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Samayanishtha (Punctuality)

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ABSTRACT

Samayanishtha is a very important trait that all individuals must possess in order to be successful. It enables a person to be competent enough to perform all necessary tasks at a predetermined time.¹

Samayanishtha is included as the most important quality for life development because success in life can be achieved only because of this quality. No one is born with this quality; however, some people develop it later on as per the needs of their lives. *Samayanishtha* reduces stressful situations in life.²

Samayanishtha maintains regularity in our daily work schedule. *Samayanishtha* is the door to success. It is very important to do everything on time.³

Introduction

Samayanishtha means being capable of completing a necessary activity or fulfilling a responsibility at a specified time. *Samayanishtha* is the act of a person finishing their responsibilities on schedule. We may state that being on time is an attractive habit that generally leads to accomplishment. All successful people are on time since it is their habit. To look at it another way, being *Samayanishtha* will help keep life organized and disciplined.⁴

Importance-

Samayanishtha is major factor in achieve our goals and objectives. Being *samayanishtha* also shows how much respect we have for time. *Samayanishtha* tells us an indication of how capable we are of completing the tasks given to us. Mahatma Gandhi is known as the father of the nation and for his great and vibrant personality. He was well disciplined and *samayanishtha* in life. He always gave importance to time and its importance. Due to which today his name is taken with pride on the pages of history.

Nature teaches us to be *samayanishtha*. Natural phenomena such as rising and setting of the sun, blowing of wind, flowing of water, rising of moon, coming of seasons, all these explain to us the importance of *samayanishtha*. If we follow the path of nature, we will remain fit, healthy and strong.⁵

Advantage of being *Samayanishtha*-

We can easily do very difficult tasks with profit-time loyalty. This quality is to provide peace of mind because all our work gets completed on time. Because of which we do not get stressed. *Samayanishtha* enhances our personality. *Samayanishtha* promotes the habit of regularity in behavior. *Samayanishtha* person always has to provide a positive environment around him and wins the trust of people easily.

Being *samayanishtha* is not an easy task at all. It requires full energy of the man as well as dedication towards the work. *Samayanishtha* brings efficiency in a person. A *samayanishtha* person looks healthy, powerful, reliable and handsome. It helps in building a great career as well as gaining confidence and respect from others. Being a *samayanishtha* person is of great benefit in various ways throughout one's life.⁶

Dosha related to *samayanishtha*– Vata, Pitta

Relation with Deha prakriti– Vata, Pitta

Relation with Manasik prakriti - Satvik

Relation to the Triguna- Satva

Hormonal affinity- Adrenaline, Serotonin, Cortisol

***Samayanishtha* and Social Health-**

Being *samayanishtha* is one of the very important characteristics of a successful person. A person with this quality completes his tasks on time or before time. When all and every citizen of the country (students, officers, teachers, leaders, politicians, doctors, engineers, businessmen, etc.) will be *samayanishtha*. It will bring all the systems and functions on the right track and lead the country towards success and glory. Being *samayanishtha* is an essential quality.

It helps people to create a bright future. If we look into the history of any great man, we come to know about the real facts of his success. It enables a person to perform all the tasks of the day as per the schedule and in an easy way on time. *Samayanishtha* people never waste even a single minute or second of their time.⁷

Conclusion

Samayanishthata plays a great role in people's lives by providing them a way to reach their goals. Punctual and successful people are an inspiration and a respected person for the people of the society and the country. Those people who waste their time doing nothing, they always fail. So, everyone should be punctual to be happy in this competitive world.⁸

Qualities related to punctuality – discretion, honesty, laziness free, self-respect, morality.

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