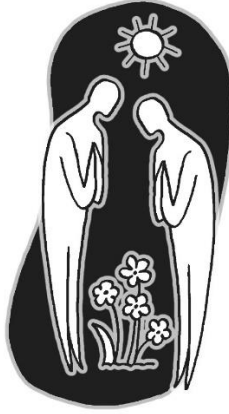


Behaviour



On 12th Apr. 2014, at the launching ceremony of my book '*Vivekache Dusare Nav Vichar Ahe*', Respected Maharashtra Bhooshan Shivshahir Shrimant Babasaheb Purandare and great literature expert Respected Dr. Anand Yadav was the guests of honour. At the time of speech, Babasaheb quoted a thoughtful wisdom, "Thoughts are superior than conscience and rational behavior is superior than rational thoughts". During his speech he had given many references from Maratha emperor Shivaji's life. Dutiful actions are important than just thoughts of duty. I have read these lines on a temple wall and that's when I decided to share some wisdom on this topic in my upcoming English book.

In earlier phase of life, from birth, man spends the years being dependent. Next phase of life from student life to further can be ideally crafted under guidance of rational mind and thoughtful actions. Students should practice to maintain all their things, from books to bag. One should be

careful and responsible for things given or taken. Responsible behaviour saves lot of troubles in the path.

My beloved uncle M.K. Mane has written a thought on cupboard defining 'discipline'. Discipline is, 'to be able to get particular thing whenever required.' Maintaining, things, books, assigned work, games and exercise are part of routine responsibilities. Completing the work told by parents, helping neighbours and people who are ill, is very important in life. Students should help needy people such as helping a lady to carry her vegetable basket, offering seats for elderly etc.

Helping your friends in studies, makes you smart in reality. Relations should be handled carefully. As you might hurt others, unintentionally with sarcastic words. This should be avoided, as it can turn a friend to foe for lifetime.

One should be able to handle anger with right spirit. People have tendency to show their outrage in many ways. Violent ways like breaking things, refusal to have food are some of the common ways.

Breaking rules of exam, cheating in exams these are the ways of cowards. One who practices above mentioned ways can never succeed in life.

Anger and outrage have many ugly impacts on life. At puberty, it's usual to get attracted to opposite sex. With right knowledge and controlled behaviour, one can avoid long term severe effects on health. Lack of patience and irrational mind may lead to heartbreak, one sided love, acid attacks, suicides etc. Even loneliness and isolation are

damaging the society. Many youngsters are following this kind of life, without realising the future risk involved.

How to Control Anger: 25 Tips to Help You Stay Calm⁶

Anger is a normal feeling and can be a positive emotion when it helps you work through issues or problems, whether that's at work or at home.

However, anger can become problematic if it leads to aggression, outbursts, or even physical altercations.

Anger control is important for helping you avoid saying or doing something you may regret. Before anger escalates, you can use specific strategies for controlling anger.

Here are 25 ways you can control your anger:

- 1. Count down:** Count down (or up) to 10. If you're really mad, start at 100. In the time it takes you to count, your heart rate will slow, and your anger will likely subside.
- 2. Take a breather:** Your breathing becomes shallower and speeds up as you grow angry. Reverse that trend (and your anger) by taking slow, deep breaths from your nose and exhaling out of your mouth for several moments.
- 3. Go walk around:** Exercise Trusted Source can help calm your nerves and reduce anger. Go for a walk, ride your bike, or hit a few golf balls. Anything that

⁶ <https://www.healthline.com/health/mental-health/how-to-control-anger# 15.-Picture-a-stop-sign>

gets your limbs pumping is good for your mind and body.

4. **Relax your muscles:** Progressive muscle relaxation calls on you to tense and slowly relax various muscle groups in your body, one at a time. As you tense and release, take slow, deliberate breaths.
5. **Repeat a mantra:** Find a word or phrase that helps you calm down and refocus. Repeat that word again and again to yourself when you're upset. "Relax," "Take it easy, and "You'll be OK" are all good examples.
6. **Stretch:** Neck rolls and shoulder rolls are good examples of non-strenuous yoga-like movements that can help you control your body and harness your emotions. No fancy equipment required.
7. **Mentally escape:** Slip into a quiet room, close your eyes, and practice visualizing yourself in a relaxing scene. Focus on details in the imaginary scene: What colour is the water? How tall are the mountains? What do the chirping birds sound like? This practice can help you find calm amidst anger.
8. **Play some tunes:** Let music carry you away from your feelings. Put in ear buds or slip out to your car. Crank up your favourite music and hum, bop, or sashay your anger away.
9. **Stop talking:** When you're steamed, you may be tempted to let the angry words fly, but you're more likely to do harm than good. Pretend your lips are glued shut, just like you did as a kid. This moment without speaking will give you time to collect your thoughts.
10. **Take a timeout:** Give yourself a break. Sit away from others. In this quiet time, you can process events and return your emotions to neutral. You

may even find this time away from others is so helpful you want to schedule it into your daily routine.

11. **Take action:** Harness your angry energy. Sign a petition. Write a note to an official. Do something good for someone else. Pour your energy and emotions into something that's healthy and productive.
12. **Write in your journal:** What you can't say, perhaps you can write. Jot down what you're feeling and how you want to respond. Processing it through the written word can help you calm down and reassess the events leading up to your feelings.
13. **Find the most immediate solution:** You might be angry that your child has once again left their room a mess before going to visit a friend. Shut the door. You can temporarily end your anger by putting it out of your view. Look for similar resolutions in any situations.
14. **Rehearse your response:** Prevent an outburst by rehearsing what you're going to say or how you're going to approach the problem in the future. This rehearsal period gives you time to role-play several possible solutions, too.
15. **Picture a stop sign:** The universal symbol to stop can help you calm down when you're angry. It's a quick way to help you visualize the need to halt yourself, your actions, and walk away from the moment.
16. **Change your routine:** If your slow commute to work makes you angry before you've even had coffee, find a new route. Consider options that may take longer but leave you less upset in the end.
17. **Talk to a friend:** Don't stew in the events that made you angry. Help yourself process what

happened by talking with a trusted, supportive friend who can possibly provide a new perspective.

18. **Laugh:** Nothing upends a bad mood like a good one. Diffuse your anger by looking for ways to laugh, whether that's playing with your kids, watching stand-up, or scrolling memes.
19. **Practice gratitude:** Take a moment to focus on what's right when everything feels wrong. Realizing how many good things you have in your life can help you neutralize anger and turn around the situation.
20. **Set a timer:** The first thing that comes to mind when you're angry likely isn't the thing you should say. Give yourself a set time before you respond. This time will help you be calmer and more concise.
21. **Write a letter:** Write a letter or email to the person that made you angry. Then, delete it. Often, expressing your emotions in some form is all you want, even if it's in something that will never be seen.
22. **Imagine forgiving them:** Finding the courage to forgive someone who has wronged you takes a lot of emotional skill. If you can't go that far, you can at least pretend that you're forgiving them, and you'll feel your anger slip away.
23. **Practice empathy:** Try to walk in the other person's shoes and see the situation from their perspective. When you tell the story or relive the events as they saw it, you may gain a new understanding and become less angry.
24. **Express your anger:** It's OK to say how you feel, as long as you handle it in the right way. Ask a trusted friend to help you be accountable to a calm response. Outbursts solve no problems, but mature dialogue can help reduce your stress and ease your anger. It may also prevent future problems.

- 25. Find a creative channel:** Turn your anger into a tangible production. Consider painting, gardening, or writing poetry when you're upset. Emotions are powerful muses for creative individuals. Use yours to reduce anger.

Anger is a normal emotion that everyone experiences from time to time. However, if you find your anger turns to aggression or outbursts, you need to find healthy ways to deal with anger.

If these tips don't help, consider talking with your doctor. A mental health specialist or therapist can help you work through underlying factors that may contribute to anger and other emotional issues.

Days of young age are very important. Not respecting professors, bunking lectures, ragging, elections are not expected from the students. The sense of responsibility will lead to clean minds and better behaviours.

There are issues like demand for dowry, inequality among men and women, bad behaviour with wives are still unchanged in spite of rules of Government. We always point finger towards others even when we are committing same mistakes. Blame game won't bring any development of country. Simple things like paying society maintenance, taxes on time, separation of perishable and plastic garbage, repairing water leaks and so on, will help in the development of the country.

Instead of encouraging corruption in colleges and offices to get work done, we should support for clean and

transparent systems to be implemented. This will be beneficial to us and also to the future generations.

Behaviour is a wide aspect. From individual to country, it defines the lifestyle and culture. Whenever I travel in any part of a country by bus, train or plane, I see places and roads always full of plastic waste and garbage. Even after being aware of plastic and related risks to environment, we find it everywhere. After facing unfortunate incidents like 26th July 2005, where in the main reason of water clogging was plastic and its irresponsible disposal, we have not improved. Discipline is required in every aspect of life, from clean environment, usage of TV, mobile and vehicle to spending on unnecessary things.

Discipline leads to respectable behaviour in society. It gives right direction to your thoughts. Discipline and right behaviour are primary needs of society and country too.



Quotes

“Keep your thoughts positive, because your thoughts become your words. Keep your words positive, because your words become your behaviour. Keep your behaviour positive, because your behaviour become your habits”

– Mahatma Gandhi

“We tend to judge others by their behaviour and ourselves by our intentions”

- Albert F. Schlieder