

UGC- ACADEMIC STFF COLLEGE
JNTUH, KUKATPALLY

BOOK READING EXERCISE

Title of the book: YOU CAN WIN

Question 1: what are the three key concepts/ideas and examples?

Concept 1 : (One that is making you "Critically Think")

As. ShivKhera's "You Can Win" is a construction manual and a blueprint to success, many concepts of this book are deserved to be considered critically. However, I pick out the concept of difference between "Winning" and "Being a Winner" for this critical Endeavour. ShivKhera declares that "Winning is an event" whereas "being a winner is a spirit." (p.279) one can agree when he says, "more important than winning is winning with honor and deserving to have won." Winning would not have been possible without the help of so many people – their teachers, parents and friends. So, winners recognize the truth and they help their followers. "Socrates taught Plato; Plato taught Aristotle; Aristotle taught Alexander. Knowledge, had it not been passed along, would have died." (p.284)

Concept 2: (one that is 'Inspiring you')

The inspiring concept which pervades the entire book is "attitude". Shiv Khera asserts, "in getting a job or promotion, 85% of time it is because of his attitude, and only 15% of the time because of intelligence and knowledge of specific facts and figures." (p.2) Paradoxically, the present day education system spends 100% of its energy to teach facts and figures which shares 15% of success in life but it neglects the valuable share of attitude, i.e. 85%, in one's success. The example of a balloon-seller is inspiring. When he releases different color helium-filled balloons into the air once in a while to increase his sales, a little boy asked him, "If you release a black balloon, would that also fly?. The man replied gently, "Son, it is not the color of the balloon, it is what's inside that makes it go up."

Concept 3: (One that could be 'Useful to Indian Society')

Indian society has been suffering from the **lack of responsibility** down to the ages. Shiv Khera's thought-provoking discussion on the acceptance of responsibility can be a great help to the Indian society. In the words of Winston Churchill, "The price of greatness is responsibility". (p.179) The majority of present-day Indians starts the Blame Game when they face any difficulty or failure. They don't accept responsibility and they shift the blame to their parents, teachers, Gods, fate or the stars. Shiv Khera advises, "Responsible behaviour should be inculcated right from childhood." (p.178) Our ancient wisdom gives first priority to the community, then to the family and the last one to the individual. However, in India, the hierarchy is reversed now-a-days, the individual has been given top most priority at the cost of the community he lives in.

Question 2: How can you apply these concepts in your/professional or personal life?

Professional life: The above discussed concepts can be applied in my lecturing profession. The students have the “killer instinct” towards winning – that is to win by any. That makes some of them to malpractice in the examination to obtain good marks. I can teach them that it is worthier to fail being honest to himself than to pass (or to win) by evil practices. Due to various reasons, their attitude towards many a thing is negative. That can be changed to the positive side by explaining the real-life examples of positive attitude from this book. The students can easily blame their parents, friends, teachers, cricket and even Gods for their failure in the examination. They never take responsibility for their actions. I will teach them that they can get accountability and progress by accepting their responsibility.

Personal life:

In personal life, these concepts can improve my relationships everywhere. I will try to win only in the right ways and I will be ready to lose anything rather than practicing wrong methods. I will try to “be a winner” but not simply “to win”. This helps my children to learn this concept by observing me. Some times in the past, I might have seen some of the incidents with negative attitude. But, I will try to see deliberately the positive side of everything now onwards. My positive attitude can create positive environment in my family and in my locality slowly but surely. I will try to be more conscious about my responsibility as an individual, a parent and a citizen. I will see my social responsibility in every occasion.

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38 ORIENTATION PROGRAMME JNTU-HYDERABAD

Subject: PHYSICS

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Summary of Shiv Khera's book "You Can Win"

The inspiration and curiosity to read Shiv Khera's book "You Can Win" flows from the cover page itself as the quotation on the cover page, "Winners don't do different things, they do things differently" haunts us for long after we closed the book. It is a self-evaluative, didactic and educative book. The author has cautioned the readers in his preface that they have to consider this book as a guide to improve their personality incrementally. He asserts that the readers have to ask themselves certain questions such as 'what do you want to achieve?' and 'How do you want to achieve?'. This book is a sort of course work which ultimately leads to the reader to success.

By pointing his finger towards the path of success, Swami Vivekananda boosted up the confidence of the youth by advocating, 'Be fearless, you can achieve anything' but he has not provided any definite plan. Shiv Khera has taken the cue from Vivekananda and he paved the path to success by providing a systematic and definite plan to reach to the shores of success.

Shiv Khera stresses the importance of attitude. Attitude is everything. In post modern era, 'how you see' is more important than 'what you see'. To quote Nietzsche in this context, "No facts, everything is interpretation". Shiv has given a detailed plan to develop positive attitude. When he described success in Chapter-2, he has hardly dealt the topic through the lens of material success but he pointed that success without character is useless. In chapter-3, he says that motivation is the ignition key to success. If one is motivated in the right direction, he can search the ways to success himself and he won't stop his journey until he reaches the pinnacle of his glory. The discussion on high self-esteem and low self-esteem, in Chapter-4, clears the doubts regarding the difference between 'ego' and 'pride'. The former **swells head** whereas the latter **swells heart**. Man is interlinked with other human beings. Without having Interpersonal skills, it is highly impossible to succeed in anything. The systematic format to develop their Interpersonal skills effectively is presented in the chapter entitled, "Interpersonal Skills".

Shiv Khera says, with scientific-bent of mind, that if you do anything – good or bad – for quite some time, that turns into a habit. The sub-conscious mind doesn't determine whether something is good or bad and it is not its duty. If something is your habit, the sub-conscious mind always tries to do that work irrespective of its merit - good or bad. Hence, he advises that you can form a successful character by inculcating positive habits. His stress upon "Values and Vision", which he discussed in the last chapter, impresses the reader. He suggests the reader that he should give more than what he paid for. This attitude raises his self-esteem and his reputation in the organization where he works.

On the whole, Shiv Khera carefully carved a detailed and systematic action plan to succeed in this book. He suggested that success must be linked with values and character-building. Though some clichéd examples and anecdotes disappoint the reader, his statement '**Success is a choice, but not a chance**' rings in our ears even after we finished reading the book.

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