



**THE INSTITUTE OF
Company Secretaries of India**
IN PUR SUIT OF PROFESSIONAL EXCELLENCE
Statutory body under an Act of Parliament

**CENTRE FOR
CORPORATE
GOVERNANCE,
RESEARCH &
TRAINING (CCGRT)**



Dear Professional Colleagues,

Sub: ICSI-CCGRT – AMRUT DHARA – EDITION-18

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-18**” 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
Chairman
ICSI-CCGRT Mgmt. Committee

CS (Dr.) Shyam Agrawal
President, ICSI



Nectar of Governance

Dr. Vaishnavanghri Sevaka Das, Ph.D.

Director, Bhaktivedanta College of Vedic Education, ISKCON, Navi Mumbai, India

Part 18: Practice of Parking



“Governance” encompasses a number of governing and governed subjects with large number of matters and issues floating around them at any point of time. Success of an individual in the governance ecosystem, to a great extent, depends upon right prioritization of the tasks to be done and one’s ability to complete a given task with focus avoiding the unproductive digressions.

One of the domestic airlines in India gives an interesting and thought provoking instruction to its pilots that reads, “*Flying is a serious profession, so do not carry your worries beyond this point*”. This is placed exactly on the door of the cockpit and reminds the pilots of their responsibilities before they take their positions. This profound instruction given to the pilots doesn’t demand complete removal of worries from their minds. But, it suggests them to park their worries outside the cockpit and commence their responsible duties. A large number of people travel daily in planes and their lives should not be put in danger due to the pilots’ worries that may not allow them to concentrate and ensure a safe and comfortable flight for the occupants.

The four components, in the increasing order of importance, that exist in a human being, are the senses, the mind, the intellect and the soul. Of these entire four components, the mind is fickle and belligerent. For the execution of a task, we need intelligence and not the mind. However, the mind interferes with the activities of intelligence and disrupts the scheduled tasks. Unbridled mind is always engaged in either remembering the past events or imagining the future situations. But, if the mental activities are parked thoughtfully and intelligence is applied to the full extent, one can complete the task in hand. Otherwise, the work gets spoiled. Generally one nourishes mind more compared to

intelligence, thus creating a precarious situation for the accomplishment of a task. This situation is similar to a child who is obstinate due to too much pampering. An obstreperous child would create only obstacles and become a great concern to the parents. Similarly, if the mind is too active or too morose, it would create obstacles in the thinking activities of intelligence, thus creating a dangerous situation. Hence, the instruction on cockpit door advises the pilots to keep away the mental worries till the completion of their responsible duty. The mind will never forget its fickleness. But, if a person practices to park the worries or thoughts of fickle mind, he would improve the possibilities of success in all his endeavours. In one sense, this is an incredible spiritual activity. Monitoring the activities of mind and parking them as required, that is, till the main work is completed, surely indicates one's movement from mental state to intelligence state. Though this is a very difficult task, it is possible by practice, as declared by Bhagavad-Gita.

*asaṁśayaṁ mahā-bāho mano durnigrahaṁ calam
abhyāsenā tu kaunteya vairāgyeṇa ca grhyate*

“O mighty-armed son of Kunti, it is undoubtedly very difficult to curb the restless mind, but it is possible by suitable practice and by detachment.” (BG 6.35)

Hence, if one practices the parking of mental activities, he will eventually develop the capability of completely dislodging the worries from the mind. In the **Practice of Parking (PoP)**, one gets sufficient time to activate the intelligence and find solutions to all problems, whereas in the state of constant worrying, the intelligence takes the back seat thus ruining the possibilities of a solution.

Let's take some examples of parking of thoughts for better understanding and practical utility. During the meals time, husband and wife should exchange only simple and light topics though they are haunted with many challenges of life. They have to practice the parking process for the thirty minutes of meals time, which would bring them together to solve even life threatening issues. This process is also applicable in professional life. Worries of home should be left at home only and the worries of office should be left at office only. These practices are manifestation of one's skill in parking the mental activities. Instead of carrying worries of home to office and failing miserably in the duties, one should intelligently perform the duties to return home happily and face the challenges at home. Similarly, instead of bringing the worries of office to home, it is better to park them for the night, relish sweet relations with family, then face the challenges with double energy next day. This is the advantage of Practice of Parking the mental worries. This has to be done rigorously for amazing results. One has to keep a record of such parking events in a diary and review the results on a monthly basis. The number of parking events should increase every month, which demonstrates your steady journey towards peace and victory. Increase in the failure incidences of parking shows one's journey towards depression and defeat. One can monitor the monthly, quarterly, half-yearly and annual scores of parking, thus knowing the success in life beforehand.

The PoP is thus a success mantra for the governing subjects performing high and staying high all the time!