

TRADITIONAL MEDICINAL KNOWLEDGE

The Central Council for Research in Ayurvedic Sciences, New Delhi does the task of collection, revival and retrieval of ancient manuscripts and books of AYUSH systems. The NIMH, Hyderabad maintains medico-historical library which functions as a referral library. This Library is maintained with two objectives, viz promotion of knowledge of history of medicine amongst medical students, teachers, interested public and promotion of Research into the History of medicine in India during the Ancient, Medieval and Modern period and elucidation of the inter-relations between the Evolution of Medicine in India and in other centers of civilization in ancient and medieval times. While giving reply in Rajya Sabha, Minister of AYUSH Sarbananda Sonowal informed that library contains approximately 10384 books (out of which 448 are rare books) on different aspects and branches of History of Medicine and the collection includes several classical texts of AYUSH systems and European medicine which includes some early editions. This library possesses 285 Manuscripts (Palm leaf/paper) out of which, 173 belongs to Ayurveda; 106 to Unani System of Medicine and 6 of Siddha system of medicine. The institute also maintains digital repository of 2700 medical manuscripts and 1335 rare books collected from different manuscript repositories, State Museums, Academic Institutions, Libraries and personal collections across South India, Maharashtra, and Madhya Pradesh. Out of these 2700 digital manuscripts, 1335 belongs to Ayurveda; 542 to Unani; 598 to Siddha; 49 to Yoga and 176 to other topics. Further, 1679 manuscripts/rare books have been digitized under the project entitled 'Survey, Cataloguing and Digitalized inventory of Medical Manuscripts of Eastern India (Orissa, West Bengal and Bihar)' and 770 Manuscripts have been digitized under the project entitled 'Survey, Cataloguing and Digitalized inventory of Medical Manuscripts of North-East India' by the CCRAS.

The Central Council for Research in Ayurveda Sciences, New Delhi undertakes editing of transliteration, transcription, translation, publication of manuscripts and rare books of ancient and medieval period for wider dissemination and global readership. Similarly, the Central Council for Research in Siddha (CCRS) has also deciphered ancient Siddha literatures originally available in Tamil Prose and translated them to Tamil and English language. Various National Level institutes and Research Councils under Ministry of AYUSH publish Journal on regular basis for wider dissemination of research outcomes. The Ministry of AYUSH, Government of India has National Institute of Indian Medical Heritage (NIIMH), Hyderabad as a unit under the Central Council for Research in Ayurvedic Sciences (CCRAS) with a mandate of literary Research and Documentation, revival and retrieval of texts from ancient manuscripts and rare books, search and Collection of information, descriptive notes, editing and publication of rare medical manuscripts/books on AYUSH, documentation, Ayurveda Encyclopedia, museum on History of Medicine, referral library on AYUSH Systems of Medicine and modern medicine, AYUSH Research Portal, CCRAS-Research Management Information System, National AYUSH Morbidity and Standardized Terminologies Electronic (NAMASTE)-Portal, development of W.H.O International Terminologies of Ayurveda, Siddha, Unani, development of SNOMED CT National Extension for Ayurveda, Siddha, Unani etc. Apart from this Institute, all five Research Councils under Ministry of AYUSH also conducts Literary Research as a part of their research mandate.



Treat Your Children as Houseguests

more patient. Feeling better will help us do that.

Exercise Daily

Movement aids in developing patience. Exercise daily and you will be dealing better with your kids. Exercise releases endorphins which trigger a positive feeling in our body which makes us happy which surely work on our patience levels.

Best Example of Patience

Always try to be a patient role model as our kids are watching us 24X7, not just the time we are outside the home. We do behave when outside but as we enter home, we forget that the audience we are catering to is same. They are the ones who will learn from us. Remember to be the best example of patience.

Being Prepared

Be proactive, it surely will help to be more patient. Think of the dinnertime when the children are already hungry, cranky and you are not yet finished with preparing meals. This will end up in losing the temper. Being prepared stops this. The root of impatient behavior is always the same: unpreparedness. Be prepared before time.

Forgive Yourself

It's high time that we need to give ourselves grace and time to change. If you have been someone that loses their patience easily, give yourself time to break from this habit. Forgive yourself for whatever you did that day and do better tomorrow. We cannot be perfect all the time. We will lose our patience at some point of time for sure but what we can do is work on doing it better.

Sugandha Asgola

It is divinity that shapes, not only your ends, but also your acts, your words and thoughts.

-Swami Sivananda

EDITORIAL

Career counseling: A life guidance tool

■ ER PRABHAT KISHORE

Present day youths have shifted from traditional degree courses to job-oriented vocational and skill training courses. Millions of youth are being trained in a variety of skills through short-term skill training programs in India. Career counseling is one of the factors that influence the uptake of skill training programs and their resultant culmination in desirable jobs. With career counseling, candidates' chances of success are maximized in a career line commensurate with their interests, personalities, aptitudes, and job market realities.

Career counseling is a guidance tool that helps individuals make informed choices on a prospective career path. It evaluates an individual's aptitudes, interests, skills, and capabilities, and may also include context relevant factors, including data of the job market and average compensation expectations, the individual's access to resources, etc. to arrive at suitable career options. The need of the hour is to approach "Career counsellor" with a view of creating a comprehensive and standardized framework.

The career counseling solution envisages to yield the following: 1. Profile interests, attitudes, and skills of candidates through psychometric assessment tools, 2. Access to consolidated knowledge and insights to candidates to reduce information asymmetries, 3. Offer guidance (group or individual sessions) on viable career options to students seeking to acquire skill, covering vocational and professional avenues, 4. Career counseling solution be available in multiple different regional languages for access to all interested candidates, 5. Offer technology-based solutions for smooth implementation across diverse regions along with Project Management Dashboard to view real time logins, assessments

taken, Counseling facilitators created, and group/ individual counseling sessions conducted, 6. Capacity building of vocational trainers and other designated resources to act as counseling facilitators, 7. Resolving doubts and queries on career pathways and troubleshoot on tech-platform related issues through a dedicated helpline and support contact centre. The candidates from in-school, school drop-out, out-of-education segment and others, on registration/ enrolment shall undergo a standardized solution, which covers the following essential components:

1. Career/Livelihood knowledge base: A digital platform will be offered to all candidates to access detailed and relevant information for informed career choices and decisions. The platform will provide detailed information on professional as well as vocational pathways, information on industry clusters and livelihood related data points.

2. Career Assessment Tool: A career assessment tool will be made available to all candidates through log-in to the portal. The career assessment will be based on personality, aptitude and interest of a candidate, thereby creating a holistic psychometric assessment and analysis. Based on the career assessment, a detailed analysis report for each will be available online, under the personalized log-in for the individual candidates to access digitally.

3. Career Counseling and guidance: The purpose of providing counseling is to empower candidates to take informed career decisions based on the correct interpretation of the career assessment report, through counseling facilitators. The selected career counseling agency will be required to provide various options for counseling the candidates.

4. Capacity building of Counseling facilitators: The nominated trainer/other staff would have to be trained through an orientation

module to handle the career counseling needs of the candidates in line with the career knowledge platform and outcome of the career assessment tool. The orientation program must cover necessary approach/ models for pre-training and post-training counseling needs. Simultaneously, candidates will have access to a range of information sources supporting the varied routes opted, from a job test-taker is good at and what he/she can be good at with the right training. The vast scope and dynamism of aptitude assessment ensures a streamlined process for career choices, academic pursuits and professional growth.

5. Group Counseling by Career Counseling Agency: There will be an option of group counseling interaction (spanning 60 to 90 Minutes) by the counselors on correct interpretation of the career assessment report. The group session counseling to provide candidates with sources for accessing multiple information supporting varied routes opted, from a job opportunity to "on-the-job training/apprenticeship" possibilities to further training.

6. Personalized Counseling session by Career Counseling Agency: There will be an option to conduct a personalized counseling session for 30 Minutes in offline mode (in classroom) or online mode, based on the career assessment report.

7. Aptitude Assessment: An aptitude test evaluates/ predicts what an individual can do or can learn or do if they are given access to proper instructions. Aptitude assessment assesses an individual's ability in a particular area. For instance, imagine that a company wants to hire a computer programmer to work for their company. They will probably look at a variety of things, including work history and job performance. Also, an aptitude test can be administered to determine whether the candidate possesses the programming skills necessary to perform the job. This aptitude test is designed to look at

a narrow range of ability and competence, for example, how knowledgeable and proficient the candidate is in computer programming coding. Organizations are rapidly moving away from traditional methods of hiring and relying more on online recruitment methods for quick and effective hiring. Aptitude tests are excellent set of tools to find out what a test-taker is good at and what he/she can be good at with the right training. The vast scope and dynamism of aptitude assessment ensures a streamlined process for career choices, academic pursuits and professional growth.

8. Wide implementation of Informational Posters/ collaterals: The career counseling initiative will be supported with wider implementation of informational posters relevant to the courses offered at the training centre or any other premise of conducting the career counseling service. These collaterals shall be essential to bridge the informational/ awareness gap and will be helpful for mobilization and advocacy of the program. The collateral will include posters on a range of topics, such as Job Role Overview, Career/occupational Map, Job/Placement Opportunities portal information, Competency/ eligibility requirement. Career counselor will have to conduct online periodic sessions and recorded audio-visual content for candidates.

In fact, Career counseling is a life-long process. It is not only to make decisions now, but also to provide knowledge and skills to the individuals to make future career and life decisions. It is not just about deciding a job when one graduates. Throughout a person's life, the situation keeps on changing and one has to make a career and take appropriate decisions.

(The author is an engineer and educationist).

Ideas, actions, strategies & life

■ ABID HUSSAIN RATHER

The world as it looks today was never the same before. It changes continuously and no two eras of the past have been identical. The frequent changes which continuously occur in our world introduce us with new things and new phenomena with every passing day. Changes may occur naturally or owing to human efforts. Human beings have ability to change the world, beautify it like heaven and make things possible for the benefit of mankind. Contrary, they can also turn it hell by their evil and wicked idea and devilish actions as it has been witnessed in the past. Positive ideas and actions executed with proper strategies have always led to progress and development of nations by bring positive changes in the societies. Among all the creatures, human beings have the best ability for creative thinking an executing their plans and strategies to solve their problems. All other creatures except human beings have limited thinking ability enough for their living (like they can think about eating, drinking etc.) beyond which they can't understand anything and they are sans creative thinking. Accordingly they are not responsible for their actions. Tomorrow they will not be asked about what they have done for the betterment of the world as their minds can't understand the complex and complicated things and they can't execute strategies and plans to solve problems. But human beings are completely responsible for their deeds as God has bestowed them with the power of creative thinking and logical reasoning. Every human creation around us passes through two stages of the process of creation. The first thing is the idea. As Earl Nightingale, an American radio speaker and author has said that everything begins with an idea. Every concoction or innovation has its roots in its idea. Whenever an idea comes to our mind, it activates our mind which in turn incites us for some action. Action is aftereffect of an idea. According to Helen Keller, ideas without actions are useless.

Once an idea strikes our mind, we give it a practical shape through our actions which results in some innovation. Everything which occurs in our mind through ideas demand concrete contemplation and concise strategies for their existence in actuality. Unless and until proper strategies are not executed for their implementation, no idea striking our mind can attain practicality with all its components Richard M Kovacevich has rightly said, "A vision and strategy aren't enough. The long-term key to success is execution. Each day. Everyday."

Similarly, aphoristic and effective planning is indispensable for successful and happy human life. Every strategy for successful life needs our complete attention and keen focus. Concise speculation incites us to give our ideas a practical shape. We should have lucid and clear cut image of our ideas. To give practical shape to our ideas we need to note them and pay attention to them. Naturally, ideas occur to every mind but they slip away or soon get eluded from our mind as we mostly don't pay attention to them. Ideas need consideration, thoughtfulness and proper actions to give them a practical shape. They need to be nourished and cherished by paying attention to them and preparing a mental image of all our thoughts regarding a particular matter by coordinating them in a well organised manner which eases our actions in later stage. To make this point clear, let me explain it by giving example of column writing or blog writing. Most people while writing about a particular topic can't writing more than two or three paragraphs about it and their ideas vanish away after penning down just few lines. The reason lies in the fact that they don't put their thoughts and ideas in a well organised manner and they also don't synthesize and synchronize their ideas about a particular topic in an organised system. Contrarily, a professional writer collects all his ideas about a particular thing in details, gives them a well organised shape in his mind and then starts writing and finally produces his thoughts in the

form of a lucid, beautiful and well organised story or write-up. Our life is akin to a beautiful penned down story. It is full of beautiful events, episodes and ideas and we are the creators of our own stories. It is our duty towards our life to be serious about it and pay full attention towards it. Everyone among us aspires to accomplish great things in our lives. So whatever you aspire to accomplish, generate ideas about it in your mind and organise them in a well ordered and systematic framework and foster them. It becomes easy to put well organised and nourished ideas with proper strategies in actions and achieve desired results. Writers, novelists, critics, actors, musicians and all other artists work on this basic principle to make their lives successful. Broadly speaking, all the successful businessmen of the world achieve their dreams by putting their ideas into actions with proper strategies. A successful commercial institute is always the brainchild of an idea successfully put in practical action with tactful strategy. It is one of the natural principles that when we focus our mind on a specific idea, we become fully involved in it and our entire existence becomes subordinate to our thoughts. It prepares us to give our ideas a practical shape promptly. Consistency and harmony in our thoughts beautifies our actions and play a vital role in making our life purposeful. When we divert our mind from unnecessary thoughts and consistently remain absorbed in positive and purposeful thinking, it carves out our way for successful life easily. In conclusion, we must bear in mind that for a successful and aimful life, we need to be serious towards our lives and pay full attention to our creative ideas. We should not waste our energy in perturbed and eccentric thought as they disturb our mind and badly affected our mental health. Rather, we should nourish and develop positive and purposeful ideas in our mind and put them in action with thoughtful strategies to achieve our goals.

Challenges of future education

■ SHYAM SUDAN

Education is the only powerful tool to civilize the super creation of God i.e. humans. All the advancement we see in the world today is due to spread of education. Without education there is no difference between humans and other lower creatures. In India we have a very enriched and incredible history of knowledge. Once there was a time we were considered as world superpower of the world in term of our education and knowledge glory. Our old-age texts i.e., Vedas, Upanishads and other valuable books were filled with knowledge of all fields of life. Basically these enriched texts of our past give direction and way to us and entire humanity to live a prosperous and contented life. But with the change in time and due to influence of westernization of knowledge we have seen a drastic change in present time. After the independence we have framed lot of education policies for the welfare of our modern generation. But there is a popular saying that change is the law of nature. And this dictum works equally for education too. Those methods and policies whom we have firmied faith in those time i.e. during their formation, now we have felt that those are outdated and obsolete one in current scenario. No doubt knowledge remains the same in all era but the ways and methods of its execution changed as per the need and expectations of present time zone. Now our traditional method of imparting knowledge has been changed. Once there was a time when we consider that guru or teacher was the ultimate source of knowledge for everyone. But now with the advancement in technology and digitilization of everything all the things have changed. Now there are many sources of knowledge for the knowledge seekers. During COVID pandemic when there was no formal schooling available for us, we have learnt lot of other methods of imparting knowledge i.e., digital learning. Now our country is in the developing phase of history. There are lot of challenges are waiting for us in our future. What are the challenges for our future education, is a burning issue for us in present time. At present we are focusing on online learning process. No doubt it is the need of the hour to adopt this method of imparting knowledge, because we can connect

with millions of learners at any corner of the country. Moreover well planned and targeted knowledge can be spread through this medium of learning. But there are few hurdles in method of learning as well. Because there is need of well furnished lab, sophisticated digital devices and rapid internet connectivity. Topographically, in India we have a great challenge in our future to make provision for this method of imparting education. Because there is need of considerable funds and infrastructure, especially in rural areas still there is very limited scope of this method of learning. No doubt online method of teaching is very important and mandatory at present time, but we can't ignore our traditional method of teaching totally. It is also a great challenge for us in future to go with two ways of teaching and make a comfortable alignment with two. The next great challenge for our future education is to protect our moral based education system. No doubt we have achieved great milestone in spreading the literacy in our population. But sidewise we have seen that we have lost our moral values from our education system. Our prime focus was to increase the percentage of literacy rate but in ignorance we have failed in achieving the best side of education. It is a bitter reality that we have millions of literary persons in our country but very limited number of educated one. Due to more focus on our literary side we are continuously producing smart hackers, fraudsters, smart corrupt manpower and morally dead lot, it is due ignorance in our moral based education. No doubt online method can attract the millions of learners in a fraction of time but we can't develop moral values in those learners through that method of learning. There is an age-old saying that Guru Bin Gati Na Hoye' only guru and morally dead lot, it is due ignorance in our moral based education. No doubt online method can change the mindset of learners through traditional method of teaching. With simulation and digitally demonstrating way we can't imbibe this virtue Le mortality in our future generation.

Another challenge for our future education is to implement the skill based education in our young generation. At present we are giving priority to only competitive aspects of exams. But in future we need skilled and trained educated persons for our nation. Now we have to focus on new skill based education as per our future requirements and needs. Our traditional skills are now outdated one, because the need and demand of our society is new and advance one. we have to focus on Digital and technology based skill education. However in our new education policy we are giving stress to this need. The main focus and priority of our new education policy is also the same and it is designed as per the future need of our country. But, it takes many more years for proper implementation and in its execution. Another great challenge for our future education is to how we can reduce the burden of expense of higher education. Mostly, in our country it is somewhat difficult for common man to pursue the higher education due to its cost burden. It is great challenge for us and for our future generation, because we know there is a great percentage of our population who have not proper financial background. Mostly knowledge seekers and talented people cannot afford the facilities for higher education due to their poor financial background. Moreover, nepotism and favoritism is also another challenge for us in every era.

Another problem for us in near future is burden of our reservation policies. No doubt reservation is good for downtrodden and having not section of our society. But, now days we have designed the culture of this reservation in almost every section of society. This will go to be a great hurdle for us in near future and also a great challenge for our education system.

The next biggest challenge for our future education system is to give employment and job opportunities to our educated youths. However ultimate aim of education is to get the salvation and escape from the cycle of birth and rebirth as per our religious belief. But in current materialistic society we relate the success of education with employment engagement of the learners. Because we know millions of students are waiting for employment in our country. Now in future their numbers will increase in geometric ratio, then it will be a great challenge for us to engage this manpower to work as per their dignity and status. Another great challenge for us in our future education is to meet the requirements of expertise and learned scholars, teachers and guide. Because at present we have seen that there is scarcity of expertise faculty in different levels of our education sectors. In this changing teaching and learning era there is need of well trained and professional expertise manpower to guide our budding generation. Because at present the need, aspirations and demand of our modern learners is different than our old age time. Brain draining is another challenge in this direction. We should work on this side to stop the brain draining of our intellectual class. more opportunities and job security can change the mindset of our intellectual in this direction. There is an urgent need to inculcate the values of nationalism and patriotism in the minds and vision of our educated youth. This is possible only with the right and value based education in future. Our plan and policies must be in such a way that there is enriched sources and texts of these value oriented teachings in our books. for that there's need of change in our books and other literature. Especially, if we avoid distorted history presentation in our future only then we can give a proper and authentic knowledge to our young generation. Political influence in our higher education institutions is also a great hurdle for us. More autonomous status can be given in this direction to our institutions of higher level. Another big challenge for us in our future education system is selection of language formula for our learners. Still we are in dilemma regarding the selection of language formula. No doubt Hindi language is our mother tongue, but we are continuously giving stress to foreign language i.e., English. Still our mindset is that if anyone make communication in English language we think he / she is very intelligent. Contrary to this if someone has more talent and expertise in his field, but a poor communicator in foreign language we generally ignore his performance. No doubt challenges are many for us in future, but our strong determination and selection of appropriate policies can change the condition in our favour. A strong and committed political will is also needed in this direction to change the condition.