

Prof. Pramod sir Notes Expansion of Ideas

1] Say no to Plastic

In recent times it has been a strong endeavour of our government to reduce the use of plastic. Though plastic has many advantages, one major disastrous disadvantage is that it is non - biodegradable and hence poses a major threat to the environment. This waste cannot be decomposed. As a result, it keeps on piling on the earth's surface. As a matter of fact, the amount of plastic already present on earth surpasses thousands of tones. Several animals consume this plastic and fall prey to various deadly diseases. Even the quality of soil is deteriorated as a result of buying plastic material and waste.

From individuals to companies, everyone seems to be doing their own bit to save the environment. If you too want to take an environmentally friendly step, then it is important that you say no to plastic and make the world a better place to live in .

2] A FRIEND IN NEED IS A FRIEND INDEED

Once it was raining very heavily. It didn't seem that it would stop. There was no means of transport and I wondered how I would reach home. Then as if from nowhere, a classmate happened by in a car. He asked me to get in and reached me to my home. From that day onwards he became one of my best friends. Later on I was able to help him out in mathematics, a subject in which he was very weak. Indeed, a friend in need is a friend indeed!

I have found that many people talk about friendship, but when you need them during the time of crisis, somehow they are not seen anywhere. Those who stand by you when you are really in trouble are your true friends. Isn't that what friends are for? To help each other in times of need?

Life is all about being there for others. Life is all about caring and sharing. There are plenty of fair-weather friends. They desert you in your time of need. True friends are steadfast. True friends are forever.

3] A Little Learning is a Dangerous Thing.

We have heard of 'quacks' in the villages who try to cure serious diseases by their so-called magical remedies. This is an example of a little learning being a dangerous thing. Finally when the patient dies they shift the blame to some supernatural powers and wash their hands of the tragedy.

Sometimes children try to imitate dangerous scenes from films, little realising the harm that they can cause to themselves or others. Likewise, learning Yoga from someone who is not an expert in the art could be dangerous. Some people try to repair domestic appliances on their own thinking they can do the job themselves. Lacking sufficient knowledge, they only spoil the appliance. They would do well to call a technician to do the job.

4] A Rolling stone Gathers no Moss.

It is not good to keep on changing your place of residence or workplace or routine. Such a habit causes a lot of insecurity and instability. Besides, it takes time to get adjusted to a new place or in a new job. A person who changes his home or job frequently loses much precious time this way. When you stay in one place for a long time, you get familiarised with your surroundings and are able to go about your work with ease and precision. Also people around know and recognise you and so you get the help required when necessary.

A person who keeps on changing his regular schedule frequently is known as a rolling stone. He or she cannot cultivate any true friendships or relationships. Frequently changes of jobs and homes also affects one's financial prospects negatively. He or she will not get people to help him or her when he or she is in trouble, because no one will know him or her well enough.

5] That Glitters is not Gold

Everything in life that appears to be attractive does not necessarily have great value. So judging by appearances can be misleading. This same fact can be said in another way: A book cannot be judged by its cover, A book with a very attractive cover may not have readable material inside. On the other hand, a book with a very dull cover may be very interesting. This is true of almost everything in life. A show that is well advertised may be dull and boring. And a movie that has received very little publicity may be quite entertaining.

So we must not jump to conclusions about the merits or demerits of anything purely on the basis of the way it is packaged. This is the age of advertisement. Makers of products try to show their products in the best light so that people will buy them. But this does not necessarily mean that the product is well worth the money. Even when we judge people we should not do so by their looks. We must not get swayed by their flashy styles or dashing ways. Gandhiji wore just a dhoti, but he is still held in great reverence throughout the world. Abraham Lincoln was not endowed with good looks. But he is considered by far the greatest American President. Mother Teresa had a very simple appearance. But people all over the world remember and revere her. So it is only fair to say that all that glitters is not gold.

6] An Apple a day keeps the Doctor away.

What is special about the fruit, the apple? Why is it said that the apple keeps the doctor away? Why is no other fruit mentioned in a proverb? The answers are very simple. The apple has the most nutritional value amongst all fruits.

A medium sized apple gives 80 calories and makes a good snack. It contains absolutely no fat. It also helps reduce the risk of some cancers. Because it is low in sodium content, it reduces the risk of high blood pressure and heart disease. The apple has a substance that can reduce bad cholesterol and increase good cholesterol in our body. It is also rich in Vitamin A, which strengthens our vision. Apples also contain Vitamin C that boosts the immune system in the body. Research shows that people who eat five apples or more per week have fewer respiratory problems, including asthma.

7] As You Sow, So Shall You Reap

If farmers desire to reap a harvest of wheat, he sows wheat; if he wants rice, he sows rice. What should we think of him if he planted wheat and expected to harvest rice; or the other way round? The law of nature tells us that we must sow what we wish to reap. If we sow nothing, we shall reap nothing.

So it is with life. We always have to bear the consequences of our actions. If we perform good deeds, we shall be rewarded with good. If we perform bad deeds, we shall never enjoy peace of mind. Our lives will be wretched and miserable. We cannot achieve fair ends by using foul means. Even if we do, it will be short - lived.

Man can decide his own future by his present deeds. If he sows the seeds of vice, corruption and sin, he reaps the harvest of misery and ruin. If he plants virtue, purity and goodness, he plucks the golden fruit of success and happiness. If we want to achieve good, we should do good, for as we sow, so shall we reap.

8] Birds of a feather flock together.

We must have all seen that birds of the same kind move about in groups and even fly together in groups. In the same way, people are similar in nature, and have the same hobbies, preferences or interests, are always found together. They like to spend time discussing their experiences and common pursuits. This is what is meant by the proverb, 'Birds of a feather flock together'.

People have a natural tendency to seek out like minded people. It is human nature to do so. sportspersons feel comfortable in the company of other sportspersons. An artist feels at home among other artists. This leads us to the conclusion that a person must be very careful about the friends he has, for he will be judged accordingly. If he is in the company of dishonest people, he too will be considered dishonest. This, we should always remember that we are known by the company he keeps and ensure that our 'company' is good.

9] Books - our Best Friends

Good books enrich the mind by providing knowledge. They also widen the horizons of our imaginations, and give us an insight into different minds. If a man is known by the company he keeps, why should we not, then, keep the best company, that of good books? Good literature entertains, instructs and elevates. It takes us on a flight of fancy, away from our humdrum lives, to a place or country we want to visit, without having to pay for the passage.

Pleasures derived from eating or playing sports are short lived and ordinary, but the pleasure that we derive from reading books is everlasting and fantastic. Even after we have finished reading a book, we continue to think about it and derive pleasure from it.

To derive maximum pleasure from reading we have to gradually pass on from comics, detective novels, magazines and simple storybooks to classic literature. Just like friends, the quality of the books that we read also determine the kind of person we are. Good books will enrich our personalities, and it is these kinds of books that we should turn to when we have the leisure.

10] Burning the midnight oil

Whenever examination time draws near, students begin staying awake late at night, right up to the early hours of the next morning. They sacrifice precious sleep in order to memorize lessons so that they will do well in the forthcoming examinations. Their parents, too, take turns, sitting with them, making hot cups of tea or coffee, to keep them awake while they study. All through the year they neglected their studies, enjoyed themselves, played games, watched plenty of TV, went for a number

of movies, and took studies for granted. Only when the terrible shadow of examination looms near, do they become nervous and feel that they need to spend more than usual time on study. So they burn the midnight oil, fighting sleep and forgetfulness, in desperate attempts to cram into their heads a whole year's study. My advice to such shirkers is: Do regular study all the year round. Do your homework on time. Revise regularly whatever has been taught. And you will have no need to burn the midnight oil. Examinations, then, will be a mere cakewalk?

11]Charity begins at Home.

It is very easy to show the whole world that you are doing good deeds. Many people do this just to impress others. But when it comes to treating well the people who are near them, they are sadly lacking. They treat their children, family members, servants and people who are closely connected with them very badly.

If you really want to be good to others, it has to spread to all walks of life, and should begin with your home. As we treat others who are close to us, so should we treat those who are not so close to us. Treating others well should be a habit with us. It should not be an attitude that we display only to gain name or fame. It should be the same when treating the smallest and the closest as well as treating the greatest and the farthest.

12] Cleanliness is next to Godliness

An unclean environment is an insult to the Creator. Everything that God has created is beautiful, and Mother Nature in her power and means to maintain the hygiene and sanitation of the earth. It is only man who makes the environment dirty. For reasons best known to himself, very often, man is happy to keep it that way.

When you go to a place of religious worship, don't you bathe first? Don't you put on your best clothes? Remember, this world is our temple and the first norm we must follow is that of personal hygiene. This involves keeping one's body, clothes, belongings and home clean. This prevents diseases and enhances the quality of life. It also keeps the mind fresh and motivated us to work better.

Cleanliness must also extend towards the neighbourhood and the environment in general. For this, it is imperative that every person develops clean social and civic habits. It is wrong to spit on the roads, urinate in public or throw litter anywhere one pleases. Doing such things only spoil this wonderful place that has been gifted to us by the Almighty - our planet Earth.

It is our moral duty to keep ourselves, our homes, our environment, our nation and this earth clean. That is what is meant by the proverb 'Cleanliness is next to Godliness'.

13 Cut your Coat According to Your Cloth

If you give a piece of cloth to a tailor to make a coat, the tailor will first measure the cloth and then decide what kind of coat has to be made out of it. He will not be able to make a coat that requires more material than the cloth provided. The same is the case with our income and expenditure. Our expenses should always be within the limits of our income. Otherwise, we are sure to land in debt and difficulties. The proverb thus tells us not to spend more than what we earn i.e. to live within our means.

This proverb applies not only to individuals but also to business establishments. Of course, a company may raise a loan to expand or diversify its business. But it must do so judiciously; otherwise it can even go bankrupt. Even the government of a country has to keep in mind its total resources while spending. If it does not do so and goes on borrowing recklessly from banks and foreign countries, it could result in severe economic problems for the country.

Hence the saying is of great practical value. Applying it in life makes one happy and contented.

14] Empty vessels make the most sound

You will always find that a person with very little learning loves to jabber all the while and laugh and joke and make a lot of unnecessary noise. This is because the person doesn't really have any substantial matter in their head and so hides this fact with a lot of meaningless chatter. But the person of real substance looks around, observes and when he or she speaks, it is to say something really meaningful. That is what is meant by this proverb.

Hence when we are in a conversation we should only take a fair share of the conversation and not keep prattling on as if no one else is there. This will show that we respect other people's opinions and wish to hear them out too. It would also send out the message that we are not superficial people who only bore others with our pompous talk.

15 Experience is the best teacher

If you warn a child not to put his or her hand near the fire, he or she may not listen to you. But if the child actually touches the flame out of curiosity, he or she will get burnt. By actual experience the child will learn that putting one's hand in fire can cause a lot of pain and physical damage.

Most of our study is based on books. We may read a lot about the beauty of the Taj Mahal, but actually making a visit to the Taj, we will really experience its grandeur. Again, there are many skills, like mechanical skills, for which more theoretical knowledge is not sufficient. We must actually go through the experience of handling the machines and learning from our mistakes.

Even our judgements about people or things are based on our past experiences. Thus, we can conclude that experience is the best teacher, and one should not shy away from the various experiences life has to offer.

16] Green City ; Clean City

A green city is a clean city. This is because nature has its own way of keeping the environment clean. A green city implies plenty of trees and greenery. This keeps the environment clean and fresh. Also the leaves take in excess carbon dioxide from the surrounding, caused by heavy traffic, and give out refreshing oxygen.

Besides trees on the sidewalks, a city should have a good number of parks and gardens. This brings pollution levels down to a minimum. It also reduces the risk of people suffering from respiratory diseases.

Man is a part of nature, not apart from nature. If there is a variety of vegetation in the locality, several animals and birds, that brighten up the atmosphere, will be found. Thus man's state of mind is also brightened. Stress levels are reduced. Indeed there is no doubt that the more greenery there is in the local habitat, the better the conditions of living and for the inhabitants there.

17] Health is Wealth

What is the use of having crores in one's bank account and yet not being able to enjoy good health? A healthy man can enjoy the benefits of his wealth. But a wealthy man, if he is not healthy, will always be afflicted with physical complaints.

In fact, if you are ever asked to choose between the two, always opt for good health. Because health can give wealth, but wealth does not ensure good health. Very often the desperate search for wealth takes its toll on one's health. It deprives a man of the necessary physical exercise. It makes the person follow unhealthy food habits in the name of saving time. It thus brings along with it

stress, high cholesterol, high blood pressure, ulcers and diabetes. As a result a person may have to spend the later part of his or her life in and out of hospitals and undergo expensive operations in order to keep himself or herself alive. Finally he or she dies a stressful premature death. And all the wealth he or she has accumulated is distributed amongst the heirs. Rather, this person could have enjoyed his or her wealth while he or she had lived if only he or she had believed in the dictum, 'Health is Wealth'.

19] Honesty is the best policy

Corruption has spread through India like an epidemic. At every twist and turn you meet people who are willing to do anything dishonest in order to earn money. Dishonesty in words and deeds is so common now that people have almost accepted it as a rule rather than an exception. An honest person is a bit of an oddity in present day India. Isn't that a rather sad state of affairs?

We all know from our experience that a lie will lead to another ten lies; a misdeed may need another ten misdeeds to cover it up. Still we tell lies and do wrong things.

Every religion tells us that we must be honest. No one likes a dishonest people because they cannot be trusted. The truth is always so simple. Dishonesty is like a whirlpool from which escape is difficult. Sometimes we are punished for being honest, but it is nothing compared to the pain and suffering that we cause to others due to our dishonesty.

Gandhiji laid great emphasis on the need for truthfulness in words and deeds. His life throughout was a struggle to uphold the virtue of truth. A truthful person can speak and act with moral conviction. He commands respect and reverence in society. Such people are necessary in the world today.

20] India: Unity in Diversity

India is a land of diverse physical features. Every possible geographical physical feature you can think of is present in India. The people of India have diverse physical features. They practice different religions, speak different languages and follow different customs and traditions. They also differ in their dress and food habits.

In spite of all these external differences, the people of India have a common feeling of Indianness. They are bound by a common cultural heritage and they share certain basic values.

Hence we use the phrase 'Unity in Diversity' to describe the social fabric of India. This is to express the great truth that despite their many differences, the people of India are all united as Indians. From Kashmir to Kanyakumari, from Arunachal Pradesh to Gujarat, They all have a feeling that they belong to one nation.

21] Is Plastic Bad for the Environment?

Plastic is extremely bad for the environment. It is one of man's worst inventions. Plastic is non-biodegradable. This means that waste plastic cannot be turned into any other substance that is eco-friendly. Although tonnes and tonnes of plastic are burnt in the most advanced incinerators, all that remains is plastic. It doesn't change into anything else, as many other materials do. Hence, plastic waste is dangerous to the environment.

Plastic carry bags reach the drainage system and this causes clogging especially during the rains. If too much plastic ends up in a lake or a pond, it creates a layer that denies oxygen to everything below so that no plant or animal life can survive in that water body. If animals eat plastic bags thrown in rubbish dumps, it knots up their intestines and they die painful deaths. If plastic lies on land it can

choke it to the extent that nothing will grow there again. Hence, plastic must be done away with completely.

There are many alternatives to plastic and we should use them. For shopping we can use cloth, jute or paper carry bags. We can get milk in bottles or cartons. We can use metal or glass jars instead of plastic ones. Many things now made of plastic can have better and eco-friendly alternatives. So the earlier we say goodbye to the plastic the safer the future of the planet Earth.

22] Nothing succeeds Like Success.

Sweet is the taste of success. The more you get, the more you want. The more you want, the more you try. It is like setting in motion a self-propelling machine; it keeps on going by its own acceleration.

But where should it all begin? Of course, the success story must begin at the beginning. Success in early ventures raises our belief in ourselves. We begin to have confidence in ourselves. And that makes the all important difference.

For a student, the first important success story begins with the SSC exam. If he or she proves to be a great success in it, there is every possibility that he or she will enjoy a long series of successes in the years to come.

So it is essential to bring home the first success by due effort. This success will bring in more success. For nothing succeeds like success!

23] Knowledge is Power

A person who has knowledge is equipped with power. Here power does not mean the power or money or brute force. Rather it means the power to understand, discriminate between what is right or wrong and the power to make the correct choices. The illiterate person has limited choices of opportunity and advancement for he lacks knowledge.

Knowledge makes a man resourceful. When he is faced with a difficult situation, he is able to tackle it better. His mind is able to come up with many ways to solve a problem. He is not bogged down by paucity of thoughts. He can even think up new ways of doing things.

The world is moving faster each day. No one can afford to remain illiterate. Everyone has to keep up with the knowledge of the times.

24] Prevention is Better than Cure.

We sometimes handle a knife carelessly, cut our fingers, allow the cut to go septic and, when the pain unbearable, consult a doctor. The doctor prescribes a prolonged and costly treatment. Wouldn't it have been better for us to have taken due precaution while using the knife? In fact, we can always protect ourselves against common ailments and diseases by resorting to proper precautionary, preventive measures.

Very often, we are careless and do things thoughtlessly. We ignore signs that indicate the possibility of trouble. Finally when the trouble occurs. We regret our neglect, but by then it is too late. The proverb 'Prevention is better than cure' advises us to take necessary steps to stop something unpleasant from happening.

This proverb has universal application. Proper maintenance of machines, buildings, roads or bridges can prevent their deterioration and thus forestall disaster. Health authorities should take prompt and effective steps during times of natural calamities in order to prevent the outbreak of epidemics. At the national level too, many problems that we are facing today would not have existed had the government acted firmly, promptly and boldly at the very start.

The proverb stresses the need for foresight and precaution in dealing with every situation in our lives. If we develop such an attitude, it would certainly be much better than facing misery and searching for expensive remedies later on.

Prof.Pramod Sir \ University Topper

.25] Things of Beauty is a joy forever

Life presents us with many beautiful things. This may be a beautiful scene or a flower or a lonely night walk on a beach or a beautiful picture that fills us with peace. We must preserve these pretty memories in our minds. When we are not feeling so good, or are lonely or depressed we should recall these beautiful sights or experiences. This will make us happy.

William Wordsworth has illustrated this idea beautifully in his poem 'Daffodils'. Once he saw a sight of beautiful golden daffodils. This sight remained with him throughout his life. In later years, whenever he was in a vacant or pensive mood, he recollected the scene of the daffodils. This filled him with a great sense of peace and his heart warmed with pleasure.

Life is full of simple, beautiful things. It is for us to use them to our advantage. We don't have to spend money on luxurious holidays and expensive pastimes to find happiness. We can do so with simple memories that we have collected during the good times of our lives, when we have experienced beautiful things. Because such experiences will never be erased from our memories.

26]To err is human, To forgive Divine.

In one of Shakespeare's plays, a character says, "The quality of mercy is divine". Indeed to be able to forget the evil that others have done to you and to forgive them is divine. Jesus Christ, even on the cross, during his last moments, was able to say this about the people who had put him to death; Father, forgive them for they know not what they are doing. Lord Rama showed no rancour against his stepmother, Kaikeyi, for sending him into exile for fourteen years so that her son, Bharat, could be the king.

All of us are humans. We all have our weaknesses. No human being is perfect. So when someone does something wrong to us, why can't we forgive them? When someone hurts us it is because that person is human and little understands the harm that he or she is causing. Forgiving that person brings out the god-like nature that lies in us. It is not very easy to do, but once we do it, we will feel an inner peace and a sense of rectitude.

27]Slow and Steady wins the race.

The famous fable about the tortoise and the hare brings out the singular truth that slow and steady wins the race. Haste only makes waste, or results in shoddy work. This is especially true for students. Daily regular study delivers good results. Those students who want to complete their homework quickly just in order to play a match with their friends, finally learn little or nothing. This is true even while attempting an examination paper. Hasty writing of answers can lead to the making of careless mistakes, and will only result in low marks for the student.

If a director wishes to make a film in a hurry, he will have a shoddy product in his hand. But if he plans the script, the locations and the cast and takes rehearsals before going to the sets for shooting, he or she is sure to come out with a quality product. This is true for all great ventures, including the construction of a building. It is better to draw the blueprint first. Then comes the laying of the foundation, and the rest of the construction work in stages. If a building is constructed in haste, it might collapse and lead to disaster.

So whatever you do in life, plan every detail carefully, collect the equipment required for the project, and then go about pe WHERE

28] THERE IS A WILL THERE IS A WAY

Read the biographies of great men and women like Albert Einstein, Mother Teresa, Edmund Hillary, Marie Curie and Abraham Lincoln. You will find that it is their strong will which has helped them overcome great difficulties and setbacks and helped them find a way to achieve their goals.

Every student thinks that securing a first class in an examination is beyond his or her capacity. But if a student resolves firmly to achieve his or her goal and works towards it sincerely and wholeheartedly, he or she is absolutely certain to achieve success.

There was a time when flying in the air, travelling in space and sending messages and pictures instantly were all regarded as flights of fancy. But the persistent efforts of some strong-willed people have turned all these dreams into reality.

Man's will-power, determination and dedication are wonderful qualities. They endow the doer with the will to achieve and the means to find out ways to achieve the impossible. All we have to do is to set a goal, have a strong will and make persistent efforts. If we come across an obstacle and can't climb over it, we must walk around it. There is always a way! There is always a situation! So, it is rightly said that, WHERE THERE IS A WILL THERE IS A WAY. reforming the act. Then only will you be able to achieve grand success.

29] Work is Worship

Everyone has to work in order to earn money. However, there are some who think of work only as a means to earn money, and nothing more. As a result they do not perform the tasks given to them by their employers with interest. They make excuses, point an accusing finger at others, blame their tools, criticise their employers, complain about their colleagues - while they themselves work in the most inefficient way possible. We must remind such people that 'Duty is divine' and 'Work is worship'. Work is a dedication of one's labour to God. Work is the use of the inspiration given to us by God to create and carve and mend and shape.

Work should be performed with sincerity, dedication and perseverance. This shows respect for what we do, and for the others who will benefit from our work. When we perform a task, however simple it may be, it should be done to the best of our ability. This shows not only our deep involvement in our actions, but also an expression of our skills. We must not forget that the first 'work' ever done was by God - the 'work' of Creation. And look how beautiful His 'works' are!

30] The Hand that rocks the cradle Rules the world

The hand that rocks the cradle is the hand of the mother. The proverb therefore implies that the very same mother who rocks the cradle to put her child to sleep, also rules the world. How is this so?

The word 'rule' in the proverb does not necessarily mean to 'govern'. It is used in a wider sense i.e., to influence people, to guide and direct them and to lead them. It is the mother who moulds the character of the child. The child then grows up to be an important personality, perhaps someone who decides the destinies of people or countries. What they have been taught on their mother's lap will then be the guiding force behind the decisions they make. No wonder it was that Abraham Lincoln said, "All that I am or hope to be I owe to my angel mother."

We have the example of Jijamata who inspired Shivaji Maharaj as a child with stories of great heroes. It was this inspiration that led him to lead the battle for Hindavi Swarajya and to establish the Maratha Empire.

31] Science and Modern inventions: A Blessing or a curse?

It is science that has provided modern man a life of ease, leisure and pleasure. It has brought within the reach of the common man comforts and luxuries that were available in the past only to the privileged few.

Science has invented marvelous machines to take the drudgery out of man's work. By doing much of his work and doing it fast, machines have provided man with a lot of leisure. The rosy dream of an easy and luxurious life has come true for him. Distance has been conquered. Modern means of transport and communication have made the world a global village. Men and things and news and views can go around the globe today with lightning speed. The Internet has brought people of the world together and brought about a revolution in the fields of information and communications. Man has already landed on the moon and man-made satellites have made voyages through the solar system.

Our life has become healthier and longer. Modern hygiene, sanitation, medicine and surgery are conquering more and more physical and mental illness with each passing day. We now know and experience the joys of good health and longevity. Through the cinema, the radio, the tape recorder, the TV and the video, science has worked wonders in the fields of education and entertainment.

Though we welcome these blessings of science, we have to consider the other side of the picture also. Man has not been able to face the problems created by the inventions of science and to stop the misuse or harmful consequences of scientific inventions. Factories have polluted the water and the atmosphere. They have caused noise pollution. Industrialisations have led to slums in which human beings live a degraded life in the midst of filth and squalor. We have allowed science to master us instead of keeping it our servant. Medical inventions have, by reducing infant mortality and increasing longevity, led to the population explosion and the consequent miseries.

Again, science has put in our hands terrible weapons such as nuclear bombs, guided missiles and the means of chemical and biological warfare. We are in danger of destroying ourselves with these monstrous means that, ironically, are our own creations. Rightly used, science can bring heaven on earth. Wrongly used, it can turn this earth into hell.

33] Practice Makes Perfect

You cannot become a world - class musician unless you take up your instrument and play on it daily for hours together. You cannot become a Tendulkar merely through inborn skill. You have to go to the nets every day for hours of practice. Merit - holders in board examinations do not achieve their marks by pure inspiration. They have studied throughout the year and revised and re - revised and made themselves perfect in whatever they have set out to study. It is only regular practice that makes one perfect.

If you don't practise your work regularly, you will, at the most, be average in your performance. You will not win prizes or medals or awards. The most difficult task can be performed by anyone if only they take the trouble to practise daily and regularly. In fact, you can achieve almost anything with practice.

34] Perseverance is the key to success

Perseverance implies continued effort and determination to attain a goal. Both are necessary, for success doesn't fall into one's lap. One has to work for it. Great scientists like Marie Curie and Edison continued with their experiments even though they faced many failures. Today, these names are well known and highly respected for their work.

Everyone is not born with a silver spoon in the mouth. One has to trudge and toil in order to reach the top. One has to be determined. Determination involves making decisions about the goals that one wishes to achieve and having the will to pursue them. Neither talent nor intelligence is of much help in the absence of perseverance.

Hence perseverance is the key to success. As has been so aptly said: Where there is a will there's a way. Perseverance involves persisting in one's task, having the patience to go on with it despite obstacles and failures and spending enough time to get the task done. Then only will one achieve success.

36) Actions speak louder than words;

Ans: 'Actions speak louder than words' is an age-old proverb with a deep hidden meaning. Most of the people are braggart. They have the habit of boasting what they are going to achieve in the future in an exaggerated form and do nothing. It suggests that what people actually do is more important than what they say. Out deeds, our acts are more significant and more effective than words. Words are short-lived, words are unreliable, promises can be easily broken and words have no value.

Actions reveal the true intentions of the human heart. The actions of the people show their real attitudes. The expression teaches us that it is better to do positive things rather than talking about them. Out politicians only make bombastic promises but they do nothing for there'll-being of the people. Mahatma Gandhi was the person who practised before preaching So he is respected in the World.

37) The face is the index of the mind.

Ans: The face is the index of the mind' the proverb is based on observation. It is true that our body, especially our face is the indicator of our moods, feelings and nature. The thoughts of happiness. sadness. joy, sorrow, anger, fear excitement, depressions are reflected in our body language - especially on our face. Happiness and love is reflected in a positive manner on our face; The face of a .person with anxiety shows uneasiness.

Face is the mirror of mind. By observing the face of a person we 'can .understand his position and mood. our close persons can read easily minds by looking at our face. A good-natured person is recognized by his smile on his face cruel/ wicked person is recognized by frown reflecting on his face. When you are happy, your face is widened and there will be a glow in the face. When you are in sorrow, your face will be pale. Thus, whatever our mind experiences is reflected on our face.

But there are a few people who are shrewd and they can control their emotions and hide their feelings. They put on the masks on their faces. Only the people who are transparent by nature can be open to express out their feeling .This proverb .applies to people who are not cunning and hypocrite.

38] Speech is silver, Silence is Golden.

There is a Biblical proverb, 'If speech is silver, then silence is golden'. This proverb implies that silence is a priceless gift. Very often, in conversation, some people speak non - stop, and say hardly anything of value. Little do they realize that people, even in company, need silence in order to evaluate what is going on their minds.

A good number of people think that whatever they say is very important and needs to be listened to. One valuable quality of communication is the ability to be a good listener. Listening to others is an art. But unfortunately, sometimes people just wait for the other person to stop so that they can begin their own part - which they rehearse while pretending to listen.

To be silent is to be sensitive to the other person's thoughts and needs and problems. If you wish your company to be valued by others, sometimes keep quiet, listen and pay attention while others are speaking. By doing this you will be more helpful than chatting nineteen to the dozen. There is a beautiful song which has this line; You say it best when you say nothing at all!

39] Manners Maketh Man

A man is judged by his outward behaviour and attitude. If he appears pleasing to others, people say he has good manners. This would include the way he dresses, the politeness of his tone and the social courtesies that he keeps up. For example, if he is respectful to his elders and to women, he will be well liked by society.

If he is arrogant and proud, no one will like him. Other people will tend to avoid him whenever they can. He will be an unwelcome guest in any company. Indeed, your manners decide how people will react to you. Very often your manners will also determine what opportunities you will be given in life to go ahead and progress. Bad-mannered people will never be helped by anyone willingly. They will always be treated with disdain.

Good manners come from having respect for others and an awareness of our limitations. If we value the other person's need for self - respect, we will, in return, be respected. We should treat others as we would expect to be treated. This is the essence of good manners.

40] Attitudes are the real figure of speech expand the idea

Edwin Friedman said that communication does not depend on syntax, eloquence, rhetoric or articulation, but on the emotional context in which the message is being heard.

He said that people can only hear you when they are moving toward you and are not likely to hear you when your words are pursuing them. He explained that even the best words chosen lose their power when they are used to overpower. "Attitudes", he said, "are the real figures of speech."

I'm in Quantico, Va., at the FBI National Academy for 10 weeks. In my Public Speaking class, we were each assigned a day to present a quotation that resonates with us. We must read the quotation and then explain to the class why we chose it.

The goal of the assignment is actually to become more comfortable speaking in front of a group, but the real lesson for me has been listening to the quotations that other police executives from around the world have chosen. It's interesting to see what inspires and moves people into action.

I plan on using Friedman's quote because throughout my career and my life, I've come to recognize that the real assets are the people with whom we interact.

41] wise man has long ears and a short tongue

The wise man has long ears and a short tongue The proverb means that we can listen to what others say, but we should not reveal our thoughts to others. We should be very careful in the selection of friends. We should not believe others all on a sudden when they try to please us with their good words. The aim of these people may be to get our secrets and to know our weaknesses. They may then blackmail us with what they know about us. So we should try to identify the wolves in sheep's skin. If we tell our secrets to a wicked person unknowingly, we are sure to come to grief. The wicked person may try to exploit us later on. He may take away our money and valuables by blackmailing us. Above all, he may spoil our good name in the society. Thus we pay for our own thoughtless action. We should therefore be very choosy about friends, well-wishers and confidants. The best policy is to be a good listener and a tactful speaker. We should listen to all and use our tongue only when it is needed. We should share our views and secrets only with those whom we know very well..

42] a) All roads lead to Rome.

(b) A man without liberty is a body without a soul.

The phrase all roads lead to Rome means that there are various ways to reach a conclusion, many ways to achieve a goal, and many routes to arrive at a decision. The idea is that there are many methods to accomplish something, all leading to the same result. The proverb all roads lead to Rome may be derived from a phrase coined by French poet Alain de Lille in the Middle Ages in 1175: "mille vie ducunt hominem per secula Romam," which means "a thousand roads lead a man forever toward Rome."

Ancient Rome and the Roman empire is well-known for its engineering prowess. Many ancient Roman structures are still intact, including aqueducts, public Roman baths such as the Baths of Caracalla, walls such as Hadrian's Wall and the Antonine Wall, and Roman architecture such as palaces, temples, and coliseums where one may view Roman concrete. Portions of many Roman roads such as the Appian Way or Via Appia are still in existence. These roads provided a route for a strong Roman economy and for rapid deployment of the Roman army. Every Roman road was considered to begin at the Milliarium Aureum or Golden Milestone, installed by Emperor Caesar Augustus in the Roman Forum in the City of Rome.

43] Time and Tide wait for none.

This proverb illustrates the importance of time and also says that there is nothing which is more precious than time. The words TIME AND TIDE WAIT FOR NO MAN is due to the reason that the tides that come out in the sea are there forever and they do not stop or wait for anybody. There is a story in England where one of the king's courtiers always kept on

flattering the king. He said if the king orders everything in the world will stop. The King wanted to check it and he went to the seashore and ordered the waves to stop, but nothing happened. The King turned back to the courtier and said that time and tide wait for none and one day he will also die.

44] Man proposes but God disposes.

This Proverb statement tells that whatever man proposes as his objective to achieve by exercising his will power, efforts and intellectual potentialities, there is a limit to his abilities and there is some supernatural power – God - to determine the shape of things and its end. Sometimes or most of the times the end may be against man's proposal

People very often use this statement during their conversation. Man can place before himself a lofty objective and can strive hard to achieve it by putting forth all his efforts and other possibilities. But there is a limit to man's abilities. It has been well said. There is a supernatural power that determines the shape of things and that power. God shapes the end of our objective too. Man can only propose to achieve something and toil himself towards the achievement. Even the achievement itself is not in his hands. Of course the ancient Greek critic - Heraclites - says, "Man is the architect of his destiny".

Shakespeare, in his tragedy plays too, does not bring in fate or God as a power determining the shape of things. He introduces the clement of chances that turns the course of the play. Anyhow, there is some power which shapes the end and so it is very apt to say - Man proposes God disposes.

45] Necessity is the mother of invention.

This maxim indicates that whenever man requires something he is certain to find it. This has always happened throughout the human civilization. When a man feels that a certain thing is necessary for his utility it makes him think of possible to find new things. The histories of origin of many inventions are a sign of this fact. Today all the developments in medicine have been achieved due to the research and this research has been necessitated by the needs of the people to have a longer and healthier life.

The vaccines to the diseases like small pox and the medicine for rabies were all invented to prevent the disease. When man was living in the caves he could not see in the dark and he found out that fire can help to see in the dark and so he found the way to create fire. Similarly when he started moving from one place to another he found that the wheel helped him very much in transportation. He also invented the boat for traveling on water. Similarly when Thomas Alva Edison wanted to invent something to see in the dark he worked on with the idea of Electric lamp and soon invented it. Similarly the Wright brothers when they saw the birds flying thought that if man could also fly he could cover long distances and so they invented the aeroplane. So the need of the hour was the important motivating factor in inventing. With the passing of time man goes on inventing things to fulfil his necessities.

46] Look Before you Leap.

It is very wrong to take hasty decisions. We must always look at the advantages and disadvantages before attempting any kind of work. Literally the proverb means that we should always look at our next step. One should not blindly jump into anything without considering the dangers or disadvantages that could be in store for us. It is always better to enquire, evaluate and then take action.

Long time ago a group of frogs lived happily in a well. Since the monsoon failed that year, there was no rain and all the ponds and wells were drying up. The frogs got together and decided to move to a better habitat that had plenty of water. The oldest and the wisest of the frogs warned the younger frogs to be careful while choosing their homes. Sticky and Slimy were two naughty little frogs who never listened to the elders.

The sudden movement threw Sticky out of the pond and Slimy found himself sitting on the back of the crocodile. Slimy had never seen such a huge animal before and was trembling in fright. Just then the older frogs that had come looking for the two naughty frogs found them in this extremely dangerous situation. Grandfather frog quickly drew a plan

He threw a stick in to the water to distract the crocodile and asked Slimy to swim to the bank. All the frogs then hopped away to safety. The two naughty frogs learnt a very important lesson that day which they never forgot in their life.

VIDHYASHRI Coaching Institute

**P
R
A
M
O
D

S
I
R**

Vidhyashri Make
Topper

No. 1 Result In Maharashtra

25 years
1996 to 2021

Prof. Pramod sir
M.A. English literature
University Topper

**ANNIVERSARY
25 YEARS**

Class XII WWW.VIDHYASHRICLASSES.COM