

**SECOND  
REVISED EDITION**



# **GROW FREE LIVE FREE**

**A Sourcebook for Value Education**

**Edited by**

**THOMAS ANCHUKANDAM SDB**

**JOSE KUTTIANIMATTATHIL SDB**

SIRIPHAR

158-1  
ANCH  
4846

**GROW FREE**  
**LIVE FREE**  
**A SOURCE BOOK**  
**FOR VALUE EDUCATION**



**SECOND REVISED EDITION**

Edited by  
**THOMAS ANCHUKANDAM SDB**  
**JOSE KUTTIANIMATTATHIL SDB**

**KRISTU JYOTI PUBLICATIONS**  
**SALESIANS OF DON BOSCO**  
**BANGALORE 560036**  
**INDIA**

## FOREWORD

There is no dearth of books on the problems of youth. But the present book, *Grow Free.... Live Free*, should be considered unique for more than one reason. The book is sweeping and comprehensive in its scope without sacrificing clarity and indepth-analysis of the present-day situation - international, national, religious, political, economic and social. The readers will hardly fail to recognise the appropriateness of the solutions suggested for the problems, since the solutions are themselves responses to the situation.

The book considers the economic problem as being basically due to the apparently irreconcilable conflict between personal greed and another's need. Economic progress itself cannot put an end to poverty, iniquity, alienation and tyrannies so long as man remains selfish. The solution lies in sharing one's fortunes with the have-nots. This attitude of sharing could be facilitated by the awareness that the source of personal satisfaction lies beyond the material. The book brings to our attention the fact that politics plays a vital role in the democratic set up, for which the students' energies need to be channelised for constructive roles by political leadership.

In the social dimension, the problem of the caste system, the disparity between man and woman, violence and addiction to drugs are treated at length. Responsible social living is possible only when one actively participates in the functioning of the social structures. Not only does an individual come to a full realisation of his own social dimensions, but he also derives an impetus to reform social structures, if necessary, by such participation. In the realm of interpersonal relationship, mutual and reciprocal love is the key to solve the problems of loneliness, friendship, and marriage. A loving person enables the other to actualise his/her potentialities.

The penultimate section of the book brings out the importance of religious life. Atheism and agnosticism cannot engender responsible living. The book considers the traditional arguments for the existence of God as pointers to the trans-phenomenal reality. However, God cannot be proved by finite human reasoning. Through prayer, one can keep in touch with and even experience God. The book dispels the general misunderstanding that science is opposed to religion by effectively incorporating the testimony of the scientists.

The last section of the book deals with creativity which is man's inborn capacity. It could be fruitfully employed in the realms of art and music. Man's capacity to wonder is at the root of all creativity. This wonder makes man observe, experiment and classify experience and information. It should, therefore, be preserved and not be allowed to be stifled by a plunge into the unthinking and mechanical life of society.

This book should prove to be an eye-opener for those who struggle with moral problems; and a boon to those who are concerned with human problems in general and the problems of youth in particular.

Dr. B.B. SUNDARESAN, B.E., M.Sc., Ph.D.(Florida), .A.S.C.E., F.I.E.(I)

# Table of Contents

Foreword	iii
Editorial	v
<b>INTRODUCTION : MAN THE MASTERPIECE OF CREATION 1</b>	
<b>PART I My Greed Another's Need</b>	<b>7</b>
<b>UNIT I The Way it is</b>	<b>8</b>
1.1 The International Situation	8
1.2 The National Scene	12
1.3 The Causes of Poverty	18
1.4 The Role Economic Systems Play	23
<b>UNIT 2 The Way Out</b>	<b>37</b>
2.1 Reconciliation	39
2.2 Sharing	43
2.3 Seeing Beyond the Material	47
<b>PART II VICTIM? SPECTATOR? PARTICIPANT?</b>	<b>50</b>
<b>UNIT 1 Understanding Politics Today</b>	<b>51</b>
1.1 Politics- The Complex Reality	52
1.2 Political Systems	52
1.3 Political Organisations	53
1.4 The National Scene	57
1.5 Defilement of Democracy	61
1.6 Looking at India's Future	64
<b>UNIT 2 Students and Politics</b>	<b>68</b>
2.1 Student Movements in India	70
2.2 Students - Political Pawns	71
2.3 Harnessing Youth Power	73
2.4 Student Participation - How Much?	74
2.5 From Victim and Spectator to Participant	76
2.6 Towards a New Society	83

**PART III A CALL TO RESPONSIBLE SOCIAL LIVING ————— 86**

**UNIT 1 The Caste System ————— 87**

1.1	Origin	88
1.2	Caste in Independent India	90
1.3	Youth and the Caste System	92
1.4	Past Attempts at Change	94
1.5	Winds of Change	96

**UNIT 2 Man - Woman Disparity ————— 99**

2.1	Women in India Down the Ages	99
2.2	Struggle for Survival	103
2.3	Indian Women Today	105

**UNIT 3 Violence that leads Nowhere ————— 109**

3.1	What is Violence?	110
3.2	The Causes of Violence	111
3.3	Violence Begets Violence	114
3.4	Is Violence Justified ?	115

**UNIT 4 Addictive Habits ————— 120**

4.1	Smoking	121
4.2	Alcoholism	127
4.3	Drugs	132

**UNIT 5 Education: The solution and the Problem ————— 145**

5.1	What is Education?	146
5.2	The Failure of Education in India	146
5.3	Making Education Work	150

**PART IV LOVE - THE GIFT AND THE TASK ————— 157**

**UNIT I Why Remain Lonely? ————— 158**

1.1	What is Loneliness?	159
1.2	Types of Loneliness	160
1.3	Causes of Loneliness	161
1.4	Dangers of Loneliness	162
1.5	The Hidden Benefits of Loneliness	164

1.6	Overcoming Loneliness	166
<b>UNIT 2</b>	<b>Born to be Friends</b>	<b>172</b>
2.1	What is Friendship?	173
2.2	The Process of Friendship	174
2.3	What do Friends Expect from Each Other?	176
2.4	Stress of Friendship	177
2.5	The Death of Friendship	179
2.6	Friendship - the Only Means for Growth	180
2.7	The Perfect Friend?	183
<b>UNIT 3</b>	<b>Opposites Attract</b>	<b>189</b>
3.1	Differences that Complement	190
3.2	Making a Beginning	192
3.3	Courtship-Some Related Issues	197
<b>UNIT 4</b>	<b>Together for Life</b>	<b>206</b>
4.1	Why Marry?	207
4.2	A Time of Independence	208
4.3	Loving Relationship	209
4.4	Characteristics of a Happy Relationship	210
4.5	Sex in Marriage	214
4.6	Oh, to be a Parent	217
4.7	Responsible Parenthood	218
<b>UNIT 5</b>	<b>Some Related Issues</b>	<b>224</b>
5.1	Masturbation	224
5.2	Homosexuality	226
5.3	Rape	229
5.4	Prostitution	230
5.5	STD - Sexually Transmitted Diseases	231
5.6	Pornography	235
5.7	Abortion	237
<b>PART 5</b>	<b>THE ETERNAL PUZZLE</b>	<b>241</b>
<b>UNIT 1</b>	<b>The Denial of God</b>	<b>242</b>
1.1	Atheism	243

IV SEM

X

1.2	Atheists	244
1.3	Agnostics	246
1.4	Causes of Atheism	247
1.5	Responding to Atheism	249
<b>UNIT 2</b>	<b>Pointers to God</b>	<b>257</b>
2.1	Cause - Effect Relationship in the World Points to God	258
2.2	Order and Purpose in the Universe Point to God	260
2.3	Moral Law Points to God	260
2.4	Man's Striving for Happiness Points to God	261
2.5	Experiencing the Unprovable	263
2.6	They have Met Him	264
<b>UNIT 3</b>	<b>The Challenge of Science</b>	<b>268</b>
3.1	Clearing up a Misunderstanding	269
3.2	So They Say - The Testimony of Scientists	274
<b>UNIT 4</b>	<b>Can God Survive Suffering?</b>	<b>279</b>
4.1	Types of Evil	280
4.2	Answers from Religions	281
<b>UNIT 5</b>	<b>Keeping in Touch with God</b>	<b>293</b>
5.1	What is Prayer?	294
5.2	Why Pray?	296
5.3	The What and How of Prayer	298
5.4	The Many Times and Ways of Prayer	300
5.5	Does God Answer Prayer?	301
5.6	Famous Prayers	302
<b>UNIT 6</b>	<b>Religions - Paths to God</b>	<b>307</b>
6.1	Religions - Expressions of God Experience	307
6.2	Religious Tolerance	308
<b>PART VI CALLED TO BE A CREATOR</b>		<b>318</b>
<b>UNIT 1</b>	<b>The Call to Creativity</b>	<b>319</b>
1.1	What is Creativity?	320
1.2	Thou Shalt Not Kill Thy Creativity	321



1.3	Fruits of Creativity	323
<b>UNIT 2</b>	<b>Art</b>	<b>326</b>
2.1	The Meaning of the Term	328
2.2	Nature and Function of Art	328
2.3	Art Appreciation	330
2.4	Art for a Fuller Living	334
2.5	Modern Art	336
2.6	Art and Morality	340
<b>UNIT 3</b>	<b>Music</b>	<b>344</b>
3.1	Music : A Universal Phenomenon	345
3.2	Music, its Contribution to Human Growth	346
3.3	The Power of Music	349
3.4	Music Appreciation	350
3.5	Contemporary Music	351
3.6	The Challenge to Indian Youth	358
<b>UNIT 4</b>	<b>Faster, Higher, Stronger</b>	<b>363</b>
4.1	The Terms: Sports , Games	364
4.2	Origin and History	365
4.3	Characteristics of Contemporary Sports	367
4.4	Functions of Sports	370
4.5	Values in Sports and Games	374
4.6	Come on! Be a Good Sport!	381
<b>UNIT 5</b>	<b>The Double-Faced God and its Creator</b>	<b>385</b>
5.1	Science and Technology	387
5.2	The Double-Faced God	389
5.3	The Limitations of Science and its Method	390
5.4	The Challenge to Indian Youth	393
<b>UNIT 6</b>	<b>Mass Media</b>	<b>399</b>
6.1	Popular Culture and Mass Media	400
6.2	Mass Communication	400
6.3	The Print Media	401
6.4	The Radio	405

VI SEM

6.5	The Cinema -----	407
6.6	Television -----	411
6.7	The Basic Function of the Mass Media -----	413
6.8	Factors that Hinder the functions of the Media -----	414
6.9	Advertising -----	416

<b>PART VII</b>	<b>ME AND MYSELF -----</b>	<b>423</b>
1.1	Born to Win -----	424
1.2	Someone that Counts -----	424
1.3	Power to Change -----	426
1.4	Be a Master -----	427
1.5	And the Adventure Must Go On -----	428