

The Timeless & Priceless Gems for Young Generation in "The Couplets" of Kabir Das Ji's Life Skills Lesson

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Abstract - When I first saw Kabir Das ji's couplets, I was a high school student. At the time, I only studied them since they were required reading for the course. But during the second wave of the pandemic, when my environment was full of negativity and I was home alone, physically and mentally broken, I read "Kabir K Doha," and believe me, those couplets are a priceless gem for our generation. They offer a refreshingly optimistic perspective and a profound understanding of every facet of social life. Kabir's devotion to the Supreme Power and his pursuit of enlightenment as a means of achieving love and philosophy are reflected in his writings. His poetry is evergreen since it touches on universal themes in the human condition. Kabir Das ji's ability to convey even the most complex ideas in terms that a layperson can grasp is what makes his writings so accessible. His Several couplets have close ties to generally applicable behaviors that can be found in most competence dictionaries; these dictionaries often instruct readers on how to handle "the art of living and life skills" in the face of adversity..

Keywords - Life skills, Kabir Das ji, Kabir K Doha, couplets.

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1. INTRODUCTION

As technology improves our lives, we risk losing touch with what makes them worth living in the first place. We may be developing our Technological Intelligence thanks to AI, but what about our Emotional Intelligence? One of the leading causes of the uptick in occurrences of mental illness is the fact that people are becoming more like machines—insensitive, ego-centered, and linked more to the Internet and less to their Inner Net (selves). Everyone has to work together to raise awareness and combat this alarming trend.[1]

Kabir Das ji's poetry may help people deal with mental health concerns by teaching them valuable lessons and instilling in them the strength of character. Hard to imagine, but Kabir Das ji, one of the finest poets of Hindi literature, had a profound grasp of life and life skills despite never having attended college. His ability to convey the most complex ideas in ways that laypeople can grasp has made his work timeless; it continues to teach and inspire people even after centuries have passed.

2. THE PREVALENCE OF MENTAL HEALTH ISSUES IS RAPIDLY INCREASING.

Due to the widespread illness, everyone is spending more time than usual in front of their computers and televisions. This epidemic has had devastating effects

on not just our economy and industry, but also our mental health. Many studies demonstrate an alarming increase in mental health problems during and after a lockdown, but the effects on young people are especially concerning. They lack empathy and are losing their ability to bounce back easily. The shocking increase in youth suicide rates has prompted us to ponder the issue.

Why today's young are so emotionally fragile that they seek simple ways out of dealing with life's challenges.[2]

Leaders, workers, parents, educators, children, and adolescents in today's society need not just technical but also emotional intelligence. An emerging threat like rising mental health difficulties calls for swift action to stem the tide of an epidemic that threatens to overwhelm society. The fact that many individuals either don't recognize the severity of mental health issues or actively try to cover them up compounds the situation. It might be because of the prejudice that exists around mental illness in our culture, leading some individuals to make drastic choices out of ignorance.

3. THE DRIVING FORCE BEHIND THE WORSENING MENTAL HEALTH CRISIS

Competition is very fierce as a result of technological developments, ruthless rivalry, and rapidly shifting industry demand. Humans are becoming heartless robots in the face of intense global rivalry. The decline in the importance placed on family, community, and career has contributed to an increase in mental health issues.[3]

The World Health Organization estimates that 450 million individuals worldwide suffer from a mental health condition. Paradoxically, only around two-thirds of persons who have a diagnosable mental health problem (such as depression, anxiety, or a co-occurring disease) actually get treatment for it. With a median age of only 30, India is one of the world's youngest nations. The country's future is in the hands of its young population, which is the largest in the world. We can't afford to let our abilities go to waste on account of petty issues. The topics discussed in life skills classes are ones that individuals really face. The past several years have seen a meteoric rise in the value of life skills education.

4. GROWING NEED FOR LIFE SKILLS EDUCATION IN THE CURRENT ENVIRONMENT

One in five adults, one in four adolescents, and one in ten kids will have a mental health issue in any given year. It's the fastest-growing issue in our culture after covid -19, and most of us are still in denial about it. Untreated mental illness contributes to lower academic and occupational performance, abrupt shifts in behavior and mood, fewer social interactions, and an increased risk of suicide or other serious crimes, but the stigma attached to mental health often makes us ignore those who are struggling.

For the treatment of psychological disorders In certain cases, life skills are crucial. Lifelong learning reduces isolation, improves mental capacity, and facilitates analysis and decision-making by bridging gaps. Relationships in our personal and professional lives may benefit from the development of life skills. Improvements in mental health might be one of the many surprising benefits of learning useful life skills. Integrating lessons in life skills with study of our history and literature might accomplish two goals at once. Teaching Character and Practical Life Skills.[4]

• What is Life Skill Education?

"A behaviour change or behaviour development approach to address a balance of three areas: knowledge, attitude, and skills," as defined by the United Nations Children's Fund (UNICEF). The term "Life Skills" has been widely used, especially in the realm of mental health, to describe the set of talents that allow people to put their knowledge, attitude, and values into practice.

The World Health Organization has defined life skills as a kind of mental toughness. Maintaining a stable mental state and displaying this in constructive ways in one's interactions with people and the world around them is what we mean when we talk about psychological competence.[5]

5. A POWERFUL TOOL FOR TEACHING ESSENTIAL LIFE SKILLS

Reading fiction, drama, and poetry may be a great way to get insight into other perspectives and perspectives on life. Poetry may be quite helpful in these situations since it is something that almost everyone enjoys doing—reading or listening to it. It entertains the reader, imparts knowledge, and stimulates higher-level cognitive processes. Poetry, above all other creative forms, is an elegant and classic means of communicating and arousing human feeling. Poetry's strongest feature is its artistic character, which allows the poet to convey a great deal with very few words and lines. The second is the implication it may have. In order to get us to think how the poet would have us think, poetry appeals to our emotions.[6]

Poetry may convey ideas and show how well we comprehend them. It's a method for expanding one's horizons, learning to empathize, and learning more about the world around one. Couplets are a kind of poetry in which two lines of verse share a same rhyme scheme and meter. Knowledge, life lessons, high social ideals, and a profoundly optimistic outlook are all packed inside Kabir Das ji's couplets, which force us to reflect on some of life's most crucial elements. Every couplet, written long before the concepts of life skills and emotional intelligence were coined, has timeless insight about the human psyche that is still applicable today.

6. KABIR DAS'S COUPLETS AND THE BEHAVIOR DEVELOPMENT APPROACH TO KEY AREAS

There are three primary domains of behavior modification. Many of Kabir's couplets demonstrate his knowledge, skill, and attitude; they are extraordinarily profound, direct, and believe in mental and spiritual enlightenment.[7] One may gain so much wisdom from the couplets because the lessons they contain are transmitted softly yet effectively without sacrificing their delicacy or their novelty.

Knowledge

"GyaanRatanKaJatan Kar,

MaateeKaSansaar

HaayKabeeraPhir Gaya,

Pheeka Hai Sansaar"

Explanation: The only way to escape the endless cycle of birth and death is via the pursuit of knowledge, therefore make that your top priority.

Skills

“SheelavantSabaseBada Sab,

RatananKeeKhaanTeen Lok

KeeSampada, RaheeSheel Mein Aan”

Explanation: Peace of mind and humility are the most valuable stones in the world since they are two of humanity's finest virtues. Being able to remain cool under pressure is worth more than all the money in the world.

Attitude

“ManganMaranSaman Hai,

*Mat Koi Mange Beekh Mangan Se
MarnaBhala, Y*

ehSatguru Ki Seekh”

Explanation: It is preferable to die than to beg for anything (reword, recognition, or money) in front of anybody..

The Behaviour Connect: The aforementioned couplets provide a concise summary of Kabir's life philosophy: acquire the kind of information that will help you achieve your goals. You shouldn't have to beg anybody for an honor or promotion—after all, that's no better than dying—and you should always maintain your dignity and grace—two hallmarks of a true gentleman—when enjoying the fruits of your labor.[8]

7. THE CONCEPT OF DUALITY IN HIS COUPLETS

“ChaltiChakkiDekh Kar, Diya KabiraRoye

*Dui PaatanKe Beech Mein, Sabit Bacha
Na Koye”*

Explanation: As the mill kabir moved, Das ji is upset because when grain is ground between two wheels, everything save the hardest grains gets reduced to powder..

*“PaateePaatee Sab Kahe, Keel Kahe Na
Koy.*

*Jab Koe Keel Kahe, To DukhKaaheKo
Hoy”*

Explanation: Kabir says it's common knowledge that grinding requires two wheels, but nobody ever mentions the silent nail in the center of the arrangement that keeps them both in place. There is no sadness if we look at that nail.

Explanation of the metaphors The ever-turning wheels of time and progress are symbolized by ChaltiChakki and PaateePaatee. Everything we see and understand is fleeting because we live in a world of opposites: earth and sky, day and night, happiness and sadness, life and death, etc. Duality, in the form of I and You, Us and Them, is the source of all inconsistencies. Conflict and distraction, two of humanity's worst traits, flourish when people are kept apart. Right now, a bicycle symbolizes the stresses of both our private and professional lives. We need to strike a balance between the two. Though it may seem insurmountable, separating one's personal and professional lives is really rather simple if one focuses on the nail that is (self).[9]

8. KABIR DAS'S LYRICS AND THEIR CONNECTION TO ESSENTIAL LIFE SKILLS

Learned or honed by experience, "life skills" are the foundational know-how that help people successfully navigate the challenges of everyday life. These abilities, sometimes known as "life skills," are crucial in today's society. Having these abilities will make your life lot more enjoyable, calm, and prosperous.

Self-Awareness

“JaiseTil Mein Tel Hai JyonChakamak

Mein Aag TeraSaeenTujhamen Hai, T

oo Jaag Sake ToJaag”

Explanation: Your lord (power) is inside you, just as oil is within the sesame seed and fire is within the flint stone. Only through reawakening to your inner self can you discover your own strengths and weaknesses.

“Jin Khoja Tin Paiya,

GaharePaaneePaith.

Main BapuraBoodan Dara,

RahaKinaareBaith”

Explanation: Only a person willing to brave the depths of the ocean will emerge with the pearl. A person who cowers in the background out of fear will never achieve their goals. Those that work hard and don't back down from challenges will find success in life, too.

The Behaviour Connect: Since everything you need to know already resides inside you, all you have to do is go within and start exploring. By taking the time to assess your inner strengths and weaknesses, as well as your worries and aspirations for the future, you'll be in a much better position to tackle your weaknesses, conquer your anxieties, and make progress toward your objectives. Knowing one's own

abilities and limitations increases both self-assurance and output.

Whoever has looked inside themselves will have discovered something worthwhile, whereas the one who sits on the riverbank and fears the depths will never discover anything.[10]

The Benefits of Being Persistent and Patient

- Facilitates Maintenance of Long-Term Vision
- Increased psychological and bodily well-being
- Facilitates the development of a skill set
- Choose your actions more thoughtfully.

Self-Motivation

"Man KeHaareHaar Hai Man KeJiteJit.

Kahe Kabir Hari Paaie Man Hi Ki Paratit"

Explanation: Feelings of triumph and failure are only mental constructs. If a guy is mentally defeated, feeling dejected, then he has lost, and mentally triumphant, then he has won. Similarly, reaching God requires a mental commitment; without it, it's impossible to succeed?

The Behaviour Connect: The ability to motivate oneself is essential to success in any endeavor. Self-motivation is the fuel that keeps you going when you want to give up or have no idea where to begin. Those who are intrinsically driven tend to be very productive and possess a can-do attitude..

Self-Motivation's Beneficial Impact: People that are self-motivated

- I am a naturally inquisitive individual
- Don't give up too quickly.
- Agents of change

- Empathy and Sympathy

"Kabira Soi Pir Hai,

Jo Jaane Par Pir

Jo Par Pir Na Jaanahi,

So KaPir Mein pir"

Explanation: A true gentleman is someone who can share in the suffering of others, whereas someone who is unable to do so is not really human..

"Jag Mein BaireeKoeNahin ,

Jo Man Sheetal HoyYah Aapa To DaalDe

DayaKare Sab Koe"

Explanation: Someone who cannot empathize with the pain of others is not really human, but someone who can is a genuine gentleman..

The Behaviour Connect: Understanding another person's perspective requires practicing empathy. Leaders need to be able to empathize with their followers. It helps us get a clear picture of how workers really feel about certain issues. Communication between employees and management is also improved. There can be no productive environment at work without this, since everyone involved can then feel whether or not they are receiving what they need from one another.[11]

The Benefits of Being Sympathetic and Empathetic:

- Facilitate healthy relationship growth
- Benefits one's sense of well-being.

- Capacity to Lead

"TinakaKabahun Na Nindiye, Jo Paanvan Tar Hoy

KabahunUdeeAankhinPade, To Peer Ghaneree Hoy"

Explanation: If you think the straw beneath your feet isn't a big deal, just wait till it flies up and gets stuck in your eye. Likewise, we should never judge an individual just by their poverty or weakness.

The Behaviour Connect: A leader is someone who can inspire their employees to work with optimism and enthusiasm. An excellent leader is one who unites his or her followers, regardless of rank.

Positive Effect of Leadership Skills:

- Boost Efficiency and Workload

- Incubate tomorrow's leaders

Communication Skills

"BoliEkAmol Hai Jo Koi BolaeJani.

HiyeTaraajooTauliKe,

Tab MukhBaaharAani"

Explanation: Choosing just the right words and voicing them in just the right way is an art form. You should think about what you want to say before you say it.

“Aisee Vani Boliye,
MunKaAapaKhoye
Apna Tan Sheetal Kare,
AuranKoSukhHoye”

Explanation: Everyone should learn to speak a language that puts a smile on the listener's face when they hear it. The speaker of such a language brings joy not only to the minds of those who hear it, but also to their own. By using such kind words, we may show our appreciation and affection for anybody.

The Behaviour Connect: A person's capacity to speak clearly and concisely is the single most significant aspect of their personality. It's true that words have the power to endear or alienate, so be careful with yours. History and the Bible both attest to the power of words, both in their ability to transform whole societies and to spark violent conflict.[12]

Positive Effect of Good Communication Skills :

- Stronger bonds with others
- Possess superior dispute resolution and problem-solving skills.

- Social Skills

“Kabeer So DhanSanche,
Jo AageKo Hoy. Sees Chadhae
Potalee, Le Jaat Na DekhyoKoy”

Explanation: In this couplet, Kabir emphasizes the importance of accumulating "money" (relationships, good behavior, and good deeds) that can be put to use both in this life and the next. After all, no one takes their good deeds and behavior with them when they die, only their money.

“PothiPadhiPadhi Jag Mua,
Pandit Bhay Na Koya,
DhaiAakhar Prem Ka,
Padhe So Pandit Hoya”

Explanation: It is impossible to become a brilliant scholar only by reading a lot of books or attending college. One may become a wonderful person and a great scholar if one practices love for all humans and knows the "two and a half letters of love."

The Behaviour Connect: One who has affection for all human beings is the true scholar, since no one has ever carried his or her belongings with them on the trip

to the hereafter. Relationships should be prioritized above financial success.[13]

Positive Effect of Stress Management:

- Have faith in yourself and the power of hard effort.
- Make an Effort at Optimism.
- Use Affirmations to Help You Thrive

Conflict Resolution

“KabiraKhada Bazaar Mein,
Mange SabkiKhair
Na Kahu Se Dosti,
Na Kahu Se Bair”

Explanation: Since everyone in the market is his buddy and no one is his adversary, Kabir stands there and prays for their success.

The Behaviour Connect: Kabir Das ji recommends maintaining equanimity while you resolve any disagreement. Whenever we interact with other people, we set ourselves up for potential complications. Rather than continuing to debate and fight, we should be focusing on finding a solution to the problem at hand. If you've got the juice, put it to good use and think about how to fix the issues.

Positive Conflict Resolution:

- It aids in establishing more stable bonds between people.
- Has a calming effect
- The ability to think critically and creatively about issues is fostered.

Negotiation Skills

“Jab Gun KoGaahak Mile,
Tab Gun LaakhBikaae.
Jab Gun KoGaahakNahin,
Tab KaudeeBadaleJae”

Explanation: Your abilities are worth millions if the proper person recognizes them, but even the most skilled individual is worthless if no one notices them.

The Behaviour Connect: The ability to negotiate is the ability to bring two or more parties together to reach a mutually acceptable solution. It's a vital ability to have while starting a new career. The

employee has the option of negotiating for more favorable conditions, such as a higher salary or more perks. It is crucial to negotiate a starting salary, since all subsequent raises will be based on that number.[14]

Positive Effect of Negotiation Skills:

- Benefits the quality of your connections.
- Stay away from potential arguments and issues.
- Amicable conflict resolution.

9. MEASURES TO DEAL WITH THE PROBLEM

Since observing a single day as Mental Health Day to promote education, understanding, and activism against societal stigma is insufficient, action must be taken now to address this rapidly growing issue.[15] Everyone in society has a responsibility to work together to aid those suffering from mental trauma.

- Promotion of online and social media activities raising public awareness about mental health is encouraged.
- Counsel and educate the public to reduce the negative attitudes around mental health issues.
- Include mental health narratives in school curriculum to reduce stigma, end prejudice, and equip stakeholders for early diagnosis.

10. CONCLUSION

People with both technical and emotional intelligence are needed in today's culture, but this is not occurring. One major factor is the rise in stress, anxiety, and depression, as well as the general decline in social norms. The current generation, which is getting ready to enter the workforce and face future obstacles in life, needs to acquire social values and life skills to help them deal with their emotions and stress. Simply said, they won't become a better person until they learn and practice morals and other important life skills. Life, talent, and social value transmission Kabir's couplets may be instructive due to their focus on self-awareness and the art of living. These aphorisms have inspired people for years, and they may do the same for us if they are included into our life skills curriculum.

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