

## **“ME, MYSELF AND....I”**

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**The modern society, the millennials, is characterized by the people who are always under continuous pressure of doing the best, striving for higher targets, excelling in life, competing with others and aspiring to be better than the rest. But in this process these millennials have become very self-centered and individualistic. As a result our ancient Indian virtue of caring and supporting others is becoming rare. The feeling of oneness and brotherhood is losing sense. The Vedic Philosophy of “Vasudhaive Kutumbakam” is vanishing fast. People are just bothered about their own self. They can’t think beyond this. So they prefer a life without interference from anyone else. Personal life, self-interests, benefits and hobbies have become more important than collective interests and collective growth. The fast growing concept of my privacy, my personal space is hitting the family values and culture of our society. Therefore the family life and the almost-forgotten social life are becoming concepts of yesteryears. Today, people prefer to live alone in nuclear family, drive alone, shop alone, enjoy alone, grow alone and their whole world revolves around their own “Me, Myself and... I “.**

**Being mindful of your own needs and preferences is neither bad nor selfish rather it is called ‘self-care’. Self-care is equally important as well because if we don’t care for ourselves we can’t care for anyone else. But being completely self-centric and concerned only about your own self i.e. “I, Me and Myself” is selfish. That is when your every action and conduct is only for your personal benefits, goals, desires, feelings, dreams, opinions, achievements and pleasure; may be at the cost of human values, social ethics and feelings of others. Such self-absorbed people are, in fact, the most hollow and miserable ones. They can’t think beyond their personal interests, accomplishments, problems and perspectives. They are never able to appreciate the spirit of community, the sense of belonging, or in**

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**simple words, our basic human attributes. These attributes are the essence of being human and differentiate us from all other planetary beings. Only we, the humans, have the ability to understand the feelings/problems of others, be kindhearted and generous, appreciate others, have a compassionate heart, a helping hand, a listening ear, an honest smile to soothe, comfort or help others. All these fast vanishing but much needed attributes have the potential to change the world around us.**

**In fact, to keep pace with the fast growing, highly demanding competitive world, people have started following the “Utilitarian Approach”. According to this, one thinks in terms of cost-benefit arguments only. So whatever people do for anyone, they want a similar or higher benefit in response. They always want the best returns for their efforts in the shortest period of time.**

**Moreover they can't stand others growing, rather, they are jealous of the prosperity and success of others. They always want to be ahead of others so working together, helping others, making sacrifices for others is completely out of question. Consequently the 'group feeling' is facing the most heat from this self-centric behavior of people. These days one may witness the lack of empathy, compassion and support in team games, music concerts and other group activities. Individuals want to enjoy all the privileges of being a member of the team without taking any of the responsibility. They want to shine alone. The philosophy behind this is “I am more important than my game/group”. This has fueled the notion of a 'crowd of individuals' instead of a 'group of performers'. No one wants to give up his 'freedom' for being a part of the team though they don't hesitate to expect the opposite from others.**

**This hypocrite but smart generation of millennials believes that they are better than others in all respects and continue doing whatever they think is correct, without bothering about the feelings of others, their relation with them or their ethical responsibilities towards them. However in the process of proving their supremacy they hurt their precious relations and are left alone. Besides this, an inner void gets created within them which makes them emotionally insecure and distressed personalities. Furthermore, to overcome this insecurity and to fill this emptiness, they get engrossed in collecting material wealth, making more virtual friends, gathering continuous appreciation by flaunting**

and showcasing a delightful life on social media. They are always engaged in their social media status, updating it minute by minute, presenting each small thing in a big way, counting likes and comments to feel accepted and important. These people are often very anxious, fake and disrespectful for others, unless others behave as per their rules and get co-opted into their sphere of influence. There is no place for selflessness, kindness, sensitivity and concern for anyone else but their own self. They get so much obsessed with their selfishness that they fail to appreciate their relations, sense of belonging, the group feeling and many other precious feelings and would end up being lonely and regretful one day.

Fortunately this way of living is not our way of living. As very rightly stated by our ancient saint Buddha

“In separateness lies the world’s great misery, in compassion lies the world’s true strength.”

We belong to a nation of rich heritage and values. ‘Service before Self’ is the philosophy of our country. For us service is an expression of our true self and humanity comes before everything. It is not something which has been imposed upon us rather it is our ideology of human existence. In many of our Indian families, the day still begins with touching the feet of the elderly of the family and with prayers. We still separate the first portion of our meals as an offering to God and also to feed the needy. We believe in loving, caring and sharing. We cherish the family values. Our celebrations are not complete without seeking the blessings of our elderly and selfless donations.

But in this present era of changing ideologies, it is our duty to inculcate these values and philosophy in our young generation. We have to be good role models. We have to teach by practicing the same values. It’s high time to curb the alarming insanity of “I, Me and Myself” from infecting the whole sphere! People must understand that no act of generosity and love, however small it may be, will be ever wasted; rather it will make them better human beings along with making the world a better place to live. Along with this it is important to remember that our life is for loving, caring, sharing, supporting, forgiving, healing, growing and spreading happiness, compassion and hope all around.

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