

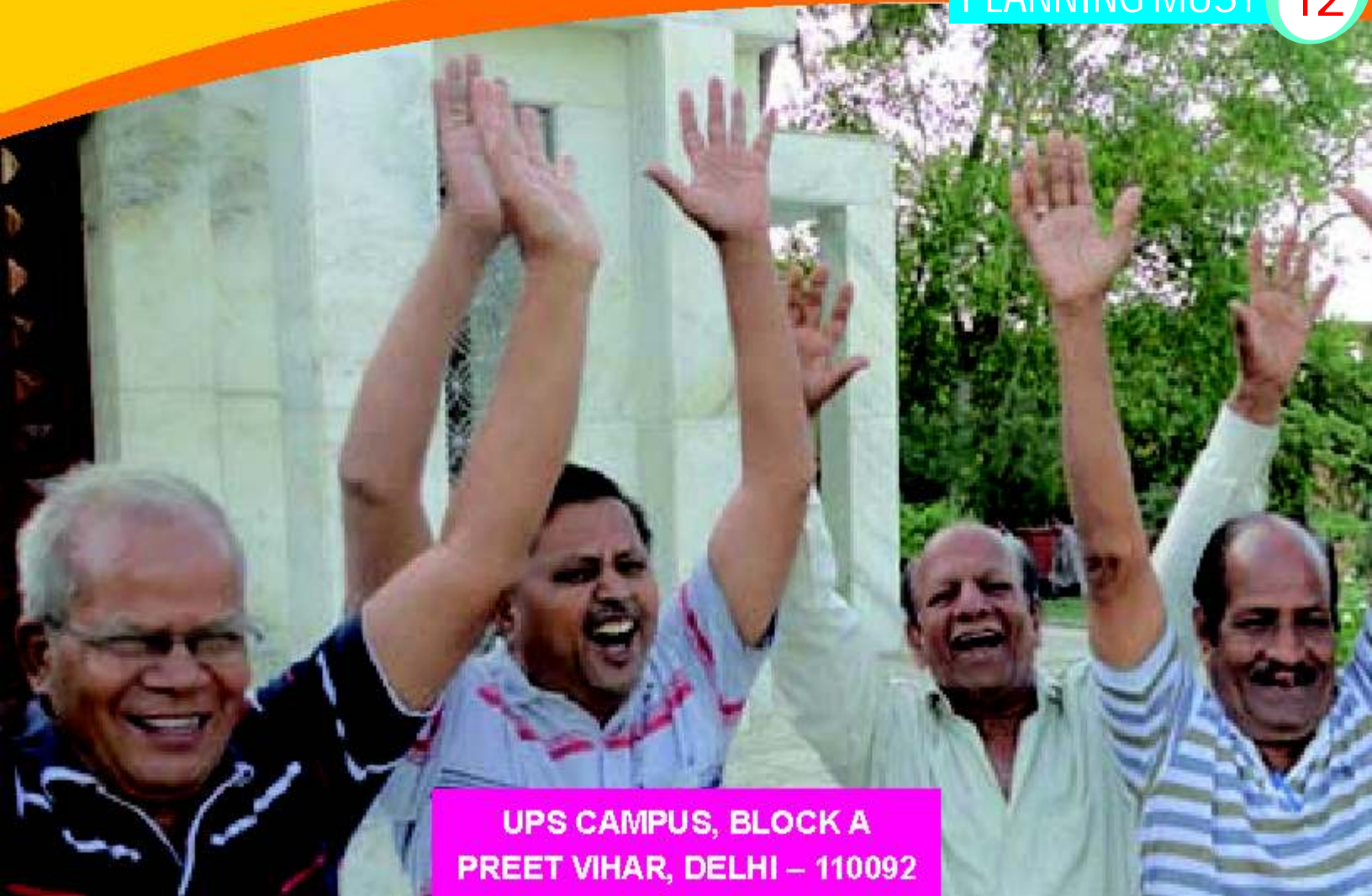
# HOW TO LIVE HAPPY in the life



**R.G. GUPTA**  
POLICY/CITY PLANNER

PLANNING MUST

12



UPS CAMPUS, BLOCK A  
PREET VIHAR, DELHI – 110092

FOR THE ENTIRE WORLD THERE ARE  
2 DISTINCT SEGMENTS FOR PEOPLE

1 LIFE FOR YOUR SELF

2 LIFE FOR OTHERS; IN TERMS OF THEIR ACTIVITIES OF



LIVING



WORKING



ENJOYING

# CONNECTED AND CONCERNING TO

## LAND USES



- Residential.
- Trade and Commerce inc. ware housing.
- Different types of industries with emphasis on Information and Communication Technology.
- Circulation via roads; railways; air ways and water ways.
- Government offices.
- Public and Semi Public buildings viz: educational institutions :
  - (universities, colleges, schools); Health facilities : (large, medium, small-hospitals, clinics nursing homes); religious buildings of different religions; Security (police ground, police stations, police posts); Safety (fire stations) ; Justice (Supreme, High and district courts) ; cremation and burial grounds.
- Utilities and Services, in terms of Water; Sewerage; Drainage; Power;
- Solid waste management; tele-communication.
- Parks, play grounds, open spaces at City, Neighborhood and local parks.





## ALSO CONNECTED WITH DIFFERENT CIRCUMSTANCES



- Blessings of OM - Bramha; Vishnu and Mahesh . Working of Body, Mind and Soul.
- Age groups
- Caste, color and creed
- Income group : EWS; LIG; MIG; HIG and Elite.
- Joint family; Nuclear family; Divorced family; Un-married family and married but fighting together;
- Less; middle and high level educated.
- Independent living working & enjoying OR dependent on parents after 28 years of age or dependent on children after 65 years of age.
- In the shadow of politicians
- In Core, Upward, backward, empty, desert, mountainous areas.
- Healthy, Wealthy and wise up to required extant.



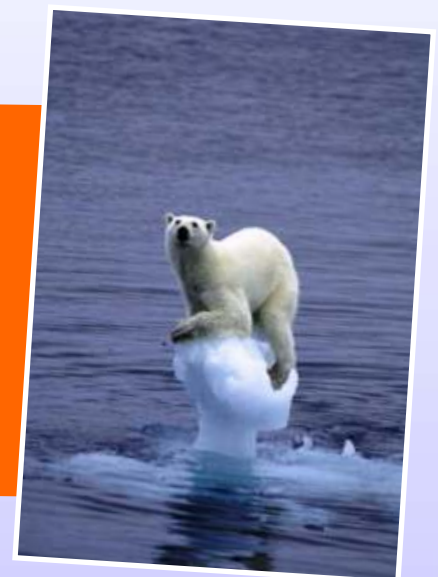
# GLOBAL WARMING

—International level (too much difference )



**R.G. GUPTA**  
POLICY/CITY PLANNER

GLOBAL WARMING ; which is producing Tsunami; floods; draughts; earthquakes; volcanoes; tornado : worst recent examples are Japan; Ladhak (Leh); other examples are Chile; Brazil; To control the situation carbon dioxide have to be reduced.



# CHARACTER INFRASTRUCTURE



**R.G. GUPTA**  
POLICY/CITY PLANNER

## TO CONTROL

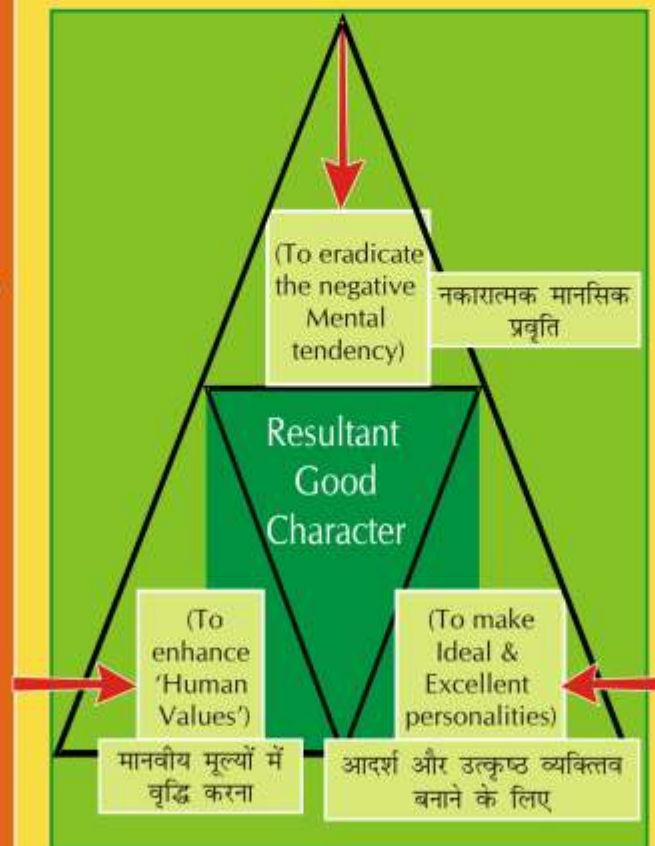
क्रोध (Anger) • लालच (Greed) • कामुकता (Lust) • ईर्ष्या (Jealousy) • भय (Fear) • झूठ (Deceit) • द्वेष (Malice) • घृणा (Hatred) • दिखावा (Hypocrisy) • हिंसा (Violence) • स्वार्थपरता (Selfishness) • अहम (Ego) • पक्षपात (Partiality) • हेंकड़ी (Arrogance) • जिद (Obstinacy) etc.

## TO HAVE

(Sublime) भव्य  
(Judicious) विवेकपूर्ण  
(Disciplined) अनुशासित  
(Cultured) सुस्कृत  
(Balances) संतुलित  
(Cheerful) हसमुख  
(Positive thinking) सकारात्मक सोच  
(Industrious) मेहनती  
(Duty Conscious) कर्तव्यनिष्ठ  
(Modest) मामूली  
(Discrete) अलग  
(Responsible) जिम्मेदार  
(Self Confident) आत्मविश्वासी  
(Dedicated) समर्पित  
(Resolute) दृढ़ संकल्पित  
(Energetic) शक्तिशाली  
(Dynamic) गतिशील  
(Courageous) साहसी  
(Harmonious) मैत्रीपूर्ण  
(Hospitable) मेहमाननवाज  
(Broad Minded) व्यापक विचार वाला

## TO CREATE

(Love) प्रेम  
(Truth) सत्य  
(Compassion) दया  
(Tolerance) सहनशीलता  
(Purity) शुद्धता  
(Selfless Service) निस्वार्थ सेवा  
(Self Sacrifice) आत्म बलिदान  
(Self Control) स्वयं नियंत्रण  
(Serenity) पशान्ती  
(Fortitude) धैर्य  
(Forgiveness) क्षमा  
(Contentment) संतोष  
(Curiosity) जिज्ञासा  
(Asceticism) वैराग्य  
(Generosity) etc. उदारता



# IMPORTANT POINTS TO BE REMEMBERED IN LIFE



## 1 Some words should not and never be used like :-

1. Retired
2. Old age
3. Buddha Ho Gaya
4. Umar ka Takaja Hai
5. Do not say 60, 70, 80, 90; but say 0, 10, 20, 30. etc.after 60 years of age
6. Bhagwan ki Marji Aisi Hi Hai
7. Bhagwan uthaley to achha hai.
8. No and never belief on dreams.
9. Achhe Bure Grahe
10. Bhoot, Choodal
11. Chotta Bara aadmi
12. Bhagwan Ne Quo Paida Kiya
13. Dekho Usko Kitna Aram Hai.



## 2 Preogate good and free Teachings & education for everyone to the extent possible without a hope of return. Always respect Ramayana, Geeta and their teachings;



## 3 Always be INDEPENDENT : Always be good for the family and friends but never be DEPENDENT on any one and keep your respects and grace;





4

Don't leave your interest, may be of (i) hard working (ii) poetry (iii) writing essays (iv) teachings to children (v) helping poor but only to honest & hard working. Try to be assets for the country.



5

Maximum attention to your health by Less Eatings, More Exercises, More Meditation, Less medication. Pranayam, walkings, Yoga etc. Discipline in the life has to be a must.



6

At the age of 60 years, keep 25 years funds at the rate of 4 times the salary per month which was getting at the end of 60 years of age.



7

Ten hours of working every day in all circumstances.



8

Always keep the work till you want to be alive.





9

Always work in Public Private Partnership.



10

Keep the records for the future use full for others and for all the times.



11

Age is unlimited and would survive if proper efforts are there.



12

God is great, keep faith on him and you will be successful.



13

Keep your principles of life alive and do not forget them in good or bad times.

