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## सहनशीलता (Tolerance)

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### ABSTRACT:

Tolerance has been given great importance in Indian culture. In fact, tolerance is the ornament of man. A patient person gets success in every field. On the contrary, if a person lacks tolerance, then he has to go through unpleasant situations many times. In the absence of tolerance, anger arises in a person and anger has been considered as the biggest enemy of man. An angry person often harms himself. Through the *Dainik Jagran Sanskarshala Abhiyan*, an attempt has been made to make children aware of the importance of the qualities of Indian culture through experts on the subject of tolerance, as well as to know their views from seniors

**KEY WORDS:-** Tolerance, Ornaments, Culture

### IMPORTANCE:-

Tolerance literally means tolerating the favors and adversities of the body and mind. In fact, tolerance is the ornament of man. A patient person gets success in every field. In its absence, man becomes of grumpy nature. Tolerance does not mean weakness.

It is important for every human being to have the quality of tolerance. Everyone likes a patient person. He is loved by everyone because of his calm nature. Those who are angry by nature cannot become tolerant. No one likes angry people. A tolerant person corrects bad deeds.

Morality has a great place in our life. Morality is basically derived from ethics. If morality is included in our life then only we will be able to become tolerant.

The habit of speaking at least (good listener) – With the development of this habit, a person's ability to listen and understand things completely increases, due to which the quality of tolerance develops in him.

### QUALITIES:-

1. Egoless - It is seen in some people that they do not give importance to anyone's thoughts in front of them, this is called ego. For this, we should understand that every person has his own views, and he has the right to have those views, and his views may be different, and we have to respect that person's view in the same way as we. We keep our words. This will also reduce our ego, tolerance will increase, and the feeling of happiness remains in the mind.

2. Accepting reality is the biggest quality, situations in the world are not always favorable for us. Ups and downs in life, success, failure, all these have to be accepted equally. It is a part of our life. Knowing and understanding this develops tolerance in our lives.

3. Reduce prejudice, no perception – mostly all of us are victims of this at some point or the other. Often we all make a thought towards the person in front of us, which becomes very difficult to eliminate. As we see, as we feel, we should understand it on the same basis, due to which our tolerance increases.

4. Increase the time to react- The reaction time of an intolerant person is very less, he is in a hurry to answer or react to anything, due to which he does not understand the subject completely. If the time is increased slowly, before giving a decision or thinking about anything, listening carefully, understanding, and then giving your reaction, then this also develops the quality of tolerance.

5. I am also fine, you are also fine - build a lifestyle according to this ideology and always remember that, the ideology of all human beings can be different, it can never be the same. That's why do not oppose anyone's ideology, always. Make them understand that diversity is the nature of this life. Knowing this increases success and tolerance.

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**BENEFITS:-**

The one who has patience in his mind, only he can attain the happiness of life. Patience is the quality, which creates understanding inside a human being. When it is understood by Vivek that time is changeable, every situation will definitely change, then he never lets his enthusiasm decrease. There is an awakening of conscience in us.

Even through contentment, man remains tolerant. He knows this thing very well, happiness can be maintained in life only by keeping happiness in what he has got, due to which he keeps on holding satisfaction.

The power of reason and faith is a wonderful power of man, it gives him awareness in decision making and keeps his peace. This power develops only by remaining calm, due to which tolerance power increases in it.

The vastness of the heart also reveals the depth of the personality. A person who is serious is able to maintain the happiness of his mind for a long time. A person with such a serious personality means to face the adverse situations of life firmly, to say the least, and to be satisfied in every situation.

Having tolerance covers many of our demerits. We are saved from many things which could have compromised our happiness if they came to the fore.

Some people who do not experience tolerance consider it as cowardice, but a tolerant person is an emperor in himself, and when he gets a chance, when the person in front does not understand, he knows the art of being happy by explaining it in his own language. Knows how to maintain his confidence and respect.

Tolerance works as a shield to protect us from the fire of others' anger. Because the one who can wear it, definitely goes ahead.

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**CONCLUSION:-**

Patience is of great importance in life. This is such a truth that almost all people have to face during their lifetime. Being tolerant is a virtue, which leads to the real development of life. Sadness and stress dominate our lives today. The result of this is that we get scared quickly due to little troubles, get angry. Muni Vinay Kumar Alok gave these discourses at AnuvratBhavan, Sector 24. Manish Sreesanth said that the quality of tolerance can be learned from practice. Change in the right direction is possible only by planning and implementing each action in a sure way. The company of good people, by keeping thoughts pure, one can get prestige in the society. Knowing the quality of tolerance earns respect among friends and neighbors. Doesn't get stressed or angry easily. That's why you should move towards your goal by being patient. The person who gets satisfaction remains happy in every situation even in the absence of money and material comforts. Our scriptures and sages have given some important elements of achieving prosperity on the basis of satisfaction.

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