

The Role of Diet, Ethics and Behavior for Character Development

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ABSTRACT

Diet, ethics and behavior are the major ingredients for character development. Mind is balanced when these ingredients are amalgamated in body proportionally. The development of character is based on balanced mind. Therefore, these ingredients are extremely necessary. A good character is necessary for making a person humane. There is a popular phrase- "If *wealth* is lost nothing is lost, if *health* is lost, something is lost and if *Character* is lost, everything is lost. So a person has moral values and ethics in his/her character. This paper depicts and delineates the development of character by the diet, ethics and behavior.

Keywords: Character development, Diet, Ethics, Behavior, Mind

There is nothing good or bad in the world, thoughts create niceness and badness. The body does not make thoughts, but thoughts build the Body. Our words only result in actions, our deeds only make our habits, our habits form our character and our character is our destiny maker.

Man is the one who has his thoughts. The statement of Mahatma Buddha is, "What we are today is indeed the result of our thoughts." "What the mind conceives and believes, the mind can achieve." The mind that thinks and loyally stays on it, the mind will surely take those thoughts to the forehead of success. The persistence and determination of thoughts shakes the mountains too (thoughts can move the mountains).

What is mind?

Each word has a picture. When we say 'Maa', we see the sweetness of compassion and *vatsalya* in front of us. We said that the book, pencil, paper will be exposed whatever its picture is. When we utter the word 'lust', we see a picture of a beautiful and immodest lady. The activities of lust in mind and mind disturb us. "Our mind is videographer and tape recorder." What we see, hear, speak and do, images are suited to those good and bad thoughts

and their group is mind. On one side of the mind is a good image and the other is negative image. Our positive and negative mental forms are based on these pictures. It is sitting under the microscopic *Chitragupta* of this mind which creates a picture book of our life and at the end it is presented to *Yamraj*.

If we want to change the world, then we have to send positive thoughts in the layers of the atmosphere. Energy is the habit of positive mental form. By the transmission of this energy the pollution of the atmosphere ends, darkness is erased and light appears.

We do not harm anyone. When we treat others with our thoughts and positive thinking, we do our best, and the evil of the front also ends gradually. Swami Vivekananda says-"The remedy For Weakness is not brooding over Weakness but thinking of strength that is already within you" Retard the weakness with the power that is already inherent in you. It is said in Vedanta - we are what we think is the same. If we think in our mind that I cannot do this work, I will never be able to do it. You are holy and complete and what you call sin is not of you. So go further on the height. Never say that I can not do

this, you can do any work. You are the part of the Almighty.

How to be characterful

You can do all that you want with positive thinking, temperament and energy. To achieve this goal if you sow seeds of action, you will get the harvest of habit. Seeds of habit will be cultured and the character will grow. Character is our destiny maker. On the basis of knowledge, emotion and action, our life becomes a *Tirthraj Prayag*. So we always look good, listen good, speak good and do good. Focus on good things, not on evil. Love people, help others in sorrow and pain. Wipe others' tears and make them smile.

When you renounce, the value of your happiness doubles and when you add them, your value decreases. This connection is a question of mathematics. Do not order and preach, but motivate your companions with hearty message and life examples. Mother Sharda says, "If you want peace of mind then do not become cynical, if you want to find errors, and then find in yourself."

Characterful person - Dham of virtue

The smallest thing that we do in daily practice is a group of characters. Success is not achieved in life by doing it with a shaky mind, how small the work is. None of the work is small; You can work hard and leaves the footprints on the sands of time. All major battles have been won by small fighters. The small task is also done by full devotion and worship is the elation of the character. Yogi Vashishtha says that there is no work in the world that can not be attained with authenticity and hard work. Attempt is very big worship. Swami Vivekananda considers work to be worship. Six steps ahead is the diligence of *Manav*, the grace of God is the seventh stanza. In the dictionary, the hard work comes in the beginning success comes later. Thus, there are four pillars of success in life- concentrated, governed and performed with worship and grace of God. The characterful person should keep both external and internal cleanliness in his or her life.

Swami Vivekananda ji said, "The sheet of your character should be so clean that there should not be a spot to be found. Our character's sheet should be so clean that it does not get any blur in it."

The characterful person is strong, balanced, temperate, good-natured, prosperous, clean, well-organized and charitable. He makes a routine of his entire day's work and executes it accordingly. "A person who is listless is listless" so persons are the virtue of their qualities.

Characterful person - time manager

The measure of the success of our lives is that how do we live every moment, every hour, every day? Do the Self reflection at the night before sleeping, how did this day end? The energy transmission was not polluted with negative thoughts? Prepare a chit of bad deeds and sleep. What I am today will no longer be there. To make myself even better, I will work every day by tomorrow onwards. This should be the resolution at the end of the day.

Viktor Hugo has written "Before going to sleep, have a good expectation, love and forgiveness as your pillow." Then you will wake up in the morning with overwhelming joy and happiness "Sleep with good hope, love and compassion." You will wake up with great pleasure and happiness in the morning. It has been said in Veda that make money with thousands of hands and help those with limited resources. As told as in *ishavashya upanishad*.

"Tena tyektena bhunjitha: ma gradhah kasyaswid dhanam"

What is given by him, allotted to you, you enjoy that do not encroach upon others' property. Whereas the *Taittiriya Upanishad* is also said to be characterized -

"Satyam Vada Dharmam chara Svadhyat Maa Pramadh:"

Always exclaim the truth, practice truthfulness, abide by your dharma; that which dose good to an individual and society. Do not be idle in your studies. So let us be characterful.

Diet, ethics, behavior

Dr. Dean has written on page 20 of the book of *Ornis*: Four things should be emphasized for long living and good health. 1. Reasonable change in food 2. Regulation 3. Natural and free life 4. Restraint. Food, conduct and behavior are the secret of long and good lives. Chanakya talked of taking a meal of *Mitam*, *Hiteem* and *Rittam*. The instruction is that

the meals should be taken in small amounts. Eat the food which is beneficial for health. Food should be selected according to the season. Medical scientists have certified by research that chewing vegetarian food makes the body of a person suffering from leprosy strong. Vegetarian diet has a positive effect on the body. Cooking meat causes diseases. Tattiriya Upanishad says that food is Brahma.

“*Anna Brahmeti Vyajnat*”. Realization of food as brahma.

*Brahmarpanm Brahma havir
bramhagnau Brahmanahutam,
Brahmiva Tena gantavyam
brahmakarmasamadhinah.*

The Act of offering is God. The oblation is God. By god it is offered in to the fire of God. God is that which is to be attained by him who performs action pertaining to God. So do not insult the food anyway. *Satvic* food is that which is made from the divine mind. The food has great effects on one’s mind and thoughts. The mind would be as good as the food would be. Therefore, to be characterized, it is necessary to take care of the fear of cheating and behavior.

Here is Lord Krishna in the 17th verse of 6th chapter of the Shrimad Bhagvad Gita is saying -

*Yuktaharviharsay yuktacheshtasya karmasu
Yuktaswapnavabodhasya yogo bhavati dukhaah*

The yoga that destroys the suffering is just as appropriate as the one who practices the rightful person, who deserves the rightfulness in deeds and is rightly sleeping and awake.

Character Creation – Importance of Conduct

The statement of the late Honorable Eknathji was “A good worker is not known what he eats and what he wears, he is known as how he behaves.” Many people do not become good people by eating a lot of food and wearing many beautiful clothes. He is from his rhetoric. The woman satire on Swami Vivekananda that “see, they do not even come dressed.” Swamiji said in reply “In America tailor makes a man but in India character makes a man” India’s perception is that the character is everything;

the destruction of its all ends. Character is the beauty of humanity; conduct is the *dharma* of its own and that is its preoccupation.

According Ramayan once upon a time shri Ram and Devi Sita in Panchavati were communicating with each other, Ram said, ‘*Seeta your feet are very beautiful.*’ Sita said, ‘God said to my feet, people have been scorching for life to get the grit of your feet. If they get a little bit of it, then consider them self blessed by putting it on the forehead. In mean time Laxman came there and Sita asked to him, ‘Lakshman, Which of the feet’s of both of us is splendid.’ Laxman said with a soft heart, Sorry, Grace is not in these feet but is in conduct. “After listening to this, Rama and Sita were very pleased to admit to each other’s post and look at these feet. The positions of leaders, officers and principals are not in their posts and names, but they are in their conduct only.

Shri Ishwar Chandra Vidyasagar has said - It is true that the condition of the purity of this heart is not conducive to conducting it with sweet words. For all, affectionate behavior alone underlines the individual’s generosity and nobility.

Education and Character

Mahatma Gandhi has said, ‘The training which does not affect our character is not of any use.’ The statement of the Rajya Sabha’s petition committee was presented to the Honorable Speaker, Rajya Sabha on April 2, 2009 and presented in Rajya Sabha on June 9, 2009. Recommendations and accolades have been said –

1. Proper and age specific curriculum should be prepared for science-based health education, ethical education, image development and character development, awareness of the environment and social awareness.
2. The need for spreading information about its rich heritage among the school’s children is strongly felt. Students should also be taught about the values of our family system and the need to preserve it.
3. In the new curriculum, appropriate material should be included in the context of the life and teachings of our great saints, spiritual leaders, freedom fighters and national heroes so that our children can re-adopt our national

ideals and values, as a result of which the influence of various sources of cultural encroachment can also be neutralized.

Today, in our schools there is a need to restart the subject of moral values because society seems to lose their faith in the ethical values of humanity. These values are always emphasized in Indian scriptures and poetry. The education of moral values, which have long been considered as a family responsibility, should be an important part of any educational institution's curriculum. The responsibility of strengthening the values of a society is not limited to individual efforts only, but the teacher must also take the role of counselor in this hour and bring about a transformation to move forward towards a better world - such a world where people are selfless.

CONCLUSION

So now it has become important that teachers of all disciplines of the school and college should emphasize the need for ethical education as an important component of education. President of National Education Commission Professor D.S. Kothari had once commented that if he got the opportunity to preside over the Education Commission then he would not name it 'education for national development' but 'education for character creation'. The national education policy which has now been almost thirty years old, needs to be given a new look. There

are seven social evils in our society in the eyes of Gandhi. *Trade without ethics, education without character, Pleasure without discretion, Politics without theories, Science without humanity, Money without work, dharma without service.* Unless the character building is made compulsory in educational institutions, these problems will continue. Former President APJ Abdul Kalam wrote: When there is purity in the heart, then beauty comes in the character, then the character becomes beautiful and also there is harmony in the family. Therefore, every person should be characterized by peace in families, not only in the home but in the world peace can be established. No nation takes the height of money and takes it, but the person who is virtuous, makes the nation strong and strong and takes it to the ultimate glory.

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