



## आत्मनिर्भरता (Self Reliance)

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### ABSTRACT:-

Through this article 'Essay on Self Reliance', you will know what is the meaning of self-reliance in true sense, how to become self-reliant. It is very important for those children who depend on their family for their big and small tasks to know why students should be self-sufficient. After reading the disadvantages of being dependent on others, you will understand the importance of self-reliance. You can also use this information to write a paragraph on self-reliance.

**Key words:-**self reliant, self reliance

### Introduction-

**Definition of self reliance:-** To depend on oneself (oneself) for a task. Means not waiting for someone else to do your work. Being self-dependent means that we should neither feel ashamed to do our work nor leave our work to others.

'Apna Haath Jagannath' and 'One gets heaven only after one dies'. Both these proverbs are directly related to self-reliance.

Apna Hath Jagannath – The proverb means that there is no support better than one's own hands. Whatever work you do with your hands, take it as a work done by God. The second proverb which says, 'You get heaven only after your death' means that if you want to know the real experience of any work, then you have to do that work yourself first. Even if we look at small and big animals or birds, we come to know that they are all self-sufficient. They do not need to depend on others for their food. No other person brings them food. As soon as they are born, their parents leave them and they learn to do all their work by themselves.

Players have to play themselves to taste the victory. When the farmer reaps the crop prepared in the field after hard work, he gets a wonderful happiness. Similarly, if the students want to get success in their life then they have to appear themselves in the examination. To get success in the exam, you have to study yourself. Similarly, only he gets success in every field of life, who is self-reliant.

**History:-** The first hint of the philosophy that would become "Self-Reliance" was presented by [Ralph Waldo Emerson](#) as part of a sermon in September 1830 a month after his first marriage.

### Concept of self-reliance:-

Self-reliance is the social and economic ability of an individual, a household or a community to meet essential needs (including protection, food, water, shelter, personal safety, health and education) in a sustainable manner and with dignity.

### Disadvantages of Being Dependent on Others

- Can become an object of ridicule.
- The other person should not complete your work according to your need, due to which you may be at a loss.
- Being dependent on another person can delay your work.
- Due to excessive dependence on others, you are not able to learn that work yourself.
- Due to this, you get used to not working and laziness increases in your body.
- A person dependent on others is not respected in the society.

Being self-sufficient is also great for his health. Most of the diseases in today's people are because those who have money want to get all their work done by servants because they have got used to comfort. They do not know that this comfort will be painful for them in the times to come. That's why we should do our work with our own hands as much as possible, and we can do other's work as well. If you have a lot of money, it does not mean that you will not even move a finger.

**Relationship of Doshas:-** Pitaja Dosha(Tikshan

**Relationship of Deha Prakrati –** Pitaja Prakrati

**Relationship of Manasa Prakrati –** Satava Prakrati

**Relationship of Triguna –** Satava Guna

**Relationship with hormone** - serotonin is leadership hormone. It boosts will power, self-esteem, inner satisfaction, confidence and a sense of purpose. Simultaneously it battles cortisol or your stress hormone. People love to follow your purpose when they see in you the confidence, high self-worth and low stress that they seek in a leader.

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### Self Reliance related story:-

Two brothers involved in litigation appeared before a Magistrate. One of them was a millionaire, the other a pauper. The Magistrate asked the millionaire how it was that he became so rich and his brother so poor. He said: "Five years ago we inherited equal property from our parents. Fifty thousand dollars fell to his share and fifty thousand dollars to me. This man, regarding himself as wealthy, became lazy, and whatever work was to be done he entrusted to his servants. If he received a letter, he would give it to his servants and say, 'Go, attend to this business.' Anything that was to be accomplished he told his servants to do. He lolled away his time in ease and comfort. 'Eat, drink, and be merry.' He would always bid his servants, 'Go, go; attend to this business or that.'" Speaking of himself the rich man said: "When I got my fifty thousand dollars, I never committed my work to anybody; when anything was to be done, I would always run to do it myself and I always told the servants, 'Come, come, follow me.'"

The words on my lips were always 'Come, come,' and the words on the lips of my brother were 'Go, go.' Everything he possessed obeyed his motto; his servants, friends, property or wealth went away, entirely left him. My maxim was 'Come'; friends come to me, property increased, everything multiplied. When we depend upon others, we say, "Go, go". Everything will go away, and when we rely upon Self and trust nothing but the Atman, all things flock to us. If you think yourself a poor, sneaking vermin, that you become, and if you honour yourself and rely on yourself, grandeur you win. What you think, the same you must become.

MORAL: Dependence on others makes us lose, while reliance on Self gains for us everything.

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### Effects of Self Reliance on Social Health:-

Self-reliance is the responsible behavior and the ability of an individual to take care of one's own health using local resources. Population self-reliance in health' emphasises the ethics and values in a health system; the dignity of the individual, respect for others, trust in community and the responsibility of each person and each community to contribute to the health of the population.

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