.

Positivity Doctrines of Dr.Karnatak :

- 1) Push – Pull Theory of positive and negative thoughts: It means that positive thoughts Push the

person to move ahead when he has stopped from the situation, don't allow him to move ahead on account of the fear, risk etc.

- 2) Positivity reduces the Internal Resistance
- 3) Negative thoughts develops Mental Corrosion
- 4) Thinking is a directional (Vector) parameter

Reasons to become positive thinker are:

- To cope with stress in day to day life
- To get strength to face the challenges in life
- To have happiness in life
- To have growth in life
- To have improvement in mental state
- To have improvement in health condition like reduction of BP, Sugar etc
- To develop self –healing process

Develop Positive Mental Power (PMP)

The fundamental difference between a successful man and a man who is facing frequent failure is their 'Mental state of thinking'. The mental set is a leading factor for any result in the life. Positive Mental Set (PMS) will lead to positive thinking power, which is valuable for the individual's growth.

Every important plan, purpose and idea of our life first takes a place in our mind. The conscious mind is the store house of all the thoughts and the sub-conscious mind is the director. It is the subconscious mind which matters. Structuring, Strengthening and Sharpening (3 S) of subconscious mind towards the positive direction from the childhood is key to success. The stronger and better your thought, the stronger and better will be the result in daily effort. The development of positive or constructive thoughts, is to be practiced on daily basis.

Conclusion:

Thus it can be concluded that positive thinking can change your life by thinking positively about the things. A positive person can expect happiness, health and success, and believes that he or she can overcome any obstacle and difficulty in achieving their goals of life. So, be positive, stay positive and live positive and experience power of positive thinking.

“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

POSITIVE PSYCHOLOGY

Positive & Inspirational Life:

What inspires us? There are a lot of things that can provide inspiration – seeing other people accomplish great things, seeing other people overcome adversity, hearing inspirational quotes from great people, even the sheer beauty of nature can remind us just how lucky we are to be alive.

It's easy to forget what an amazing gift life really is. Our lives are nothing but a cosmic blink. Even our seemingly all-encompassing world is just tiny blue dot circling an average sized star spiraling around a galaxy of 200-400 billion stars, which itself is just one galaxy

among billions more. Yet for one brief moment, we get to experience the wonders of existence of consciousness. Having a positive outlook on life is a crucial part of finding inspiration. In the paragraph above, did we feel inspired reading about the vastness of our universe and our unique place within it, or did we feel overwhelmed and depressed at the insignificance of it all?

Our brains are wired to find things we're looking for – if we're always cynical or waiting for things to go wrong, then our life will reflect that. On the other hand, having a positive outlook on life will bring us joy and provide us with inspiration when we least expect it.

THE ELEPHANT'S ROPE?

As a man was passing the elephants, he suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was obvious that the elephants could, at any time, break away from their bonds but for some reason, they did not.

He saw a trainer nearby and asked why these animals just stood there and made no attempt to get away. "Well," trainer said, "when they are very young and much smaller we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

The man was amazed. These animals could at any time break free from their bonds but because they believed they couldn't, they were stuck right where they were.

Like the elephants, how many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before?

Failure is part of learning; we should never give up the struggle in life.



"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

POSITIVE STORIES



खुद दिव्यांग पर हीमोफीलिया मरीजों के बने मसीहा

47 वर्ष के सौमित्र हाजरा खुद दिव्यांग हैं, लेकिन पूर्वी सिंहभूम जिले में हीमोफीलिया मरीजों के लिए किसी मसीहा से कम नहीं। खुद तो ठीक तरह से चल-फिर भी नहीं सकते, लेकिन गांव-गांव में मशहूर हो चुके हैं। खुद की परेशानी को देख सौमित्र ने यह प्रण ले लिया कि इलाके में उन जैसे मरीजों के लिए वे संघर्ष करेंगे और मदद दिलाएंगे। डंडे के सहारे चलकर गांव-गांव में भ्रमण करते हैं और हीमोफीलिया के मरीजों की सहायता करते हैं। इस क्षेत्र में हीमोफीलिया का आतंक है। मरीजों को समुचित इलाज दिलाने के लिए हाजरा ने अनेक कानूनी लड़ाइयां भी लड़ी हैं। उनके प्रयासों से अब यहां हालात बदल रहे हैं।

हाजरा जब छह माह के थे, तभी हीमोफीलिया से ग्रस्त हो गए। तब से अब तक की जिंदगी में इस रोग ने कई बार हावी होने का प्रयास किया, लेकिन कभी जीत नहीं पाया। खुद की परेशानी को देख उन्होंने यह प्रण ले लिया कि इलाके में उन जैसे मरीजों के लिए वे संघर्ष करेंगे और मदद दिलाएंगे।

17 साल से चला रहे सोसाइटी:

सौमित्र हाजरा हीमोफीलिया मरीजों को बेहतर उपचार मुहैया कराने की लड़ाई लड़ रहे हैं। उन्होंने वर्ष 2000 में जमशेदपुर हीमोफीलिया सोसाइटी का गठन किया। पूर्वी सिंहभूम जिले में अब तक 60 रोगी इससे जुड़ चुके हैं। इनमें से करीब 40 दिव्यांग हो चुके हैं। इनकी जिंदगी बेहद नाजुक है। हल्की चोट लगते ही रक्तस्राव शुरू हो जाता है। इसे रोक पाना काफी मुश्किल होता है। इसका स्थायी इलाज अब तक नहीं है। सौमित्र समाज से चंदा जुटाकर इन दिव्यांगों व अन्य मरीजों का इलाज करा रहे हैं। ये बेहद पिछड़े गांव है, जहां सभी बेहद गरीब हैं। लोगों को न तो हीमोफीलिया के बारे में कोई जानकारी है, न ही इसके इलाज की।

सौमित्रा के संघर्ष की कहानी:

पहले हीमोफीलिया मरीजों को प्लाजमा, रक्त के लिए पैसे देने पड़ते थे। हाजरा के संघर्ष के बाद अब जमशेदपुर ब्लड बैंक से सब कुछ फ्री मिलता है। यही नहीं टिनप्लेट अस्पताल में ऐसे मरीजों को सिर्फ 150 रुपये में बेड उपलब्ध होने लगा है। उनके प्रयास से महात्मा गांधी मेडिकल कॉलेज सह अस्पताल जमशेदपुर को दवा के लिए 10 लाख का फंड झारखंड सरकार से मिल चुका है।

“Life is 10% what happens to us and 90% how we react to it.”

—Dennis P. Kimbro

Akash Badave : This BITS alumnus has created 2,000 organic micro-entrepreneurs in Naxal-hit Dantewada

Quitting a high paying job and doing what you love is one thing while giving up a comfortable lifestyle to help the poor is something else entirely. Most millennials might see a sacrifice in it, but Akash Badave, an alumnus of BITS Pilani, is certainly not one of them.

Akash Badave was always interested in social work; he just did not know how to channelize his efforts. At the Birla Institute of Technology and Science, Pilani, Akash studied Electrical and Electronics Engineering, and Biology. After graduation, he got placed in Barclays, a 300-year-old British bank. Six months into this high paying job and Akash was already introspecting his career choice. That's when he came across Prime Minister's Rural Development Fellow Scheme (PMRDFS) — a government initiative that was already on the lookout for highly qualified candidates to monitor development activities in Naxal-affected areas of Chhattisgarh state. After persistent attempts to convince his parents who were vehemently opposed to the idea, Akash chose to move to Dantewada.

Akash arrived in Dantewada in 2012 and met the-then district collector Om Prakash Choudhary who was already working for empowerment and development in the district, all guns blazing. Collecting the necessary insights from him, Akash started exploring the district to recognise the different problems in agriculture and farming techniques. He found that the district was rich in resources, and farmers had large amounts of traditional farming knowledge. Unfortunately, they had no awareness regarding how to make the best of what they had, and Akash saw himself adding value to the table exactly where it was needed.

Malaria, anaemia and malnutrition were widespread in Dantewada and children were the most affected. Akash was able to identify that the degrading quality of food caused these health problems. He started educating the farmers about various organic farming techniques and practices, while focussing on the nutritional value of rice, millets, etc.

In August 2016, Akash started Organic Farmer's Producer Company named 'Bhoomgaadi' and brought together the farmers in the district to teach them sustainable agriculture practices. 300 self-help groups were formed and more than 1,000 farmers were empowered directly. The self-help groups are collaborative, insightful and serve as platforms for anyone in the district looking for employment opportunities.

Akash is now responsible for converting 2,000 micro-entrepreneurs to organic farming. These farmers aren't accountable to anyone but themselves — they sustain themselves with what they produce and how much they sell the products for, in the district markets.

Bhoomgaadi has a production target of 200 tonnes and the organisation is enabling the conversion of 30 varieties of rice and millets. After years of violence due to Naxal attacks, the organisation has envisioned a future where farmers can own everything and decide on the prices themselves, and not under an external dictation. With such progressive ideals, the district of Dantewada has been moving ahead.

“The journey of a thousand miles begins with one step.”

—Lao Tzu

GUEST STORIES

How Positive Thinking Builds Our Skills, Boosts Our Health, and Improves Our Work

BY JAMES CLEAR

Behavioural Psychology

Positive thinking sounds useful on the surface. (Most of us would prefer to be positive rather than negative.) But, “positive thinking” is also a soft and fluffy term that is easy to dismiss. In the real world, it rarely carries the same weight as words like “work ethic” or “persistence.”

What Negative Thoughts Do to Our Brain

Let’s say that we’re walking through the forest and suddenly a tiger steps onto the path ahead of us. When this happens, our brain registers a negative emotion — in this case, fear. Researchers have long known that negative emotions program our brain to do a specific action. When that tiger crosses our path, for example, we run. The rest of the world doesn’t matter. We are focused entirely on the tiger, the fear it creates, and how we can get away from it.

In other words, negative emotions narrow our mind and focus our thoughts. At that same moment, we might have the option to climb a tree, pick up a leaf, or grab a stick — but our brain ignores all of those options because they seem irrelevant when a tiger is standing in front of us.

This is a useful instinct if we’re trying to save life and limb, but in our modern society we don’t have to worry about stumbling across tigers in the wilderness. The problem is that our brain is still programmed to respond to negative emotions in the same way — by shutting off the outside world and limiting the options we see around we.

For example, when we’re in a fight with someone, our anger and emotion might consume us to the point where we can’t think about anything else. Or, when we are stressed out about everything we have to get done today, we may find it hard to actually start anything because we’re paralyzed by how long our to-do list has become. Or, if we feel bad about not exercising or not eating healthy, all we think about is how little willpower we have, how we’re lazy, and how we don’t have any motivation.

In each case, our brain closes off from the outside world and focuses on the negative emotions of fear, anger, and stress — just like it did with the tiger.

Negative emotions prevent our brain from seeing the other options and choices that surround us. It’s our survival instinct.

What Positive Thoughts Do to Our Brain

Fredrickson tested the impact of positive emotions on the brain by setting up a little experiment. During this experiment, she divided her research subjects into 5 groups and showed each group different film clips.

The first two groups were shown clips that created positive emotions. Group 1 saw images that created feelings of joy. Group 2 saw images that created feelings of contentment.

Group 3 was the control group. They saw images that were neutral and produced no significant emotion.

The last two groups were shown clips that created negative emotions. Group 4 saw images that created feelings of fear. Group 5 saw images that created feelings of anger.

Afterward, each participant was asked to imagine themselves in a situation where similar feelings would arise and to write down what they would do. Each participant was handed a piece of paper with 20 blank lines that started with the phrase, “I would like to...”

Participants who saw images of fear and anger wrote down the fewest responses. Meanwhile, the participants who saw images of joy and contentment wrote down a significantly higher number of actions that they would take, even when compared to the neutral group.

In other words, when we are experiencing positive emotions like joy, contentment, and love, we will see more possibilities in our life. These findings were among the first that proved that positive emotions broaden our sense of possibility and open our mind up to more options.

GUEST STORIES

The Inspiring Story of Deepa Malik From Paralysis to a Paralympian



Deepa Malik born on 30th sept, 1970 is the first Indian woman to win a medal in Paralympic Games. Deepa made the country proud by winning Silver medal at the 2016 Summer Paralympics in the shot put at Rio. She has also won accolades for her participation in various adventure sports.

Raised in an army family and married to an army officer, she is used to braving difficulties that most of us can't even think of facing. The mother of two was diagnosed with the tumour while her

husband was fighting in the Kargil war and her daughter was unwell.

After being diagnosed with a spinal tumour in 1999, she underwent 3 spinal surgeries and got 183 stitches between her shoulder blades in a period of 14 years. While her husband went on to win the war for India, she won her own battle as well.

She was left paralysed from the waist down and the doctors told her that she would never walk again. What the doctors didn't know is that Deepa Malik wasn't any ordinary woman. Giving up was not her style. She decided to become a swimmer, a biker, an athlete & an adventure junkie and all this at the age of 36. Later at the age of 45 she was one of India's 19 Paralympians at Rio 2016 and winner of silver medal in shot put event. At an age when most athletes are considering retirement, Deepa was just getting started. She began by joining the Himalayan Motorsports Association and conquered an 8-day 1,700 km bike ride to 18,000 feet in sub-zero temperatures.



A huge fan of biking, she took up swimming to make her shoulders and arms stronger for the bike rides. But her prowess in the water was just as amazing as on the open road. She went on to break multiple records in the sport. Deepa has entered the Limca Book of Records 4 times.

She completed the longest drive in India (3,278 kms from Chennai to Delhi) in 2013.

- In 2011, she became the first paraplegic woman to drive to Khardunga La pass, the highest motorable pass in the world.

- She rode a special bike for 58 kms in 2009.
- In 2008, she crossed a 1 km stretch of the Yamuna river against the current.

At the national level, Deepa has won around 54 medals to add to the 13 at international level in javelin throws, shot put & swimming. So the records are on her side and so is her habit of winning.

Her amazing achievements in the world of swimming and her passion to follow her dreams got her an Arjuna Award in 2012.

A great salute to Deepa Malik for her grit and courage!

Positivity Talk



Baby mosquito came back after 1st time flying.

His dad asked him "How do you feel?"

He replied "It was wonderful, everyone was clapping for me!"

Now that's Positive Attitude.

"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

– Carl Bard