

A vibrant Mughal-style painting depicting a river scene. In the foreground, a large wooden boat is filled with soldiers in colorful armor, some holding bows and arrows. A man in a purple tunic is rowing. To the right, a smaller boat with a yellow canopy carries more soldiers. In the background, a palace with a white facade and a red door is visible, with a man in a yellow tunic standing near the entrance. The sky is filled with birds, and the water is depicted with white, swirling patterns.

# RishiPlus

MAY 2023

Nurturing Young Leaders

P/ 22

## Reviewing the Mughal Rule in India

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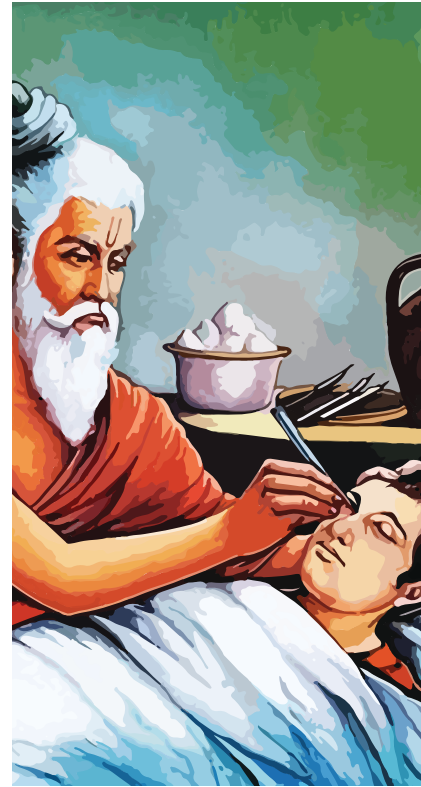
# Welcome

RishiPlus is a celebration of the values that define our university community: **curiosity, courage, and joy**. It is designed to help conscious adults inspire and nurture the young generation into future leaders by drawing from the value system, cultural knowledge and practices of India. Our magazine aims to provide resources for parents, educators, counselors as well as learners to aid in the holistic development of future leaders and cultivate a sense of community and leadership.

While touching upon the various aspects of holistic growth, this edition of RishiPlus reflects upon the role of family in nurturing children, the impact of the environment on a child's growth, and what seva means. The edition also examines parts of the Mughal rule with respect to modification in school syllabus, the power of mother tongue in education, exposing students to

ancient Indian thoughts and the journey from being a learner to becoming a leader. We touch upon gut health, biomimicry, and the impact of storytelling taking Gautam Buddha's life as an example. Under the umbrella of ancient wisdom, family values, motherhood, holistic health, education, culture and religion, and more we bring you fables & verses from the scriptures as well as stories from the contemporary world, and much more.

Turn over to join the learning ride & discover wisdoms from the past for the present as well as the future!



# Letter from the Vice-Chancellor



As we embark on another academic year, we at Rishihood are honored to present to you our latest edition of RishiPlus, which highlights the indispensable role of the family as an institution and the paramount significance of parental influence in nurturing geniuses.

In our quest for academic excellence, we often overlook the roots that nourish our intellectual growth. The family, an integral part of India's ancient culture and civilizational knowledge heritage, plays a pivotal role in shaping the minds of our future leaders. Through countless generations, families have remained the bedrock of wisdom, love, and support. They transmit values, foster curiosity, and provide the foundation for intellectual growth, empowering young minds to excel in their chosen fields.

This edition delves into the rich tapestry of India's traditional values and knowledge heritage, highlighting the profound impact of family life in transferring these virtues to future generations. We explore how parents, as the first educators of their children, lay the groundwork for a lifetime of learning and success by instilling the virtues of resilience, self-discipline, and empathy. The stories of celebrated Indian geniuses, both past and present, serve as testaments to the power of strong family bonds and the role of parents in igniting the spark of brilliance within their children.

As we face the challenges and opportunities of an increasingly globalized world, it is crucial to remember that the values and principles that have shaped India's storied past can still serve as beacons of light for the generations to come. As parents, you play a vital role in ensuring that these timeless values continue to guide and inspire our children, thus nurturing a new generation of enlightened, compassionate, and innovative thinkers.

We invite you to peruse this edition, reflect on the importance of family in our lives, and take pride in the indelible impact your love and guidance have on your children's success. Together, let us celebrate the power of family as the cradle of genius, and the enduring legacy of India's rich cultural heritage.

Sincerely,

Shobhit Mathur  
Vice Chancellor  
Rishihood University

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# Maryada Purusottama

Exploring the qualities of Bhagavan Rama: Part I

Dr. Sampadananda Mishra (Professor and Dean - Culture, Rishihood University)

वाक्-कर्म-कुल-सङ्ग्राम-शत्रु-  
मित्र-प्रजासु च ।  
नीतिमान् धृतिमान् शिष्टो  
मर्यादापुरुषोत्तमः ॥

vāk-karma-kula-saṅgrā  
ma-śatru-mitra-prajāsu ca.  
nītimān dhṛtimān śiṣṭo  
maryādāpuruṣottamaḥ..



The above verse from an unknown source describes why Bhagavan Rama is called Maryādā Puruṣottama. The two qualities **nīti** and **dhṛti** are two most important qualities of a true leader who leads all in a way that is revered as the Divine way. The word **nīti** has several meanings like guidance, conduct, propriety, policy, wisdom, plan, politics, righteousness,

morals, etc. The word **dhṛti** too has several meanings like firmness, constancy, resolution, perseverance, contentment etc. And when we speak about Rama we find these values reflected in his personality.

*A deeper dive into the words nīti and dhṛti helps us understand that the one who cherishes and nourishes the value of the soul-qualities such as patience, tolerance, concentration, truthfulness in thought and speech and act, confidence, faith, sincerity, benevolence, kindness, harmony, service, loyalty, gratitude, strong will, positive attitude etc. is nītimān and dhṛtimān*

Endowed with the above qualities when one operates in the world and executes one's duties (kartavyakarma) one is said to be in **maryādā** or one aware of the limits of everything and operating within the limit. When the action performed is within the bounds of Dharma then it is the right action & the performer can be called as **maryādāvān**.

Though various etymologies of the word **maryādā** are found in the tradition, in its root sense it refers to a clear sign of limit or mark. The one who sets the limit and follows it in one's life and action is **maryādāvān**.

The word **maryādā** is what the sacred scriptures like the Veda, Upanishads,

Gita etc. define as acceptable behaviour and actions. In order for society to remain orderly and harmonious, these boundaries had to be respected. Bhagavan Rama represents these ideals, and his life is a shining example of how one should live in accordance with these values.

## HERE ARE SOME QUALITIES THAT RAMA IS PRAISED FOR AND ENDOWED WITH

These qualities have a transformative impact on life and provide better happiness and fulfilment.

### नयितात्मा NIYATĀTMĀ - A PERSON WELL DISCIPLINED

A person to be well disciplined has to have Self-mastery. A man's discipline makes him a man; without it one is just an animal. And to be disciplined means to have control over one's entire being and especially one's lower nature. Trapped by the movements of the lower nature one loses control over oneself. All that can be called as negative belongs to the lower nature. It is by a thorough self-discipline that one can slowly gain self-mastery. A well-disciplined man is able to exercise self-control, maintain focus, and stay organized and is consistent in behaviour. Discipline helps achieve the true goals of life and live a fulfilling life.

### महावीर्य MAHĀVĪRYA - OF GREAT VALOUR

To handle all challenges and succeed in life one has to develop the strength within. Beyond the physical, vital and mental strength is the spiritual strength. When one is endowed with

spiritual strength one is called **mahāvīrya**. Such a person is free from all weaknesses and has the strength to overcome all challenges in life. Indeed a man of valour is someone who embodies courage, integrity, leadership, humility, perseverance, and compassion, and who is committed to making a positive difference in the world.

### द्युतमिन् DYUTIMĀN - RADIANT

The one who keeps oneself open to the light and facilitates the growth of the inner flame starts shining. By the power of one's **tapasyā** one grows to radiate in all dimensions of one's personality. The one who is engrossed in light, truth and knowledge is **dyutimān** or radiant or self-shining. Such a person is someone who is brilliant and possesses a combination of intelligence, creativity, adaptability, perfectionism, persistence, and humility. It is through these that one can excel in one's chosen field and make a significant impact on the world around.

### धृतिमिन् DHṚTIMĀN - PERSEVERING

Perseverance is steady and persistent action. It implies resolute and unyielding holding on in following a course of action. The persevering ones never give up anything half the way. They persistently keep doing till they reach the final goal. To do this one has to have immense patience, courage and a strong will. A man of perseverance is

someone who possesses the determination, resilience, focus, patience, self-discipline, positive attitude, and flexibility needed to overcome challenges and achieve the goals of life.

### वशी VAŚĪ - ONE WITH GREAT CONTROL

In order to be a man of self-control, one must possess the ability to manage his thoughts, emotions, and actions responsibly and with discipline. A man of self-control is disciplined, patient, emotionally stable, thoughtful, of high integrity, humble, and self-aware, enabling them to navigate life's challenges and make wise decisions.

### बुद्धमिन् BUDDHIMĀN - THE WISE ONE

The one endowed with the **vevakabudhi** or the intuitive discernment is called the **buddhimān** or wise in a true sense. The **buddhimān** not only knows what is right and what is not but has the strength to execute what is right. He too has the power to destroy what is not right for the establishment of Dharma as he knows what is good for all.

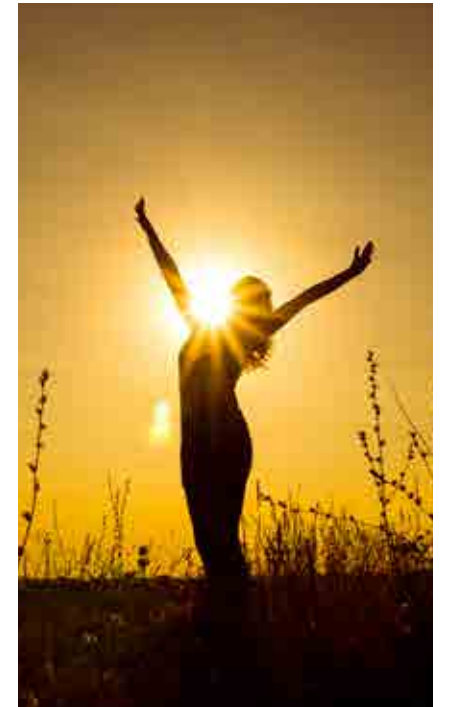
### वाग्मी VĀGMĪ - SKILLFUL IN SPEECH

The one who is skilful in giving verbal expression to one's thoughts, ideas and other experiences with clarity and without loss of content is known as

**vāgmī**. Such a person has sweetness, eloquence and rhythm in his speech, and his speech is vibrant with light, truth and wisdom. Also a person skilled in speech is incapable of communicating effectively, confidently, and respectfully.

### नीतिमिन् NĪTIMĀN - FULL OF NĪTI

Anything that sets the movements of life into the right and harmonious rhythm is **nīti**. By **nīti** life is beautiful. By **anīti** life is miserable. A truly wise person is full of **nīti**, is led by **nīti** and leads all by **nīti**.



THE CAPTIVATING JOURNEY OF SRI RAM'S CHARACTER  
WILL CONTINUE IN THE UPCOMING EDITION.

# How to Raise a Genius

Excerpts & tips from Laszlo Polgar's book on nurturing a child

Pooja Mani (Freelance Writer, RishiPlus)

*"In the end I would like to prove that socialization, development within society, and in that context the genius-izing of a person, depends firstly not on their native biological powers: their way of life is not decided from birth; it must be considered principally as a social product, in practice, a result of nurture. To express it provocatively, I often say, "Genius is not born, genius is raised." - Laszlo Polgar*

The above statements effectively summarize what Polgar has conveyed over the years through his book 'Raise A Genius', and the popular 'Polgar experiment'. He was a researcher from Hungary who studied intelligence and had a fascination with understanding geniuses. He studied the people with the highest intellect, from Socrates to Einstein and observed that all of them started at a very young age and practiced their skills to a great depth.

In the 1960s, he presented a theory that great performers are made and not born. He believed that he could raise a genius himself. He and his wife trained their three daughters, Susan, Sofia and Judit to become top chess

players, who have won 12 Olympic gold medals, and several world championship titles.

Here are a few excerpts from the book that express his views on raising a genius

## UNDERSTANDING THAT EVERY CHILD IS A PROMISE

*"Among my pedagogical principles, some that occupy an important place are awakening and holding the interest of the child, requiring accomplishments from the child, trust in them, and praise and admiration for their accomplishments. A few days ago I returned from New York, where during a visit to a school I happened to see a slogan on the wall: "Every child is a promise." Indeed, on every level of pedagogy, in every form of instruction, pedagogy must start from this fundamental concept."*

## DOING WHAT THEY LOVE

*"It is very important that the child likes what they are doing; only then will it be possible to inspire a long period of fruitful labor. The interested child develops their abilities using less*

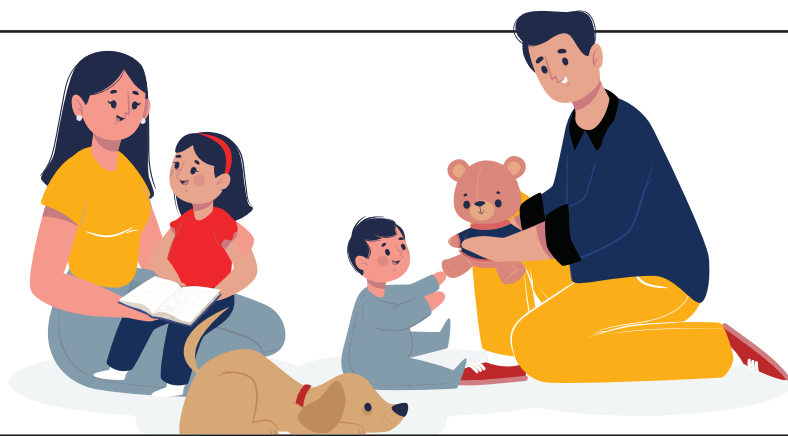
*energy, while attaining greater success, and becoming less tired."*

## PRESENTING POSITIVE STIMULI TO CHILDREN

*"I generally ask for positive stimuli. In my opinion one must create a pedagogical situation in which the lived experience of success is much better than that of failure. This is valid for every child, but is most important for the talented."*

*The experience of success or failure, as Adler demonstrates, greatly influences the self-confidence - or uncertainty - of the child. According to P. Michel as well, the experience of success, the admiration of others, and the recognition of teachers, significantly stimulates further action, increases the trust of the child in their knowledge and ability to a high degree. According to Frank, failure, suffering, and fearfulness decrease achievement. Following a number of successive failures, even a dam aging inhibitory complex can be created. With an increase in stress, action becomes more superficial and behavior less calm."*

*The formation of a deep interest plays a great role in the evolution of the personality, principally from the viewpoint of developing abilities.*



## ROLE OF EARLY CHILDHOOD IN A PERSON'S SUCCESS

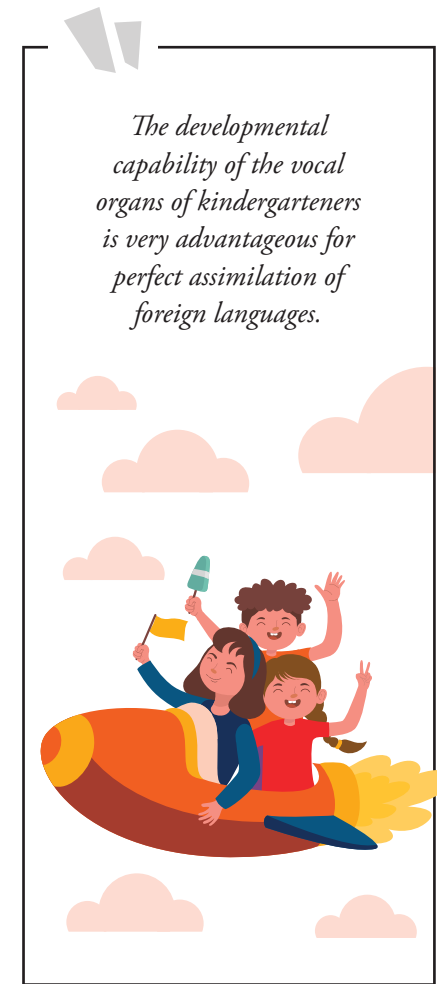
*"In my pedagogical system early childhood occupies a central place. In my concept, early childhood, that is, the period between 3 and 6 years, the preschool years, are more important and principally much more in need of utilization than thought of in the current specialist literature that realizes practice."*

Summarizing the results of the research of the World Health Organization, Barnet determines that the first five years of life are most important in forming a person's behavior. In Turchenko's opinion, concerning a child's spiritual development, it is difficult, almost impossible, to compensate for deprivation in early childhood. The most difficult problems in education would be for the most part solved, if one could begin instruction soon enough."

## LEARNING A FOREIGN LANGUAGE

*"According to Miklos Deak, at the age of 4 - 6, a child's vocal apparatus is still developing, is elastic and flexible, and is only fixed after the tenth year of life. The closer a child is to the murmuring and babbling stage, the more easily they switch to any other voice. As a*

*curiosity I mention that children often develop a better pronunciation than their teachers, if they often listen to sound recordings or can interact with children for whom the language in question is native."*



*The developmental capability of the vocal organs of kindergarteners is very advantageous for perfect assimilation of foreign languages.*

## PLAY AND LEARN

*"I think that one can learn by playing, and the acquisition of valuable information can be embedded in play. A child does not need play separate from work, but meaningful action. Children already enjoy doing meaningful things in infancy. They like solving problems during play, even pleasurable play. The more meaningful and information-rich the problems they solve during their activities, the greater is their enjoyment and sense of success. In the end it is most important at this age to awaken enjoyment and good feelings in them."*



# How Children's Environment Forms Their Beliefs

*Cultivating belongingness with relations and experiences*

Soumya Aggarwal (COO, Rishihood University)

Growing up in a joint family, I have experienced firsthand the many benefits of this living arrangement. I remember spending afternoons with my cousins, learning from my grandparents, and receiving guidance and support from my aunts and uncles. These relationships and experiences have shaped my values and beliefs, and have instilled a sense of community and belonging that I carry with me to this day.

My fondest memories were of celebrating Diwali, Holi, and Eid. Every year, we would celebrate Diwali and Holi together as a large group. I remember helping my grandmother prepare sweets, dress up in new clothes, and light the diyas. These experiences allowed me to create special memories with my family, and at the same time helped me understand my culture and heritage and instilled a sense of pride and identity in me.

Children in more prominent families have access to a broader range of relationships and experiences, which can broaden their understanding of the world and help them develop a sense of empathy and compassion. It exposes them to diverse perspectives, traditions, and values, instilling a sense of cultural pride and identity alongside helping them understand and appreciate their heritage. This is especially important in today's globalized world, where cultural diversity is becoming necessary.

However, only some have the luxury of living in a joint family. Many parents are forced to live in a nuclear set-up for various reasons. For them, it is import-

ant to create a supportive network of friends and family. This can involve building relationships with other parents in the community or joining parent groups that meet regularly. It can also include setting up playdates and social events for children to interact with their peers. Parents can also prioritize spending quality time with their children. This can involve engaging in activities promoting bonding, such as reading, playing games, or walking. Creating a nurturing environment that supports open communication,

active listening, and mutual respect is essential.

Ultimately, what matters most is that children feel loved, supported, and valued, regardless of their living arrangements. Parents can create a nurturing environment that promotes their child's holistic growth and development, whether in a joint family or a nuclear family set-up. By instilling values of empathy, compassion, and cultural pride, we can contribute to a better society and a brighter future for our children.

*Studies have also shown that children who live in joint families have lower levels of stress and anxiety than those in nuclear families because bigger families provide a strong support system, which can help children cope with emotional and psychological challenges.*



## BRING OUT THE BEST IN YOUR CHILD

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# The Wonders of Sattu

Aparna Patel (Associate Manager at RishiEd. M.A. Clinical Psychology)



**1 tsp** finely chopped onion (optional)

**1 tsp** Lemon juice

Green chili (optional)

**4-5** Mint leaves finely chopped

**2 cups** chilled water

**½ cup** Sattu powder

**½ tsp** Black salt

**½ tsp** Roasted cumin powder

**INGREDIENTS**

Sattu is roasted black gram powder usually used in Northern states of India like Bihar, Jharkhand and Uttar Pradesh. Sattu drink, made with Sattu powder, is a high energy and high protein drink. It has cooling properties and is usually consumed during summers. It has high amounts of magnesium, manganese and iron and sufficient supply of soluble fiber making this perfect for heart health, weight loss and diabetes due to low glycemic index.

*Sattu drink can be as thick or as runny as you like. Adjust the quantity of sattu powder accordingly*

*You can do away with green chili and onions.*

## METHOD



**STEP 1**  
In a cup add Sattu powders, cumin and salt. Whisk the dry ingredients well.



**STEP 2**  
Slowly add the water and keep whisking. Make sure no lumps remain.



**STEP 3**  
Add lemon juice and adjust the seasoning as per your taste



**STEP 4**  
Add garnish of green chili, onions and mint leaves.



**STEP 5**  
Sattu drink is ready to be served. Drink immediately.

# Listen to Your Gut!

The Importance of Gut Health for a Healthy Lifestyle

Puja Singh (Manager, Office of COO, Masters in Microbiology)

Have you ever heard the phrase "listen to your gut"? It turns out that there is scientific evidence to support this advice. Your gut health plays a major role in leading a healthy lifestyle and fostering holistic development. Let's explore the significance of gut health, the contribution of gut bugs to immunity, and the ways in which Ayurveda can help restore and rebuild this organ.

where it interacts with the microbiome to defend against infections and maintain a healthy balance.

Unfortunately, our modern lifestyles can wreak havoc on our gut health. Factors such as a poor diet, stress, lack of sleep, and overuse of antibiotics can disrupt the delicate balance of the microbiome, leading to a condition known as dysbiosis.

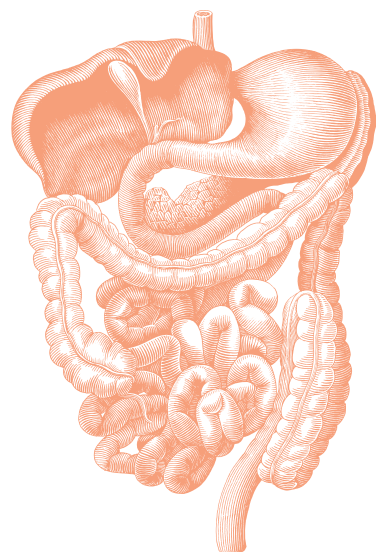
Dysbiosis can cause a wide range of symptoms

- 🛡️ Bloating
- 🛡️ Gas

- 🛡️ Diarrhea
- 🛡️ Constipation
- 🛡️ Mental health concerns like anxiety and depression

The fast-paced lifestyle that many of us lead can also be detrimental to our gut health.

This damage is sometimes irreversible. The permanence of the damage caused by dysbiosis depends on a number of factors, including the severity and duration of the disruption, as well as the individual's ability to restore the balance of the microbiome.



*Eating on-the-go, skipping meals, and consuming processed foods high in sugar and unhealthy fats can all contribute to dysbiosis. Additionally, the overuse of antibiotics can wipe out both harmful and beneficial bacteria, leaving the gut vulnerable to infection and disease.*

*Your gut is not just responsible for digesting food; it also houses trillions of micro organisms that play a crucial role in maintaining your overall health. The gut microbiome refers to the community of microorganisms living in your gut, including bacteria, viruses, fungi, and other microbes.*

Research has shown that the composition of the gut microbiome can have a significant impact on your immune system, mental health, and even your risk of chronic diseases like obesity, diabetes, and cancer.

The gut microbiome is essentially a diverse ecosystem, with different species of microorganisms living in harmony. These bugs work together to perform important functions, such as breaking down food, producing vitamins, and protecting against harmful pathogens. In fact, about 70% of our immune system is located in the gut,

In some cases, dysbiosis can be reversed through lifestyle changes like adopting a healthier diet, managing stress, and getting adequate sleep. However, in more severe cases, it may require more targeted interventions like probiotics or other microbial therapies. Luckily, Ayurveda offers effective solutions to restore and rebuild the microbiome. A fermented formulation, Kutjarista is one of the most researched Ayurvedic formulations for gut health. This traditional herbal remedy contains a blend of potent herbs that have been used for centuries to promote digestive health and restore the balance of gut microbes.

**Kutjarista is made by fermenting the bark of the kutaja tree along with other herbs, which enhances the potency and bioavailability of the active ingredients. This powerful formula works by improving digest-**

**ion, reducing inflammation, and promoting the growth of beneficial bacteria in the gut. It is particularly effective for conditions like diarrhea, dysentery, irritable bowel syndrome (IBS) and even colitis. It supports the growth of beneficial gut bacteria and promotes optimal health.**

These tiny bugs sitting in our intestines play an essential role in our overall health and well-being. From taking care of digestion and immunity to maintaining mental health, any disruption to their delicate balance can sometimes lead to permanent damage. Antibiotics, laxatives, or even supplements may be used to manage gut symptoms, but they do not address the nature of the imbalance and can sometimes even exacerbate the problem in the long term.

Adopt to the following to support the immune system

- 🏃 Regular exercise
- 🛌 Adequate sleep
- 🍲 A balanced diet rich in nutrients & antioxidants
- 🧘 Managing stress levels through meditation and mindfulness



## HEALTHY GUT

🔴 FEEL GOOD

🔴 SOUND SLEEP

🔴 MOTIVATION

🔴 FIGHT OR FLIGHT CAPABILITIES

🔴 ANTIOXIDATION



## DYSBIOSIS

🔴 HIGH CORTISOL LEVEL

🔴 ALTERED NUTRIENT ABSORPTION

🔴 DISREGULATED GUT MOBILITY

🔴 DISRUPTED GUT-BRAIN COMMUNICATION

🔴 SLEEP DISORDERS

So next time you hear the phrase "listen to your gut," take it to heart and prioritize your gut health for a happier and healthier life.



# Expanding the Seva Bhaav within

*Seva stems from the intention within us and is not confined within the understanding of a few acts of charity*

Ayushee Chaudhary (Creative Editor, RishiPlus)

When we hear the word Seva, we often relate it to the act of service. Images of volunteers, donations, food services, cleaning the area, and other charitable things come to our mind. However, while seva does include the acts of service, it is not confined to those physical acts of services. Seva stems from the intention within us. Whether it is towards our fellow humans, mother nature, other creatures that coexist with us, or towards the higher self. It is an act of service, it is an emotion of going beyond the self, it is a feeling of gratitude, it is love and more. Seva in all these forms has been a significant part of our ancient traditions. Here we have expanded seva in three branches to enhance all that it holds.

## SEVA BEYOND SELF

Seva beyond self is when you choose to be involved in service, initiated with the introspection of what can I do to make things better. Seva is not a favor or an act of charity rather an expression of your inner love that brings you to the present moment and leads to an expansion of the inner self. Seva is what connects you with the higher energy within you beyond your identities.

## THE GRATITUDE CONNECT

Seva is also about channelizing your time, energy, and skills into something that you deeply care for as that naturally intensifies the willingness, which is why the forms of seva are not rigid.

Seva also sprouts from a sense of gratitude. When we feel grateful in our

heart, we feel full and we are inspired to share and give back.

Art and nature are among such forms of seva too. Creating art, music with an intent to uplift someone, or to create a positive impact as well as to impart in them the ability to create, is a beautiful form of seva because seva also largely invokes a sense of community.

Nature is our source of life that has provided us with the air to breathe, water to drink, earth to walk on, and food to eat. Giving back to mother nature by just being conscious about our activities is a significant service. If you find joy and peace in plants, trees, and the environment around you and you ensure to keep the surrounding green and clean, you are also involved in the act of seva.

## SEVA AS AN EXPRESSION OF LOVE

Seva is like love - there is always a possibility to do more. Seva is not limited to volunteering in organisations, it can also be practiced at your own homes, in the little acts with the intention of making something better for someone.

Getting up in the morning and greeting your family with a smile, getting involved in the chores with your mother, helping your grandparents navigate the new technological world of the internet; guiding your younger cousin through the new subjects are all some forms of seva that naturally happen with the intention of love.

Looking out for the helpers in your house, simply by thanking them or asking them to take a break between the work, and giving assistance to their children in any manner you can with their studies through these simple acts as well you are involved in seva.

When you see one of your teachers finding it difficult to operate for the online classes, you could help him/her through that, be of value to them not just by receiving the knowledge but by also offering your assistance.

*Seva is about rising above one's self, one's needs, and one's rewards. It is a 'bhaav' that can find ways of giving out in the multitude of opportunities.*



Here Are Some Simple Ways Of Experiencing The Joy Wave Of Seva



**How about today you smile at the security guard of your building to thank him for his services or the house help and vendors delivering you your essentials? And experience the wave of positivity and joy that follows this small act of yours.**



**Do you feel connected with nature, how about planting a tree in your garden?**



**Take a break today from your work and spend time with your grandparents, your parents. You could all sit together and draw the one thing that made you feel grateful or happy during the day and then share it with each other.**



# Opening the Door to IKS for Kids

Light the fire of interest in the ancient Indian thought of shastras & sciences

Rekha Achyutuni (Founder, Hindu Parenting and co-anchor at Hindu Parenting Podcast)

Parents today know the challenges of getting children to admire and practice traditions of any kind. These days we hear a lot about Indic Knowledge Systems (IKS). Still, the question remains – What is IKS, and how do we get children interested in these ancient knowledge systems?

Of course, the first problem is accessibility. There isn't enough information about ancient Indian sciences and arts. Much of IKS is in Sanskrit, which has become incomprehensible to most of our population. Added to this is the common misconception that all our ancient Sanskrit literature is religious in nature. Close to 95% of ancient Indian thought deals with non-religious shastras and sciences. We must tap the specialized knowledge in IKS since our children are the natural inheritors of this treasure of knowledge.

The sciences of IKS were called shastras, and a wealth of knowledge is available in subjects like mathematics, astronomy, linguistics, agriculture, construction, etc. Of course, deep study depends upon knowing Sanskrit. Still, parents can do the initial job of opening the door to IKS – i.e., to light the fire of interest in all things related to Indic culture and heritage.

## THE NEXT QUESTION IS - HOW DOES ONE DO IT?

Many times, parents enroll children in Bal Vihar and Bhagavad Gita classes but get disappointed when children show no interest in continuing these without being forced. As parents, we

commonly believe that we must teach the same things to every child. Nothing could be further from the truth. We must first understand that a little scientist may not respond to Natya shastra, and a little artist may not like Ganita. **Children's temperament varies widely.**



We can use these differences themselves to spark an interest in Indic heritage. Let's take a few examples.

♥ If a child is interested in mathematics, parents can get him to take a

class on Vedic mathematics and buy a book about ancient Indian mathematics, ganita.

♥ If a child wants to be an architect, what better way than to take him to tour Indian temples and places, travel to see Indian architecture and sculpture, and buy books on the amazing Indian arts of Shilpa shastra.

♥ If you have an active sportsperson, along with swimming and tennis, you can get him enrolled in Kalaripayattu lessons.

♥ Similarly, while taking kids to ballet and piano (as many young families in urban India are inclined to do these days), enroll them in Bharatanatyam and Carnatic or Hindustani music also.

♥ A child who loves nature, birds, and animals can start reading books like Nanditha Krishna's "Hinduism & Nature."

♥ An avid traveler may never read the Valmiki Ramayan forced on him, but may finish the book "In the footsteps of Rama: Travels with the Ramayana" in one sitting!

♥ A child asking for a pet dog would love to read books like "The Book of Indian Dogs."

♥ For the little food connoisseur, rather than stopping at baking classes, parents can also get the child to be the proud custodian of one family recipe handed down since generations say an achar or a sweet dish.

♥ If you are commuting from school to classes with your child, try podcasts

about stories! Play classical or traditional folk music for the child who likes to listen and learn.

As we can see from these examples, discerning parents have various ways to introduce children to IKS research and thinking in the child's area of interest and natural inclination. The key is – all children are not alike! A child who cannot sit through yoga and meditation may like Kalaripayattu or Bharatanatyam. A child who refuses to read children's Bhagavad-Gita may be very attracted to music.

Parents get many chances to open the door to Indic Knowledge Systems for

their kids. Especially in the modern world, there are so many books and classes available online, so many guided tours, and the sheer size and scale of opportunities available today make it easy for parents.

An early exposure to Sanskrit in childhood will then set the stage for them to delve deep into the original texts if they choose to do so.

These are the many ways we can open the door for them, inch by inch, and finally let them loose in the wonderland of Indic heritage, where they can explore to their heart's content!

*Parents can find what naturally interests their child and then explore that area of knowledge.*



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## RISHILEADERS

# Gautam Buddha and the Relevance of Stories

*How stories transmit values & transform lives*

Neelabh Sharma (Research Associate, Centre for Human Sciences, Rishihood University)

Gautam Buddha, also known as Siddhartha Gautama, was a sage who lived over 2,500 years ago in present-day Nepal. He is the founder of Buddhism, a religion that emphasizes the pursuit of inner peace and enlightenment. His teachings, which are often referred to as the Dharma, are based on the Four Noble Truths and the Noble Eightfold Path.

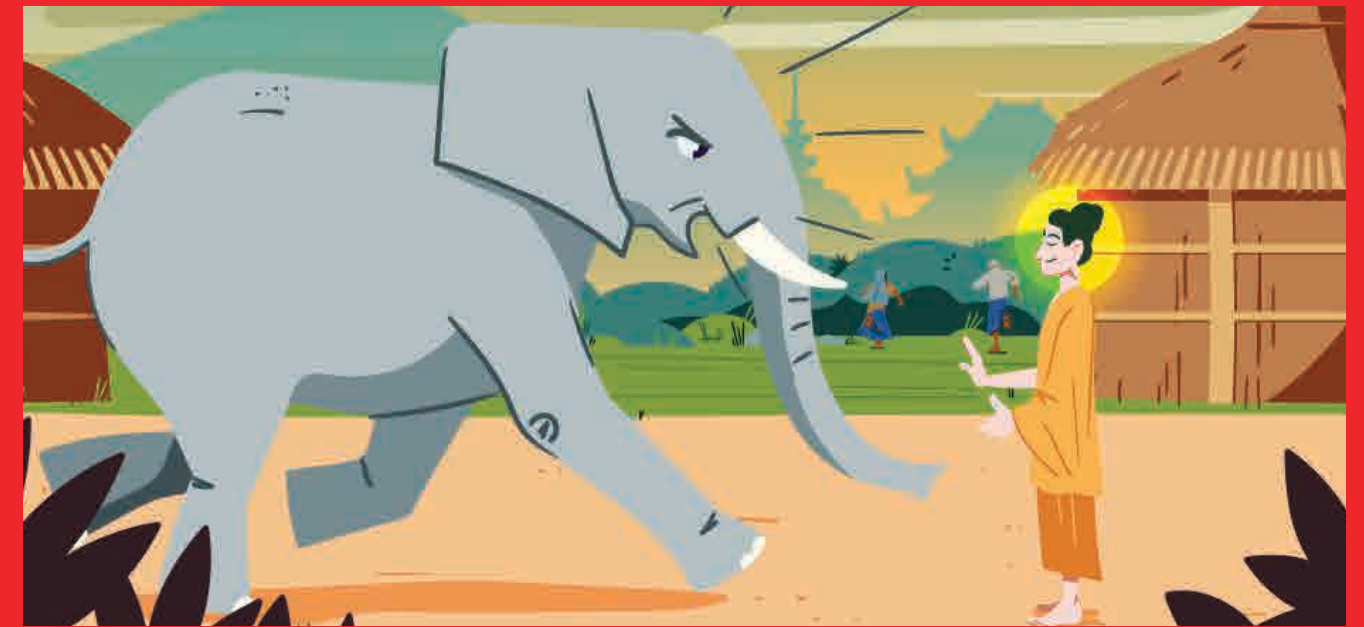
The world has changed a lot since the time of Buddha, but what has not changed is the relevance of stories in teaching us important and crucial lessons about life and the world we live in. More so, the stories and anecdotes related to great seers, sages, kings, and warriors inspire us greatly. It is in this regard that the archetype of grandmothers or grandfathers telling bedtime stories to children is so common in our country. One such sage whose anecdotes are popular all over the world, be it the

East or the West, are the stories of Buddha. There are so many anecdotes that become essential in imparting moral values like sympathy, empathy, mindfulness, the nature of truth and reality, and so on and so forth.

Buddha's teachings emphasize the importance of reflection and contemplation in achieving inner peace and enlightenment. Through stories, he demonstrated the power of compassion, empathy, and mindfulness in transforming people's lives.

The concepts and values that cannot be explained philosophically can be easily taught or transmitted through stories.





The story is about Devadatta, one of Buddha's disciples and also his cousin. Devadatta wanted to become the future leader among the monks. However, Buddha treated him like everyone else, which made him angry. Devadatta plotted to harm Buddha by giving alcohol to Nalagiri, an elephant known to be a man-killer. He then drove the elephant onto the path where Buddha was walking. As soon as Nalagiri saw Buddha, she rushed towards him in a mad fury. People shouted, "Mad elephant! Run for your lives!"

Everyone was surprised when they witnessed the spectacle of how Buddha faced Nalagiri calmly and raised his hand to touch her. The huge creature felt the power of Buddha's loving-kindness and readily went on her knees in front of him, as if bowing humbly. This incident teaches us that loving-kindness can turn hostility into respect.

This tale teaches us an invaluable lesson - that no matter how dangerous a situation may seem, responding

with love and kindness can have a transformative effect. By showing compassion and understanding, we can turn hostility into respect and even admiration. This is a powerful message that children can carry with them as they navigate the ups and downs of life, helping them to deal with bullies, conflicts, and other challenges that may arise.

Comic courtesy : BBC Bitesize

Here's another story. Somewhere in India long ago, a man's father died, and he wanted to ensure that his father went to heaven. He went from travel agent to travel agent, but no one had a confirmed ticket. He found out that Gautama Buddha was in town and went looking for him. Gautama was sitting under a tree in front of a huge lake outside the town. The man fell at his feet and begged him to make sure his father went to heaven. Gautama responded, "You should not say no." This meant that Gautama could not say no, as the man was that desperate.

Gautama instructed the man to go back home, have a dip in the river at

four o'clock in the morning, fill an earthen pot half with rocks and half with butter, tie it with a cloth, and bring it back. The man bought the biggest pot available in town, filled it half with rock and half with butter, and tied it up. He carried the heavy pot and came back to Gautama, who instructed him to walk around the lake three times.

When the man finished walking, Gautama told him to go into the water until it reached his chest and to gently let the pot in. Gautama then picked up a thick stick, threw it to the man, and told him to break the pot with a single stroke. Despite the difficulty, the man

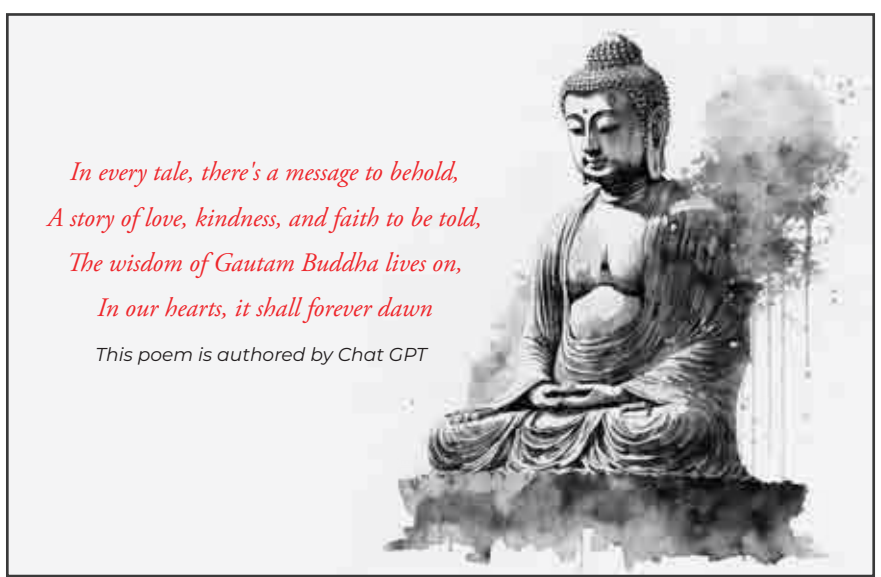
was determined to ensure that his father went to heaven and broke the pot with a single stroke.

The story of Gautama Buddha and the Confirmed Ticket to Heaven teaches us about the power of determination and faith. When we have a strong belief and are determined to achieve our goals, we can overcome any obstacle that comes our way. Even when faced with seemingly impossible tasks, we should never give up and keep pushing forward towards our dreams and aspirations.



The wisdom of these traditional tales resonates with us even today, and we can learn so much from their timeless teachings. They inspire us to embrace love & kindness, to practice compassion and empathy towards others, and to never give up on our dreams.

Let us not forget the importance of passing down these stories to our children and future generations. Through these tales, we can instill in them the values and morals that will shape their character and worldview and make them better human beings. Therefore, let us celebrate the legacy of Gautam Buddha and the lessons he has imparted to us through his stories.



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## COVER STORY

# Reviewing the Mughal Rule in India

*Examining Shah Jahan's reign for perspective with respect to modification of NCERT history syllabus*

Veerendra Kumar (Senior Research Associate, Rishihood University)

### WHAT'S THE BUZZ?

Recently, the National Council for Educational Research and Training (NCERT) revised the syllabus of class 12th history books, removing some chapters from Mughal history. The erased chapters are related to 'Kings and Chronicles; the Mughal Courts (C. 16th and 17th centuries)' from the book 'Themes of Indian History-Part II'.

Apart from this, from Class 12 civics book Politics in Indian since Independence, chapters like 'Rise of popular movements', 'Era of one-party dominance', 'American Hegemony in World Politics' have been removed. From Class 11 syllabus, chapters like Central Islamic Lands, Confrontation of cultures, and The Industrial Revolution have been removed. In addition to this, from the class 10 Democratic Politics-II textbooks, chapters like 'Democracy and diversity', 'Popular struggles and movement', 'Challenges to democracy' have been removed.

The NCERT announced these changes back in 2022, and they are being implemented in the upcoming academic session. NCERT also stated that the difficulty level of the content was not very high, and the same can be learned by students without intervention from the teachers.

### WHAT DOES NCERT SAY?

NCERT Director Dinesh Prasad Saklani clarified that chapters on Mughals had not been 'dropped' from CBSE books, and said, "There was a rationalisation process last year because due to COVID, there was pressure on students everywhere. The expert committees examined the books from standards 6-12. They recommended that if this chapter is dropped, it won't affect the knowledge of the children and an unnecessary burden can be removed," Saklani said. "The history of the Mughals is still being taught in NCERT's class 7th book as well as in Empires in section-2 of the 11th class book. And in the class 12th book there were 2 chapters on the history of the Mughals, out of which theme nine was removed last year, while theme eight is still being taught to the students," Saklani further said.

"We are working as per NEP (National Education Policy) 2020. This is a transition phase. NEP 2020 speaks of reducing the content load. We are implementing it. NCF (National Curriculum Framework) for school education is being formed, it will be finalised soon. Textbooks will be printed in 2024 as per NEP. We have not dropped anything right now", he added.

Source: [LiveMint](#), [DNA](#)

In this regard of the modification of history syllabus, the author examines a specific period of the Mughal era to add perspective.

Mughal history is an important part of Indian culture and has left a lasting impact on the country. However, there is a debate about how we should view the Mughals - as rulers who brought prosperity and cultural growth, or as colonizers who oppressed the native people. While some historians argue that the Mughals were not colonial rulers, others disagree. In this article, we will be examining a specific period - 1630-1655 - when Shah Jahan was the Mughal Emperor, which is considered the "Golden Age" of the Mughal Empire. The idea is to widen our perspective and gain some insights into whether the Mughals were colonizers or not. As parents of teenagers, it is important to encourage critical thinking and awareness about different perspectives on history.

To understand whether the Mughals were colonizers or not, it's important to first understand what colonialism means. Colonialism refers to a policy where a country or political establishment seeks to extend or retain its authority over other people or territories, usually with the aim of economic dominance. In this process, colonizers often impose their own religion, economics, and cultural practices on indigenous people. The main goal of colonialism is to extract benefits and resources from the colonies to benefit the colonizers and their supporters.

*The markers of a colonial rule are foreign origin of the Ruling Elite, affinity with the foreign homeland and disdain, apathy or hatred for the colony or the native people, overwhelming economic and political dominance of the Ruling Elite, imposition of the language, religion, and culture of the Ruling Elite, and extraction of benefits and resources from the colony to benefit the colonizers and their supporters.*

Considering these markers, let's examine whether the reign of Shah Jahan, the Mughal emperor during the "Golden Age" of the Mughal Empire, had any of these characteristics.

### FOREIGN IDENTITY AND HOMELAND

The Mughals were of Turco-Mongol origin, with Babur being a descendant of Timur and Genghis Khan. Shah Jahan, like his ancestors, strongly identified himself with Timur and adopted his ceremonial title Sahib-Qiran. The Mughals were from the Fergana region in Uzbekistan, and until Aurangzeb, all Mughal Emperors wanted to bring it under their control. Shah Jahan even attempted to invade Balkh and win Kandahar, spending 4 crores and 12 crores respectively on these campaigns.

### DISDAIN FOR NATIVE PEOPLE OF INDIA

During Shah Jahan's reign, the northern parts of Peninsular India experienced a severe famine from 1630-1632, resulting in the death of an estimated 74 lakh people. The Mughal state's response was inadequate, with only 1.5 lakh Rupees spent on public welfare. During this time, Shah Jahan camped in the famine-affected area, hunting lions and wild animals, while people around him were dying of hunger. Court historian Abdul Hamid Lahori and foreign travelers have recorded this famine's intensity, with people resorting to eating dogs, dead bodies, and even their own family members out of desperation.

### DOMINANCE OF THE RULING ELITE

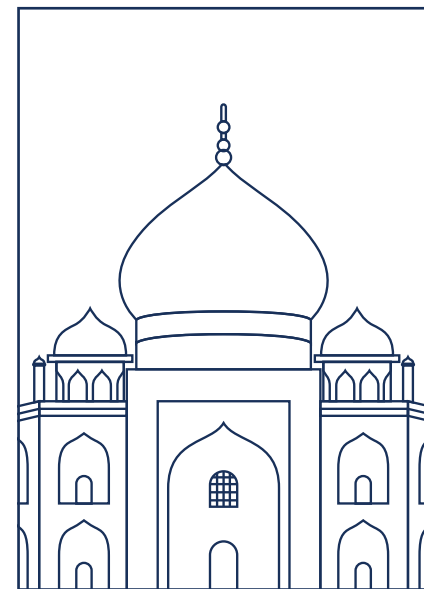
Shah Jahan's reign was marked by overwhelming political and economic dominance of the ruling elite, which was mainly composed of outsiders. This can be seen in the revenue distribution system and the ethnic background of the Mughal officers and nobility. During Shah Jahan's reign, the revenue of the Mughal Empire was around 20 crore Rupees. Imperial lands generated 3 crores that went to his privy purse. An account of the 20 years period of his reign revealed that he spent 9.5 crores on gifts alone. 62.5% of the entire

revenue was distributed among only 665 individuals.

An analysis of the Mansabdars (bureaucrats and nobility) during the first decade of Shah Jahan's reign shows that excluding princes and royal family members (who were mostly Turanis and Iranis), there were 189 Mansabdars of 1000 zat and above. Out of which, 153 were Muslims and 36 were Hindus. Among Muslims, 63 were Iranis, 37 were Turanis, 20 were Afghan, 15 were Indian Muslims, and 18 were other Muslims. Due to the high number of Iranians in the bureaucracy, the official language of the empire was Persian. The Hindu population of the Indian subcontinent was estimated to be between 80% and 90%, but they were poorly represented in the bureaucracy.

### TAJ MAHAL - THE MONUMENT OF EXTRAVAGANCE

While the Taj Mahal is often regarded as a symbol of love, it also represents the self-serving nature of the Mughal Empire. The estimated cost of constructing the Taj Mahal was enormous (around fifty lakhs). And if we include the cost of other important forts and mosques built by Shah Jahan (that cost around 225 lakhs) it becomes clear that the ruling elite was focused on their own grandeur and not the welfare of the common people. This extravagant display of wealth is a clear indication of the ruling elite's selfishness and detachment from the common people.



Global Developments and Innovations While Shah Jahan was the Mughal Emperor, the world witnessed significant advancements and innovations. In Japan, various institutions were established, and Harvard University was founded in North America. The steam turbine and barometer were invented, modern telescopes were being improved, and the air pump was being developed in Europe.

However, during Shah Jahan's reign, India lacked innovation and research, and there were no modern universities or centers of learning established. Despite being the wealthiest country on earth, with the largest GDP and population in the world, India could not grow and lead the world further. Though there were some efforts to establish a college alongside Jama Masjid, most of these efforts lacked a significant purpose beyond religion.

### HINDSIGHT VIEW AND REFLECTIONS

Looking back, the Mughal rule can be viewed as a despotic and exploitative

system that was solely self-serving, without any regard for Indian society or its people. The Mughals' obsession with controlling their homeland in Uzbekistan came at great cost to India. Their extravagant lifestyles were in stark contrast to the precarious situation of the people. The ruling elite was mostly of foreign origin, as was the official language of the Empire. Moreover, the religious fanaticism displayed by various Mughal rulers in destroying thousands of Indian temples and centers of learning, massacring natives, forcibly converting them, and imposing foreign languages, religions, and cultures on the Indian masses make it difficult to consider the Mughal rule a great period in Indian history. Going by the above, it can be conclusively stated that the Mughal rule exhibited almost all markers of a colonial rule.

### CONCLUSION AND FUTURE STEPS

This could be achieved by correcting textbooks, popular historiography, and addressing historical injustices through

ough balanced analysis.

Therefore, something like setting up a Truth and Reconciliation Commission could be considered in the future to harmonize such moves. Through this, India can embrace its true history, acknowledge its past mistakes, and strive to create a better future.

*The Mughal era has left visible imprints on the lived and historical memories of the masses, but to emerge as a confident nation, conscious and comfortable about its past, the projection of the Mughal era should be modified as colonizers, like the British.*



### SOME SUGGESTED READINGS

**BADSHAH NAMA**  
by Abdul Hamid Lahori

**BALKH CAMPAIGN: AN INDIAN ARMY IN CENTRAL ASIA**  
by Ranvijay Singh Hada, Live History of India

**HISTORICAL FALLACIES: SHAH JAHAN'S REIGN: PERIOD OF GOLDEN AGE BY RUKHSANA IFTIKHAR, UNIVERSITY OF THE PUNJAB, LAHORE**

**SHAH JAHAN NAMA**  
by Inayat Khan

**STUDIES IN MUGHAL INDIA**  
by Jadunath Sarkar

**THE RULING ELITE: IRANIAN NOBILITY UNDER SHAHJAHAN AND AURANGZEB - IRANIAN NOBILITY UNDER SHAH JAHAN AND AURANGZEB BY MUHAMMAD AFZAL KHAN**

**TRUE INDOLOGY**

# Building the Leadership Delta through Education

Taking the leap from being a learner to becoming a leader

Sahil Aggarwal (CEO and Co-Founder, Rishihood University)

Leadership is not just a quality that some are born with, but rather a trait that can be nurtured and developed. This semester, I am teaching two courses that involve leadership and I am reflecting on my own approach to leadership education. I like to call this the Leadership Delta – the difference between where a learner starts and where they can potentially reach in terms of their leadership abilities. Moving a step further in this journey is the 'delta'.

To build the leadership delta, I take a three-pronged approach

## EXCITE THEM

The first is to excite our learners about leadership. They would want to learn leadership once they get excited about it. We do this by showcasing role models who have excelled in their personal and professional lives through their leadership qualities, including spiritual leaders, entrepreneurs, politicians, social workers, parents, corporate professionals, and more.

We also highlight the outcomes of effective leadership, such as improved team morale, increased productivity, and achieving common goals. For example, we covered the story of Thunderbolt, an Israeli counter-terror operation, and the people who led the operation. Decision-making and courage were clearly evident leadership traits that led to a successful operation against all odds. Listening to the story created excitement about leadership qualities. This instills a sense of purpose and motivation in my learners, encouraging them to strive towards becoming effective leaders themselves.

## MAKE THEM COMFORTABLE

The second approach is to build comfort with leadership. Leadership is not just about taking charge and being in control, but also about being able to work collaboratively with others. To help learners become more comfortable in leadership roles, we must put them in situations that require them to demonstrate leaders-

hip, such as group projects or team-building exercises. We also conduct role plays that simulate real-life scenarios, allowing learners to practice leadership skills in a safe and controlled environment.

The curriculum is a way of doing but so is pedagogy. In a course on global grand challenges that aims to sharpen the learners' perspective towards problem-solving and leadership, I asked them to peer-review their assignments. The learners were graded based on both the quality of writing of their own assignments and the quality of review of their peer's assignments. Being in this situation helps them feel more responsible, an important leadership trait. If we keep putting the learners through situations that ask them to demonstrate leadership, they naturally start feeling comfortable with it. My own growth has happened and continues to happen when I have to get into situations that demand more of me.

## MAKE THEM CAPABLE

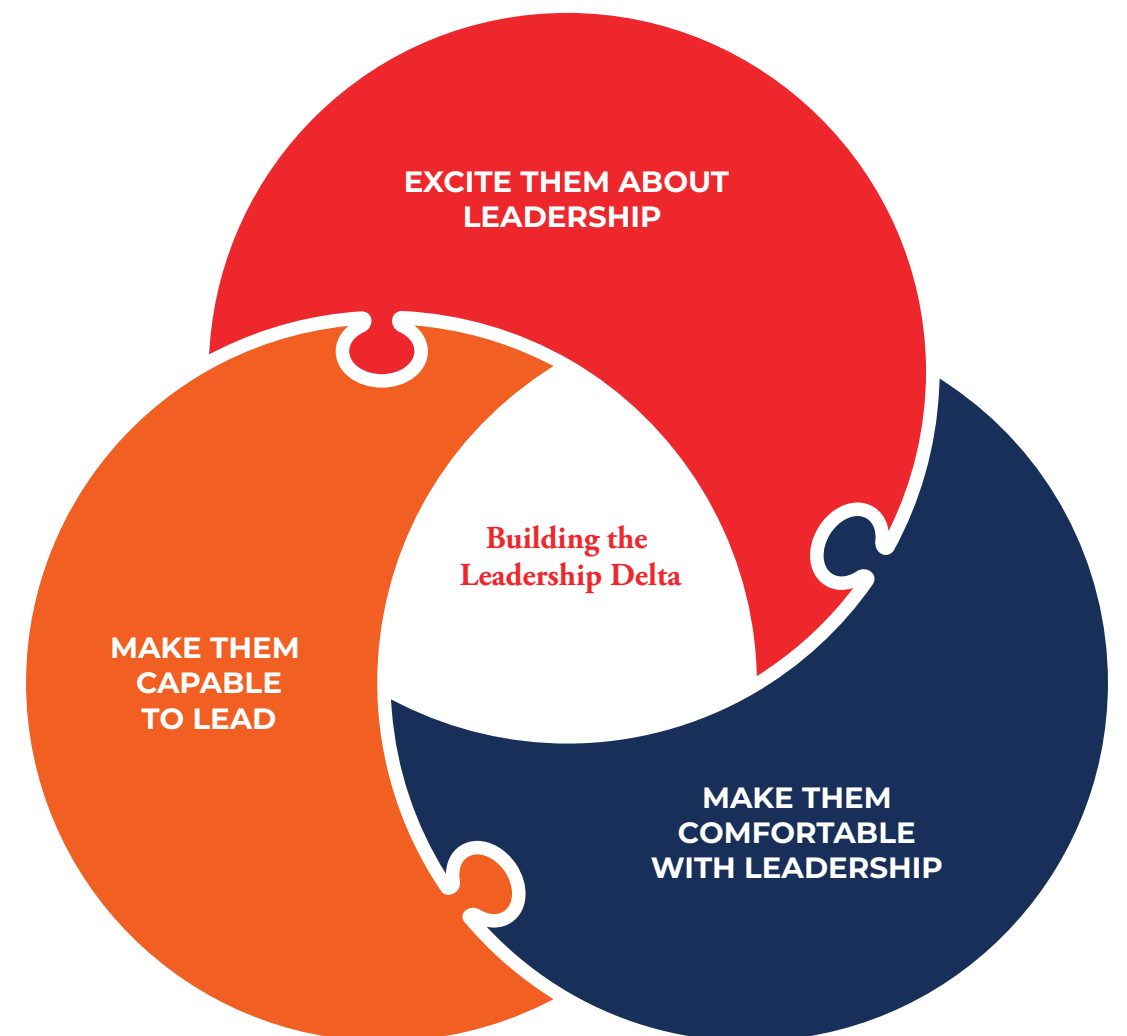
The third and final approach is to increase the ability to lead. This involves providing my learners with the perspectives, methods, and skills needed to become effective leaders. We also look at decision-making frameworks that help them in their personal and professional life. For example, I have often used Ikigai and purusharth as a way of thinking about careers and life when I counsel young learners.

I am using books as a medium to dive into the stories of great leaders like Subhash Chandra Bose and extract lessons from their lives. Another aspect is to hone problem-solving skills by providing a problem state-

ment and a framework to solve it. I often use this in workshops on entrepreneurship to plan business models. This helps the learners to develop a better understanding of what it takes to be a successful leader and equips them with the necessary tools to lead effectively.

So, my approach has been to first excite them so that they want to build their leadership delta. Once they want it, then we make them comfortable thinking about being in leadership roles. And finally, we give them the tools and techniques to exercise leadership when they really face it. Rishihood is an impact-university and we are thrilled to work with our learners to improve the gross leadership product of our society.

*I use various teaching methods such as case studies, discussions, and guest lectures to expose my learners to different leadership styles and techniques.*







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# Creating Educational Content Driven by Curiosity & Constant Change

Excerpts from an interview with Uma Devi Subraveti

Navjot Kaur (EA to CEO, S. K. Educations Pvt. Ltd.)



Uma Devi Subraveti

Uma Devi Subraveti is the Vice President (Content & Curriculum) in the R&D Department of Bachpan and AHPS Corporate Office, New Delhi. A Post Graduate in Biochemistry, she holds a teaching degree in English and Social Sciences and a Certification in Medical Transcription. Her work profile entails research, creation, writing, modification and editing Academic content from Preschool to Secondary levels.

She has 15+years of teaching experience across classes and subjects. When she joined Bachpan in 2008, she was assigned the project of creating own set of Text Book series for AHPS. In addition to that, she has learnt and contributed to the techno-

logical advances in Pedagogy by way of content creation for smart boards for Bachpan and AHPS and worked to align the preschool content of Bachpan for Speak-o-pen.

All the academic content for the Annual Inter AHPS Mega Competitions, the Olympiads, and the central pool of Question Papers for Examinations are done under her supervision. She ensures that the content is age and class appropriate, conforming to NEP, NCF, NCERT and CBSE guidelines. She also looks into content for Teachers' Skill Enhancement programs, for teachers by way of their lesson plans, on-demand content and all that is needed to ensure smooth scholastic & co scholastic functions of classrooms.



Here are some excerpts from an interview with her.

## HOW HAS THE CONTENT CHANGED OVER THE YEARS?

Significant changes have been made in the content of the Textbooks. The primary focus now is more on utility and application-based learning than rote learning. The major thrust is on the 5Es Learning Model that forms the basic core and highlights -

- Engagement
- Exploration
- Explanation
- Extension
- Evaluation

Simultaneously, the SDG (sustainable development goals 2030) has been integrated essentially, to enhance the awareness levels of the learners futuristically. Value-based content is the mandatory basis that paves way to develop life skills like - collaboration and teamwork which form the very basis of community coexistence.

Multidisciplinary approach has been adopted while framing the curriculum and content in our textbooks for a completely holistic education.

## WHAT ARE THE LATEST PEDAGOGICAL TOOLS THAT THE CHILDREN FIND EASIER TO LEARN WITH?

Unlike traditional pedagogical methods, now pedagogy includes use of Montessori tools from the foundational stage, (age 3-8) that help to develop and hone intellectual and sensory skills.

As the learners go up the ladder to the higher levels of Preparatory (age 8-11) and Middle stages (age 11-14). In the secondary stages, practical experiments, technological tools and kits are used to make learning easier.

Today's world of learning has changed immensely. Learning aids, tools, gadgets ranging from Speak-o-Pen, Smart Board-aided learning, AR, VR, natural environmental learning, practical experiments and live examples

make the entire teaching-learning process engaging, impactful, joyous, interesting as well as long lasting.

*ICT (Information Communication and Technology) plays a very impactful and important role by representing content in 3D or audio visual content.*

## WHAT IS THE ONE TIP THAT YOU WOULD LIKE TO GIVE TEACHERS?

I would advise teachers to continuously upgrade and update their knowledge with changing times and simultaneously make changes in their teaching practices and standards in order to deliver exemplary, contemporary, memorable and growth-oriented learning that is both joyous as well as long-lasting for the students. For this to happen, teachers must endeavor to attend regular workshops and skill-enhancement programs. Remember, accepting changes and moving on with changing times spell success whereas resistance to change is simply aging and wearing off.

## WHAT IS THE MOST REWARDING THING ABOUT YOUR WORK?

As I have mentioned, change is constant. Resistance to any change spells the beginning of our end of road. In line with this belief of mine, the most beneficial and rewarding thing that I stand to gain in my kind of work is the opportunity to enhance my skills and upgrade consistently. I consider myself a learner always and that is such a refreshing experience to be in the midst of new changes and learn them in order to deliver to the students. New learning and exploring new horizons make me rejuvenated and a totally new person.

## TELL US ABOUT THE THINGS THAT YOU HAVE LEARNT FROM STUDENTS.

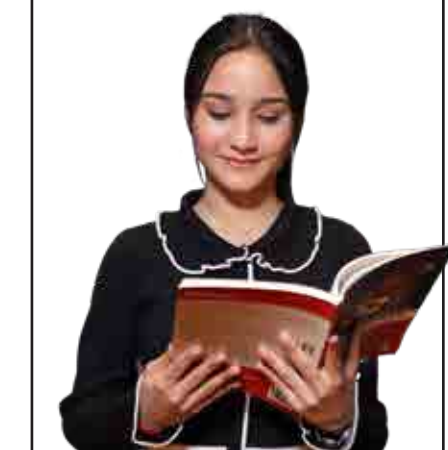
Well, students are the best teachers. The entire education system is learn-

er-centric. Therefore, in order to facilitate their learning, I learn of their needs, their hurdles in the learning process and their varied interests and understanding levels. I find students nowadays are clearly goal-oriented and have a passion not only for academics and scholastics but also for the co-scholastic and extracurricular areas. I have learnt to understand their keenness to learn interestingly and hence have developed my own understanding of their needs in order to customize my work to address the demands of current day education.

I continuously learn from students especially resilience, quick-silver learning abilities, adapting to changes, and their ability of fostering team and community coexistence and lastly, their joyous, easy-going and cheerful disposition.

*The most beneficial and rewarding thing that I stand to gain in my kind of work is the opportunity to enhance my skills and upgrade consistently.*

*I find students nowadays are clearly goal-oriented and have a passion not only for academics and scholastics but also for the co-scholastic and extracurricular areas.*



# The Power of Mother Tongue in Education

Lessons from around the world, historical insights, and research findings

Jitendra tiwari (Learner at PGDPL, Rashtram School of Public Leadership)

As college students, we often take language for granted. We communicate, study, and even dream in the language we are most comfortable with - our mother tongue. But have you ever stopped to think about the significance of using your mother tongue in education?

In India, English has long been hailed as the key to success, with many considering fluency in English as a measure of intelligence and capability. However, this mindset has led to unintended consequences, particularly for students in rural areas and those from lower-income backgrounds.

Research has consistently shown that using the mother tongue in education has numerous advantages.

*Studies have found that students who are taught in their mother tongue demonstrate improved comprehension, critical thinking, and analytical skills, especially in subjects like Science, Technology, Engineering, and Mathematics (STEM).*



Developed countries like the United States, France, Germany, Japan, South Korea, and Russia prioritize their native language as the medium of instruction in education. Even countries like China, which shares a similar developmental trajectory with India, have surpassed us by prioritizing Mandarin as the language of instruction in their education system.

Looking back at history, India had a rich legacy of using the mother tongue in education. For example, Nalanda University, one of the oldest and largest universities in the world, required foreign students to learn Sanskrit for over two years before they were admitted for higher studies. This fact is well-documented in the diaries of Chinese travelers who traveled to India in pursuit of education.

It is crucial to note that advocating for the use of the mother tongue in education does not mean deprecating the English language. English can still be taught as a subject and used for technical terms, but it should not be the sole determinant of a person's intelligence or success. Furthermore, it is important to acknowledge that not all students have equal access to competent English teachers or supportive parents who can aid them in navigating English as the medium of education. This can result in bright students feeling helpless and excluded from opportunities simply because of their lack of English fluency.

To address this issue, community-driven educational institutions with well-defined guidelines and effective

management can play a pivotal role in fulfilling the aspirations of individuals. The use of the mother tongue in education can foster better comprehension, retention, and critical thinking skills among students, especially those from rural and economically disadvantaged backgrounds.

India too can prioritize the use of the mother tongue in education. By embracing our diverse linguistic heritage and recognizing the benefits of learning in one's mother tongue, we can empower our students to unlock their full potential and contribute to the nation's development. It is time to reevaluate our education system and prioritize the use of the mother tongue while also acknowledging the value of English as a language. Let us not only celebrate and embrace the linguistic diversity of our country but also create an inclusive education system that enables all students to succeed, regardless of the language they speak. The time is ripe to harness the power of the mother tongue in education and pave the way for a brighter future.

*Drawing lessons from other nations, historical references, and research findings, it is evident that the use of the mother tongue offers numerous advantages for students.*

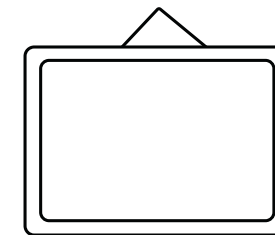
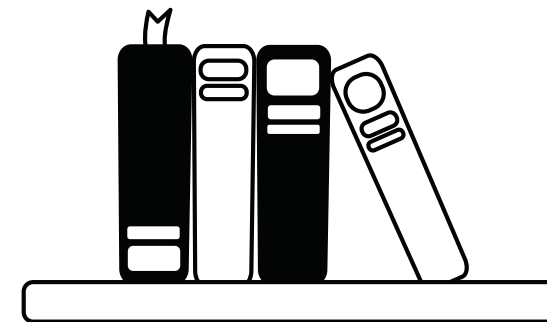
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# Looking For Guidance To Choose Your Career Path?

Take down these tips to make the best of your career counseling session

Mohit Singh (Assistant Director, Career Advancement Cell, Rishihood University)

We are living in times that are overloaded with information. The one smart phone in our hand, allows us access to anything we want to know at the click of our thumb. While that has provided us exposure and widened our horizons, it has also made it slightly difficult to make the choice. As a student, you might find yourself in that unsure situation when deciding your future career path.

For instance, a student is interested in pursuing a career in sports but is

concerned about their lack of athletic ability. The career counselor might suggest that they volunteer as a coach or referee. It could be a way for the student to get involved in sports while developing valuable skills. Or the student could spend some extra time under a mentor and strengthen his/her skills.

Or if a student and parents have different views on the choice of career, the counselor could speak to the parent, give them a factual insight into the industry that the child is interested in or

suggest indirect ways like movies that parents and the child can see together to understand the views better.

However, with only an hour usually available with the counselor, it's important to make the most of this session.



*Have you also considered various options, but not sure which one is the right fit for you? This is where a career counseling session can be valuable. It can help you gain insights, information, and guidance on your career path.*



Here are some tips on how to make the best use of that hour with the counselor.

Firstly, it's important to prepare beforehand. Think about what specific questions or concerns you want to address during the session. For example, you might be confused about which career path to pursue or unsure about how to improve your resume. You might also be worried about the job market, etc. Make a note of these before you go for the session.

Next, it's crucial to be open and honest with your career counselor. Share your thoughts, aspirations, and any concerns you may have. For instance, you might be interested in pursuing a career in the arts, but your parents want you to pursue engineer-

ing. Or you might be concerned about the limited job opportunities in your desired field. Whatever the case, the more honest you are, the more tailored advice you'll receive.

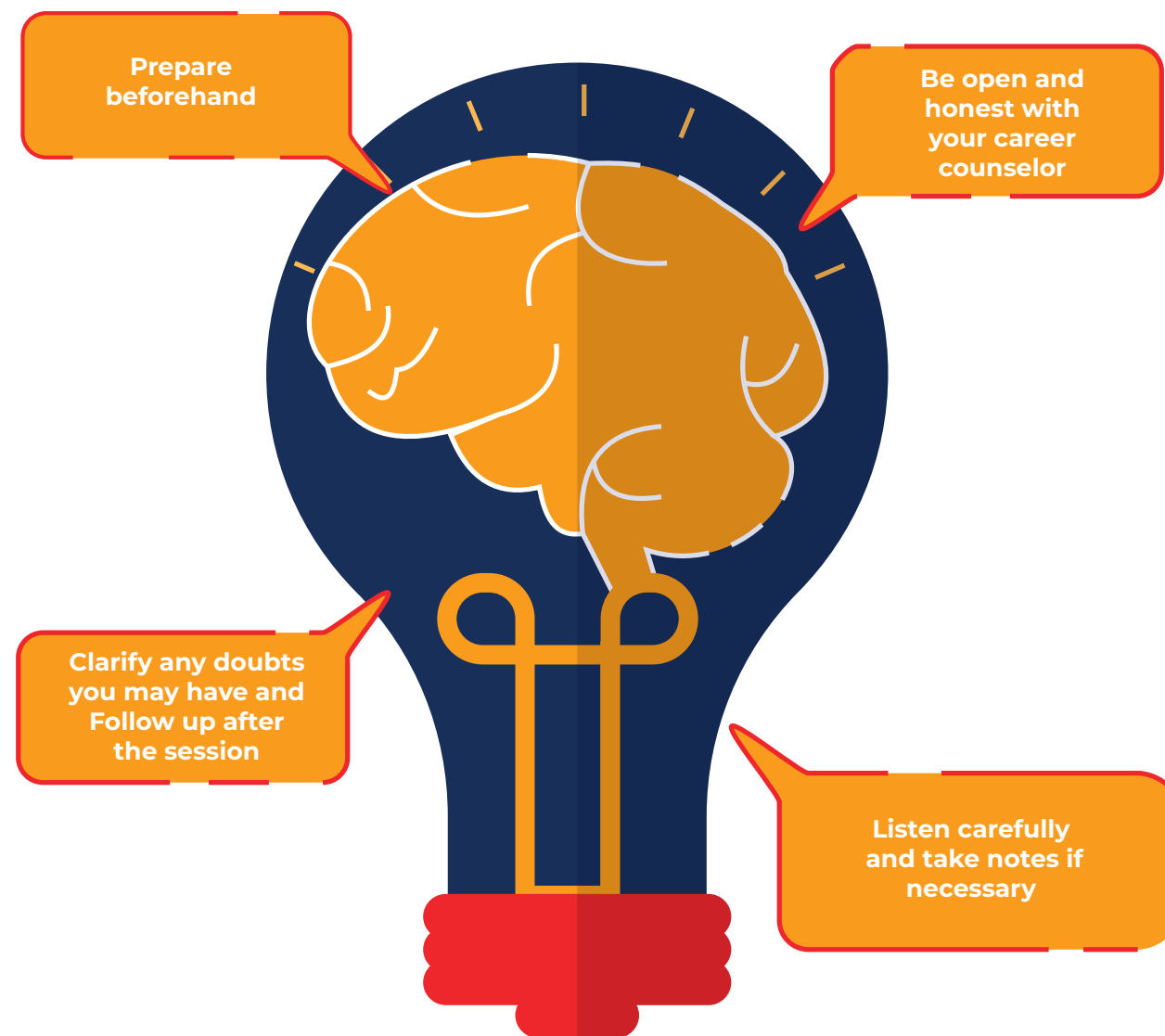
During the session, listen carefully to what the career counselor is saying and take notes if necessary. They may provide you with valuable information about job opportunities, career paths, or skill development. For instance, they might suggest that you take up an internship or volunteer in your desired field to gain valuable experience.

Don't be afraid to clarify any doubts you may have. For example, you might ask your career counselor about the skills required for a particular job or how to overcome any obstacles in

your chosen field. The more you ask, the more you'll learn.

To make the most of your session, follow up after the session. Review your notes and any materials the career counselor may have provided. If you have any additional questions or concerns, don't hesitate to ask them.

A career counseling session can be a valuable opportunity to gain insights, information, and guidance on your career path. By being prepared, open, and proactive, you can make the most of this valuable opportunity. Remember, it's never too early or too late to start thinking about your future career.





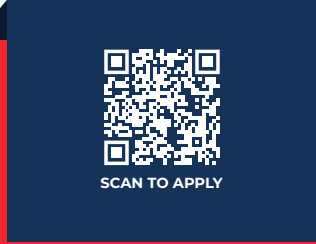
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## WORKSTATION

# Biomimicry

Implementing nature-inspired solutions

Simran Parmar (Alumna, Rashtram School of Public Leadership)



Biomimicry has been the talk of the town in recent years. Essentially it is the ability to create solutions inspired from designs that already exist in Nature. Since ages, humans have keenly observed and learned from the processes and designs that exist in Nature and use them for their own benefits. From Susruta designing his medical tools based on beaks of birds to a relatively modern concept of Miyawaki forrests.

Solve this worksheet along with your children to empower them to envision solutions to social and environmental challenges. This worksheet highly encourages children to keenly observe with a lens of curiosity & wonderment.



### HOW DOES IT HELP TO UNDERSTAND AND BE INSPIRED FROM NATURE?

🛡 **Building an understanding of sustainability:** A process that weaves nature's ingenious solutions into problem-solving.

🛡 **Reconnection with Nature:** Fun outdoor excursions to observe nature and identify the functions and relationships behind biological attributes.

🛡 **Promote system/holistic understanding and ethos:** How forms, processes, and systems in nature can inspire innovative sustainable design.

🛡 **Introduction to design thinking:** Gain confidence in making, inventing, creating, and offering solutions to complex problems.

🛡 **Perspective creation:** How science and design impact society and the natural world.



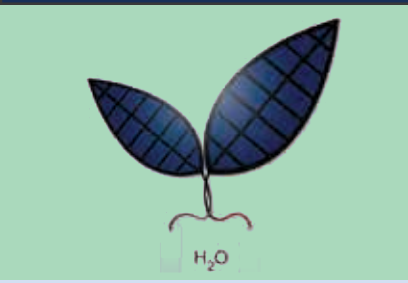



🛡 **Career skills:** Enhancing essential life and career skills including collaboration, critical thinking, communication, and creative problem-solving.


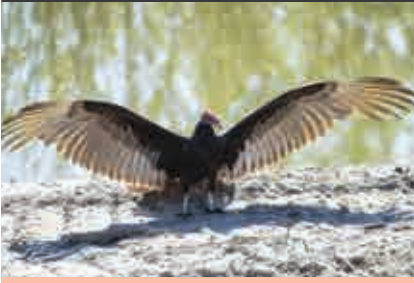









# Worksheet

Take a look at the given examples, observe and research.  
Fill in the last four blanks.

To do so, talk to others around you, go out for a walk in the park, go through several books at the library or take help from your grand parents for their wisdom!

Operating Principle	Example in Nature	Example of How Humans Use This to Solve a Problem (specifically mention the problem) (may use words, pictures, models, and/or symbols)
		
Nature runs on sunlight	Leaves use the sunlight for photosynthesis.	Humans are mimicking how plants process sunlight in order to one day split water into clean burning fuels. This helps eliminate the problem of pollution-causing energy production
		
Nature uses only the energy it needs	Leaves fall from a tree and are turned into nutrients for the tree.	A business decides to locate its waste recovery facilities close to the facility where waste is produced, to eliminate the need to transport the waste a great distance

Operating Principle	Example in Nature	Example of How Humans Use This to Solve a Problem (specifically mention the problem) (may use words, pictures, models, and/or symbols)
		
Nature fits form to function	Vulture wings	The Wright brothers analyzed vulture wings to come up with designs for airplanes. This solved the problem of figuring out how to design planes.
		
Nature recycles everything	Oak-hickory forests	Closed-loop manufacturing – a manufacturing plant that runs on sunlight and reuses all its waste. This eliminates waste material
		
Nature rewards cooperation	Old field succession	Do-nothing farming – method that sows rice, barley, and clover together in one field, so they grow in each other's shade. This eliminates the need for possibly hazardous fertilizer (and eliminates the need to weed.)

Operating Principle	Example in Nature	Example of How Humans Use This to Solve a Problem (specifically mention the problem) (may use words, pictures, models, and/or symbols)
Nature thrives on diversity		
Nature demands local expertise		
Nature curbs excesses from within		
Nature taps the power of limits		

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## GLOBAL GRAND CHALLENGES

A 2-day residential boot camp on Global Grand Challenges was hosted at Rishihood University. Students dove deep into the history of globalisation and the challenges our world faces today while engaging in a hands-on workshop on Design Thinking.

Our aim was to nurture the future leaders of tomorrow by exposing them to different milestones in the process of globalisation and the challenges we face on a global scale.

We are proud to be the first of its kind to bring together 50 future leaders to tackle global issues through case studies, brainstorming, & ideation sessions.



## SPORTS FEST

Rishihood University's first sports fest turned out to be a thrilling event for all sports enthusiasts, participants, and supporters. The fest was attended by everyone on the campus who eagerly waited for high-adrenaline games. Students participated in various events including Volleyball, Lawn Tennis, Badminton, Swimming, Athletics, etc. The participants displayed their skills and sportsmanship, making it a riveting experience for everyone present. With a promis-

ing start like this, the Sports Fest is sure to be an exciting and memorable event annually where students will get a chance to showcase their talent, dedication, and discipline.



## MOU WITH THE MINISTRY OF JAL SHAKTI

Rishihood University signed an MoU with the Ministry of Jal Shakti in an event presided by the Union Minister Gajendra Singh Shekhawat ji.

The University is collaborating with the ministry and other stakeholders to encourage youth towards solving the problems related to water through activities like competitions, group discussions, research, & impact initiatives.

With this MoU, Rishihood takes one step further to expand its work around water.



## HANUMAN JAYANTI CELEBRATION

This Hanuman Jayanti, our university campus took a step towards recognizing and celebrating the invaluable contributions of our underappreciated support staff - housekeeping, security, horticulture, and more. We organized a special event called "Sahayak Divas," inspired by the spirit of Hanuman's unwavering service to Shri Rama.

The day was filled with activities, including a talent show where our support staff members showcased their incredible skills and passions beyond their day-to-day roles. The event not only allowed our university community to express our gratitude for their hard work but also created a platform for them to shine as individuals.



## FRIENDLY VOLLEYBALL AND FUTSAL MATCHES BETWEEN R.U AND GATEWAY COLLEGE OF ARCHITECTURE AND DESIGN (GCAD)

Victory tastes sweet, but sportsmanship and respect are the true hallmarks of a champion!

Rishihood University and Gateway College of Architecture and Design had a blast competing in futsal and volleyball matches. Congratulations to our teams for their outstanding performance and a big thank you to GCAD for visiting our campus!







### COOK & SERVE COMPETITION

Rishihood University recently organized a Cook and Serve Competition, which was an excellent platform for budding chefs to showcase their culinary and business skills. The criteria for participation included fireless cooking, nutritional value, visualization, and explanation. The teams were allowed a maximum of four learners, who worked together to create delicious and healthy dishes. The competition was a perfect blend of creativity and nutrition, with each team presenting a unique dish that tantalized the taste buds while also being nutritionally balanced. The participants' hard work and dedication were evident in their presentations, and the judges had a tough time deciding on the winners. Overall, the Cook and Serve Competition was a huge success, providing an opportunity for learners to explore their passion for cooking and healthy eating.



### RHYTHM AND RASA IN INDIAN CLASSICAL DANCE

Centre for Human science, in collaboration with Aarambh Dance Society, organized a guest lecture on Rhythm and Rasa in Indian Classical Dance, featuring renowned dancer and choreographer, Priya Venkataraman. Priya is a world-renowned exponent of Bharatanatyam, known for her adherence to the classical traditional repertoire, and has nearly three decades of performing experience. She has even worked with the late Padma Vibhushan Pt. Birju Maharaj ji, the legendary exponent of Indian classical dance. The lecture was held on the 13th of April 2023, in the Performing Arts Studio. Dance students got a chance to learn from one of the best in the field and expand their knowledge and understanding of Indian Classical Dance.



# Feedback for RishiPlus

Reader feedback is important to us as it helps us improve and better our magazine. Let us know your feedback so we can work on it.





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