

Time Management and Biological Clock

(Balance-Sheet of Man's Life)

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(जिन्दगी के हिसाब का लेखा-जोखा)

Take time to **WORK**

- It is the price of success.

Take time to **THINK**

- It is Source of power.

Take time to **PRAY**

- It is the key to Revelation.

Take time to **PLAY**

- It is the secret of youth.

Take time to **READ**

- It is the source of wisdom.

Take time to be **GOOD**

- It is the Road to happiness.

Take time to **DREAM**

- It is the way to the Moon.

Take time to **LOVE**

- It is the privilege of God.

Take time to **SERVE**

- It is the Mission of Life.

Take time to **LAUGH**

- It is the Music of the Soul.

Take time to **OONCHI UDAAN**

- It is the way to success.

Take time to be a **CHILD**

- It is the Development of life Skills.

Cost of Human body- Ten crores

□ *A well built beggar used to beg outside a temple. A famous doctor also used to come to have vision of deities in the temple daily. He watched the young beggar wasting his time in begging.*

One day, the beggar came before the doctor and begged alms from him.

Doctor said to the beggar, "Brother! I will not give you alms, but I can buy something from you."

"I have nothing except this alms bowl and tattered clothes. What can I sell you then?" Asked the beggar in surprise.

"My young, poor beggar friend," said the doctor, "you have too many things that you can sell me."

"Such as!"

"Let me cut one of your fingers from either of your hands, because you may beg even without a finger and your time will go on passing as usual. Of course, I will give you five thousand rupees for your finger, which I will graft on a patient's hand that has a finger missing and thus cure him."

Young beggar just stared at the doctor speechless. The doctor said, "I see you feel that five thousand rupees are less perhaps. OK. Let me cut your whole right hand. You can beg alms without a hand so it won't affect you and your time will be passed too. I will pay you one lakh rupees for your hand, which I will graft on to another needy person."

Young beggar became quiet and looked at the doctor from top to bottom. 'Perhaps this offer too appears

less? O.K. Let me cut both of your legs. You can beg alms even in a disabled condition and face no difficulty in wasting time. But your legs will be grafted to another needy person who can walk then. Of course, this time I will pay you 10 Lakh.”

But the beggar turned to go in frustration without answering. The doctor called out, “Wait a minute, O young beggar. Listen.” The beggar stopped.

“It seems that my offer is still less for you perhaps. Let me have your entire body in 10 crore rupees. I will use every part of your body in serving the humanity and the success will embrace me. And this price of your body won’t be less but very much?”

Young beggar was speechless. He sat on the ground cross-legged and looked on and on at the doctor silently.

“Price of your body is 10 crore rupees and you regard such a precious body as yours but beg alms for living and killing your time. Do something. Stop begging alms?”

The young beggar left at once. Many years later, that famous doctor happened to see a person on stage during presidential speech in a seminar. That person was none other than the same beggar who used to beg outside the temple. Now he was the successful owner of a drug company. It was he who had organized the seminar so systematically. The famous doctor had a conversation with the owner of the drug company. Company’s owner (beggar previously) just said, “Since the day I met you, I have been working non-stop without wasting even a moment and today have reached this high designation.”

Like the beggar in the above tale, our well-being is in understanding the value of time and engage in work

at once. There are only 24 hours in a day and night together. You work 6-7 hours for your office, 7-8 hours pass in sleeping which is sufficient to live. Now if you account for the remaining time, you will find that an average person is wasting 7-8 hours uselessly. He does not know the value of himself, and has forgotten as well as ignored the value of his life, hence he is unable to do anything in life. Just think and decide yourself what is your value? We are aware that every moment of our life is being spent like rupees. One day the last black warrant will come from the abode of God.

Those, who save time, save money and time saved is equal to the money earned.

—Mahatma Gandhi

जो समय बचाते हैं, वे धन बचाते हैं और बचाया हुआ समय, कमाए हुए धन के बराबर होता है।

— महात्मा गाँधी

God sends four Death warrants to alert every person.

Please Note very well

LIFE DOES NOT HAVE ANY RE-PLAY

□ Once a wayfarer was going to some place. He noticed that a dark shadow was also walking beside him. Wayfarer stopped, both of them had a chat, but they did not ask about the identity of each other. When the wayfarer reached his destination he saw the shadow still with him. He could not control himself and introduced himself first, “I am a Seth (rich man).” Then he asked the shadow, “Who are you?”

Shadow said, “I am Yamaraj (god of death).” Seth shook with fear. But gathering his courage, he asked in a wobbling tone, “How have you come?” “To take you with me,” replied Yamaraj.

Seth turned pale. Somehow controlling himself he said, "O Good man! You should have informed me in advance before coming."

Yamaraj laughed and said, "I had sent you four summons, but you were busy with your life routine." Seth said in surprise, "But, O lord! I did not receive even one summon."

This time Yamaraj said in somewhat serious tone, "First your hair turned gray that was the first warrant. But you dyed your hair black. Second warrant was that your teeth gave way. But you got artificial teeth. When your eyesight grew weak it was the third warrant but you got specs. Finally your hearing impaired, it was my fourth warrant. But you got hearing aid. You had all the information that I was coming; you cannot say that I did not inform you earlier. You did receive my intimation but you did not try to understand the message." These words of Yamaraj left the Seth stunned.

It is no use to cry over spilt milk

अब पछताए होत क्या, जब चिड़ियाँ चुग गई खेत।

Whether our time is passing pleasantly or mournfully, we are flying high on success or crawling on the ground it all depends upon how we are learning something from time or not. If we have not learnt to move with the time, it will leave us behind and move ahead and we will trail not only by time but also by ourselves. All the game of our life moves round with the needles of time, which never move in reverse direction.

Time is dynamic. Its motion is controlled by nature. Hence no any obstacle arises in it.

This moment is the present.

Next moment it will become past and your present will once again welcome the future.

The past is history

The future will be a mystery

But this moment is a gift

So it is called "Present"

बीता हुआ कल एक इतिहास है

भविष्य रहस्यमय होगा।

किंतु यह क्षण एक उपहार है

इसे वर्तमान कहा गया है

Most of us still don't recognise the time. To read the time in a watch that now it is 1 o'clock is a different thing. Every person can tell such a time, reading his watch. All of us know how to read the watch. But how many of us recognise the time? Very few perhaps.

Secret of success of every successful man is that he recognises the time and does his work according to it.

Napoleon and Time

□ *Once during a battle a soldier brought a message for Napoleon riding and running a horse very fast. Horse had run so fast that as soon as the soldier reached Napoleon the horse collapsed and died. Despite all this the messenger delivered the urgent message to Napoleon.*

Napoleon read the message quickly and said to the soldier, "Return at once without losing a moment and say that Napoleon has read the message."

Messenger soldier knew the value of time and began to run to fulfil his duty because his horse had died.

"Listen," came a commanding voice of Napoleon. The soldier stopped and turned back and awaited the next command.

"Take my horse. You need not waste even a minute," reverberated Napoleon's command.

"What are you saying, sir? Yours is the best horse in France. How can a soldier be so daring to ride your horse? How then will you command the future course of action?" Murmured the soldier with courage.