(12) मनःप्रसादः सौम्यत्वं मौनमात्मविनिग्रहः । भावसंशुद्धिरित्येतत् <u>तपो मानस</u>मुच्यते ॥१७ ।१६ ॥

The greatest achievement in the human life is to have a cheerful mind. The people of great knowledge and position also fail to have pleasant mind. As per the teaching of Gita every day we are facing or encountering different types of situations. But we think we are facing all kinds of challenges which we generally called problematic or adversities in the life and we have to find out the solution to come over it. When we have solution of the situation then it is no more an adversity but a challenge. Therefore Lord KRSNa talks about the discipline of the Mind; mental discipline, "Mental cheerfulness, cheerfulness in expression, absence of pressure to talk, mastery over the mind, clean intent, this (these together) is called mental Discipline." The main culprits of converting situation into problem or adversity are our own likes and dislikes. In fact they are the glory of the Lord as long as we follow Dharma – right and wrong or we do not try to transgress the Dharma. But when they impel us to transgress the Dharma and make us consumer. Such likes-dislikes become the inimical to us and for others also by creating conflicts in the mind. Due to that we lose the cheerfulness of the mind and always struggle to be comfortable in the life, therefore Lord KRSNa very briefly but evidently tell us the discipline of the mind, which make us the contributor in the world.

...concluded

New General Manager AVG

As of 24th February 2019, Sri G. Vallabesan has joined AVG as its General Manager for overall management of its function. He is a highly skilled senior management professional with proven track record of success in managing day-to-day activities and overall operations of organisation. In-depth experience across Automobile, Finance, and Clothing industries. Strong leader and manager involved in hiring and training the right people to achieve the goals of the organisation.

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