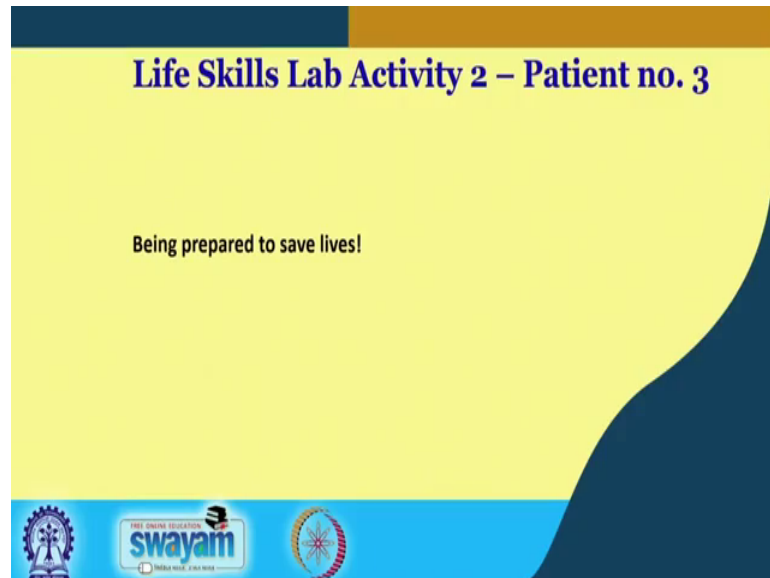


Employment Communication - A Lab Based Course
Prof. Seema Singh
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Lecture - 39
Life Skills

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Hello friends. So, I was thinking that why are we doing this Life Skill lab activities and we have just covered how to save patients by those who are non doctors. So, the point is that we are talking about being prepared to save lives even if we are not professionally or employment wise or employment communication wise trained towards that kind of; let us say specialized activity.

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So, now, let us take a short break and maybe then we can understand why we have this special lecture on life skills lab in the course on employment communication. So, what we saw in this song title connection by one republic is that the lead singer is trying to build a connection with the lady and the lady also. But what you see more important in the video is that the entire public which is moving around them, between them and within them is all involved with this modern ill of contemporary society that which is called the mobile or the mobile.

So, we are all so much busy, so much involved in with this machine which has become an inalienable part of us. It is you know as if become a part of the body and we cannot do without it and like, the appendix which is a part of the body and we should be doing without it. What if there is some particle or something enters the appendix? Then it develops into a situation called appendicitis and we have to delete it with, we have to in fact, remove it by operation from our body.

On the other hand, you have this mobile and the entire world as you see them nowadays is just moving the way the characters in the song were moving busy with the mobile least bothered about what is happening in the rest of the world. Now I would like you to look at the song once again, the lyric video. So that when you get the lyrics or the words of the song, you will be able to appreciate much better what I am going to speak about next.

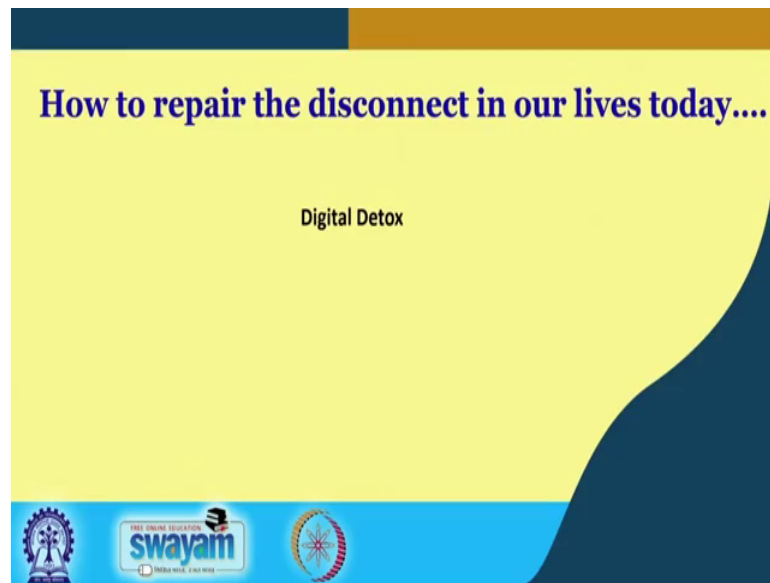
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So, in other words, actually what you saw in the song is the fact that we are all searching for connections in our day to day world whether it is the personal life or the professional life. We have already sounded you in one of the introductory lectures on communication or defining communication that. We need communication at the employment work place or in a personal life; because collection, inclusion, support. These are three things which you need very much in this life.

So, we see that in this song the lead character is speaking about why, the fact that we are surrounded by thousands hundreds of people, but we do not feel connected rather we feel lonely. So, with this kind of ill, plaguing our contemporary work place and our personal lives, now what would be the solution?

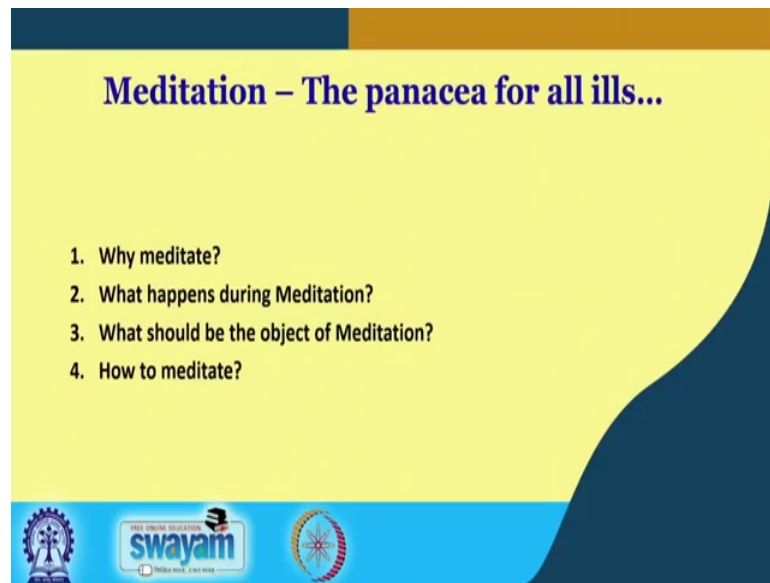
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So, how to repair the disconnect in our lives today? And I think that the only solution is these two words in the slide which is Digital Detox. I think that if we are able to kind of detoxify our lives of too much of digitalization, too much of this infringement and capturing of our personal moments by social media and other applications.

And so many other benefits advantages we seem to be think to be deriving from the mobile or the other digital applications or the electronics products which we are using which have become an inalienable parts of our lives. I think that is one way by which we can get back connection and inclusions in our lives and support and love of the people with whom we work and with whom we stay.

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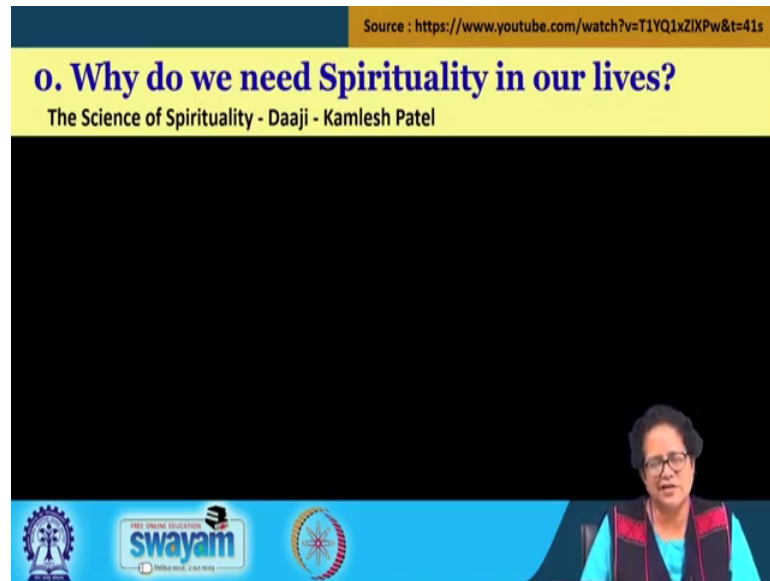


So, I am going to tell you one word which is the only solution I think in my opinion and in my practical experience, this is the only solution for all kind of ills which are now plaguing the society and each and every one who is rising up to a certain level at the employment or the work place.

Now I think that if I try to propose this idea to you that meditation is the only solution for all this disconnect, this suffering this kind of feeling of negativity, feeling of vacuum, feeling of lack of friends feeling of loneliness in our lives whether personal or professional at the workplace or in the house. I think we should go step by step.

And I think a question which we need to ask ourselves is in the midst of this NPTEL lectures on employment communication and this important lecture as I feel it that is lecture number 38, life skills lab, why meditate. And question two what happens during meditation that it can help us get connection in our lives. Number 3, what should be the object of meditation? And number 4, how to meditate? But first of all let us say I would like to define meditation.

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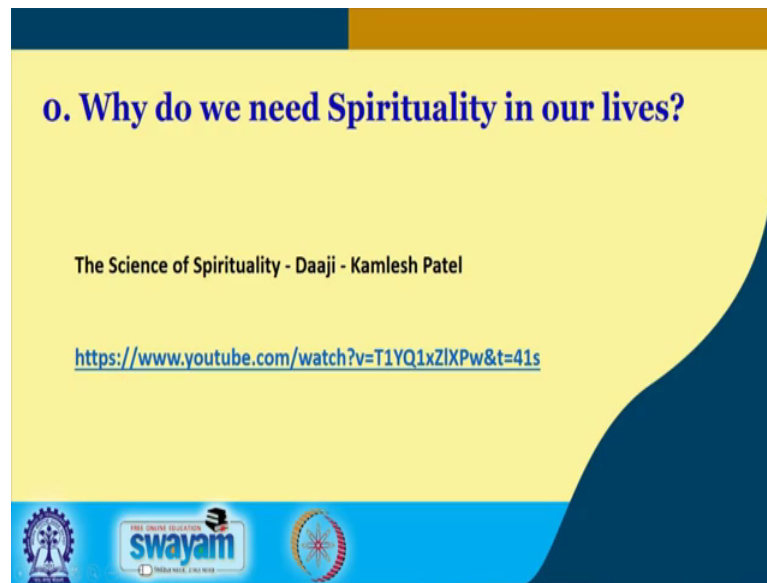


And meditation is in fact, simply defined as to think continuously about one object, to think continuously about one thing for a protracted period of time. The outcome of meditation is concentration and if we have concentration in our activities, in our system and if we have the connection between the mind and the brain which is brought about by the practice of meditation.

Once again I define meditation; meditation is to think continuously think about something for a protracted period of time and the outcome or the product of meditation is concentration and this concentration can make us masters of our lives. It first of all is able to make us managers of time, we learn better time management. And when we become better time managers, when we are able to better manage our times, when we are masters of time management.

In fact, your day is no longer restricted to or limited to 24 hours, your day will now be 34 hours or 32 hours; depending on how strong and how well is your meditative practice. But to introduce you to the topic I would like you to see this short video on why we need spirituality in our lives.

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This is titled the science of spirituality and it presents Daaji now actually the well known name for Kamlesh Patel, the founder of the present global guide of heart fullness. So, basically what we are talking about after viewing this video what I would like to tell you is that there is a need to bring improvement in our lives by operating from a level of humanness or taking a holistic view of life as we live it. First of all I think that in today's world we are too much selfish, too much self centered and too much concerned about the materialistic achievements and accumulation we have.

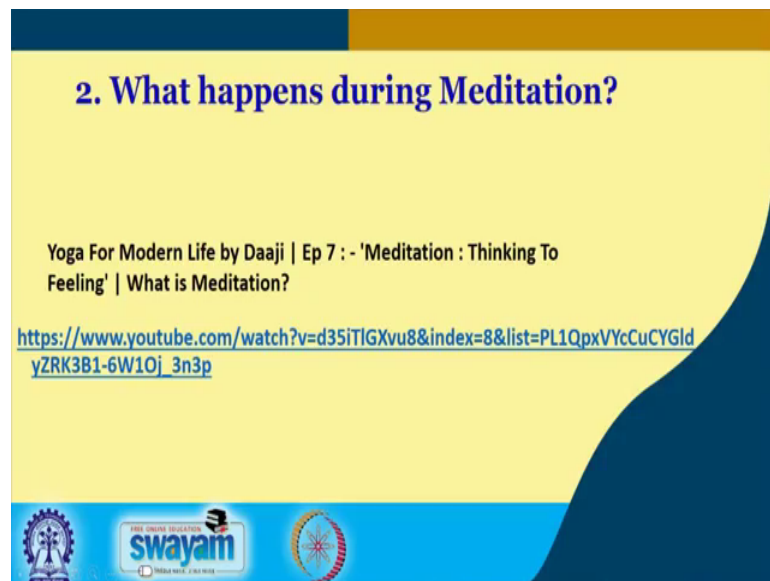
So, that makes us like animals in fact, and that is an animal man I think we have to progress upwards and improve ourselves and become human beings and there after we become divine beings when we become more and more divine or like god by bringing the qualities associated with god into our lives. Instead of simply worshiping god and going to the practices of religion I think meditation is finally, a way by which we try to convert slowly and slowly ourselves into that of our divine maker, the ultimate creator that is god whether you call him by which ever name.

So, now the second question is why has meditation has become so popular as the (Refer Time: 09:21) for all evils not only as a stress buster not only as many people say that meditation is better than medication, but how it is, how does it help human beings in today's world, who are much under pressure of the work place who are prisoners of time

you know we wear the watch it is our as if our shackles we are bound by the time, but despite that how do we make a success of our lives through the process of meditation?

And I would like you to also understand a second way by which we can define meditation, as meditation is moving from thinking to feeling to experiencing the divinity within us.

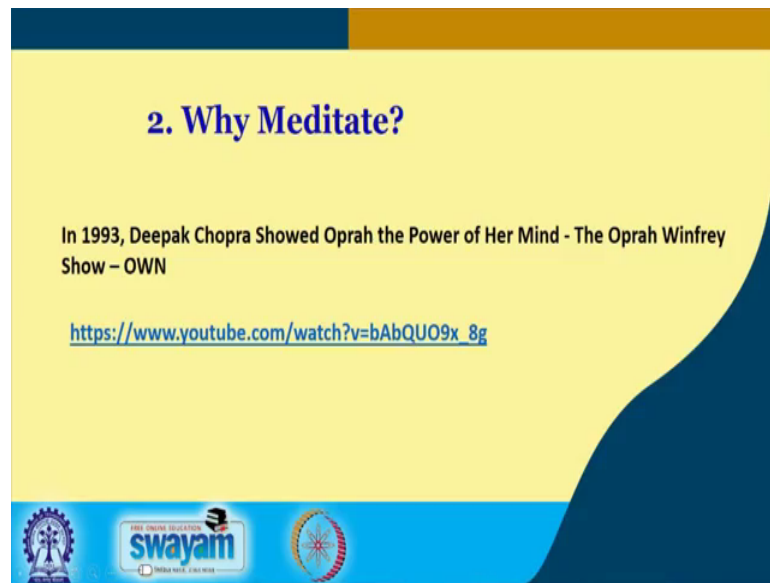
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So, let us watch this short video. What happens during meditation? Being answered by the definition of meditation what is meditation. Moving from thinking to feeling, we have originally defined meditation as to think continuously about one thing for a protracted period of time from thinking to feeling. This is a second novel of definition of meditation; let us view.

Further moving further the question would be why meditate. Because this term meditation is like you know red having too many people it is something which puts off the people because most people would say meditation is not my cup of tea, but in fact, meditation is something which we are doing day in day out in our lives. Most of the time we are thinking and meditation starts with thinking.

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Now I would like you to as a students of science appreciate this short video by Deepak Chopra and Oprah Winfrey, where they showed the power of the mind and you know the activity of the mind is to think and the power of the mind comes from thinking. So, let us see what Deepak Chopra has to offer us. Now what we are talking about is the law of the Buddha; the law of the Buddha that is right thought, right action, right result if we can actuate this into our lives I think we can avoid lot of the problems and ills which we suffered from whether it is in the house or in the office.

So, because, we are students of the contemporary world ruled by science and technology and term which, I have mentioned in the beginning that is digitalization. Therefore, let us see further why we should meditate by going through this small video, a (Refer Time: 12:35) at Cambridge delivered by Sara Lazar titled how meditation can reshape our brains?

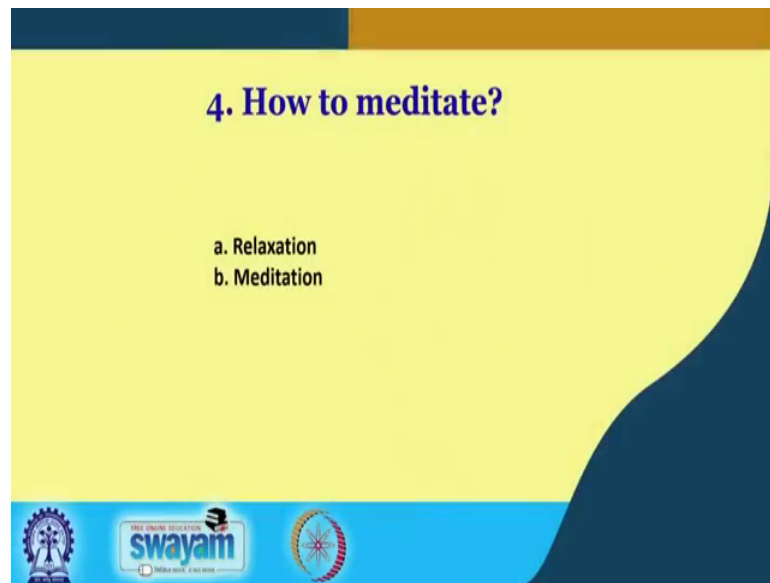
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So, basically I would like to comment now is that if we think about the importance we give to the human mind because the intellect can make us go cast and take great leaps in our professional and personal lives especially after professional lives. This short video by the HeartMath institute has proved that there is a great connect there is an important connect between the mind and the heart. In meditation, I think what we do to my bare minimum understanding is that we concentrate our thoughts on the best part of our body that is the heart and when we put all our thoughts on the heart we connect the two best parts of our body the two best organs of our body the heart and the mind.

The mind which tells you how to discriminate between right and wrong and the heart which is the repository of the will power because, we say that we take decisions by the heart, we discriminate by the mind. But we take decisions by the heart because the heart is the place where you have all the will power. If you choose the right and wrong that is due to the usage of the gray cells that is due to the decision taken by the mind, but your will power is displayed by the heart, you choose the right and your heart tells you to stick on to the right come what may.

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And the question last to be considered today is how to meditate? There is need to relax your body before you sit for meditation because let us say your consists of three parts mind, matter and spirit your mind matter and spirit. Between your mind and the matter that is your body is the interface called the five senses that is we have talked about it in the introductory lectures about the 5 senses which are the interface between you and the rest of the world through which you know the rest of the world and also you know yourself.

For example, the 5 senses which I am talking about is vision the first most important audition, then you have traction, you have olfaction, you have we have mentioned the five of them, the first is vision, audition, traction, olfaction and taste or gustation. So, now, in the Kena Upanishad there is a mention that before we meditate we must be totally relaxed because when we relax, then we are able to better focus our thoughts on the object of meditation which is let us say in this case, I propose to you that we think there is divine light in your heart.

When we think there is divine light in my heart we just have to give a subtle thought we first of all have to relax our body and then when we start meditation we give a subtle thought we just think once there is divine light in my heart. And it is illuminating me from within after that, we let go we relax and when we feel, when we understand, when we are aware that there are others thoughts coming into our mind and disturbing us and I

am not actually meditating, but I am meditating on everything except on the single thought, the single object on which I should meditate.

Let us say for example, there is divine light in my heart and it is illuminating me from within, then it is a time to jerk yourself up and to remind I am for meditation I am sitting for meditation and I must meditate on this one thought there is divine light in my heart and it is illuminating me from within. So, let us talk about how to meditate. The first step is we relax our body and when the body is relaxed we can think on one single thought there is divine light in my heart and it is illuminating me from within.

And thereafter protracted and over a period of time when you meditate this way called the heart fullness way in this method by which I am trying to in fact, make you accept meditation is that we will have control over a body due to the relaxation process. When we go deep into meditation, we have also control over our senses that is the senses, we have them, we feel them working that we do not respond.

You will be hearing the crawling of a crow, you will be hearing noises which try to divert you during meditation, but you will have control, you will not respond, you will not react you will continue to meditate. So, you have got control over your body due to relaxation which has completely relaxed your body, number two during the process of meditation you got control over your senses and last is when you have control over your thoughts that is you have control over your mind.

So, this is the this is the stage the third stage the third stage when in fact, you over a period of time let us say 5 6 7 years or maybe less for those who are good meditators you will be able to achieve a state of thoughtlessness. So, when there are no thoughts there is nothing to trouble you are free of thoughts and that is the state which is akin to divinity. So, let us move to how we relax ourselves before meditate.

Now having learnt how to relax ourselves through this video on heart fullness relaxation or heart based meditation. Now we are in a position to learn to how to meditate through another animated video let us learn how to meditate the heart fullness way.

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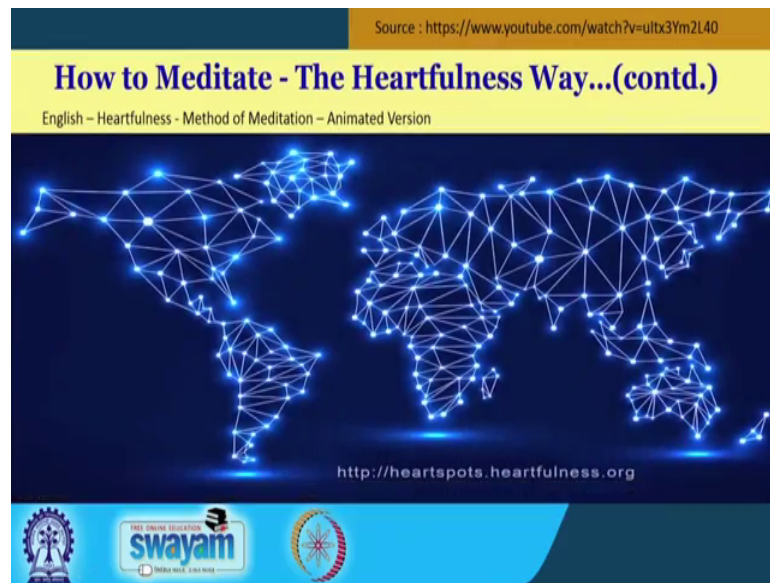


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Meditation is ideally done before sun rise, sit comfortably gently close your eyes and relax gently make a superstition that there is a divine light in your heart do it in a quiet, simple and natural way without forcing your mind. Never mind if you do not see the light there, try to be uneventful of thoughts arising at that time if your mind wanders gently bring your attention back to your heart, meditate for 30 minutes to an hour. After the meditation observe your intestine for a few minutes, it is recommended to make a note of your observation through thoughts after the meditation.

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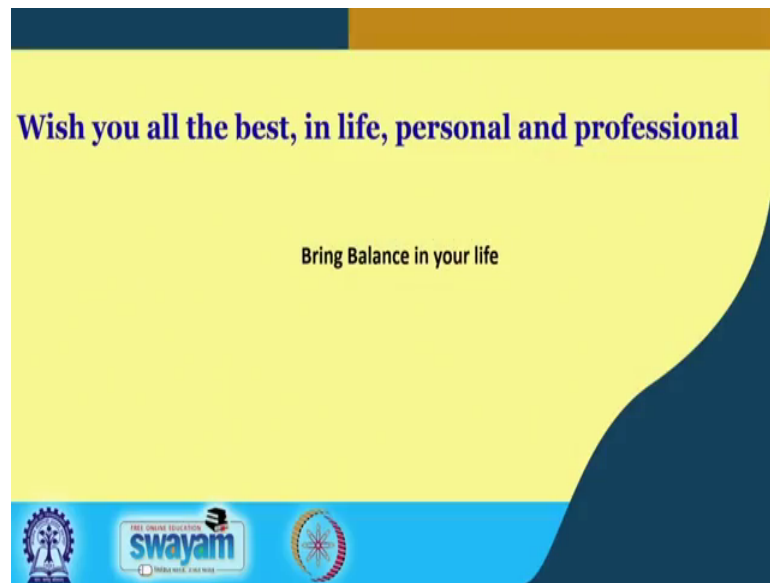


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I exhort you once again, I would invite you once again. I would once again plead with you, request you most humbly most sincerely that if we learn to meditate, if we practice meditation, if we include meditation in our daily routine, if we learn to love meditation the more we meditate, the more we will have peace, joy and happiness in our lives.

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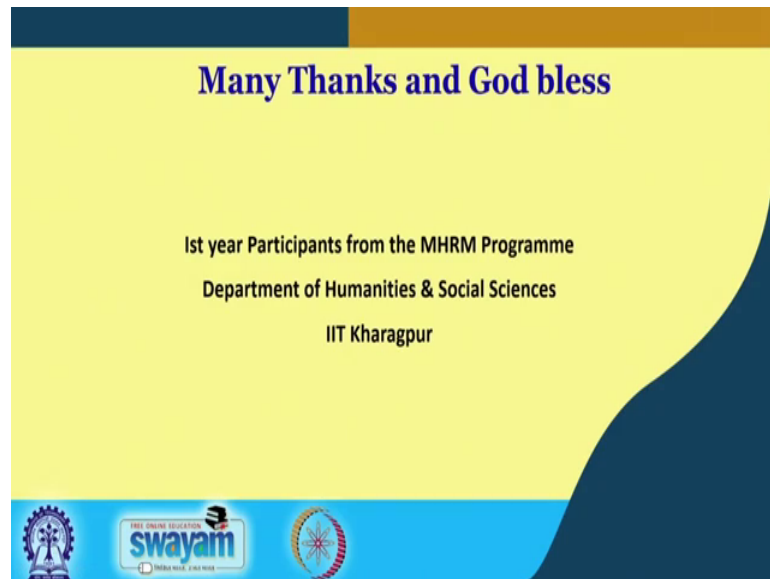


In short towards the conclusion of this series, of 40 lectures on the NPTEL course on Employment Communication -A Lab based course. I take this opportunity to wish you all the best in your life both personal and professional and I exhort you I plead with you once again I emphasize the fact that the only way to bring balance in your lives and to be successful is to practice meditation. And this is one of the best of the life skills which one can ever take up for practice and for bringing perfection in to your life.

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I would like to express my thanks and gratitudes to all the students of the 1st year of the MHRM in the department of Humanities and Social Sciences IIT Kharagpur.

And thank you once again good bye and may god bless you.