

Report on my Knowledge (Jnana) and Experiential Wisdom (Vijnana) gained during 51st Chinna Shoda Yatra of Pallesrujana on 17-18 January 2025-

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I am thankful heartfully to Pallesrujana Founder Former Brigadier P. Ganesham Sir , Vishisht Seva Medal (VSM) awardee and his team for giving me the opportunity to interact with villagers & openminded , pure hearted and selfless service oriented Yatris from different parts of India. As rightly pointed out by Pallesrujana , four gurus are Nature, Villagers , Coyatris and oneself. It is the practical and useful education beyond the walls . It is a wonderful opportunity to unlearn and relearn. It is the first hand experience of the harmony of people and nature.

During the present times of “ Compulsive Digital Life in Cyber Space” using Laptops and Cell Phones with ever increasing life style diseases , such yatras in real space and real environment cause rejuvenation and renewal by reminding us that health (as per World Health Organization) is the integration of complete physical wellbeing, mental wellbeing and social wellbeing.I deeply felt such rejuvenation and renewal during two day yatra on 17 and 18 January 2025.

Following are the lessons I have learnt during this Yatra.

1. Sri Ganesham Sir, in his introduction , defined W.A.L.K . as Witness, Acceptance , Learning by Listening and Knowledge Acquisition .

Witness is awareness using all five senses of sight, touch, smell, taste and hearing (without the usual visual dominance) , Intuitive and transcendental mindfulness (without either left or right brain dominance) ,Heartfulness (without half heart) with compassion for all including self-compassion and Samvedana (feeling the Vedana or suffering of others) equally.

Acceptance of Strengths and Weaknesses of oneself and others after careful S.W.O.T. analysis (Strengths , Weaknesses , Opportunities and Threats)

Listening is two way simultaneous process of listening to one's self talk (inner chattering) without evaluation and listening to others with sensefulness, mindfulness and heartfulness with cheerfulness. Listening is possible only when we have high level of tolerance of ambiguity as everyone is unique with unique mindset. Tolerance is defined by UNESCO as Respect, Acceptance and Appreciation.

Knowledge acquisition is possible only when we have the capacity of curiosity (Jijnaasa) and capacity to receive feedback from others with open mind.

2. Every grassroot innovation is the outcome of first feeling intensely the suffering of others (it is affective domain development in outcome based education of Engineering) and then using the inherent innovative potential to invent instrument to stop that suffering (it is both cognitive and psychomotor domain development).
3. Farmers are providers , not consumers and we have to empower them for sustainability.
4. The Innovative Products developed by other farmers were displayed in villages for motivating the farmers to use them. We need to educate the farmers to use such innovative instruments at affordable prices in nearby villages.
5. Old people (above ninety years) were interviewed and they ate millets during their young age. We need to keep millets in our balanced diet daily .
6. Walking in the morning is very effective exercise as we experience the freshness of the environment
7. Such Education must be part of B.Tech Programme of all branches and all universities to improve the Annual Innovation Index of India. Websites of Pallestrujana and National Innovation Foundation of India give valuable information and valuable insight on Innovative Products .
8. Intuitive and Imaginative Right Brain Capacity expands only through expanding perspective and awareness through such field visits and deeper imagination with affirmation.
9. “ System Thinking “ is essential for holistic learning . All the macrocosmic systems (galaxies of stars, bodies of living creatures , all five element systems , all ecological systems etc.) and all the microcosmic systems (37.2 trillion cellular biological system and atomic systems) are subsets of the eternal and Imperishable UNIVERSAL SET.
10. L.O.V.E. process is Listening, Observing , Valuing and Visualizing & Empowering through Empathy and Samvedana.

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