
Know Thyself

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Abstract

First of all would like to tell you that I & my co-author have no intention to target any one or to judge anybody because these all are facts of youth's life. Our motto is to show the real incidents happened in Youth's life. The next generation people (Youth) are so careless and does not understand the value of their talent, time, parents, future. Knowing yourself/ thyself means respecting your values in life, your beliefs, your personality, your priorities, your moods, your habits and understanding your strengths and weaknesses, your passions and fears. It is important to know our worth & get more of what we deserve. Since the key to a happier life is to understand how valuable you are (and what you value).

Introduction

They only run towards the fake delight of technology and they compare their value with others which is not true because every one is unique and have their own hidden talent. Today's youth misuse the technology and also they are extremely running towards western culture. Youth commits suicide due to depression of failure and pressure of parents which comes out in the form of immature actions. Youth are hopeless, feeling that things will never get better. They are failing to express *themselves* exactly as who and what they are - and face the consequences. Also youth thinks that their stunts, or desire shows their status which is a very major issue to think for ,most of them had spoiled their life in road accidents due to rush driving /committing stunts. Youth is the prime of life-also called the best part of life. It is when the mind is clear and the body is at its best. Indeed, it is the time when the dreams are to be pursued and won. Youth live today's life but are less aware of their future also the whole Youth is blamed because of some guilty immature people ... Our (Youth's) parents care for us but there is a semantic barrier between us either it is generation gap or lack of knowledge in us or in experience of life.

Example- our parents always ask from us whenever we come at late night or leaving from house without telling them and we think that our parents bounds us and we react violently without knowing their intention, we don't want to listen our elders because they overreact in any situation in our perception. But we don't think that our parent do so because they care about us. The restrictions of the elders imposed on

youth are not always blind exercise of ego and authority, but is meant for their own welfare.

In today's busy world we all are busy in competing with one another. Everyone has two options either they win or they loss... what about learning and success? There should be no fail word...But we do not bother about learning.... we are busy in making fun of other, cracking joke, wild fights, revenge...etc. We all lose hope and get depress when we fail or unable to perform. We don't think about what we had learned from those mistakes. we often saw that we are so hurry to get result of our work. It is our responsibility to do every work with tolerance. We should wait and we should present as an example of patience for others. We must have faith however good or bad a situation is, it will change. Thus we do not have to worry. Always remember to turn obstacles into opportunities by keeping the faith. When you realize you have made a mistake, admit it, make amends and if possible set it right/try again. We sometime often think that if we do so what does other say or think but what other people think of you is none of our business. Because in the end people won't remember what you said or did, they will remember how you'd made them feel. Never underestimate the importance of yourself. If you do so, you might miss out the great opportunities or might encounter hardship which you may have otherwise been able to avoid. Secondly, we must think about our action. Today's youth are more aggressive than others. They begin to spend time with other teens who are involved in antisocial activities. Why we are so aggressive that without thinking about situation or

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knowing that what will be the result of our aggression? We have to learn about ways to resolve arguments and conflicts without resorting to aggression, and encourage our friends to do the same. We have stopped thinking. But we should know that this is main responsibility to think before action. With doing this we the youths can make thoughtful society. We can create original thinking only when we change our thinking instead of changing other thinking. Firstly we must look within ourselves instead of blaming other. We must think and differentiate between who we are and what we are becoming. Why we are not so cosy regarding our decisions? We depend on other's suggestions to take our decision. We don't understand that this is our life and no one can decide what is good and what is bad better than us. Ultimately we are only person who know what will make us happy. Then why we should wait for other to give suggestion. Why we are giving power to others to judge us? Be your own worst critic and your own best friend and truly know who you are so that the labels of other have less power over you. Never allow anyone to make you feel as if you're second best or just not good enough. Always choose your own life and way to live.

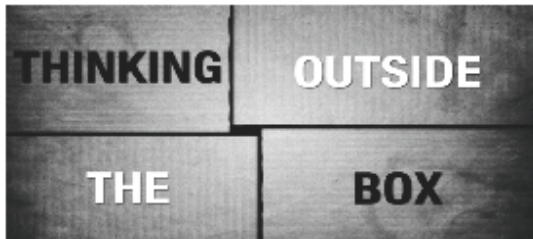
What we have researched is, we the youth are very innocent & careless because we are oblivious about ups & downs of life, about love, relationships, friends etc. but the thing is we are waiting for the worst situation to come. Why does it happens & why in this age (15-26), so many question arises in our mind about so many things.

It happens with all of us ("The youth")... the answer is; this is the fruit of our past what we get in present, but how- because we have not changed our attitude according to the situation & still we are so much casual for the situation but not for the experience to learn from, now another word comes to us i.e. is "experience". So many people says that the mistakes we have done in life is experience but the fact is "correction of mistake is experience" because loser is someone who never put himself up when fallen down but not who loses the race and learn. Knowing this fact is the first step which teach us not to get depressed in any situation or harder times of life... coming to the point we analyse that things in our life are not "prioritised"...show off, addiction of technology which makes our real life fake & complex and due to this activities we are losing the grip from our duties & responsibilities.

We know that we can make the things important, which truly depends on us. With this analysis me & my co – author found that we the youth does not understand the "value" of anything either it may be life's important decision or learning from our mistakes which will become worth full experience to us in future so that we will not make that incident to be happened again.... We were talking about youth's duties, so not going far... our duties are what? To stop on traffic signal while it is red & to wear a helmet, not to exceed the speed limit. Does this action change our country? And the answer is -YES- because if every youngster implements this, then the traffic accidents & jams get reduced by 90%. Ask yourself, what is your presence here the result of? What will be the result of your presence here? Try to impress yourself instead of impress others. Recognized that you are a part of reality.

We the Youth are back bone to the nation. We can change the future of the society with their well being and courageous behaviour. Unfortunately today we find the youth those who are more interested in other places which are not useful to them as well as nation. It is the human tendency what we've analysed that whenever we go to foreign countries we start following traffic rules which we breaks everyday in our country also we don't spits on the road because their government penalised for throwing garbage & spitting on road but we do this worry less in our nation... We all wants our city clean but we are not bother about cleaning the city why..? Because we all think it's not our duty... But is it our duty to throw all garbage there..? Or when we see other doing so... Why don't we stop them..? What lesson we teach to our next generation kids indirectly who were watching us when we are committing these types of mistakes. They have no vision and if they do have dreams they do not have the drive to make any attempt at achieving them. The fault is we the youth are addicted of western culture. Which delight we from far but it has only negative results while getting into it. Like going to night pub parties, wearing weird clothes, consuming alcohol etc. pollutes our Indian culture. Don't we think that it is the biggest question mark for us that British countries trying to learn Hindi & we are moving blindly towards their culture which as damed us in the form of rape cases (Recent Delhi rape case), brutal murders, & painful road deaths. The recent Delhi Rape case becomes the matter of thinking and it took violent form, this is the worst face of youth, and what is our

culture. It teaches us to respect women & tell us to obey our parents and take blessings from them & pray to god every day. But what we are following? Leaving our parents alone & settled with a girl who just becomes wife who did not understand the value of parents & Family. As parent understand their children's. Similarly, when parents forbid, something, youth should be able to feel that if some issues have become sentimental for them, they should be respected and left without discussion.



I like to ask every youth that this correct or fair to leave your parents who made your identity & introduce to the world & fulfil all your needs & demands. We have to think & take action towards this blindness because life starts with our family which is important than any relation.

Besides this we are least interested about ourselves and more concern about others... We get blanked when someone asks that what you want to become in future this happens because we don't have time to ask ourselves to work for our bright future... why there are so many examples in front of us of successful **YOUTH**, but also of guilty youth.... The difference between both are little bit i.e. the successful youth know their vision, their value. We must never satisfied, we should always have hunger of knowledge, and every one of us wants to become successful person but what we are doing for it, nothing just waiting and giving chance to other. If you don't ask, you don't get to go ahead, stop waiting, starts getting to know you well. Never let your opportunity to let go. Because we always complain that we don't get chance or we don't get priority in office, at home school or colleges etc. but the fact is that when we let that opportunities go we

miss our chance. Every person who gives up or doesn't stand for their right gives their right and opportunities to other... and at last they blame other but instead of doing so they should blame themselves. And at last nothing is left except regret. So know your values and ability and know your purpose of life. Never give up easily on what you really want in the life. When you make your dreams a reality they help you expand your awareness and grow as an individual. Figure out what it is you really want in life and who we are. The related example with this problem is a man who overcome from serious injuries and gave his dedications to his Rock Band and let it to the new height of success i.e. Chester Bennington (Linkin park), also the Only Indian F1 Racer- Narayan Kathikeyan, and Baichung Bhutia who is the only Indian To play football in Europe, and Abhinav Bindra the Only Gold Medallist of India in Beijing Olympic 2008...., And so many examples still counting day by day. Youth is a potent state of life- it is capable of creating. It is not only its attribute but its need as well- if we want this energy to be channelized constructively. It must pursue the worthwhile goal. Youth must know no boundaries; it loves challenges and is always willing to sacrifice itself for worthy things and living.

One thing we both suggest is “you are the only strength of you”. Each and Every person has his or her own unique repertoire of gifts, talents, skills, qualities, abilities and interests on which to build high self-esteem for a higher potential of success in activities and relationships. Don't compare yourself with others. Study our culture & implement it in real life, know your life's value because it is precious & time bounded & will never come back. Life is an odyssey it includes plenty of opportunities, so never miss it. There is only one life, there is only one person who can change and turn it into paradise that is only **YOU**. Never settle for less than you're worth. Take the time to figure out what truly makes you happy? Tell yourself that it's safe to be you. But the matter is how much you **KNOW THYSELF**.

