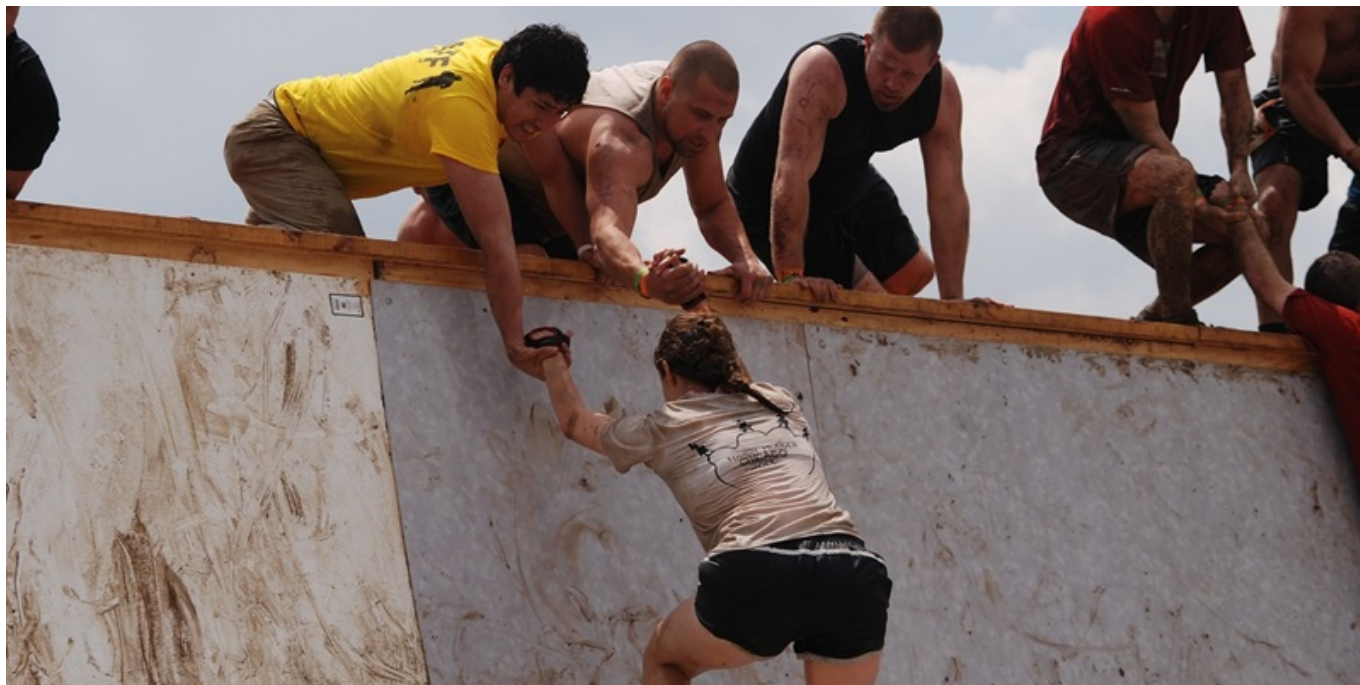


**Horizons****Do Not Lose Hope, Building Resilience in a Competitive World****Seshadri Ramkumar**

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"Faith, family and loyalty are the values that drive me," stated Mr. Sam Segran, Chief Information Officer at Texas Tech University, who is retiring after 40 years of dedicated service. Recent events in the hills of Uttarakhand, resistance offered by nations against aggressions and triumphs after failures such as the successful Chandrayaan-3 are examples in our present times of important positive characters needed in life.

Grit and Resiliency

The 16-day ordeal that ended in victory and saved 41 lives is a classical model for grit and resiliency. While the tunnel workers were trapped undergoing tremendous stress, their hope and confidence enabled them to return safely without having severe medical issues. The recovery effort that involved multiple agencies after a few unsuccessful attempts resulted in successfully saving lives is hallmark of confidence, hope and team effort. Failures should not deter us from success and happiness. In the classical text, Ramayana, while in captivity Mother Sita gets hope after listening the life story of Rama from Hanuman, and she gives a great pearl of wisdom, which is a motivating phrase, "As long as life is there, there is hope." This is what we have witnessed recently in the tunnel rescue and the landing on the near South pole of the moon.



Kanika Batra

Life does not always provide successes on a silver platter. As the adage goes, failures are steppingstones for success. Again, in our current times, we see this in the case of Chandrayaan-2. After its failed mission, ISRO scientists learnt from mistakes and were successful in the Chandrayaan-3 mission. Similarly, after the latest loss in the Cricket World Cup finals against Australia, Indian team did not lose hopes. T20 championship between India and Australia is going on now, where India is leading 2-1 against Australia. These are good examples of resiliency.

Life cannot be rigid like wood; we must be like elastic rubber and be flexible to be successful after difficulties.

"Equipping ourselves with a diverse set of skills and knowledge so that we can be confident and resilient in our actions and be able to make good decisions objectively is important. Additionally going beyond our comfort zone by seeking outside counsel and assistance as appropriate is needed," advised Sam Segran.

Successes and failures are part of our life. Expectations may not always be fulfilled, but one must keep on trucking. Failures must be analyzed without dwelling over past events, but these must be used as lessons for success. Daily events happening around the world and in our lives are great lessons for us to observe and learn. "Good and not so good times follow each other, and one strategy I adopt is to accept challenging times as part of learning. Every difficult period is an opportunity to learn from and do better so that the next challenge does not appear insurmountable," stated Professor Kanika Batra of Texas Tech University.

Hard Work

There is no substitute for hard work. We admire sport models, and we have plenty to learn from their successes. Sport people maintain rigid exercise regimens, strict dietary needs, and discipline. Hard work and teamwork are needed in team sports like soccer and cricket. In individual sports like tennis, regular exercises to build muscles and improve attention are needed. Whether in sports or science, hard work pays off. This is evident from the efforts of the rescue team in Uttarakhand which saved many lives. A famous Tamil saint Pattinathar emphasized the importance of dedicated effort and sang that without hard work, we will not be able to reach our goals. We must understand that behind every successful artist or sportsperson, hard work has been involved. "Reading about other trailblazers in the field of interest and observing them should be part of our routine and will prove to be useful," stated Sam Segran.

Support Network

While individual traits such as confidence, grit and hard work are important components in a success story, the story is also built on another component, i.e., support network. Our immediate family and friends are important in our lives. It will be a bonus if we have neighbors or members of society take interest in the growth of a community member.

Recent events provide good examples for us to understand the importance of support networks in overcoming failures. While there was great expectation that India will clinch the 2023 world cup in cricket after winning all the qualifier games, the result did not go in the favor of the Indian team against Australia. The entire nation stood behind the team including national leaders. It was touching to see Prime Minister Narendra Modi visiting the Indian team as mark of showing support and motivated the team to keep on fighting. In a similar vein, when the 41 people of the tunnel project were rescued, the nation was thankful and stood with the survivors and the rescue team. Again, as a mark of extending support, the Prime

Minister called the survivors praising their grit and confidence. It is important that national leaders reach out to people in need such as those affected by wildfires, floods and communal clashes and extend support. Such acts of compassion and leadership will raise the spirit of those who are suffering and will enable quick recovery.



Sam Segran

Timely support and acts of motivation are needed for those who have fallen down to rise again. "The trick is to motivate oneself to stand up and go on. If there is another fall, do the same, stand up and carry on. Life is too short to be spent in despair, it is important to maintain an optimistic outlook," advised Professor Kanika Batra.

Such support enable positive results, as is the case with the outcome of the Indian cricket team in the recent T20 games following the loss in the world cup finals.

"If you do fall, realize that you are mortal, set aside your personal ego and pride, and remember that a fall should be a learning experience that prepares you for going forward. Be prepared to make changes in yourself as you analyze your fall. Plan and execute your recovery steps so you can move ahead." Stated Sam Segran—what a pearl of wisdom!

Family members and teachers need to encourage youngsters to acquire broad skills to deal with difficulties and unforeseen situations. "Broad skills that will be helpful as people make their way through life and work are integrity and honesty. Any work, when performed to the best of one's ability, with a sense of purpose, is likely to yield good results," stated Professor Batra.

We are familiar with the adage, "If the wealth is lost, nothing is lost, but if hope is lost, all is lost." Providing hope is an important positive characteristic and youngsters should endeavor to cultivate such positive traits. More importantly, in a competitive world, grit, resiliency and hope are needed.