

TRIANGLE CONCENTRATION METHOD FOR HOLISTIC DEVELOPMENT

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Abstract:

The National Education Policy (NEP) 2020 is aimed at transforming India's education system into a modern, progressive and equitable one. The new policy focuses on improving poor literacy and numeracy outcomes associated with primary schools, reducing dropout levels in middle and secondary schools and introducing the multi-disciplinary approach in the higher education system. The NEP seeks to introduce a shift from 10+2 structure to 5+3+3+4 structure, where early childhood education will be a part of formal education. In addition, the NEP 2020 focuses on reducing the curriculum content to make space for critical thinking and in turn, develop individuals with 21st-century skills instilled in them. Hence, all aspects of the curriculum and pedagogy need to be restructured to attain these goals. The challenges in successfully implementing these changes include modifying the curriculum in accordance with the National Curriculum Framework. A scientific thought- mind is non matter, brain is matter, there is a distinct co-relation between the three research branches i.e. Mind (Temperament), Intelligence (Difficult subject) and Body (Disease) in the study of brain. One of the study methods found out by Manashakti Research Center is Triangle Concentration Method, which helps to develop children's academic achievement, temperament and physical health as well as social-emotional development. The educators need to rethink the learning content rubric and modify the textbooks for holistic development of children.

Keywords: (NEP, Secondary School, Higher Education, Multi-Disciplinary, Modern, Cultivating Life Skills, matter, non matter, Triangle Concentration Method.)

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Introduction:

The National Education Policy (NEP) 2020 is aimed at transforming India's education system into a modern, progressive and equitable one. The new policy focuses on improving poor literacy and numeracy outcomes associated with primary schools, reducing dropout levels in middle and secondary schools and introducing the multi-disciplinary approach in the higher education system. A well-defined and futuristic education policy is a must for every country because education is the key driver of economic and social progress. Holistic approach to development addresses, supports individual's well-being holistically. This includes one's physical along with all other aspects such as intellectual, emotional, social and aesthetic, etc. Swami Vijnananand, the founder of Manashakti Research Center, has found six study methods. One of the study methods is Triangle Concentration Method, which helps to develop children's academic achievement, temperament, and physical health as well as social-emotional development.



The school curriculum structure is 5 +.....how you will relate to school curriculum or subject that we have to specify

Need of this paper ,objectives ...conclusion ...

Concept of Triangle Concentration Method:

Triangle Concentration method consists four concentration charts varying according to seasons. June to August- Green, Sept to November- Yellow, December to- February- Red, March to May- Blue. The colour background of triangle is a sketch of human body, with limbic cortex portion of the brain marked with a dot. Triangle is drawn on the sketch. First point is of emotion, second point study subject (like or dislike), third point is of ailment. After fixing three points triangle has to be drawn. Then concentration is to be done on the basic point of temperament, while concentrating student should think about their lacuna in temperament, study subject and their ailment/disease. While concentrating, students should say the prayer-“ I am ruminating consciously the same. The faults in my temperament (behaviour) indirectly affect my body as well as my study performance. So, I pray, let my short-comings decimate and my virtues elevate for which I will have to put in more efforts and do ‘good deeds’ as per the suggestions given by Manashakti Center. These efforts will fetch me penaltyless, envyleless success. It will grow commensurate with my efforts in this direction.” Students have to fill success effort chart In the concentration experiment chart, following abbreviations have been used respectively for study A, AA, E & U i.e. Study, Respect, Endeavor and Noble act. Students have to fill up quarterly chart which involve instructions about A, AA, E & U.

A - Study of subject (fear-abolition indicator)

AA - Respect to elders (ego-decimation indicator)

E - Effort oriented desire, Brain massage (courage-effort indicator)

U - Noble, good deed (peace-indicator)

Explanation About A, AA, E AND U:

‘A’ means study of difficult subject. ‘AA’ means respect to parents and teachers. ‘E’ stands for brain massage. ‘U’ stands for regular benevolent work. Doing selfless work reduces mental tension, makes popular in society, gives self-satisfaction, makes broad minded. Students should spend on an average at least one hour a day in social work during the vacation.

The debt of social work should be repaid daily itself. The social work include helping co-students in their studies/sickness, helping neighbours, asking suggested questions of their age and their parents. While doing such work students get admiration from the society. If someone makes fun, it should be considered by student as cultivating habit of tolerance which is very **important** and necessary in life. In short, to claim good future in life either do some selfless work daily or during vacation or make up the backlog during weekly holidays.

Thus, the four boxes i.e. A, AA, E, U denoting fear, rage, courage and peace. Students have to fill four boxes per day. The observance of instructions should be left blank and non-observance of instruction should be marked with (X). According to research, there are 183 types of temperaments based on fear, rage, courage and peace, 214 types of ailments and 158 types of likes and dislikes about subjects of the study. With the permutations and

combinations 61,87,596 types of flaws of children are formed and there can be infinite sub-types. In case of branches of subjects take example of mathematics. It is considered as main type of difficult subject but geometry, algebra, arithmetic are its sub-types and trigonometry is also sub-class of geometry. In case of diseases there can be types, sub-types, sub-sub-types like physical, hereditary, virus-induced, birth-induced, constitutional etc. There is distinct co-relation between three research branches i.e temperament, study subject and disease according to the study of brain. A child's temperament is based on its emotions, the location of emotions, location of subjects and location of all body parts are in the brain. As per quantum mechanics, other sciences, mind is an independent entity different from brain.

Locations of mind and emotions:

Mind is occupied by emotions which are contradictory. Extreme emotions like affection, anger exist in same mind. Emotions do not occupy space but located at three places: limbic cortex, right brain out of the neo cortex and left brain. Before flaring up emotions like greed or anger they must be originating from logic area of left brain. When this chain of logic extends, emotions become more and more intense. It means mind which does not occupy space is present in entire body, in each and every cell and the said three locations also.

The journey of emotions in evolution:

Animals with R complex were of angry nature. Their expression was as per laws of action-reaction like fish and reptiles. The next category of animals in evolution having limbic cortex could keep anger stored up. Animals like monkey, dog bark at person on whom they had bad experience. This is manifestation of stored anger. The third level of growth in brain is right brain, the process of keeping anger became more well planned, it made progress of not expressing the anger when not beneficial. Using this ability awakens the 'conscience.'

Relation among temperament(emotions), body and disease:

Emotions of a person exist in accordance with temperament. It means temperament reflects state of emotions. This temperament(emotions) affect body. A human temperament is present in each and every cell, all cells have connection with brain. So we have to turn towards brain to search location of temperament. According to experts neocortex makes decisions, some experts believe that limbic cortex situated below neocortex makes decisions. Ultimately logic is function of left brain. Practical view is that temperament or emotions affect body and obviously, it happens through brain.

From temperament to brain and brain to body:

According to physiology, the main location of our temperament is in brain. Brain has connection with entire body.

The path of transmission of effect from brain to body:

When emotion originates in mind, motion is created in entire body, Brain is Prime Minister of body sitting in skull, it sends messages to entire body, through various channels and makes the body mechanism conducive to fulfilment of desires. This emotion created in mind has two sides-

Mental side – Let us take an example to understand the mental side created in mind. Hearing sound of explosion of a bomb, we realize that it is of a bomb, it is cognitive effect. we get frightened by hearing the sound explosion,

it is affective effect. We decide to run away from that place, it is conative effect.

Physical side:

The effect of emotion on body is of two types:

a) Visible movement in body

This movement made by a man is willful and purposeful. It is carried out by voluntary system. These messages travel from pre-frontal part of cerebral cortex to motor area of cerebral cortex. From motor area it travels to spinal cord via reticular formation and reach to the muscles and body moves accordingly i.e. the action of actual running takes place.

b) Invisible movements in the body

Other than above visible movements in body, due to the effect of emotions on the body some more invisible movements occur in body unknowingly. Through the involuntary system and hormones secreted by endocrine glands this movement takes place. The path of these message is –limbic cortex- cerebral cortex- pre-frontal area (neo-cortex) and Hypothalamus. From hypothalamus message travels ahead by two paths. One path goes from hypothalamus via pituitary, up to other glands and the second path goes from hypothalamus to sympathetic and parasympathetic branches of the nervous system. The message from cerebral cortex reaches every cell in the body via two paths mentioned above and invisible disturbances in the body, e.g. fear increases pulse rate, faster respiration, perspiration takes place, blood pressure increases etc. All these invisible movements occur only through these pathways.

Relation between temperament and disease:

In many books relation between human temperament and disease has been discussed like ‘Death of Disease’, ‘Cure without Medicine’ these books gathered references from all over the world, by Nobel laureates, surgeons, consulting physician and doctors. Diseases manifest differently, the symptoms of disease in timid and aggressive person may also different.

Benefits to parents by answering four questions:

Manashakti Research Centre has drawn some conclusions based on all round efforts, study based on physics, psychology, physiology, experience, intuition, sanskar, assistance was sought wherever necessary for the welfare of children. As a part of research four questions have been prepared for asking parents, the questions are Q.1.Out of the 183 types of temperament, is your child’s nature fear oriented or courageous? Q.2. Out of 158 subjects, which subject does your child find difficult? Q.3. Out of 214 ailments, is any bothering your child? Q.4 With multiplication of the aforesaid three numbers, there is a possibility of your child being affected by a sum total of 61,87,596 problems. What is your strategy to avoid them?

These questions are suggested to ask by parents to their friends and relatives.

1. Serves as a guide to children:

When the adolescent children will draw a triangle from the three points in the brain, they will participate in this process with more strong belief, it will have good effect on their thinking power.

2. Parents will get credit of guidance to other parents: From the findings of this research many parents



will be benefited. Because this method helps to remove drawbacks in study subject, temperament and disease. So parents who tell about method to others, get credit of guidance to other parents.

3. More powerful energy from blessings:

By giving blessings by specific method, there is a power. It has been observed that even in materialist countries people were benefited from blessings in relieving their diseases. When parent holds his/her hand over the point of head of child, which is emitting more heat, in brain, power of peace increases gradually. When parents ask suggested questions to the other parents/friends/relatives and talk to them their confidence will increase in a specific way and accordingly their power of blessings will also increase. When parents tell something about which they are convinced, their energy will enhance. This is called pleasure of 're-experiencing' in the field of literature it is also called bio-feedback.

4. Benefit from resonance-symbol:

When parents explain and convince to their friends, relatives they agree with them and as a result resonance is created which is a state of additional energy. Parents are conveying right thing and many people get convinced with parents, which creates resonance in their brains. In our practical life there are many examples of resonance.

5. More protection to children:

When parents keep on asking four questions to relatives and colleagues, even parents who are convinced about principles, should meet to their child's friends. Because their child spends more time in the company having same age than their parents. So they should pass on this useful information and ask above questions to parents of their child's friends. This will spread awareness in society. As a result the child whose parents are spreading information will become secure, and by helping others parents will achieve their self interest. Additionally they get satisfaction of doing good work.

6. More awareness and remedy in case of risk to children from parents:

By asking questions to parents, some new information come to know. Some diseases are hereditary as per modern medicine, parents may come to know that some weak or strong study subjects are partly hereditary. From this information new conclusions can be made and would be useful to other people also. It is advised that if there is deficiency in child and parent, then blessings should be given by touching the palm on the child's head. It will achieve benefit of biofeedback.

7. Competent and grateful son in declining age:

By participation of parents in such type of thoughtful efforts, they will get grateful and competent son in their declining age and make their old age cheerful.

Through the four questions triangle forms in the brain:

The three questions (your difficult subject?, your temperament? And your bodily ailment, and what is your strategy to overcome these?). There are different centers in the brain like reading, looking, word-seeing, pronunciation, motor area related lips and tongue etc. Swamiji says that if we ask only these three questions, three centers get activated. And when fourth question is asked, thinking process starts about these three

questions as well as what precautions to be taken to overcome these. To overcome these problems there should be correlation among these three centers which makes triangle.

Further reference are given from a book “On the neuronal organization of the brain”, in this book pg.no.151, a symbolic figure shows how neuronal interconnections form a network.

When we establish relations among these three places. In the brain triangle gets formed. It does not appear to us but it exists. In quantum mechanics -many experiments are done at thought level only.

Nobody has seen black hole on the other hand the triangle we considering in the brain is based on experience and logic. Swamiji has given some evidences from the book “The Mind”, page 259, on this page, Dr. Allen Queens, an expert of E.E.G Systems Laboratories, pictures of network formed by our brain while facing particular situation.

What is the risk if the work of asking four questions to others is not done by going to the root of the matter.

Swamiji asks question to parents whether their child would be a good and reassuring personality from all angles in their declining age? He further questions that today parents may have taken best care of child’s studies, arranged tuitions, pampered him, but how parents would take care of other two aspects i.e. temperament and good health. Parents will improve mathematics but stress of difficult subject will invite disease at later age. Swamiji has given reference of a book Brain, in this book, stress produces effects like headache, fatigue, excessive perspiration, mouth becoming red, diseases of nose, asthma, high blood pressure, heart disease, skin disease, stomach complaints, various agonies and pains, diabetes, dysentery, arthritis, joint pain etc. For child’s ulcer medical treatment can be taken, but it should be remembered that it is the anger which causes and aggravates ulcer.

Thus true path is to understand the dimensions of child’s personality and make a balanced symbolic remedy based on fundamental laws of universe and give it to the child.

Primarily, success in the three is desired i.e. best academic performance, earning good wealth and best temperament leads to happy family life and good health. Swamiji questions that how many examples have you come across where all these three kinds of happiness have been achieved? He gives references, that the only world conqueror Alexander the Great died at an early age. A brilliant boy may not be of accommodative nature. If a boy of brilliant and accommodative nature may not have good health. We cannot get happiness all the time. The efforts should be taken to achieve the balance. There are eight risks to the children of successful parents. Therefore the remedy suggested by Manashakti is proper, safe and parents should spare some time for asking four questions to their friends, relatives, unfamiliar people for the parents and everyone’s good.

Cite This Article:

Dr. Wadhvani H.D. & Mrs. Shelke C. (2024). *Triangle Concentration Method for Holistic Development.* In Educreator Research Journal: Vol. XI (Number I, pp. 47–52). **ERJ.** <https://doi.org/10.5281/zenodo.10729230>