



Dear Professional Colleagues,

Sub: ICSI-CCGRT – AMRUT DHARA – EDITION-15

We are pleased to inform you ICSI-CCGRT- **AMRUT DHARA**, in which we will provide the regular write up on topics related to Governance and Management from Ancient India and Indian Epic.

In this series ICSI-Centre for Corporate Governance, Research & Training (CCGRT) present a titled on “**Nectar of Governance-15**” from **Dr. V Sevaka Das , Director, Bhaktivedanta College of Vedic Education, ISKON, Navi Mumbai** for your information.

Previous editions of **Amrut Dhara** “Nectar of Governance” are also available at following link:-<https://www.icsi.edu/ccgrr/Research/AmrutDhara.aspx>

Hope, you will find an enclosed write-up useful & informative. We welcome your feedback/Suggestions on this write-up on ccgrr@icsi.edu.

With Best Wishes,

CS Ashish Garg
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Nectar of Governance

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Part 15: Be resilient, Stay successful



Generally, everyone has the experience of playing with a rubber ball. The special feature of rubber ball is its bouncing nature. Technically, such property is called resilience or elasticity. If you throw a rubber ball against a wall, it simply returns back in a predictable manner. Even if you throw it on the ground, it has the same action of return. How did the rubber ball acquired this wonderful nature and can it mean something in our lives? Technical explanation offered by a polymer scientist regarding the resilience of rubber ball informs us about a particular property known as glass transition temperature. Every polymer has its own characteristic glass transition temperature. It actually means that above this temperature, the polymer would be in rubbery state and below which it would be in a glassy state. The rubber ball to be elastic in nature has its characteristic glass transition temperature much below the ambient temperature. This makes the ball rubbery at ambient temperature, which is much above its glass transition temperature. If it is cooled below its glass transition temperature, it would move to glassy state and lose its resilience or elastic or rubbery feature. At that temperature, the rubber ball would simply break when thrown against any hard surface. Looking from another angle at this resilience behavior prompts us that resilient rubber ball when bounces back will be caught by someone else, if not by the earlier thrown person.

What this really means to us and our lives, especially for governance? Bhagavad-Gita (BG 6.5) dwells on this subject matter and gives us a clear direction as to how one could be resilient and why one should be resilient as under:

***uddhared ātmanātmānaṁ nātmānam avasādayet
ātmaiva hy ātmano bandhur ātmaiva ripur ātmanaḥ***

“One must deliver himself with the help of his mind, and not degrade himself. The mind is the friend of the conditioned soul, and his enemy as well”.

Bhagavad-Gita (BG 6.6) further advices the sincere person with another message on the same subject matter as under:

***bandhur ātmātmanas tasya yenātmaivātmanā jitaḥ
anātmanas tu śatrutve vartetātmaiva śatru-vat***

“For him, who has conquered the mind, the mind is the best friend; but for one who has failed to do so, his mind will remain the greatest enemy.”

Let's carefully analyze the above two verses in view of success in any of our endeavors. It's but natural that one will get hurt upon losing something or facing defeat. Efforts are made by intelligence and body, but the disheartened component is mind. This depressed mind makes the intelligence and body completely weak, thus further making royal path to total loss or defeat. This is exactly the opposite behavior of a rubber ball, which has a wonderful behavior of resilience. Here, in the case of a rubber ball, being situated above its critical temperature, shows the resilience behavior. So, even if it is thrown down or against a wall, it simply bounces back without any effort. In anyone's life, if the efforts of intelligence and body fall short for achieving success, it should only mean some gap analysis. Intelligence can quickly workout some strategy to overcome the gap, so as to move towards success with more preparedness. But, if the mind, which had no role in failed efforts, remains depressed, it would amount to great danger for future. Under such conditions, as per the Gita's message, mind acts as enemy. Really speaking, the competitor who won the battle of opportunity helps in providing the capability gap analysis. Sincere efforts to bridge such gap would eventually lead one to success. But, when the enemy within you is constantly threatening or discouraging by its tactics, then the winning prospects dry up very quickly.

So, winning the ever discouraging or disturbing mind is more important than occasional successful attempts in our life. If one wants to stay in the mode of success, then he has to adopt the advice given in Bhagavad-Gita and thus make the mind the best friend. If someone says that he would prefer to leave it alone, it would be a dangerous proposition. It is because of the fact that mind can either be friend or enemy, it can't remain neutral. So, it is all the more important to make one's mind the best friend. Otherwise, it would immediately assume the role of an enemy. The result of such attempt by our mind leads to success-less life, which nobody would like. In anyone's context "stay successful" is very important as it would amount not only to one's life, but at least for next three generations.

So, in one's life, resilience actually means making one's mind the best friend and get full support to make the paradigm "stay successful" a reality. It is actually possible under the guidance of a realized person, who in reality achieved the same. From the above message of Gita, it is very clear that mind can be a friend as well as an enemy. If one says that he has a problem with mind, then he has to blame himself rather blaming mind. Any person who doesn't plunge in to depression over reverses has successfully made the mind his best friend. Such an act of converting mind into a good friend involves systematic works of satvik food intake, regular reading of scriptures like Bhagavad-Gita, constant interaction and guidance by realized people, physical fitness, strategy evolving nature in all situations of failures and good companion. Any person who made provisions for these points would enjoy the pleasure of "stay successful" situation. In any organization, the leader has to lead a game of converting depressed minds into friend, thus enabling the team members to get prepared for emphatic win next time. A simple example makes the situation or requirement clearer. Any satellite placed in an orbit, through a rocket, would remain there without falling down. This was possible because the rocket has helped the satellite to move beyond the gravitational force. Same has to be applied in our life also where our intelligence is placed in the consciousness orbit to deliver the gift of "Stay Successful" mode.
