

ਰਜਿ: ਨੰ: 1147/2002

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ॥

ਸਤਿਨਾਮੁ ਸਰਬ ਕਲਿਆਣ ਟਰੱਸਟ (ਰਜਿ:)

ਆਫਿਸ: ਫਲੈਟ ਨੰ 204 ਬਲਾਕ ਆਈ ਸੈਕਟਰ 117 ਵੈਲਿੰਗਟਨ ਹਾਈਟਸ ਟੀ.ਡੀ.ਆਈ ਐਸ.ਏ.ਐਸ ਨਗਰ ਮੋਹਾਲੀ
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10.03.2021

ਭੈ ਨਾਸਨ ਦੁਰਮਤਿ ਹਰਨ ਕਲਿ ਮੈ ਹਰਿ ਕੇ ਨਾਮੁ ॥ ਨਿਸਿ ਦਿਨੁ ਜੋ ਨਾਨਕ ਭਜੈ ਸਫਲ ਹੋਹਿ ਤਿਹ ਕਾਮ ॥ ਇਸ ਪੰਗਤੀ ਤੇ 10
ਲਾਈਨਾਂ ਵਿਚ ਆਪਣੇ ਵਿਚਾਰ ਦਸਦੇ ਹੋਏ ਵਿਆਖਿਆ ਵਿਸਥਾਰ ਵਿੱਚ ਲਿਖੋ।

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ਗੁਨ ਗੋਬਿੰਦ ਗਾਇਓ ਨਹੀ ਜਨਮੁ ਅਕਾਰਥ ਕੀਨੁ ॥ ਕਹੁ ਨਾਨਕ ਹਰਿ ਭਜੁ ਮਨਾ ਜਿਹ ਬਿਧਿ ਜਲ ਕਉ ਮੀਨੁ ॥੧॥ ਇਸ ਪੰਗਤੀ ਤੇ
10 ਲਾਈਨਾਂ ਵਿਚ ਆਪਣੇ ਵਿਚਾਰ ਲਿਖੋ।

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ਵਿਦਿਆਰਥੀ ਦਾ ਨਾਂ ਤੇ ਹਸਤਾਖਰ
ਕੋਡ ਨੰ:

ਨੋਟ : ਇਸ ਪੰਨੇ ਤੇ ਵਿਦਿਆਰਥੀ ਆਪਣਾ ਨਾਂ ਲਿਖ ਕੇ ਹਸਤਾਖਰ ਜ਼ਰੂਰ ਕਰਨ।

Managing thoughts and learning life skills

Human life is governed by thoughts. Everyday we generate around sixty thousand thoughts. Our whole life revolves around managing thoughts whether they are generated consciously or subconsciously. These thoughts are related to past, fear of future, incomplete works and immediate happenings in life.

Random thoughts constitute large portions of thoughts which consume your energy and time. They create tension, restlessness and unhappiness. When we are learning something new or studying in schools or colleges, workshops and meditating, our thoughts are focused progressive and creative.

We have to learn to focus on progressive and creative thoughts. These will not only solve the problems but will give satisfaction and happiness in life. These will improve your life and make you a successful person and the whole world will respect you.

ਮਨਿ ਜੀਤੈ ਜਗੁ ਜੀਤੁ ॥

First step to manage random thoughts is to become aware of them, then take a pause capture what thoughts are going on and switch to important issues. Another way is whenever you are distracted or feeling bad just stop to capture thoughts and shift to something pleasant and positive. Once you start observing your thoughts you are able to distinguish thoughts which are fearful, confusing about pending works, out of control thoughts, take pause in between and switch to focused, progressive and creative thoughts.

Bring focused routine, consistent practice and self discipline in your life. Be in gratitude and blessings of the almighty. This will bring happiness, satisfaction and success in your life.

Human life is supreme, so it is imperative to develop life skills. We have to understand and think physical, mental, social and spiritual skills for our development. Each human being is gifted with awesome physical body, powerful mental facilities. Various life skills are listed below:

1) Self discipline

Self discipline is the ability to work with motivation regardless of how you feel physically or emotionally. Discipline in life is must for all of us. We should inculcate self discipline in our day today working. Each task whether big or small has to be performed with full concentration and proper manner. Motivation and willpower contributes to self discipline. Self discipline makes you focused, professional and keeps you going through to great success. Start up with small goals and increase the level of challenge slowly.

2) Development

Two important stages of development are physical and mental. We grow automatically in size and shape and from child to adult. Mental development is a conscious exercise and by choices. Development of mind is through education and experience. Learning different disciplines through formal education develops your mind and intellect to face different situations. Practical experience gained in life makes you wiser and gives you strength and courage to tackle various problems in life. Happiness is not the absence of problems it's the ability to deal with them.

3) Meditation

We always want to connect ourselves with Nature and creator of whole universe of whole universe. Everyone wants well being, happiness and inner peace in life. Meditation reduces stress, calms the mind and increases inner peace. Doing Nitnem , reciting Gurbani and regular meditation increases your learning capacity makes you more focused leading to productivity and success in every sphere of life. Meditation is a practice where we use a technique such as mindfulness focusing the mind on thought, activity to achieve a mentally clear, emotionally calm, stable and peaceful state.

ਨਾਨਕ ਨਾਮਿ ਰਤੇ ਸੁਖੁ ਪਾਇਆ ਦਰਗਹ ਜਾਪਹਿ ਸੇਈ ॥

The more you practice, the better you will become.

Let us all be disciplined, focused and pray regularly. We shall be in good health, rejuvenated with energy and peace of mind.