



## Value Analysis of Emotional Travesty and Meditation

Bhattacharya T<sup>1</sup>, Patnaik SK<sup>2</sup> and Yamuna CB<sup>3</sup>

<sup>1,2,3</sup>Armed Forces Medical College, Pune, India

**Corresponding author:** Bhattacharya T, Resident MD Hospital Administration, Armed Forces Medical College, Pune, India, E-mail: bhtarapranav@gmail.com

**Received Date:** January 31, 2021; **Accepted Date:** February 14, 2021;  
**Published Date:** February 20, 2021.

### Abstract

We are amidst an unique situation of a pandemic of a more so self-limiting viral infection that has slain thousands across boundaries. Irrespective of contacts with infected, testing of the individuals for viral exposure, aggressive treatment what underlines the impact of this disease is social distancing. This paper highlights the emotional travesty in frame of this tragedy encountering us in 21st century and attempts to put forth a value analysis of Meditation.

**Keywords** Emotional Travesty; Meditation; Mental Health

### Introduction

We are amidst an unique situation of a pandemic of a more so self limiting viral infection that has slain thousands across boundaries. Irrespective of contacts with infected, testing of the individuals for viral exposure, aggressive treatment what underlines the impact of this disease is social distancing. This paper highlights the emotional travesty in frame of this tragedy encountering us in 21st century and attempts to put forth a value analysis of Meditation.

### Objectives

- Define man and his niche of needs
- Social distancing-the boon?
- The solutions

### Methodology

The paper attempts to analyze a cross-section of healthcare professionals on what complaints/symptoms were they witness during the COVID 19 and aftermath of lockdown. Responses were elicited on Five point likert scale to the questionnaire formulated by Focused group discussions. Not going into statistical analysis and significance of the responses an objective assessment of meditation has been put forth.

### Man and his Niche of Needs

Man is a social animal- a definition we have been learning from junior grades.

I used to wonder, why animal? There must be something more. The answer was in the phrase- 'Hunger, sleep, fear and sexual instinct is

same in a man and an animal. It is the ability to distinguish that makes the mark!' [1].

Hunger? The hunger for the basic necessities makes a man? Basic needs of food, clothing and shelter have seen the Homo sapiens evolve over the ages. Rise and fall of the illustrious civilizations have witnessed the same. The need of safety, security, emotional brethren to that of ideas defines the hierarchy of Maslow [2].

Sleep, of contentment has tossed man since the first day of one's life. Entropy which defines the basic nature of any system is continuously balanced with cohesive/ adhesive forces peculiar to the system itself. The other side exists too- the exhaustion of having collided incessantly with dearth of-

- Life
- Health
- Food
- Resources
- Capital
- Family
- Society
- Unity
- Liberty
- Compassion
- Understanding
- Love Or
- Peace.
- Continuous strife to settle the woes- so on and so forth. But where are we!

Sexual instinct has chased the animal since inception, again. The conflict to prove supremacy of one sex over the other. The struggle has had many observations of philosophers over millennia. The -so to say- weaker sex was given the edge with literacy, promotion and empowerment. The success was incomplete because what was envisaged was one sided. The other side should have been equally helped with education, reverence and reconciliation. The scenario of break- up of families, inconsistent relationships, and sexist violence would have been replaced by jovial bonhomie between families, development of ideals and character in the society [3].

### Social distancing- the boon?

With the pandemic having shifted from round the corner to every nook and corner what has come as a savior is social distancing. For the first reaction, it seems as if In the twenty first century we are taking a leap backward. Jobs and ventures have taken a backseat and have boiled down to working from home. School, college, markets, parties, malls, eating joints, get- togethers, celebrations, and mourning- is all so mundane that has been eclipsed so readily by the virus and its fear. Non-essential movement be curtailed- the directive has forced us to see what is unessential!!

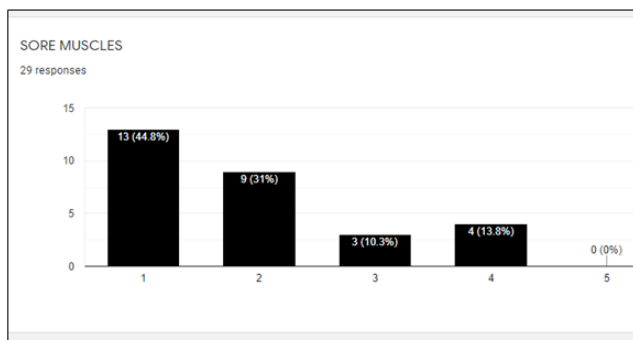


Figure 1: Sore Muscles

The resultant is evident from a few findings show cased below.

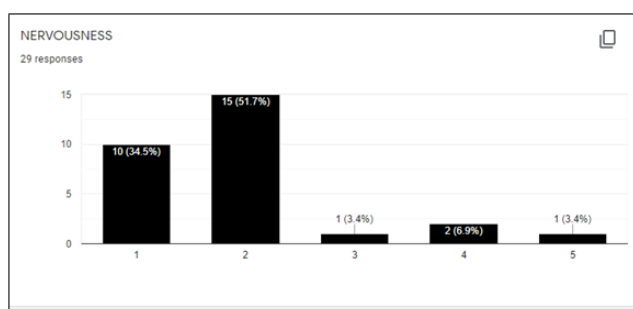
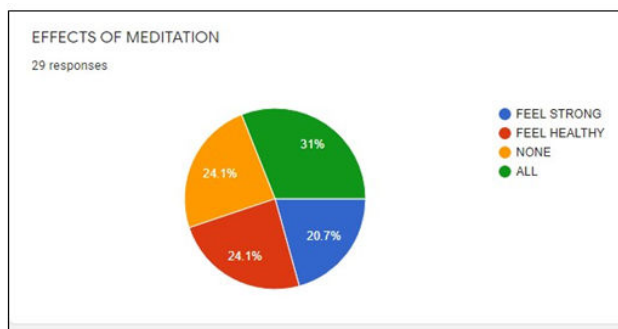


Figure 2: Nervousness

The fine line between want and need had been pushed to the boundary by our enriched species in total disregard of the environment (Figure 1). The distancing of people from gatherings has helped the nature recoup faster than anybody believed (Figure 2).

### The Solution

Never to be mowed down, see this as an opportunity! See within. What qualities u envisaged for. What you dwelt upon. The side views across the highway of career missed attention of passers by- now come as a welcome measure enriching us in solitude. [4]



Instead of finding fault, let us be geared up. Cope up adversities within.. Arise Awake. Stop not till you see the goal achieved. The question is – what is the goal? It is here. This moment. Let us survive and that too with diligence (Figure 3). Meditation alone has a tremendous capacity of being able to make the species attain homeostasis not only within but also in the society.

Invoking Sri Aurobindo-

Be wide in me, O Varuna;

Be mighty in me, O Indra;

O Sun, be very bright and luminous;

O Moon, be full of charm and sweetness. Be fierce and terrible, O Rudra;

Be impetuous and swift, O Maruts; be strong and bold, O Aryama;

Be voluptuous and pleasurable, O Bhaga;

Be tender and kind and loving and passionate, O Mitra. Be bright and revealing, O Dawn;

O Night, be solemn and pregnant. O Life, be full, ready and buoyant; O Death, lead my steps from mansion to mansion.

Harmonise all these, O Brahmanaspati. Let me not be subject to these gods,

### References

1. Hitopadesha verse 0.25 (2019).
2. Maslow’s hierarchy of needs- Evolution of Management (2017).
3. Speech by Dr Surekha Kashyap on International Women’s Day 2020.
4. The Mother (2001) On Thoughts and Aphorisms. 10: 84-85.