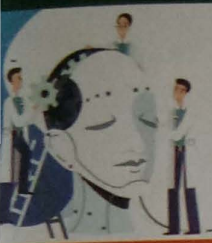


# REMAKING

# YOURSELF

LESSON-01



## RESTRUCTURING YOURSELF



### WHAT IS THIS POWERFUL IMAGE SAYING TO US?

**MAN IS HIS OWN MAKER**

*You are the stone,  
you are the chisel,  
you are the sculptor.*

What does this mean? **You** are the sculptor! Meaning you have all of the ability, skill, intellect, and tools needed to shape the stone, which is your life.

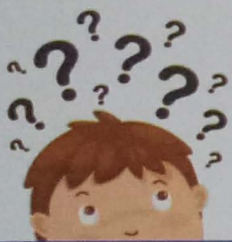
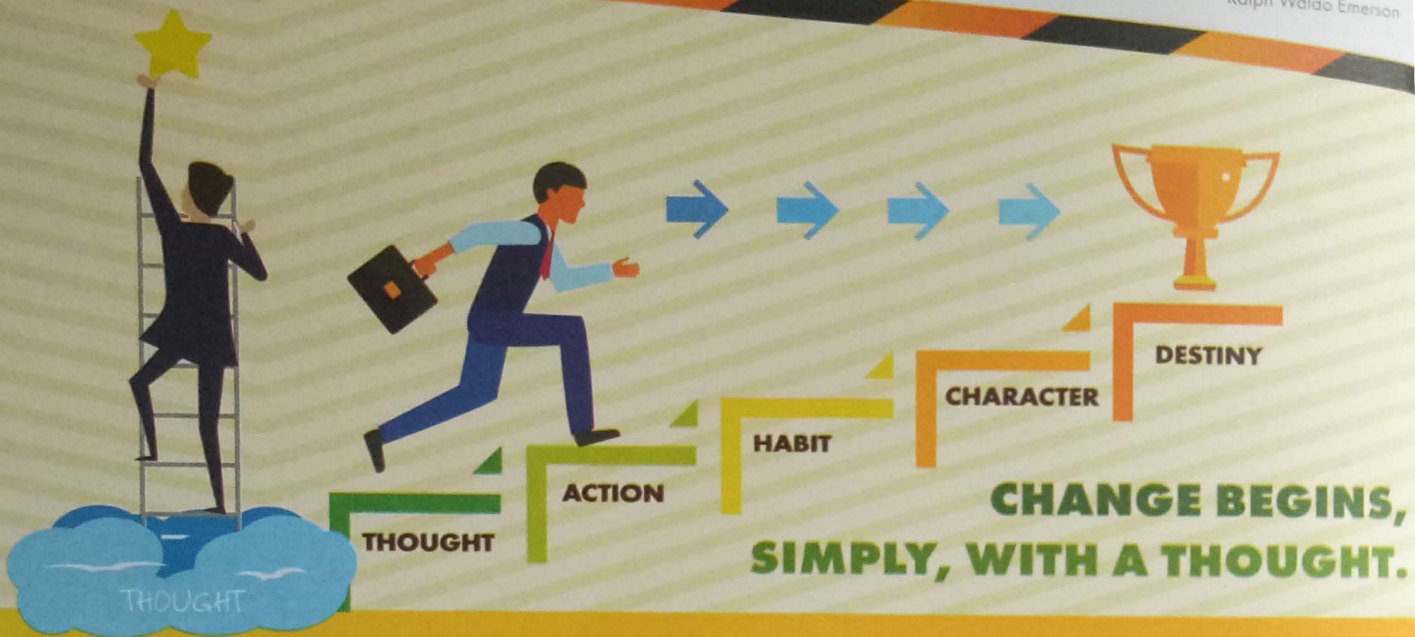
So what do you want from your life? What destiny do you see for yourself? Are you working towards making that a reality? If not, it is time to restructure yourself.

**SO WHERE TO BEGIN?**

## THE POWER OF A SINGLE THOUGHT!

Sow a thought, reap an action;  
sow an action, reap a habit;  
sow a habit, reap a character;  
sow a character, reap a destiny

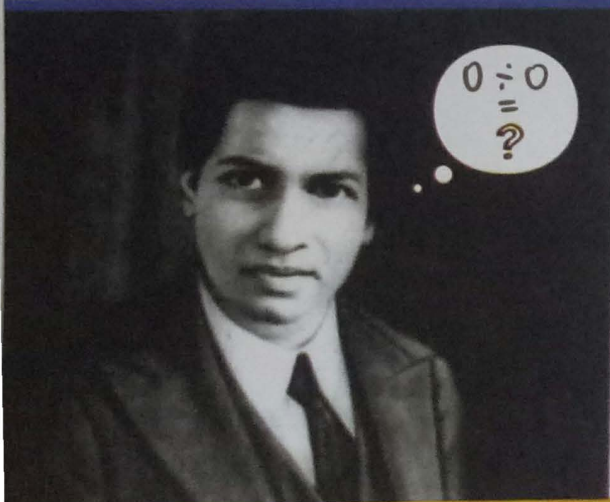
- Ralph Waldo Emerson



Thought? I have a million thoughts a day...  
how powerful can they be?

**A single thought contains the potential to change the world.**

Take a look:



...well, what happens if you divide 0 by 0?"

- Srinivasa Ramanujan

Once Ramanujan's school teacher was explaining that any number divided by itself equals 1. At that time, Ramanujan wondered what would happen if 0 was divided by 0. This thought led to major breakthroughs in the field of mathematics.



*I wonder why that apple fell down...*

- Isaac Newton

And with this thought, Issac Newton went on to mathematically explain gravity, universal gravitation, the law of motion, and much more. This single thought literally changed the way we understand the physical world around us.

*But what if I run at the speed of light?*

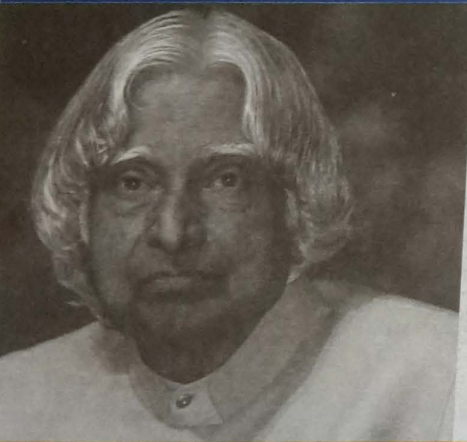
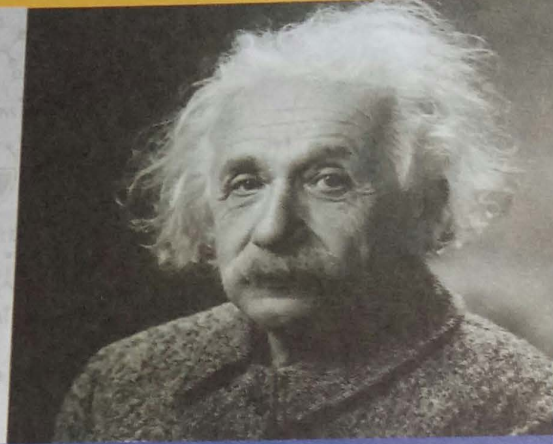
- Albert Einstein

Einstein's teacher was explaining the concept of 'speed of light' when Einstein had a thought:

'What if I run at the speed of light? Will I see light stable?'

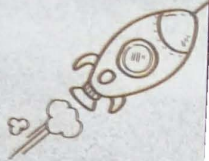
This thought would go on to change

the world of physics forever and provide us with the theory of relativity.



*Can I fly amongst the clouds?*

- Abdul Kalam



Once young Kalam's teacher took his class to the Rameshwaram seashore to show the students how the birds fly. However, Kalam found something else in the flight of these birds – he found inspiration to fly.

Young Kalam would go on to become the Missile Man of India.<sup>1</sup>

So there you go! A powerful thought can change the world! But...

Everyone thinks of changing the world, but no one thinks of changing himself.

- Leo Tolstoy

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."

- Rumi

...before we go and change the world, we must first restructure ourselves.

According to the lecture, in order to restructure yourself, you must strengthen these 4 quotients.

**PHYSICAL QUOTIENT (PQ)**  
How I physically perform

**INTELLIGENCE QUOTIENT (IQ)**  
How I use and nurture my intelligence

**EMOTIONAL QUOTIENT (EQ)**  
How I feel and react

**SPIRITUAL QUOTIENT (SQ)**  
How my faith and values are integrated into my life



These 4 quotients are made up of various profound thoughts and concepts. In this handout, we are going to introduce you to 6 game-changer thoughts that will help you restructure your life. Each of these 6 thoughts will fit into one of these 4 quotients.

**PHYSICAL QUOTIENT**



**MY BODY IS MY VEHICLE TO ACHIEVE MY DREAMS**

**THOUGHT #1**

If you put the world's best racer in a third-class car, would he be able to win a Formula One race? Similarly, we may have intelligence, talent and ambition but if we are not physically fit then we won't be able to achieve our dreams. Being fit improves our productivity, creativity, family relationships, social life and energy level. The healthier you are, the more mileage you will be able to get out of your body.

Physical fitness is split into two parts: **(1) Exercise** and **(2) Nutritious Diet**

According to the Mayo Clinic<sup>2</sup>, everyone should aim for at least 30 minutes of exercise every day along with strength training at least 2-3 times a week.

We should also focus on maintaining a healthy, balanced, and nutritious diet. It is important to cut out 'junk food' that are filled with trans fats, sugars, oils, and salt. We need to eat wholesome meals that will provide us with energy and good health.

**Get Going – Get Fit – Achieve Your Dreams.**

For more information, see:



**INTELLIGENCE QUOTIENT**



**AM I GIVING MY 100%?**

**THOUGHT #2**

How do we learn? How do we become intelligent? By reading books, listening to lectures, etc. Now imagine you were deaf and blind – how would you learn? Would you be able to achieve anything?

Meet Helen Keller. Helen Keller was the first ever blind and deaf person to earn a Bachelors of Arts degree, and that too from Harvard University. She would go on to become an accomplished author, political activist, and lecturer. She is widely recognized as one of the most influential persons of the 20th century. Although Helen Keller was blind and deaf, she used her God-given intelligence to overcome her difficult situation and achieve her goals.

Many times, we blame our inability to achieve our goals or make changes in our life due to a lack of intelligence or difficult circumstances. Intelligence quotient is not about what you have, it's about how you use it. So, we should ask ourselves:

**'Am I using 100% of my God-given intellect? Am I living up to my complete potential?'**

**LIVE EVERYDAY AS IF IT WERE YOUR LAST****THOUGHT #3**

Bhagwan Swaminarayan explained that throughout our day we should remind ourselves: "I am certainly going to die and leave this body. In fact, I firmly feel 'I am going to die at this second, at this very moment.'"

When we realize that we are going to eventually die, we achieve a sense of urgency in our life and actions, and we are able to prioritize the things that are truly important to us.

Steve Jobs said, "I have looked in the mirror every morning and asked myself: 'If today were the last day of my life, would I want to do what I am about to do today?' And whenever the answer has been "No" for too many days in a row, I know I need to change something."

This thought gives us emotional stability, allowing us to prioritize our life and help us achieve those things that are most important sooner.

**WHAT AM I GRATEFUL FOR?****THOUGHT #4**

Most people tend to focus on what they lack in life – the things we don't have. When we focus on our shortcomings or the things we don't have, we become emotionally negative which in turn affects us personally and our relationships. Instead, we should focus on what we do have! We should take out time every day to be grateful for the things we have and appreciate it. By being grateful we become more positive, reduce our tension, and stop sweating the small stuff.

Write all of things you wish you had or wish you were, scratch it out and replace it with something you do have.

**WRITE, SCRATCH & REPLACE**~~I wish I was prettier~~

I am healthy

~~I wish I was smarter~~

I have a strong work ethic



## WHATEVER HAPPENS, HAPPENS FOR THE BEST

THOUGHT #5



Once, the king was looking upon his kingdom out of his palace window. Suddenly, a gust of wind blew the window door shut on the king's finger! SNAP! His little finger was cut off.

The king was extremely upset about the loss of his finger. His friends and family came to see how he was doing. One of his friends told him, "Don't worry sire, everything God does, He does for a good reason. Everything always happens for the best. Even the loss of you little finger is for the best." The king was in no mood to be told this. How could losing his little finger possibly be a good thing?

The king was so upset with his friend that he locked him up in prison! The king's other friends thought it might be a good idea to help him take his mind off of his loss. So, his friends organized a hunting trip in the nearby forest. Everyone had split up in the forest so as not to scare away the animals. The king was lying in the grass, waiting for something to shoot when all of a sudden, he heard some noise behind him. By the time he realized what had happened, a group of wild forest people had bound his hands and feet and were dragging the king to their camp.

The leader of the wild forest people explained to the king, "We are performing a ritual sacrifice to appease our deity. We needed a human for the sacrifice, and how lucky we are to have found not only a human, but a king! Our deity will be pleased!"

The king was very worried. His friends must be looking for him, but how could they find him? Even he didn't know where he was. It seemed as if his death was coming soon.

A few of the wild forest people began to wash the king, preparing him for the ritual sacrifice. As they washed him, one of the wild people noticed that the king only had 9 fingers. They told their leader.

The leader explained that because the king was missing a finger, he was no longer an acceptable sacrifice for the deity. He then let the king go.

The king ran to his camp and told his friends what happened. The king then immediately went to the prison and let his friend out. "You were right! If I hadn't lost my finger, I would surely be dead right now. Sorry for not believing you sooner!" the king said to his friend.

**Just like in the story, bad and unexplainable stuff may happen to us, but at those times we must remember: everything that happens to us, happens for the best. We must simply stay positive, work hard, and remain patient to see how things turn out.**

**Connect the Dots :** Try to remember one event from your life where in the moment you faced difficulties or failure, but in the long run it ended up in your favour.

---



---



---



## WHAT IS THE PURPOSE OF MY LIFE?

## THOUGHT #6

This question is truly one of the greatest and most important question of all time. Now think! Have I ever asked myself this question? Have I found my answer? Have I even looked for it?

Unfortunately, we won't be able to give you an answer to this question. Because the answer is personal and specific to you. However, once you find your purpose, contemplate on it every day! It will help guide you in your every action and every critical decision of life.

Important questions have a way of remaining unanswered. Don't let that happen! Go and search for your answer. Find spiritual guidance and search within yourself for an answer.

THE TWO MOST IMPORTANT DAYS IN YOUR LIFE ARE  
THE DAY YOU ARE BORN AND THE DAY YOU FIND OUT WHY!

- Mark Twain

Let the Great Restructuring Commence!

Pramukh Swami Maharaj has given us the formula for success:

**HARD WORK + PRAYER = SUCCESS**

If you want to successfully restructure yourself, to improve your life, to develop your personality - then apply these 6 thoughts to your life! It will require a sincere effort on your part.

However, along with effort, don't forget to pray. There is a power in prayer that we can tap into whenever we need guidance, encouragement, and support. Prayer helps focus our mind, create a positive mind-set and environment around us, and reach beyond our capacity.

So, every day, pray to whomever you believe in:

*Help guide me in all of my endeavours. Whatever strength, intellect, or power I possess is due to your grace. Please bless me with courage of character. Help me to reach my potential and try every day to become the best version of myself."*



**#1**  
**IPDC CHALLENGE!**

Every few classes, we will be giving you an IPDC Challenge, where you will have the opportunity to perform a certain task or activity over the course of a few days to connect with the principles taught throughout this course.

Use this QR code to download this mobile wallpaper with **all 6 of these powerful thoughts** on it. The first IPDC Challenge will be to read through these thoughts twice a week, every week until the end of the semester. You can contemplate on these thoughts on the days you have your IPDC class.



# REMAKING

# YOURSELF

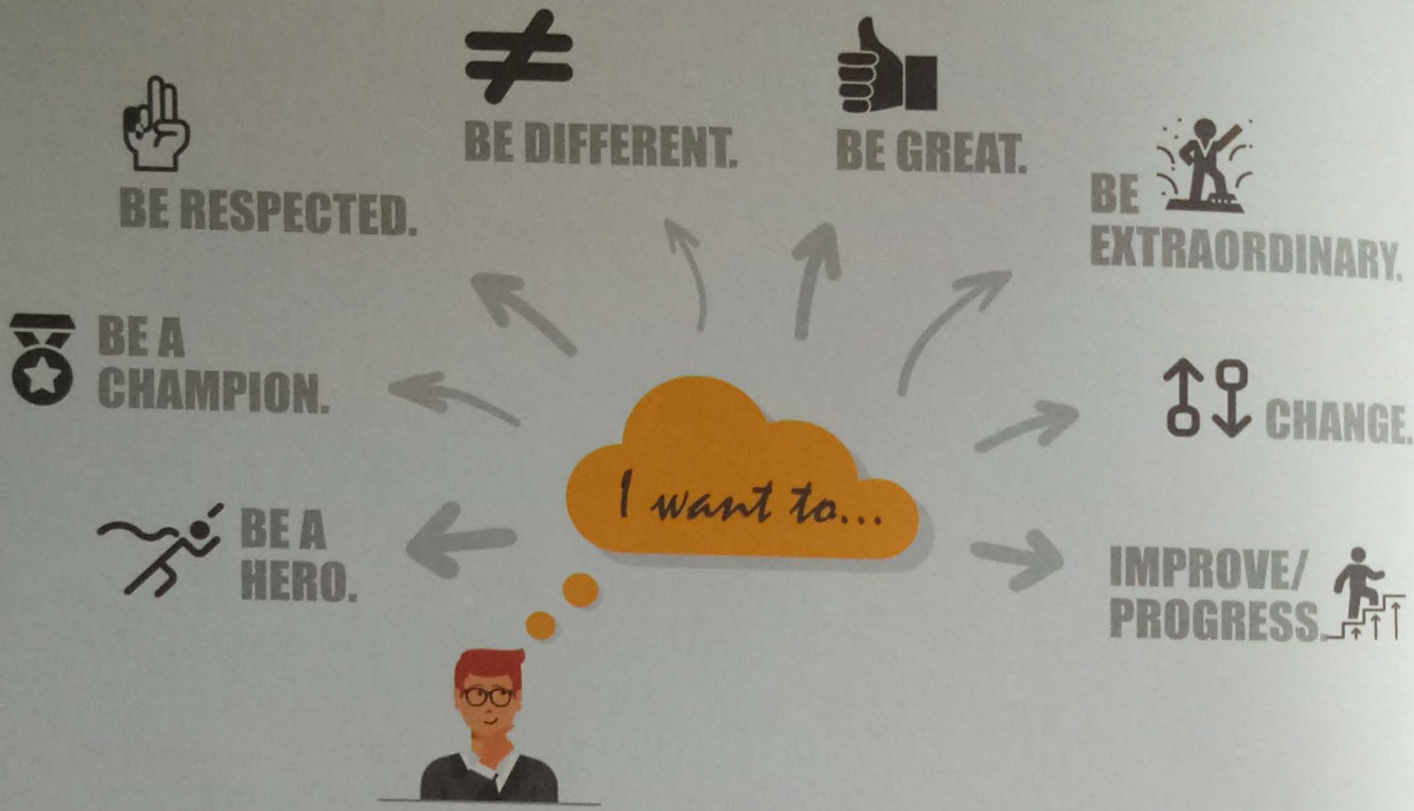


## POWER OF HABIT

20-10557

A powerful idea that just might revolutionize the way you work and live if you embrace it on a personal level.

Your life will expand or contract in direct relationship to your good and bad *habits*.



To: YOUTH.

Dear Friend,

Before you enter my world, let me introduce myself. I am your constant companion. I am your greatest helper or heaviest burden. I am completely at your command. Half the things you do you might just as well turn over to me, and I will be able to do them quickly, correctly.

Show me exactly how you want something done, and after a few lessons I will do it automatically. I am the servant of all great people; and alas, of all failures as well.

Take me, train me, be firm with me, and I will place the world at your feet. Be easy with me and I will destroy you.

Forever your companion,  
*Habit*



"The difference between who you are and who you want to be is what you do."

~ Charles Duhigg

(And that which you do consistently is called a habit.)



Tom Corley, author of "Change Your Habits, Change Your Life" studied 233 self-made millionaires over the course of five years on the daily habits that helped them become successful. Here are the habits they have in common:

## HABITS OF SUCCESSFUL PEOPLE

TICK HERE



**They get up early:**

Nearly **50%** of the self-made millionaires wake up at least three hours before their workday started.

TICK HERE

**They make exercise a priority:**  
According to Corley, **76%** of his survey respondents carve out 30 minutes or more for exercise every day. Billionaire Richard Branson, says that his morning routine of waking up at 5 am to play tennis or cycle, has doubled his productivity.



TICK HERE



**They read, a lot:**

A whopping **88%** say they devote 30 minutes or more each day to education or self-improvement through reading. Legendary investor and self-made billionaire Warren Buffett says that reading has been the most crucial habit he's developed.

TICK HERE

**They avoid time-wasters:**

Think of time as an investment. Where do we want to invest our time? Where will we receive the best return? Be choosy about the apps you spend your time on. Instead of spending hours on end watching TV or scrolling through Instagram or Whatsapp, think 'where can I better invest my time?'



\*tick the circle next to the habits you would like to implement in your life.

You can find more tips in his best-selling book "Change Your Habits, Change Your Life."

"People do not decide their futures, they decide their habits and their habits decide their futures."

~ F. M. Alexander

"Sow a thought, and you reap an act; Sow an act, and you reap a habit; Sow a habit, and reap a character; Sow a character, and you reap a destiny."

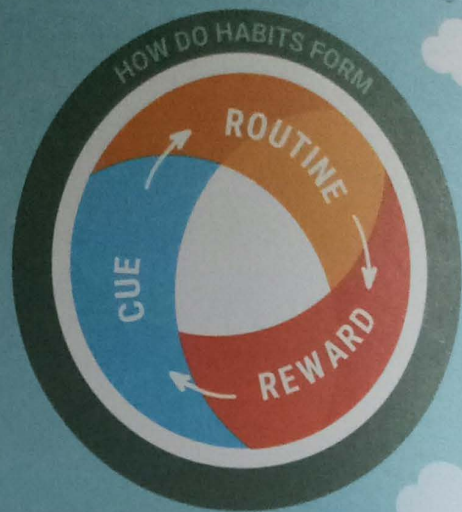
~ Samuel Smiles



Watch Charles Duhigg's TEDx talk about the Power of Habit here:



# HOW DO HABITS FORM



## HOW TO DEVELOP GOOD HABITS OR CHANGE BAD HABITS?

- 01. Identify the habit.
- 02. Define the concrete behaviour you want to change or develop.
- 03. Make the decision to change the habit and then remain committed.
- 04. Be persistent and patient when creating or destroying habits.

"NEW HABITS ARE MUCH LIKE A NEW PAIR OF SHOES: FOR THE FIRST FEW DAYS, THEY WILL FEEL UNCOMFORTABLE. BUT IF YOU BREAK THEM IN FOR ABOUT THREE WEEKS, THEY WILL FIT LIKE A SECOND SKIN."

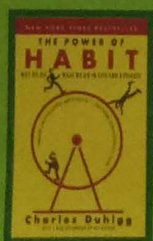
~ Robin Sharma



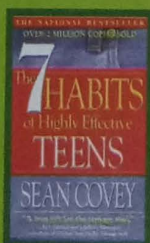
"You are stronger than your habits, so you can change them... [it is] not always easy, but [it is] always possible."

~ Sean Covey

For additional reading:



Power of Habit (Charles Duhigg)



Seven Habits of Highly Effective Teens (Sean Covey)



Change Your Habits, Change Your Life (Tom Corley)

# 21-DAY CHALLENGE!!!

## #2 IPDC CHALLENGE!

In his book "Who will cry when you die?" Robin Sharma explains the 'rule of 21'. "It takes about 21 days to develop a new habit. Yet, most people give up on creating a positive life change only after a few days when they experience the stress and pain that is always associated with replacing old behaviours with new ones."

Does this sound familiar?!

Let's stop making excuses!

We invite you to take on the 21-Day Challenge!

**SHUT UP & STOP MAKING EXCUSES!**

"99% of the failures come from people who have the habit of making excuses."

~ George Washington Carver

**STOP**

First, fill out the chart below:

Which bad habits do I want to destroy?!	Which good habits can I replace them with?	What excuses do I use to deter me from improving my life?	What is my plan of action!
I wake up too late.	I'll wake up early.	I need more sleep to be productive during the day.	I will wake up at 6 am early to exercise.
I spend too much time on my smartphone.	I will read interesting and inspirational books.	I don't have enough time to read.	I will read my book on the bus going to college.

Now it is time for you to decide! Which one good habit, if imbibed in my life, would profoundly improve the way I live?

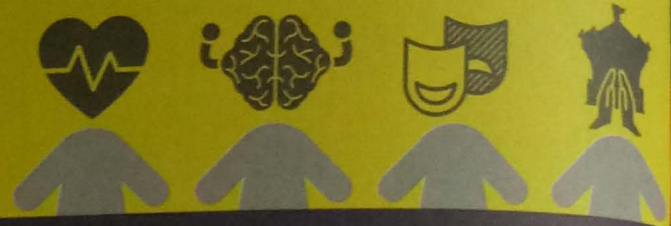
Pick one habit and plug it into the 21-day challenge.

For the next 21 days -

**BE BOLD. BE BRAVE. NO NEGATIVITY. NO EXCUSES.**

# "GOOD HABITS FORMED AT YOUTH MAKE ALL THE DIFFERENCE."

~ Aristotle



## WILL I BE ABLE TO DO IT?

Did you know, a rocket uses more fuel during the first few minutes after lift-off than it does over the days that follow when it will cover more than half a million miles.



Once you get past those first 21 days you will find that staying on course with a new habit will be far easier than you imagined.

### IPDC Essentials

You will progress or regress in direct relationship to your good & bad habits.

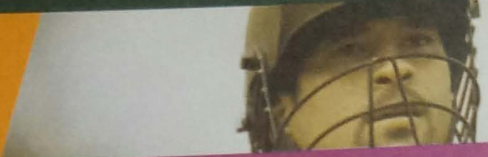
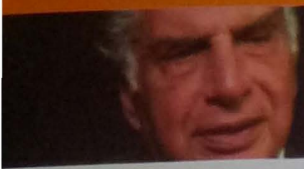
Habits of successful people: Wake up early – Read a lot – Exercise – Avoid time-wasters.

It takes 21 days to develop a habit.

# LEARNING FROM LEGENDS

LESSON-03

## TENDULKAR & TATA

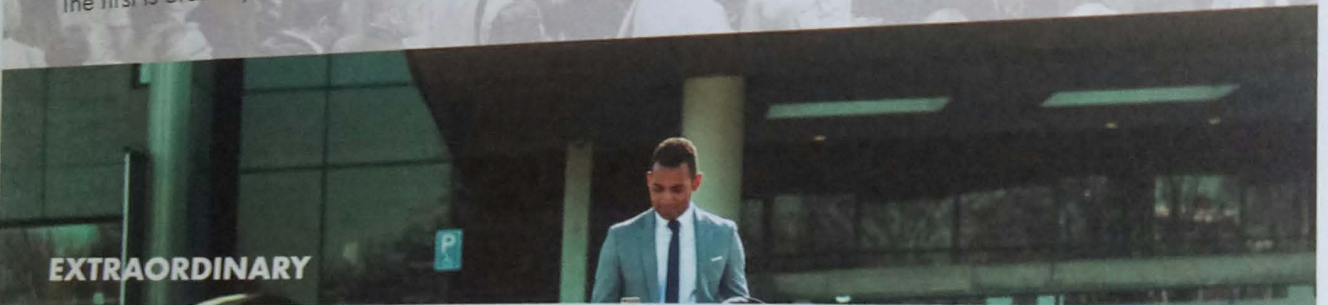


There are 3 types of people in this world.



### ORDINARY

The first is ordinary. Average. Mediocre. Common. Unexceptional. This person lives a life that is expected of him or her. They are born, live their lives, die and then they are forgotten.



### EXTRAORDINARY

The second is extraordinary. Outstanding. Exceptional. Remarkable. Amazing. This person goes on to accomplish something great within a particular field. They achieve whatever they put their mind to and influence their field for generations to come.



### LEGENDS!

And then... there are LEGENDS!  
 What is a legend? A legend is someone whose name, whose work, whose life lasts the test of time. Even if that person is no longer here with us, they leave an everlasting imprint on this Earth. Even amongst the extraordinary he is considered great. His or her life inspires people to reach for a higher sense of character. A legend isn't only accomplished in his or her profession or work. They live a principled, disciplined, value-based life.

SO DO YOU WANT TO BE LEGENDARY?!

THEN WE MUST FOLLOW IN THE FOOTSTEPS OF LEGENDS...



# learning from the **GOD OF CRICKET**

## YOU **VS** SACHIN

### SCENARIO#1

"Thank God! Only one more exam left! Then we can relax!"

You and your friends are walking out of the examination hall, discussing a few of the harder questions on the exam. You have completed all of your final exams with just one left before vacation. You are making plans to meet up during the vacation when you make it to the parking lot. You reach your scooter and find your sister waiting for you, crying.



"What happened? Why are you crying?" Your sister wipes her eyes and nose and then says, "Bhai! Mom just called and told us to get home quick," she says before crying even more. "What are you talking about?" you say worried and confused. "Mom just called and said that there was a fire in the kitchen and she wasn't able to put it out in time. The whole house is on fire!" your sister says hysterically.



Without saying another word, you both jump on to your scooter and race home. On the way home, you think to yourself about your home, your family, your belongings... all the stuff that is currently burning up. "Oh no! I still have one more exam tomorrow! What am I going to do? My notes for the exam have probably burnt up in the fire!" you think to yourself.

Under these difficult circumstances, **what would you do?**

- "Forget the exam! My house burnt down! The school will excuse this exam."
- "I guess I'll go ahead and take the exam. But I don't know if my mind will be there."
- "What's the point of worrying about something I have no control over? Right now my duty is to focus on my exam. Once the exam is complete, I will help my family figure this out."

The year is 1999. The ICC World Cup is taking place in England. Sachin Tendulkar is lying on his bed in his hotel room the night before the match against Zimbabwe. Sachin's phone rings suddenly, only to find out that his father, **Ramesh Tendulkar**, passed away. Sachin packs his bag and leaves for India. Brijesh Patel, India's manager for the tournament, told BBC, "Sachin is in a state of shock, he was very close to his father. His death was unexpected... Sachin flew home this morning..."

While Sachin was attending to his father's final rites, India lost their match against Zimbabwe. After 3 days, Sachin returned to England to play against Kenya, where he scored 140 runs. Sachin maintained **balance of mind**, remembering that it was his duty to play for his country and to honor his father as well.

We may face difficult circumstances like this in our life, but it is in our hands to maintain balance of mind – remain calm and collected in the face of difficulties. We should always fulfill our duty to our self, our family, and our country.

## SCENARIO#2

You are an app developing king! At your college, everyone knows that you are a genius when it comes to developing new applications for smart phones. You've already made two apps that were instant hits! Currently, you are working on a new app that will help students compile and share their notes with other students.

One day, another student comes up to you while you are having lunch and asks, "Do you have a minute? I wanted to ask you a few questions about app development." You don't know this guy but you give him the seat next to you. He begins to tell you about an idea he has about a new app and it sounds just like yours! In fact, he has added some new features that make it more user-friendly than the app you are developing.

"I'm having some issues with the coding. I was hoping you could take a look at it and help me get rid of any bugs." he says.



**What would you do?** This guy might be a better app developer than you!

- "I can't help this guy! He's my competition!"
- "I'll take a quick look at it and say I couldn't find any problems."
- "I should help him out. He seems to have real potential for app development and could become great in the future."

Sachin Tendulkar is known for guiding young and new cricketers, giving them invaluable advice. However, Sachin used to help cricketers even when he was a superstar! He would give tips freely to his teammates and even players from other teams!

In an Interview with Times of India, Amol Muzumdar (retired Ranji Trophy batsman) said, "Personally, I owe [Sachin] a lot for the courage he gave me in times of need. Once while playing a match for Mumbai against Maharashtra... I was struggling with my own failures and some worries at home. Nobody knew what was going through my mind, but Sachin could sense it. He came and put his arm around my shoulder and said, 'Amol, whatever it is, you have to fight it out.'"

*We should also be willing to help others even if it means that someone could become better than us or become our competitor in the future. Helping others is its own reward.*

TENDULKAR LESSON #2

## SCENARIO#3

Your parents have gone out shopping and it's just you your friend and Rocky, your pet dog, at the house. Yes! Your parents think you will be studying, but instead you call your best friend to come over. You guys are playing indoor cricket when...oh no! The ball hits your mother's favorite flower vase! Rocky is barking in the corner and your friend makes an excuse and goes home.

If your mother finds out you did this, you're dead! **What do you do?**

- "Mom, Rocky did it!"
- "I don't know what happened! I was in my room studying. Maybe it was the wind?"
- "I'm sorry mom. I was playing cricket and broke your vase. I will be more careful next time."



In 2011 ICC World Cup, India was facing the West Indies in Chennai. Sachin edged Ravi Rampaul's delivery. Umpire Steve Davis gave Tendulkar a 'not-out'. Yet Sachin still walked off, back to the pavilion, because he knew he was out. As a competitor, this is an extremely difficult decision. However, Sachin played cricket with honor. For him it wasn't simply about winning or losing, but it was about how you choose to win or lose. He held on firmly to his principles.

In life, we will face many such decisions.

**What will we do?**

Will we take the 'not-out' or tell the truth? It may seem like a simple decision with no consequences, but remember **these decisions sculpt our character.**



learning from  
**THE  
TITAN  
OF  
TATA**



*Ratan Tata* has lived an *incredible life*. He has had to face many ups and downs, many failures and successes. However, the thing that truly makes Ratan Tata stand out amongst business magnates and industrialists is his ethical behavior and business practices, along with his value-based living. This takes Ratan Tata from simply an accomplished person to legend!

Take a look at these interesting facts and stories about Ratan Tata. Take some time to think about them.

*'What lesson is there to be learnt from Ratan Tata's life?'*

#1

The Tata Group is made up of more than **90+ brands** and subsidiary companies such as Tata Capital, Tata Chemicals, Tata CLiQ, Tata Consultancy Services, Tata Global Beverages, Tata Motors, Tata Salt, and many, many more. Tata operates in various industries such as information technology, steel, automotive, infrastructure, and financial services just to name a few. It is said that *'no one in Asia can go to sleep without using a Tata product.'*

Every large corporation has a minimum of one annual general meeting every year. If there are 90+ subsidiaries in Tata Sons, that means that there are **90+ annual meetings**, and don't forget several other board meetings. That would add up to *more than 1/3 of the year in just meetings!* How does Ratan Tata manage so many enterprises at once? *When would he even find time to do anything else?*

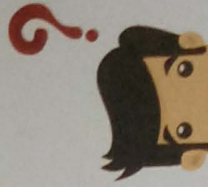
Tata sets up **6 annual general meetings (AGM) on the same day and at the same time**. Other leaders get the meetings started. When Ratan Tata walks into the room, he is briefed on what was being discussed and any open items they need his input on. He quickly makes impactful suggestions and moves on to the next meeting taking place in another room. This routine goes on until he has attended all of the subsidiary meetings.





## What lessons can be learnt from how Ratan Tata attends these meetings?

How can I apply these lessons to MY LIFE?



## #2

Ratan Tata **owns 65% of Tata Sons** which is worth **more than 71 billion US dollars**. This 65% ownership of Tata Sons Limited is not reflected on Ratan Tata's personal financial statement but on the statements of various charitable organizations. Ratan Tata is known to **donate 65-70%** of his wealth to charitable causes within **education, medicine, rural development, etc.**



## What lessons can be learnt from Ratan Tata's charity?

How can I apply these lessons to MY LIFE?



## #3

On **26/11** of 2008, the Taj Mahal Palace Hotel (the Taj), owned by the Tata Group, was **attacked by terrorists**. In the aftermath of the attack, **Ratan Tata took charge** to make sure employees or visitors who had suffered injury or loss at the Taj would receive some form of compensation. Tata made sure that salaries of heavily attacked Taj Hotel employees were paid even while the hotel was being reconstructed. **1,600 employees** were provided food, water, first aid, and sanitation facilities through employee outreach centers. Ratan Tata **personally visited families of all 80 employees** that were affected. The employee's relatives were flown to Mumbai and were all accommodated for 3 weeks. Tata also compensated railway employees, police staff, and pedestrians. Tata made arrangements for the **education of 46 children of victims**. They also paid families of deceased employees their **full salary for the rest of their life**.

**Ratan Tata personally attended 64 funerals in 3 days!**

# What lessons can be learnt from how Ratan Tata handled this incident?

How can I apply these lessons to MY LIFE?

## Interesting TATA Facts

- When Tata was looking to acquire a company named **Corus**, a **1,800 page MOU** was prepared. Ratan Tata read that MOU **12 times in 2.5 days. That is equal to reading 21,600 pages!**
- The Corus acquisition **meeting went on for 70 hours straight!** Ratan Tata remained present for all 70 hours of the meeting **without taking a break to sleep! Ratan Tata was 72 years old at the time.**



- Ratan Tata used to receive **300 letters daily**. He hired **6 MBA graduates and 4 IAS officers to read and respond** to 275 of those letters. The remaining 25 letters required his personal attention.

### How would Tata make time for these letters?

When Tata would visit the bathroom, his staff would stand 10ft apart, lined up along the way to the bathroom. Ratan would then answer 3 letters on the way to the bathroom and 3 letters on the way back. He would complete all 25 letters by the end of his day.

*"The key to handling pressure situations like these is to keep yourself steady, follow your instincts and think clearly."*

*"I spent a lot of time preparing myself physically and mentally. I would rather convert that negative energy into positive energy."*

*"Don't stop chasing your dreams, because dreams do come true."*



*"If you want to walk fast, walk alone. But if you want to walk so far, walk together."*

*"Take the stones people throw at you, and use them to build a monument."*

*"None can destroy iron, but its own rust can. Likewise none can destroy a person but his own mind set can."*

### Recommended Books:

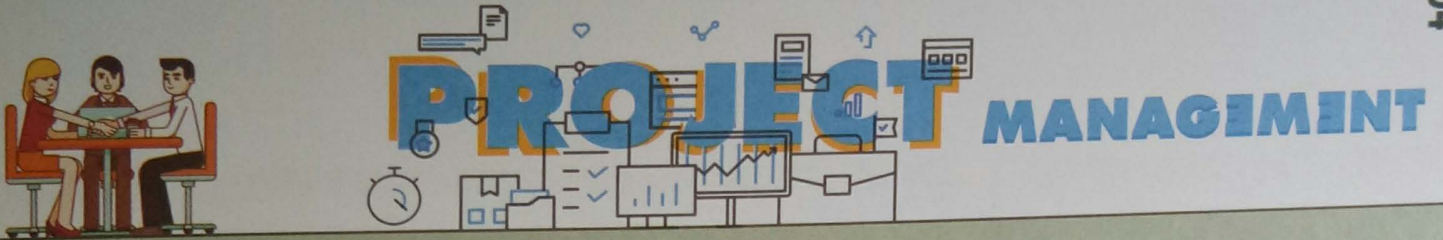
The Wit and Wisdom of Ratan Tata  
(by Ratan Tata)  
The Tata Group: From Torchbearers to Trailblazers  
(by Shashank Shah)

TATA

TENDULKAR

Chase Your Dreams: My Autobiography  
(by Sachin Tendulkar)  
Playing It My Way  
(by Sachin Tendulkar)

# MANAGEMENT



## WHY IS PROJECT MANAGEMENT IMPORTANT?

You know that feeling you get, when you have too much to do in a very short amount of time and everyone is waiting on you, expecting you to produce some grand, flawless work? The anxious, worried, stressed out feeling you get in the pit of your stomach? The feeling you get when you have to complete a project and you don't even know where to start?

In this lesson, we are going to teach you the principles of project management so you can confidently take on any project life throws at you.

*"Let our advance worrying become advance thinking and planning."* ~ Winston Churchill

Principles of project management will teach us how to plan in advance, reducing our stress and worries. We will learn these principles through a case study – **The construction of Akshardham, New Delhi.**

## PRINCIPLES OF PROJECT MANAGEMENT

There are three Principles of Project Management as per **John Storck (American Management Association -AMA)**. These principles are also known as the **Project Management Triangle**.

- 1. Quality of Project**
  - What is the final output, what level of quality are we trying to achieve?
- 2. Time Efficiency**
  - When are we trying to complete the project? What is the deadline?
- 3. Resources**
  - What resources do we have? (human, financial, social, political, etc.);
  - What are our limitations?



- From this triangle you can achieve any two aspects, but you cannot achieve three. You have to sacrifice one of them.
  - If you want to achieve good quality, but have a tight deadline, then you will need substantial financial resources.
  - If you want to achieve good quality, but don't have financial resources, then you may need more time to complete the project.
  - If you want your project done in less time but you don't have financial resources, then you may have to sacrifice quality.
- According to the American Management Association, in order to achieve any two principles from this triangle, you must sacrifice the third.

However, **the Akshardham project smashed this theory and proved that it is possible to achieve all three aspects!** Let's see how they did it!



## QUALITY OF PROJECT

SWAMINARAYAN  
**Akshardham**  
NEW DELHI

### 1. AKSHARDHAM MONUMENT

The monument is *made without use of ferrous metal* in construction.

The Akshardham Mandir consists of *234 intricately carved pillars, 9 ornate domes, 20 quadrangle spires and 20,000 statues of India's spiritual personalities.*

The Mandir reaches *141.3 feet into the sky, spans 316 feet in width, and is 356 feet long. 3,00,000 stone pieces to be carved, 1 to 7 inch deep intricate carving needed, 8,50,000 cubic feet of stone work!*



### 2. IMAX-LIKE FILM: MYSTIC INDIA

- A large format epic on **a scale never seen before in India.**
- A period film that transports you back to 18th Century India.
- **Filmed in over 100 locations** all over India, from the freezing mountains of the Himalayas to the scorching deserts. A total of **22,000 miles of surveys conducted over 250 locations** for the shooting of this film (equivalent to travelling from Mumbai to Mexico twice!).
- In order to cast the role of Nilkanth Varni, there were more than **11,000 auditions taken** in more than 10 cities.
- A huge cast of **45,000 people.**
- The theater houses **Delhi's first large format screen, measuring 85-foot by 65-foot.**

**MYSTIC INDIA**



**Awards:**

Mystic India received *the Audience's Choice Award* at the 10th International Large Format Film Festival at La Geode in Paris, France. Mystic India was *one of nine large format films* selected to be screened at the festival. Mystic India was also accredited with *the honor of "Most Popular Film"* at the San Jose IMAX Film Festival.

### 3. SAHAJANAND WATER SHOW

Used 425 Submersible Pumps, 600 Lights, and laser projection. Designing and installation of this show was done by **BAPS volunteers**.

**Yves Pepin** (Creator of multimedia shows and large-scale events, founder of ECA2) who had worked as artistic consultant for opening and closing ceremony in **Beijing 2008 Olympic Games**, helped in making of this water show.

In 2018, *USA Today* recognized **Sahajanand Water show** as 1 of the top ten spectacular laser and light shows in the world!<sup>4</sup>



### 4. SANSKRITI DARSHAN – CULTURAL BOAT RIDE

*More than 350 texts were researched* while creating the Cultural Boat Ride. Research was done in the following fields:

*Medical, Mathematics, Geometry, Space Science, Aeronautics, Atom Science, Arts and Skills.*

You can see *10,000 years of Indian Civilization* in just 12 minutes!<sup>5</sup>

These are just a few of the main attractions at Akshardham. Based on the information above, we can see that no corner was cut in producing this cultural complex. Each attraction was researched and created with quality as a main component of the work.

### Awards received by AKSHARDHAM:

**2007 – Guinness World Records** awards the Swaminarayan Akshardham, New Delhi with **the Largest Comprehensive Hindu Temple Award**.

The prestigious **Reader's Digest** monthly magazine selected Swaminarayan Akshardham in New Delhi as **one of 'The Seven Wonders of the 21st Century'**.

© 2015. All rights reserved.





### TIME EFFICIENCY



view more opinions about AKSHARDHAM at -  
» <https://akshardham.com/about-us/opinions>

**MUKESH AMBANI** - *Chairman, Reliance Industries*

"After seeing Akshardham I feel that nothing is impossible. It is only the commitment and dedication of your volunteers that has got Akshardham done in 5 years!"



**SATISH GUJRAL** - *World Renowned Painter, Sculptor, Muralist & Architect*

"This place, as I am told, was created in just 5 years. I am not only an artist but an architect myself. And seeing the limitations in India, I think normally it would have taken 50 years to build such a thing."



**DR. R. CHIDAMBARAM** - *Former Principal Scientific Advisor of Indian Govt.*

"It is impossible to believe that this work has been completed in just 5 years. The presence of Pramukh Swami Maharaj has a tremendous effect... Here's an incredible combination of ultra-advanced technology and spirituality."



**PRITHVIRAJ CHAVAN**

*Former Chief Minister of Maharashtra*

"The overall experience of architecture special design, cleanliness, calm, crowd control, discipline, peace, serenity is difficult to describe in words. It is a modern day wonder. Considering the project was executed in less than 5 years, is a remarkable feat."

### RESOURCE

BAPS is a non-profit organization, so efficient and effective use of resources was critical for success.



· **Maximum resource utilization was achieved through waste reduction and productivity efficiency.** e.g. creating smaller stone carvings from larger stone wastage.

· **Time Management** - The skilled workers lived anywhere from 25-75 KM from the site. This travel time was cutting into productive work time. In order to increase efficiency and

time effectiveness, stone would be delivered to the house of the artisans so they could work from home. When the trucks would go to collect the carved stone, more raw stone would be dropped off to carve.

· To complete the Akshardham in 5 years, every month on average 5,000 stones has to be carved and for that 7000 artisans were needed. However, only 1,000 artisans were available. At that time HH Pramukh Swami Maharaj suggested that 6,000 new artisans could be trained. The current artisans reached out to their family members who had artisan blood in their ancestry. These artisans were then trained to carve stone like their ancestors, completing the required 7,000 artisans needed to stay on target.



From 2000 to 2005, Akshardham was only 1 of many other on-going BAPS construction projects:

- 8 Shikharbadh Mandirs were built › India: Anand, Sankari, Dholka, Bharuch, Delhi, Jaipur | USA: Houston, Chicago
- 174 smaller Mandirs · 3 hospitals: Dabhoi, Atladara, Surat · 51 schools: Kutch-Bhuj, 3 schools: Sarangpur, Atladara, Nag
- Along with many other activities world-wide! · Earthquake Relief Activities in Bhuj.

\* Remember, BAPS is socio-spiritual organization, not a construction company



Plan out which departments/teams you will need to help you make this Fest a success.  
 (Hint: Food department, audio-video, decorations, electric... etc.)

The list is long, think!

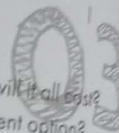
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

(Hey! did you remember to have an emergency medical team on stand)

8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_



Time to plan out your budget with your team and department leads.



Things to consider:

- With 4,000 students attending, how much water will you need? How much food will you need? How much will it all cost? (E.g. 1 litre bottle of water costs 20rs. How much water will one person drink? Is there a cheaper, more efficient option? Can I bargain? Can I get it in bulk?)
- Other things that you need to budget for: entertainment, marquees, audio-video rental, decoration, marketing/publicity, and many more things.

Department	Expected Cost	Department	Expected Cost
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



B  
U  
D  
G  
E  
T

Your budget is now decided and it comes to a **grand total of Rs. 10,00,000!**



You present this budget to the Provost and he says,  
 "This budget is too high! The college can only offer 7,00,000 rs. You will have to figure out the rest."

You are missing 3,00,000 rs. From your expected budget – **what can you do now?**

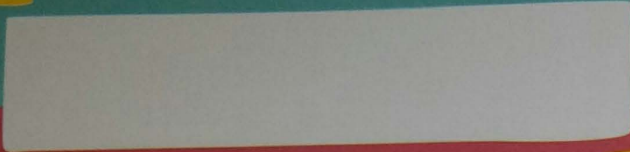
1. Make changes to your program to reduce cost?
2. Find sponsors?
3. Make up some of the cost by charging a registration fee?





**BRAND YOUR EVENT**

If you want your event to stand out, you need to choose a timely and compelling theme. This means that you need to come up with a dynamic theme and you need to take great care with the actual name – since it can be a key attention-getter, especially in online media.



**CREATE A TAGLINE**

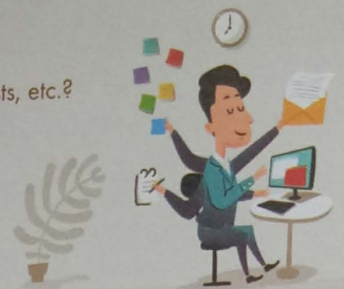
Once you've come up with a name, also try to craft a tagline – a short, memorable branding slogan that describes the event.

**DETERMINE ADMINISTRATIVE PROCESSES**

How are you going to keep track of your planning, registration, budget, guest and speakers lists, etc.?

**If any problem occurs, do you have any back-up plan?**

What will you do if the famous entertainer cancels last minute?



**RESOURCES TO READ...**

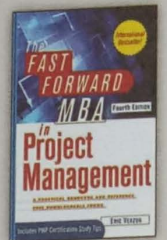


Project Management  
Absolute Beginner's Guide  
-  
Gregory Horine



Guide to Project Management:  
Getting it right and achieving lasting benefit  
-  
Paul Roberts

The Fast Forward  
MBA in Project Management  
-  
Eric Verzuh



“First, **have a definite**, clear practical ideal; **a goal, an objective**.  
Second, **have the necessary means** to achieve your ends;  
wisdom, money, materials, and methods.  
Third, **adjust all your means** to that end.”



~Aristotle