

### BE PREPARED FOR GOOD AND BAD: AYSUHMANN KHURRANA

**P**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

### MAKE WINNING AN ATTITUDE NOT HABIT: VICKY KAUSHAL

**M**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

## 8 FORGOTTEN WOMEN FREEDOM FIGHTERS OF INDIA ...and what they taught us

### 1 MATANGINI HAZRA



**M**atangini Hazra was known as Gandhi Buri. She was a part of the 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 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.

Hazra taught us how with grit and determination, nothing is really impossible. As a leader, she showed all it takes is courage and passion



### 2 KANAKLATA BARUA

**K**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.

Kanaklata believed – 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

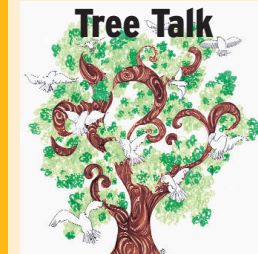
### 7 KAMALADEVI CHATTOPADHYAY

**A**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 fighter. 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.



Kamaladevi was known for her fearlessness and commitment towards the cause of women. She once fasted for over 60 days before the Quit India movement

### ■ SACRED SPACE Tree Talk



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

### INDIA, SANSKRIT & CHINA

**Sonal Srivastava: Can Sanskrit become the foundation of stronger cultural bonding between India and China?**

■ **Shashibala:** There are Chinese historical texts that need to be translated in English; they are important sources of our cultural connections. There should be more public awareness created through books, articles, and the media so that we know more about aspects 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 Route; fragments of Ashvaghosh's drama were discovered in China; and some of the oldest Sanskrit manuscripts

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

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

in these civilisations. We can talk about differences also, but our ancient relationship should be highlighted. In China and India, civilisations were born on river banks; our mindsets are very similar. We can understand each other in a much better way. ■

Prof Shashibala heads the Indology department at Bharatiya Vidyā Bhavan, Delhi

## THE SPEAKING TREE

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### TO HEALTH & HAPPINESS

**Partap Chauhan**  
Human 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 *pragayaparadha* meaning offences committed by the intellect. Pragayaparadha leads

to wrong actions that create imbalance in the body and mind. We commit many such intellectual offences daily: Eating when not hungry, watching TV or talking during meals, blaring music, smoking and drinking alcohol. Pragayaparadha happens when we take unwise decisions that go against the principle of natural and harmonious living. So how can we prevent pragayaparadha? Keep the mind calm, peace-

ful and connected to true knowledge of right and wrong.

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 you. ■

### NAME GAMES

To honour the armed forces, the University of South Carolina football team used the backs of players' jerseys to display a little patriotism. They placed words like Duty, Service, Courage, and Commitment where players names would normally go. During the game against the University of Florida, a fight broke out, prompting a commentator to announce, “It looked like Integrity threw the first punch.”

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“Everything is changing. People are taking comedians seriously and politicians as a joke”  
— Will Rogers

## How to deal with disappointment



**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 transform themselves and their life

through a contemplation of what must I believe for that to have happened?

When we can drill down to the basics of what's going on inside my consciousness, what's in my inner landscape that could have contributed to this situation, and what can I do about it?

This is not about self-criticism. This is about opportunity. It's a waste of energy to criticise yourself when something'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 opportunity here to learn some-

thing.' 'Ah, let me have a good look at this.'

### Stop the blame game

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