

"Every flower is a soul blossoming in nature." GÉRARD DE NERVAL, FRENCH WRITER AND POET

#### **BE PREPARED FOR GOOD AND** MAKE WINNING AN ATTITUDE BAD: AYSUHMANN KHURRANA

ut your best foot forward at all times. When I came to Mumbai, I was not very sure of landing up with a commercial forget about the movies. But it did happen. I got roles that many people could die for. Many friends ask me this – how did you manage to get roles when you don't have a godfather? I would say this because I decide my destiny and not the other way around. To be a leader, you need to be prepared for everything; the good, bad and the worse.

-Ayushmann Khurrana, joint winner of the National Awards for Best Actor, Andhadhun

**NOT HABIT: VICKY KAUSHAL** 

y school teachers would say that I am a born leader because wherever an opportunity presented itself, I would take it up. Failure has never scared me. I think that makes my stint in Bollywood so valuable. I am not scared of box office failure. I am not afraid of landing up roles that don't connect with the audience. I know I cannot be the best in everything. You need to learn that too. Make winning an attitude, not a habit. As a leader, learn to take mistakes in your stride. - Vicky Kaushal, joint winner of the National Awards for best actor, Uri



# **S** FORGOTTEN WOMEN FREEDOM FIGHTERS OF INDIA

...and what they taught us

ith determination in the face of adversity, courage to look death in the eye and fuelled by an intense love for the nation, these women made sure that their participation in India's struggle for freedom made a difference. Times NIE recounts their role in the Independence movement and the various leadership lessons they imparted with their extraordinary grit and strength

**ARUNA ASAF ALI** 

is popularly known as 'The Grand Old Lady' of the Independence Movement. She was an Indian Independence activist and a freedom fighter, best known for hoisting the Indian National Congress flag at the Gowalia Tank maidan in Bombay during the Quit India Movement. She also took part in the Salt Satyagraha movement as well as other protest marches, and was imprisoned for her impertinence. Instead of bemoaning the incarceration and awaiting release, she rallied together political prisoners and protested against the ill treatment be-

ing meted out to them, by launching a hungerstrike.



Aruna Asaf Ali believed selfless love for the nation is the best form of love. She used to say, once you have decided to lead your team, do it with passion. Where there is no love, there is no victory

## TARA RANI SRIVASTAVA

ara Rani was born in a simple family in Saran, Bihar, and was married off to Phulendu Babu. They joined the Quit India Movement in 1942, regulated protests and planned to raise the In-

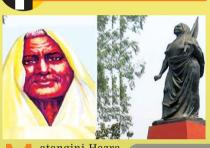
Tara Rani in a freedom speech said – to be a leader, behave like one. Lead from the front and make sacrifices when need be

Siwan Police Station. Gathering a crowd they began their march towards the Siwan Police Station, shouting 'Inquilab'. When they were marching towards the *thana*, the police opened fire. Phulendu fell to the ground. Undeterred, Tara bandaged him with the help of her sari and continued to lead the crowd towards the station shouting 'Inquilab' while holding aloft the In-

dian flag on the roof of the



ATANGINI HAZRA



atangini Hazra was known as Hazra taught us She was a part of the now with grit Quit India and Non-Cooperation Movements. While leading a procession with the Indian flag, she didn't flinch despite being shot thrice. She kept shouting "Vande Mataram". The courage and first statue of a woman installed in

Kolkata, in independent India, was Hazra's, in 1977. It stands at the spot where she was killed in Tamluk, near Kolkata. Even Hazra Road in Kolkata is also named after her.



ANAKLATA BARUA

once you have made your decision, there is no looking back. The moment you start doubting yourself, the entire activity becomes pointless. So, be sure and march ahead

## **BHIKAIJI CAMA**

n eminent member of the Indian Nationalist Movement, she was born as Bhikaiji Rustom Cama, on September 24, 1861, in a Parsi family in Bombay. Well, we are talking about none other than Madam Cama, who is a well known freedom fighter. Hailing from a well-to-do family, her father Sorabji Framji Patel was a powerful member of the Parsi community. Madam Cama laid emphasis on equality between men and women. She gave away all her assets to help an orphanage for young girls. As an Indian ambassador she also travelled to Germany in 1907 to hoist the Indian flag.



Bhikaji Cama is an exam ple of how if you are determined to achieve something; give it all

Who said women cannot lead a team to the battleground? Sahgal believed that there is no job in the world that a man can do and a woman cannot

KAMALADEVI CHATTOPADHYAY

'anaklata Barua is also known as Birbala. She was an Indian freedom fighter from Assam. She played a leading role in the Quit India Movement in 1942, at Barangabari, and stood at the head of the women volunteers' line with the national flag in her hand. Their aim was to hoist the flag at the British dominated Gohpur Police Station by shouting the slogan, "British imperialists should go back" etc., but was stopped by the soldiers. Though she tried convincing them that she was not resorting to any violence, the British police shot her dead, along with several other picketers.

social reformer, Kamaladevi was also a distinguished theatre actor and played a very important role in India's fight for Independence. She became the first woman from India to be arrested by the British government for her active role as a patriotic leader. She was a remarkable person, endearingly referred to as a fearless and committed freedom fight er. She improved the socio-economic condition of women in India, and also revived and promoted handicrafts and theatre. Kamaladevi was an active participant in the Satyagraha movement of 1930.



the cause of women.

She once fasted for

Quit India movement

over 60 days before the

not the end but the process that matters too. Moolmati said in one of her speeches - if we are all united in our effort, no force can defeat us. In unity lies strength and in strength,

MOOLMATI

obody knows her by her name but she played an important role in the freedom struggle as the mother of Ram Prasad Bismil. Ram Prasad, a revolutionary, was involved in the Mainpuri Conspiracy case of 1918 and the Kakori Conspiracy of 1925. In Gorakhpur Jail on Dec 19, 1927 he was arrested and hanged. Moolmati, a simple woman, supported and helped her son in his struggle for freedom. She also went to Gorakhpur jail to see her son before his hanging. Ram Prasad broke down upon seeing his mother who remained unmoved. She was firm in her response and told him that she was proud to have a son like him. After his death in a speech at a public gathering she raised her other son's hand and offered him to the Independence movement. Without her unstinting support and belief in the freedom struggle, Ram Prasad Bismil might not have had the resolve to pursue the path he had chosen.

## THE SPEAKING TREE

imbalance in the body and

mind. We commit many

#### **TO HEALTH & HAPPINESS** Partap Chauhan to wrong actions that create

uman beings are blessed with the **\_**rare faculty of intellect. But many of us either don't use it or misuse it. Hence, we are ever entangled in cycles of ill health and unhappiness.

According to ayurveda, one of the chief causes of all disease and unhappiness is pragyaparadha meaning offences committed by the intellect. Pragyaparadha leads

such intellectual offences daily: Eating when not hungry, watching TV or talking during meals, blaring music, smoking and drinking alcohol. Pragyaparadha happens when we take unwise decisions that go against the principle of natural and harmonious living. So how can we prevent pragyaparadha? Keep the mind calm, peaceful and connected to true knowledge of right and

In ayurvedic terms, this is called a mind dominant in sattva. Thus eating saatvik food, adopting a saatvik lifestyle, listening to soothing music, using calming aromas, all help. Practise yoga, deep breathing and meditate daily. When your mind is saatvik, your intellect starts to function and you are able to understand what is good or bad for

## **INDIA, SANSKRIT & CHINA**

**NAME GAMES** forces, the University of South Carolina football team used the backs of players' jerseys to display a lit-bonding between India tle patriotism. They placed and China? ■ Shashibala: There are Chiwords like Duty, Service, nese historical texts that need Courage, and Commitment where players names would nor-

mally go. During the game against the Universiout, prompting a commen-

"Everything is changing. People are taking comedians seriously and politicians Route; fragments of Ash-

Will Rogers

#### Sonal Srivastava: Can Sanwere found in China.

skrit become the foundation of stronger cultural

to be translated in English; they are important sources of our cultural connections. There should be more public ty of Florida, a fight broke awareness created through books, articles, and the media tator to announce, "It looked so that we know more about aslike Integrity threw the first pects of Indian culture that is preserved in China. There is a statue of Shakuntala in Xiang in China; a biography of Kalidasa was found on the Silk

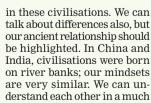
vagosh's drama were discov-

ered in China; and some of the

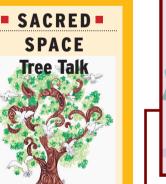
oldest Sanskrit manuscripts

China and India have been friends for 2,000 years and they can be friends now also. We should talk about similarities

China and India have been friends for 2,000 years and they can be friends now also



better way. Prof Shashibala heads the Indology department at Bharatiya Vidya Bhavan, Delhi



Look at the trees, birds, clouds, and the stars...Everything is simply happy. **Osho** 

When you draw or paint a tree, you do not imitate the tree. To be free to paint a tree, flower or sunset, you have to feel what it conveys to you: the significance, the meaning of it. J Krishnamurti

"Only God can make a tree" - probably because it's so hard to figure out how to get the bark on.

**Woody Allen** 

Is not the smell of forests delicious? It seems to ascend like the smoke of incense. Henry J Slack

When we pin our hopes to external events we can only be happy or feel good about ourselves if those events transpire. If the thing I'm looking forward to happens the way I hoped it

would, am I happy? We've all had times where things have gone according to plan, but what about when they don't? Things can go in all kinds of directions other than where we thought they'd go. I don't know anyone who's never had any disappointments in their life. I don't know anyone who's ever succeeded at everything that they've ever tried to do. I don't think

such a reality exists. So what do we do in those times where the unexpected happens and particularly when we're not very fond of the outcome?

What to do? Most people start to judge and criticise themselves or blame others for the trouble that they have. **And miss a** priceless opportunity to be able to



must I believe for that to have hap-

When we can drill down to the basics of what's going on inside my consciousness, what's in my inner contributed to this sit-YOU uation, and what can

**CAN BLOG TOO** 

I do about it? This is not about You want to talk about self-criticism. mythology, leadership or This is about opportunity. It's a motivation? Send your artiwaste of energy cles (about 150 words) at to criticise yourtoinie 75@gmail.com self when some-

thing's gone wrong because you're already feeling bad. You don't need to feel worse. But instead be curious. Flip disappointment into curiosity. 'Ah, there's an transform themselves and their life opportunity here to learn some-

through a contemplation of what thing.' 'Ah, let me have a good look

### Stop the blame game

landscape that could have The moment we try and blame either ourselves or others we just fall down in a big heap. Through curiosity, 'hmm what can I learn here?' 'What could I have done differently?' 'How can I aim higher next time?' 'What can I do in a way that would be a different attitude and different nuances in what I was doing?' And never be afraid to try again. Just talk yourself through it.

You're a person who's capable of wonderful things in this world. So don't let defeat get you down. Believe in you because that's the most important way you could use your consciousness, believe in yourself!

— Blog by life coach Durga Shakti