

Samay Pur Ki Sair

A Trip to Timeland

START





Say: Hello friends.

My name is <name of trainer> and it gives me great pleasure to welcome you all aboard the "Gyan Yatra Express"

Gyan Yatra will take you on an adventure journey to exciting and unexplored places. These journeys will help you lead a more fulfilling and joyful life.

So, let's begin.

But, before that, let's get to know each other better.

Ask: Why don't we introduce ourselves - tell your name, village and your profession.

<trainer should ask all participants to tell their name, village, profession etc one by one>

The Secret of Samay Pur



Say: Great! Now, we know each other better. So, let's begin our journey with a small story – "The Secret of Samay Pur".

Tell: Our story is about Mahesh, a young farmer who had inherited a small piece of farm land from his father and had to work day and night to make his ends meet.

He had a wife and two small children – and just providing for the basics took all his time and energy.

But, Mahesh wanted more from his life – he wanted to be a surplus farmer for which he needed to purchase more land, he also wanted to provide the best education to his children and of course, a better life for his wife who toiled day and night along with him.

And so, Mahesh pondered long and hard.....he conferred with friends and relatives and even sought help from the wise village elders. But, no one could really help him

"Mahesh, accept gods will and focus on your work."

"You can't fight your destiny"

"Sell off your land move to the city. There's nothing in farming these days."

"Why don't you start a side business?"

.....These were just some of the suggestions he got from people around him.

Then, one day when he was ploughing his fields, a saint in white robes stopped by and asked him for some water. It was a hot and humid day, so, Mahesh also offered to share his meal with the saint

The Secret of Samay Pur



Tell: The saint told Mahesh that he came from a village called Samay Pur, a unique and prosperous village where everyone was happy and successful, every child went to school and no one slept hungry.

Mahesh was intrigued: "Baba, how can that be possible?", he asked.

The saint said: "Well! That's a secret. But, you've been very kind to me and I shall tell you the secret of Samay Pur." So, the saint passed on the Secret to Mahesh and took his leave.

Mahesh was thrilled and really excited and decided to act on what the saint had told him.

Almost overnight Mahesh's life changed for the better.....he began to reap the benefits of his hard work and soon all his wishes came true.

Mahesh now owns X hectares of land in which he grows ground nut and rice. Last year he had a bumper crop – all thanks to the training he had undergone about good agricultural practices.

Today, Mahesh is a happy man – his children go to a great school in the nearby town. His wife has started a small business of her own and she too seems to be doing really well.

Mahesh has now set his eyes on helping others in his village learn the secret as well.

And, I know he will succeed in his mission.

Ask: So, how did you like the story?

<wait for a response from the audience>

Would you too like to be successful and happy like Mahesh? Do you want to know the secret of Samay Pur?

<wait for response>

Say: Ok, so let's travel to Samay Pur to know the secret of their success.

The Secret Revealed: Manage Your Time



Have a life's mission



Set goals to achieve your mission



Prioritise the goals

Implement your plan



Say:

Well! The secret of Samay Pur is really quite simple and can be summed up in just four steps:

- Have your life's mission
- Set goals to achieve your mission
- Prioritise the goals and
- Implement your plan

Ask:

Confused?

Say:

OK, let me explain: With the help of the secret of Samay Pur, Mahesh recognised the importance of time and learnt to squeeze the most out of it.

The four points I have mentioned have helped him do just that.

Ask:

Can anyone recall these four steps?

<encourage participants to recall the four steps- prompt them if required. >

Have a life's mission



Say: Let's look at each of these steps in more detail to understand how Mahesh's wishes were fulfilled.

Well! To begin with, Mahesh dared to "dream". Even before the secret was revealed, he knew what he wanted from life.

Ask: Can anyone tell me what it was?
<after participants answer>

Say: That's correct. Mahesh wanted to be a bigger farmer, he wanted to provide good education for his children and a better life for his wife.

With a clear cut mission and a desire to succeed, Mahesh had already won half the battle. Unlike Mahesh, most of us are caught in the rut of life and do not stop to think even for a second where we are heading or where we want to go. Quite obviously then, we do not progress and stay where we are! Or, worse, we deteriorate even further.

Ask: What about you? Do you have a life's mission?

Well! I certainly have, I want to be the most loved teacher in the world....and I have already started work on that.

How about you? What's your life's mission? Good match and grand wedding for your daughter? Engineering for your child? Own a house?..... To be a better person? To be more forgiving? Tell me your mission.

<encourage participants to list out their mission>

Say: Great! So, like Mahesh, we now all have a mission to fulfil. Let's proceed then.

Set goals to achieve your mission

- Find ways to improve crop productivity
 - Invest in better quality seeds
 - Purchase a tractor
 - Hire a helper
 - Spend more time with family
 - Enrol children in village Government school
 - Refurbish house
 - Purchase television
 - Get a gas connection
 - Repair the roof
 - Fence the area around the house.....
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Say: Having established our life's mission, let's look at the next step: set goals to achieve your mission.

Ask: Now, I'd like to ask you a question: Mahesh did have a mission. But, was that enough to help him succeed?

Say: Quite obviously - not. Mahesh needed to put a plan in place to achieve his mission. And that's where the secret helped. Earlier, Mahesh was so caught up in his day to day activities that he was unable to do anything else. His aspirations loomed large and seemed like a distant dream. But, then, Mahesh set smaller, more easily achievable goals towards fulfilling his mission

Find ways to improve crop productivity
Invest in better quality seeds
Purchase a tractor
Hire a helper
Spend more time with family
Enrol children in village Government school
Refurbish house
Purchase television
Get a gas connection
Repair the roof
Fence the area around the house.....

..... the list went on and on.

Prioritise Goals



Say: Great! So, you now have a list of goals. But, the only thing worse than not having goals is chasing too many goals.

With so many goals to keep in mind, you're likely to end up frazzled and frustrated, as you'll feel that you're never making enough progress.

The cure is simple: cut down your list of goals to something much more manageable.

Ask: Simple?

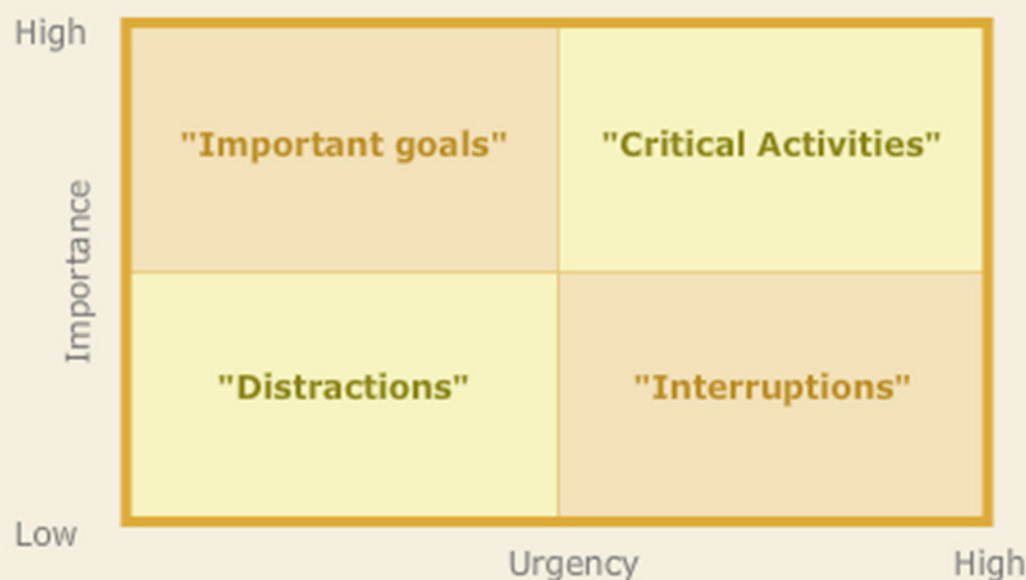
<if participants say "yes" or "no">

Say: Why don't you try to cut down your list into 5-6 goals?

<give some time and then say:>

Hmm. Let me guess.... You're finding it difficult to cut down from your list or you have probably deleted the wrong goals.

Prioritise Goals: Urgent-Important Matrix



Say: So, let me give you a great tool: "the Urgent-Important" matrix to help you identify the most urgent and important goals.

Before I explain how to use the tool, let me ask you a question:

Ask: What do you understand by "urgent" and "important"? Can you give an example?

Say: Well! Let me explain these two terms with the help of a few examples:

Your child has got hurt and needs medical intervention.

Ask: Is this urgent?

Say: But of course it is. Delay in receiving medical attention can lead to a bigger problem later.

Ask: And, is it important?

Say: No doubt it is important. It concerns your child's health after all.

Now, let's take another example: "A distant relative has sent you a sudden invitation for their Griha Pravesh ceremony this afternoon."

Ask: So, is this an urgent activity?

Say: Yes, it is. You will need to leave immediately to attend the function.

Ask: But, is this also important?

Say: Well! If there are more pressing engagements like sowing seeds or fixing the leaking pipe, you can always apologise and visit your relatives new home at a later time of your convenience. So, this activity is currently, not important.

Now that you have understood the difference between urgent and important, try to identify your goals which are both urgent and important. These should be your priority.

Say: So, let try this out.

<give couple of minutes>

Implement the Plan



Say: Finally, we are on the fourth step of the secret of Samay Pur: implementing the plan. Lots of hard work, grit and determination are the key ingredients required in this stage to enable you to reap the benefits of all your planning.

Tell: Here are a few tips:

- Maintain a daily dairy and record your daily tasks in it. If possible, also allocate the time you would spend for each task.

Tick off the tasks that you have completed and strike out the not very urgent tasks as the day progressing. Remember the "urgemt-important" matrix

Keep an eye on your goals (maybe once every week) and align your daily tasks to achieve these goals

Reward your self when you accomplish a tough or difficult task

And lastly, don't be too hard on yourself...practice and perseverance will take you a long way ahead..... But, don't forget to keep an eye on time and the Secret of Samay Pur.

Ask: Are there any questions?

The End

Say: Great! We have come to the end of our journey today. Hope you enjoyed your trip to Samay Pur.

I do believe that you too can create your own Samay Pur if you follow the secret.

Cheers and enjoy.