



Neuroplasticity and Self-enabled Quality of Life

Neuroplasticity is a concept for Lifelong Adaptation of including (VE) value endearing influencers for generative/ functional plasticity (F) and structural plasticity (S) of the mindset towards conscious effort for relative emergence in life



Value endearment by
K S, VENKATRAM

Integrity Level Factor

Neuroplasticity

A Day in our lives in the years ahead, is one within environments with dynamics and the universal entropy of randomness or disorder, where Self-development and Value endearment can help understand the zero-order-factor, first-order-factor and integrity level factors for mindset building that helps our Quality of Life.

Quality of Life is associated with what is called as an epoch or distinct stage of life, where a person can realize how self-development and call for attention resolution of concerns or issues can improve life.

For fundamental understanding, the self of a person evolves through distinct epochs / stages like

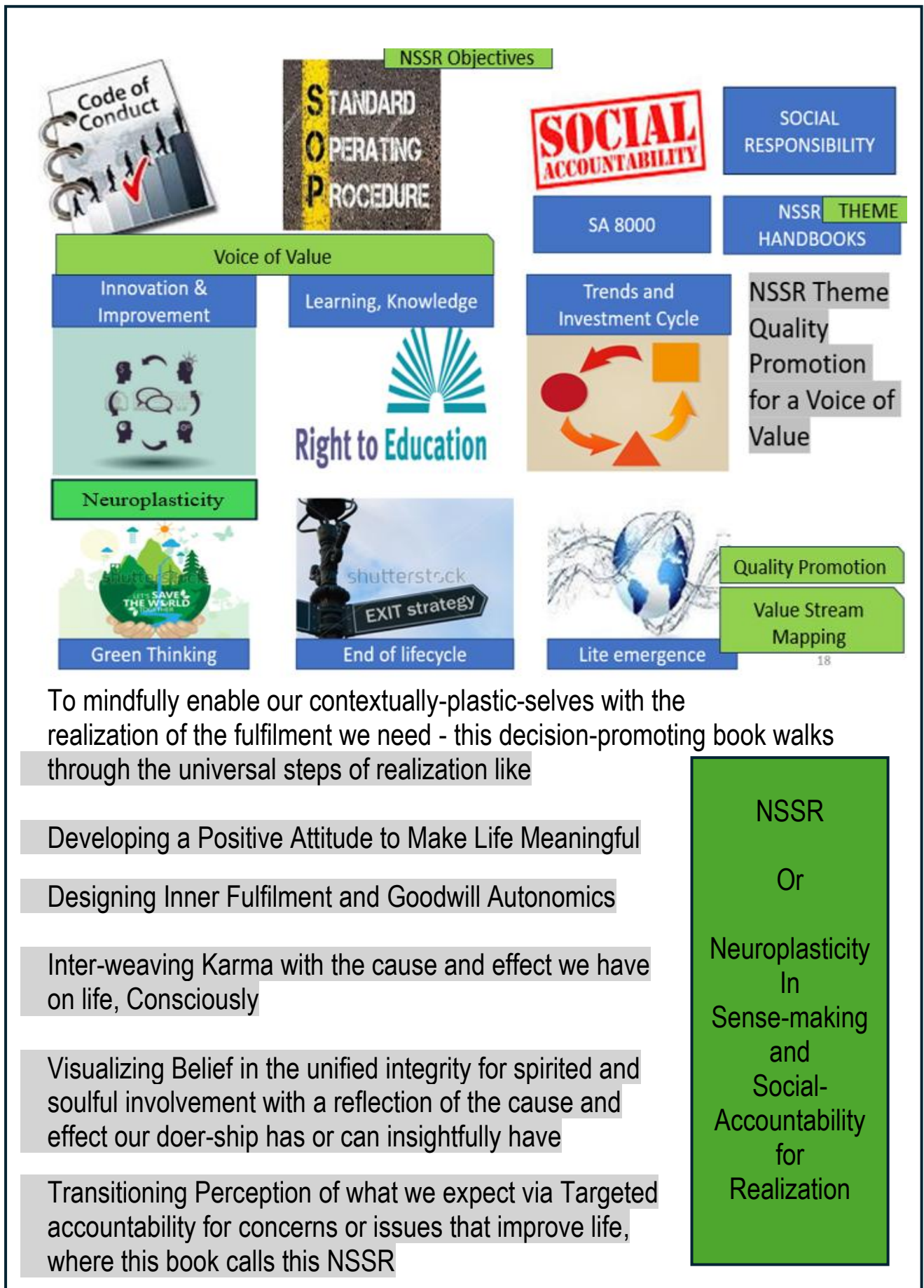
Infant and Childhood (0 to 9 years)
Adolescence & Young Adult (9 to 32 years)
Adulthood and Aging Adult (32 to 66 years)
Early Aging and Dysfunctional Elderly Aging (66 to 83 years)
Late Stage Aging (83 years +)

With the activation of this mindset & realization, a person in a Distinct epoch / stage of life can vastly differentiate between the need for
(A) Assisted adaptation and
(T) Targeted accountability for concerns or issues that improve life

Transformations in our fundamental interest for quality in specific or targeted accountability is often associated with the balance we show towards...

- ☐ Exercise
- ☐ Learning and Novelty
- ☐ Mindfulness & Meditation
- ☐ Sleep and Restful conditions
- ☐ Nutrition and Sustenance
- ☐ A niche interest called Integrity Level Factoring that helps us map needs to self-development and/or call for resolution of issues

The spiritual / emergent self, decided by our approach to life in the Past, the Present and the emergent time ahead is functionally alive, but does much or little, till we mindfully enable our contextually-plastic-selves with the realization of the fulfilment we need.



Contents

Page No

Positive Attitude to Make Your Life Meaningful	3
Inner Fulfilment and Goodwill Autonomics	10
Inter-weaving Karma, Consciously	21
Visualizing Belief	23
Transitioning Perception	30
Neuroplasticity In Sense-making and Social-Accountability for Realization	34
A niche interest called Integrity Level Factoring	43

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There is also an expectation of readers (in personal circles or social circles of unlimited distribution) to make a payment for the book as it helps mobilize us for achieving more Quality of Life.

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Chapter 1



Do not let other things affect you

Positive Attitude to Make Your Life Meaningful

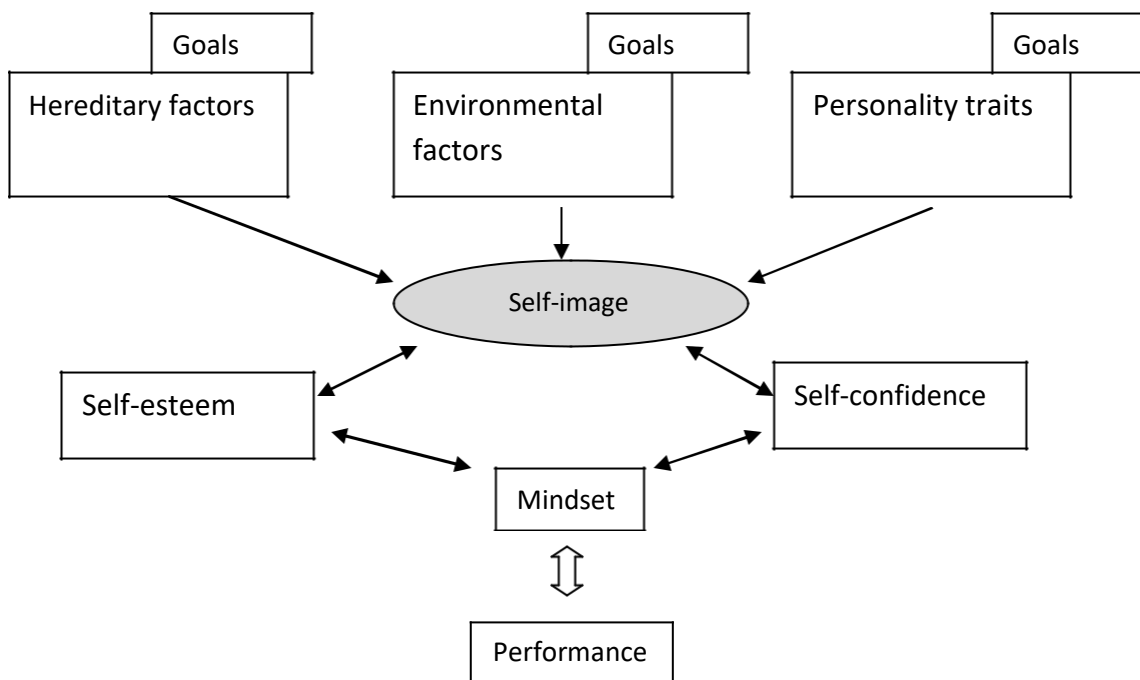
Today all over the world mental health is being recognized as the well-being of the intellectual and emotional parts of the mind. One important part of our minds is positive attitude, where this trait is self-developed.

Have an open door policy at each positive mindset (objectivity) level.

Positive attitude can help each of us do the following:

1. Deal with stress (like for example “emotional well-being”, “mindset” in the life of many)
2. Cope up with concerning situations
3. Improve our thinking and problem-solving ability
4. Boost our self-esteem and self-confidence (which together form our “self-image”)
5. Achieve our inner potential

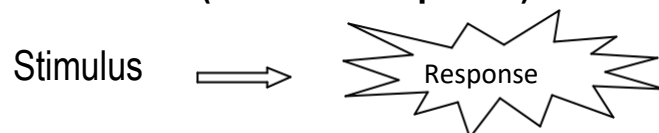
What determines our self-image and mindset?



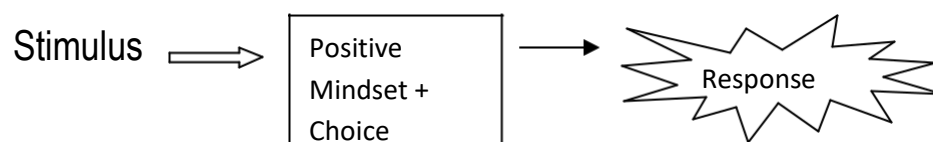
How does a positive mindset or attitude help to accomplish goals or solve problems?

To explain this we look at two scenarios

Scenario 1 (Reactive response)



Scenario 2 (Conditioned response)



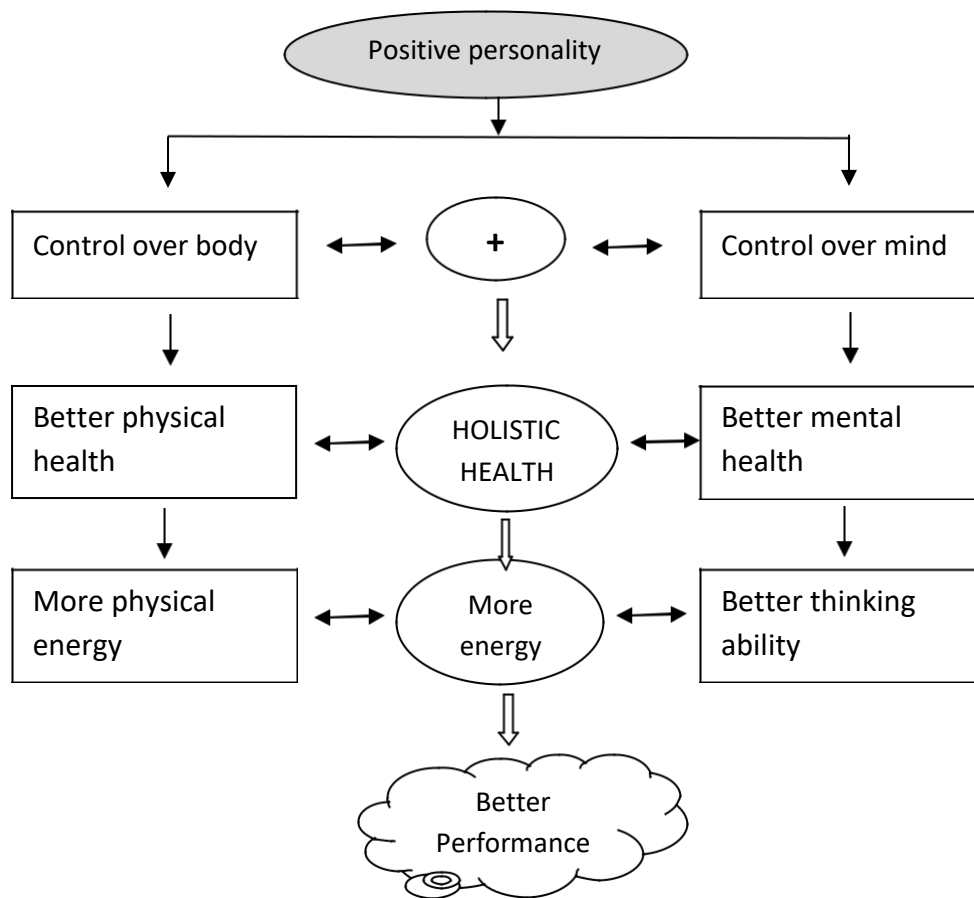
In scenario 1, a person simply responds to external stimulus. This is simply reactive and need not produce the best of results.

In scenario 2, a person conditions his or her mind to think positively (in multiple ways) and then uses best choice to respond to any situation. This approach gives a person more control over the results that follow.

What is the importance of a positive mindset or attitude?

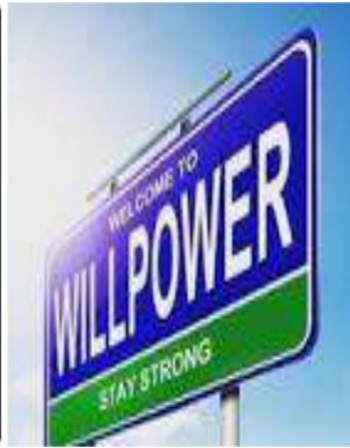
1. A positive attitude helps us remain in better control of difficult situations
2. It helps us rethink our thoughts and focus on problem solving. It prevents us from being extremely affected by a negative situation.
3. A positive attitude is an important part of personality development which in turn helps us achieve more success in our personal and professional lives.
4. A positive attitude helps us make more friends and improves our rapport with people.
5. Maintaining **an Event or Incidence tabulation** can help us understand whether our mindset & attitude is positive or negative. It can help us review the need to show better focus and control.

How does personality influence us?



How can a person improve his or her mindset or attitude?

1. Make a list of strengths and weaknesses
2. Make a list of achievements that improved your energy levels
3. Look at all failures from an objective point of view (practice the SOAR technique to do this)
4. Set yourself goals that are short term, long term, life based, interests based). Maintain a **Planner** for the remaining years of your engineering
5. Believe in yourself (it is important to mention one organization called “Mouth and Foot Painting Artists Association, Mumbai” where differently able children and adults use only their mouth and foot to draw and paint art that is marketed. This is an example of how willpower and commitment can help one succeed).



The SOAR technique and 10 traits

1. **S – Stop thinking** negative thoughts but sit in silence to re-energize your self
2. **O – Observe** what your feelings are doing to your mind and body
3. **A – Accept** whatever has happened or is happening in an objective sense (focus on what to do next)
4. **R – Relax** and let go of your strong concern for the problem. Become more objective and results oriented.

Practising this technique will help raise your energy levels to rethink strategy, show more willpower and thereon act better.

10 traits

To accomplish goals & well-being in your academics and entry into a career, there are 7 + 3 common traits

1. Believe in the Power of yourself
2. Understand Relationship Building capabilities, and also involve yourself when one can team
3. Rethink or develop Mastery in what you communicate, as verbal/visual/statistical focus, commitment or actionables
4. Know that what you do in life can need high energy levels, be it at the Physical, Mental or Spiritual levels
5. Plan for clarity, as if you can read your work or communication after some time, it should remain un-modifiable

6. Believe and Have Faith, Practice thanksgiving

7. Details methodologies that can be used when working on actionables, this is to set a good understanding
8. Act with Passion and Positivity, whether it means your role or a team's role or a company's role or any life related role
9. Condition your response, by maintaining an Emotions Diary that you can refer to while involving yourself or expecting to involve yourself for remedial understanding

If you are satisfied with how you have behaved on reviewing your emotions diary, then set the clarity by telling people involved that you did rethink but have nothing to add or resolve

If you are not satisfied with how you have behaved on reviewing your emotions diary, then develop clarity by telling people involved that you did rethink but have something to add, improve or resolve

10. Improve your problem solving abilities by

(a) **Getting to the fundamentals** (all requirements for involvement can be fundamentally some strength in doing so, some weakness to remedy, some opportunity to achieve, some threat to practical well-being and some problem-or-solution review),

(b) **By interrogative review** (that is asking the 5 W(s) i.e. What do I need to do, Which do I need to do, Why do I need to do, Whom do I need to involve and Workout what else is needed) and

(c) **By objectivity** (should this involvement just work, should this involvement work better, should this involvement work for satisfaction levels that can be defined or related to, should this involvement work to make belief practical (for example seeing the work by the artist is not belief but “seeing” what has gone into a work of art is practical belief).

Explanations of few terms

+ “Seeing” refers to positivity, focus and control

+ An open-door policy to positivity at each level of involvement stands for

(1) Recording **Expectation, Event or Incidence tabulations** can help us understand whether our mindset & attitude is positive or negative

(2) **Ask yourself if something can be done** to add positivity or to relieve stress, rather than being silent to act as if nothing happened

(3) **Ask for pro-active understanding**, if the issue affects people or a person where you cannot answer the question or issue raised by steps (1) and (2)

Chapter 2

Inner Fulfilment and Goodwill Autonomics

Since the zero-order autonomics we saw during the past health crisis

At the micro-level, we have needed to show mindfulness of believing in oneself and acting for unified role building (through Quality of Life (QoL) measures) to support life, reach out and grow past the current crisis.

Technologically, we know that sectors of research and development are working on strategic mitigation of Quality of life, its dynamics and need for proactive solutions, but...



The furtherance is in the hands of God or a/ our mindfulness for the autonomics to reflect/ respond to preserve, help and create emergence in self-development and decision making for the environments with dynamics and the universal entropy of randomness or disorder, where Self-development and Value endearment can help understand the zero-order-factor, first-order-factor and integrity level factors of the context-improving involvement or autonomics for Problem solving and Quality of Life.

In zero-order-factoring, our Vulnerability to dynamics is addressed by a silent understanding of the universal entropy of randomness or disorder

In first-order factoring, our Vulnerability to dynamics is addressed by an open-door policy or call to resolve interaction or decision

In Integrity-level factoring, our Vulnerability to dynamics is more addressed by Value endearment enabled Sense-making and Social-Accountability for Realization



In the past from late 2019 to now..., many have been affected, where insufficient immunity, genetic & environment related vulnerabilities can take away well-being.

We find that we are well-developed and yet not- so well-developed (for this problem solving called “wellness” with sense unification). Can there be a generative interest to solve this problem?

A review of 5 Generative Grains for wellness

For this wellness & its sense unification, we need to be mindful of new generative intent that is (1) Timely problem solving for t(QoL) dynamics at play, (2) Realistic (by being present to today and tomorrows dependency on (QoL) responsiveness), (3) Aware & Acknowledge experience (by preparation, skill formation and development for (QoL)) and is (5) Divine (Furtherance) enriched for the stream of consciousness that must help our integral life expectancy, whether the furtherance is in inventing CCMA solutions or in conceptualizing lifecycle management with integrity level factoring.

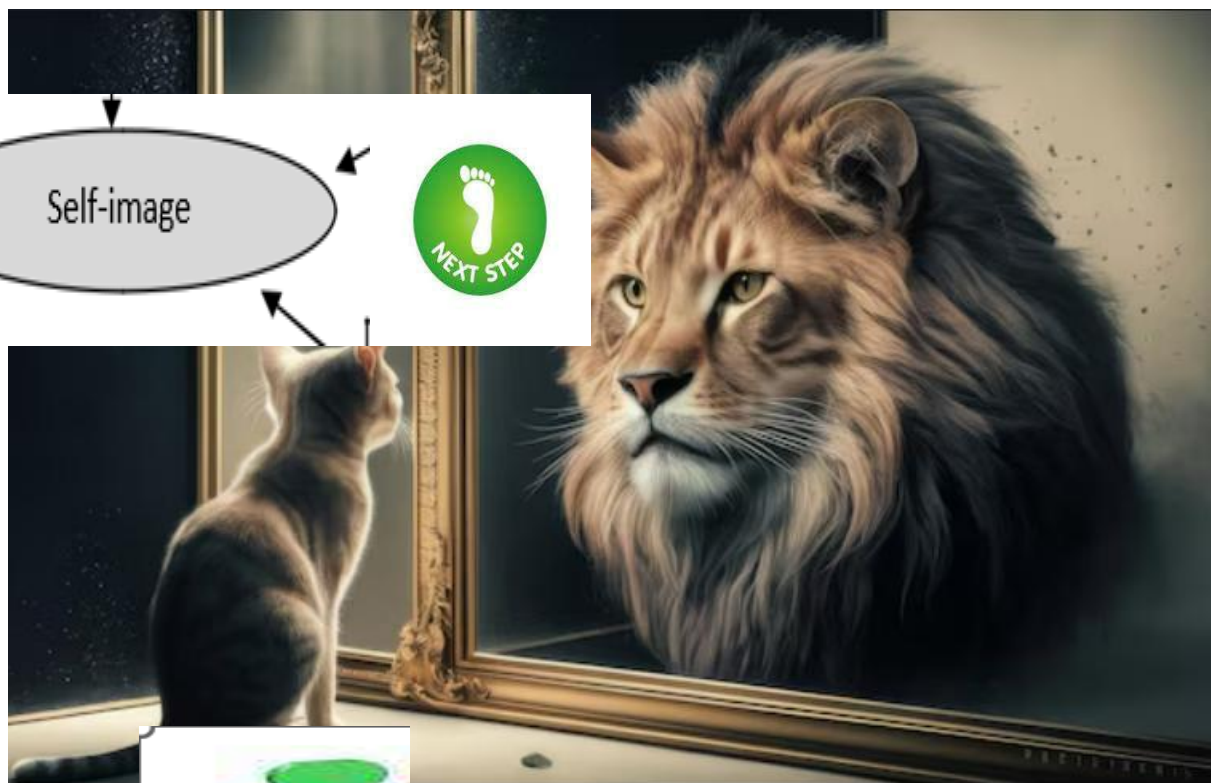
Whether this enrichment is in understanding nature?

Among diverse involvements, grow roses a gift of nature and its manifestations of being delicate but also circumstantially supportive to itself (via its structure and thorns etc).

A flower like a rose is after all an ability of an element to emerge or to show the 5 generative grains (mentioned in the previous section) without attitude that we show as humans.

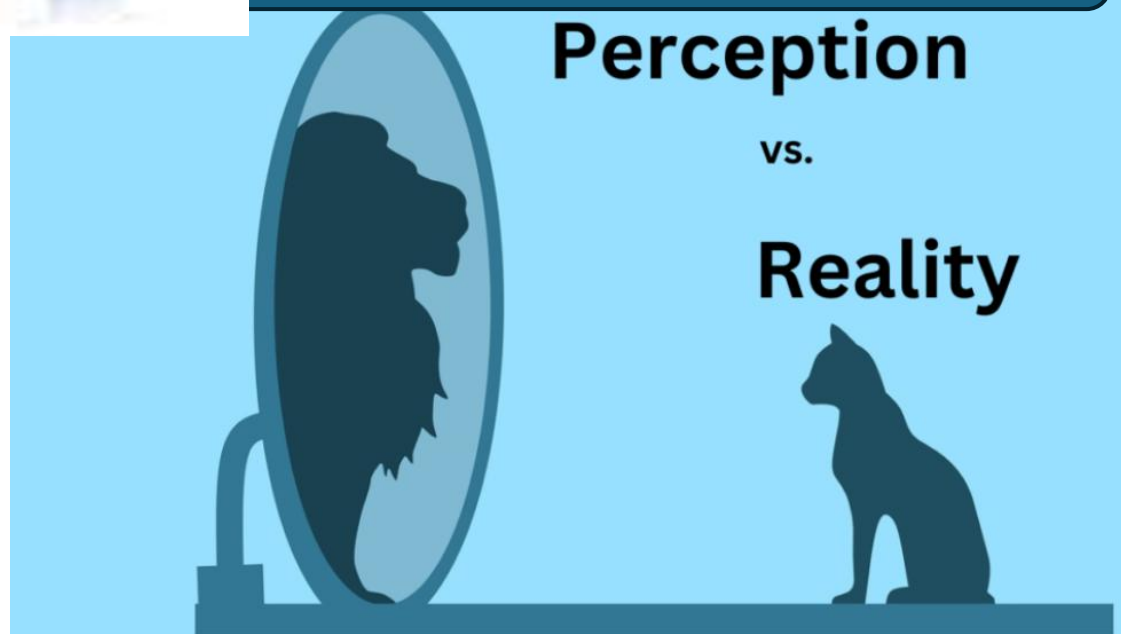
Flowers and other gifts of nature or natural life forms, show integral belief and response for sustainability and forward thinking through womb-like productive involvement.

The Self-image, the NEXT Step and the **5 Generative Grains** (Work in progress)



Is our interest for next steps, an assumption, assumptious reflection or driven perception

11



What is womb-like involvement?

We say womb-like as cosmic influence (or different divine energies) help mothers-to-be and their sense of involvement.

This sense of involvement or a culture involves response for sustainability and forward thinking, that is in tech savvy sense

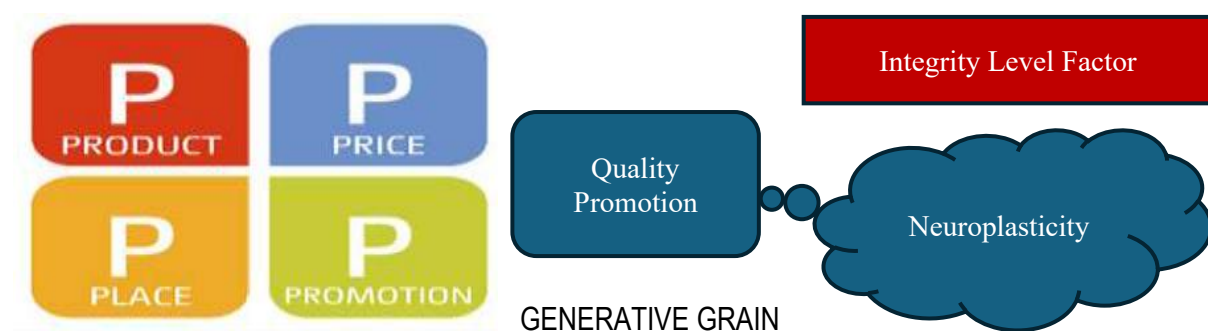
- (1) Evolution (or Process Evolution)
- (2) Inheritance (or Process Inheritance)
- (3) Lifecycle management
- (4) Hazards mitigation as “productive” sense of involvement.
- (5) Neuroplasticity for a niche interest called Integrity Level Factoring that leads to a generative grain called Goodwill Autonomics/Quality Promotion.

What are today’s circumstances?

Today, we are in the same circumstance, to mitigate risk of the health threat, we need to show purpose or SOI in emergence for the future.

How is this formulated?

In 2018, the Gap analyst has also projected how a formula for SOI can make a difference to role play roadmaps that decide what level of (project or lifecycle) management or maintenance may be required for infrastructure such as dams, bridges, buildings of mass utilization etc,



For a simpler non-ranked approach

We know of SOP(s) (or Standard operating procedures) but this SOI (or sense of involvement) can be calculated by a bridging of alignment & change, where the formula is some consideration of a **management index** using:

$$\text{SOI} = \text{M.A.}_{(P)} / \text{C.A.}_{(H)}$$

Where

M.A. stands for Measure of alignment for a Pyramid of emergence with 4 different levels of involvement (where +1 is awarded for adherence to a Level, and -1 is subtracted for non-adherence of a Level),

C.A. stands for Climate Change Mitigation and Adaptation or “Sense & respond” mitigation & adaptation for dynamics (via mediation or fulfilment of future reasoning, considering the age of an individual, or generative “entity, element or its existing correlations”), where being +1 or -1 is awarded or subtracted for being Timely, Realistic, Aware & Acknowledging and Furtherance enriched

(P) stands for purpose in manifestation (or incorporation) decided by ownership for the 5 Generative grains (for lifetimes). where 1 is awarded if the purpose is for Living needs, 1 is awarded if the purpose is for Business Actualization needs, 1 is awarded if the purpose is for Advanced needs and 1 is awarded if the purpose is for Government or Security needs.

(H) stands for base synergy in effort that conserves, preserves, creates or achieves development & growth (or lifetimes), where 1 is awarded for being conservative, 1 is awarded for being restorative, 1 is awarded for being preserving and 1 for zero day SMART(ness).

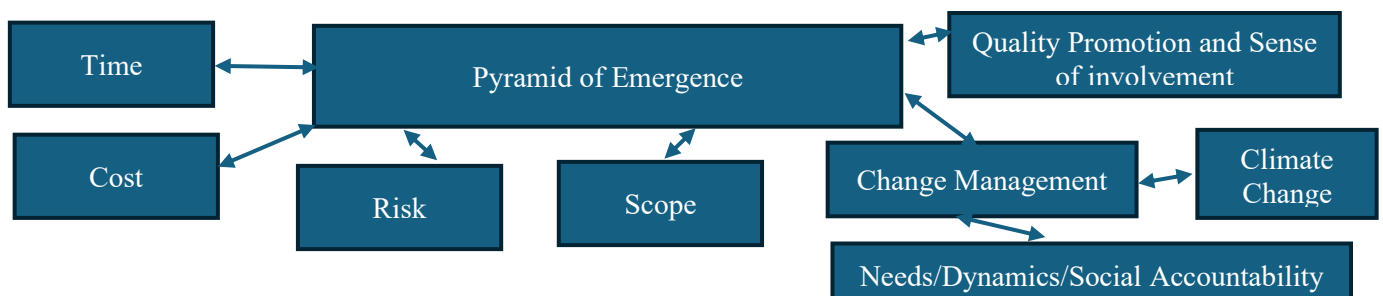
As a sample

For a ...human element or business element like a product or service, if we found that the role play adhered to all what was mentioned for M.A., C.A. and (H), but for (P) adhered to only Business needs, Advanced needs & Government or Security needs, then the calculation of the SOI for further emergence becomes

$SOI = (4)_3 / (4)_4 \times 100 = 25\%$, as we have not included a generative grain called Quality Promotion for living needs or our Pyramid of Emergence.

Meaning that the human element or business element has not planned sufficiently to manage the dynamics in 202x and beyond.

A 100% is difficult to achieve in the real world, but the estimation can define the management roadmap that needs to be designed and implemented during a lifecycle.



##Mainline Resources , Goods & Services Crisis Reduction

- Behavior Model for mainline resources, goods and services



To address any emerging crisis, we need to elevate our” fulfilment-culture for lifetimes” from being unprotected, to being a creative culture (where zero day insights are innovated for) and thereon to be an ASSETculture for inter-weaving ASSET driven future reasoning for fulfilment and the environment..We step outside reactive response to say....

All of life is demand & supply fulfilment

As people we know that life is about demand and supply fulfilment for different needs and interests.

To support lifetimes ahead, we need to shift from B2C networks or B2B networks or any other combination, to a B2-CRP-... network, where though the terms B2C or B2B remain the same, we need to incorporate a solution called (CRP) consciousness for conservation, restoration and preservation of life and existence.

A vulnerable framework has taken a toll on all these factors of life and existence. **Gist of the article from a problem solving perspective**

We need future reasoning in how we plan, implement and deliver / deploy solutions, systems, products, services and other life support frameworks.

We need individuals and entities like “goods & services” businesses, existence enabling frameworks, networks, infrastructure systems & mediations to incorporate a Pyramid of emergence in their SOI & then their SOP(s). As a concept we need to add a generative grain for strategic mitigation to address problems in demand/supply/factors of dynamics/climate change, as they all will affect our living needs.

The Pyramid of emergence could be made of levels from the base to the top, with

Level 1 being Natural (CRP) traits based SOI and SOP(s)

Level 2 being Builtup (CRP) traits based SOI and SOP(s)

Level 3 being Culture enabled for (CRP) or geo-linked for any “estimated measure of alignment for emergence”

Level 4 being Continuous Influencers based (CRP) traits, where Continuous Relationship tabulations drive sense unification for development, growth and future existence via socially accountable sense-of-involvement expected and goodwill autonomies.

For tomorrows and expected furtherance

The Self and the Sense of Self that strategizes for “conscious” future reasoning, has become important.

We cannot lead via blind insight or freedom to do as we please for life and its existence. We must delay to design or improve conditioned response for our Pyramid of existence/connected thinking for future existence.

Relating to this in essence, we review what is the meaning of Karma in lifetimes.

Chapter 3

Inter-weaving Karma, Consciously

Come the need for understanding and doership, we feel whatever we are doing, or about to do or have done, is about the Karma in our lives..

Today, due to deteriorating life experiences, we are finding the use of this word or more commonly that man cannot outlive his Karma..

We feel that the meanings of insight and freedom are not easy to “constructively understand them”. To introspect...

(1) If I have the insight, I will use my freedom with inter-relatedness for a sense of understanding and self interests.

(2) If I have the freedom, I may use my insight to show gratitude and be generative enough for the stream of life.

(3) When either one is not inter-related, then we and our beliefs get affected. We feel we are doing “what we are, or what we are about to do”, due to Karma.

(4) Finding elevatedness, is about understanding that Karma is about the self, but for many the same principle (for a funnier play of words called BI-KARMA, an abbreviation for Blind Insight Karma) is more about outcome and consequence, where, when, what about now or what about then, is never asked.

The Gita says that we are born to do what we can without attaching belief that we gain or receive rewards for all what we do.

The Gita or the Conscious speech has a meaning that belief is about a sense of understanding and doership, where gain or reward is not the insight but the “lifetime we are part of” is the FUTURE REASONING (KARMA or the Environment).

This means that, when we do we shape the FUTURE REASONING, when we use our strength of mind, body and soul, we can accomplish for our beloved and for our future tomorrows.

If the desire to do, is to accomplish, then the senses become the hope and strength for one and all.

We can live past our lifetimes, we can shape the FUTURE REASONING (or Environment).

We can reflect that our lives, are our courage to further life consciously.

Thus, Acceleration or Outcome (and not Attachment) should proactively design, develop, deliver or regenerate solutions with fundamental profits and returns via the needed sense of involvement and networking for Quality of Life, where this should help all those affected by no conscious solutions today or for those who cannot do without such solutions, possibly in the near future.

Chapter 4

Visualizing Belief, a step to making life more meaningful



What is the meaning of Visualizing Belief?

Often asked questions are,

1. Does one believe in God? Does one discuss belief or non-belief?
2. Does one understand the Art of Life? Does one depend upon knowledge or does one depend upon action?
3. Does one know how cosmic energy influences man?
4. Can man visualize this energy? Can we act proactively for what-benefits-goodwill and its autonomic enabling of furtherance, while designing life, its sense-making and social accountability for realization?

Pyramid of Emergence

Does one believe in God? Does one discuss belief or non-belief?

Though there are many religions known to guide us on God's existence, this summary revisits the belief in Vishnu, the ultimate controller of cosmic energy.

Vishnu is known to have 2 dual forms of purpose,

1. One that of a child on a fig leaf (though the present article has been written at a different point in time and for a different reason, today we can presume this to be a Conscious Leaf an emergent energy). References to the same are available on the Internet.
2. Second that of a God resting on the infinite serpent Shesh-nag or Adi-Shesha, where the form is that of an evolved fulfilling energy resting on a serpent that is commonly presumed to be dangerous, but in this context, infers that God is undisturbed in involvement amidst deterrents or disturbances known to affect man.

For such deterring disturbances, the Mahabharata and the consciousness of Krishna are discussed commonly even today.

Why is this important?

The cosmic form assumed by Krishna (one avatar of Vishnu the cosmic controller) in the Mahabharata (an epic) helped "Arjuna" a warrior, a doer, a self-believing man, see conscious belief in life, that is to believe what his doership was, or what his duties were and to fulfil them without emotional disturbances known to make many lose belief in themselves, or in why God does certain things.

This was important as the need was for Arjuna to act with duality in the war being fought, where he had to believe in himself (for us today we can call this the Art of Life) to act with evolving responsiveness or what he termed as adverse action versus an army of people (about whom Arjuna had different concerning thoughts).

Does one understand the Art of Life? Does one depend upon knowledge or does one depend upon action?

The Art of Life revolves around the adage that “With a sense of purpose & knowledge comes capability, and with capability comes effective action”.

- * A child does want to become capable of effective action.
- * An adult wants to support “his, or her or other’s” capability with the art of effective action.
- * But there are a few who traverse the Art of Life finding mistakes in knowledge or effective action, when it is not so thereby affecting fulfilment.

A thought about fulfilment being: A branch often bears the weight of positive or mistaken involvement (like a person playing on it or burdening it selfishly) with inner strength to achieve and show a sense of purpose for designing life.

Like this branch, each of us should have the inner strength to achieve and show a sense of purpose.

The achievement being, leaving the custody of the future with God, but still guarding and influencing life, which was the purpose of Arjuna’s role in the war being fought.

Today there are many situations where we as mankind are doing our best to guard lifetimes, but the lifecycles of each of us depend upon an infinite control that is beyond what we can virtually see, or categorize as a sure strength or surer purpose.



Does one know how cosmic energy influences man?

Vishnu, a cosmic energy, represents the ability to use the infinite control that is time and furtherance, without being disturbed by agility of form or deterrents to sure purpose in life.

Vishnu is known to manifest our lifecycles of birth, life and death, the composition and decomposition of energy, every transformation of energy or purpose, every form and non-form.

Relating to this it needs to be said

All this for a common man is called the “seen” and the “unseen” in life, where entanglements and the superposition of constellations of involvements in time decide what man visualizes. Superposition is a theory in physics that can be read about on the Internet.

The “one” undeterred dimension known to man, is that of spiritual belief, where the entanglements and superposition of involvement are not decided by time but by furtherance to cosmic energy.

A spiritually inclined person does not visualize involvement as a common person, as the involvement for the spiritual is all-pervasiveness and purpose of the soul, but for a common person, involvement is an entanglement where often one gains or one expects to enrich oneself and not the soul.

Commonly, man as a Hindu, is known to help the soul travel further, by observing the Vaikunta Ekadasi, which is an auspicious constellation in time, which helps man in unseen belief, that is, to find the divine doorway for the soul to travel to heaven.

But life is all about pervading involvement and furtherance

To help us understand this, we refer to the (Krishna/Vishnu) Vishvaroopas seen by Arjuna and the select others during the Mahabharata.

The Vishvaroopas were a cosmic view of God to help Arjuna understand the seen-influences and unseen-furtherance in the time to come.

The cosmic view is a dimension that is not intrinsic to man's vision, where the dimension is a dynamic beyond contemporary knowledge, where the custodianship of the seen-and-the-unseen is with God.

Vishnu could open this view of the cosmic form and the dimension of furtherance to cosmic energy, as he inherently had a cosmic nodal point attached to his self or being.

The nodal point was a connection for all-pervasive vision.

This nodal point has been interpreted as a cosmic infinite part of his being.

To state more about this cosmic infinite part of his being, discussions being, could this part be his energy centre (the navel for a mother-to-be) from which cosmic energy helped or still helps the growth of knowledge and associated furtherance for mankind.

Science is known to produce different reasoning behind phenomena such as infinite energy clusters, black holes, timeless dimensions, unseen beliefs for constellations of involvement etc.

The infinite, being visible to a common man, is still a rendering that needs to be experienced in today's science. But for the knowledgeable, it may be possible for man to visualize this energy, a sense of involvement or a value endearment.....

Can man visualize this energy?

Grace (a divine light) is important in all our lives.

Vishnu was said to help Arjuna understand furtherance, where one's duty and actions to fulfil duty are part of God's reasoning. The divine light that Arjuna saw helped him steady his reasoning to fulfil his duty.

The common fulfilment I can think of, today, is finding Krishna's Light in the time to come. Could this mean...

Man in his or her conscious doing or the lack of it is brings in the good, or bad or not so well liked times to come.

As time metaphysically is part of this universe, it must be said that the universe for all of life is a force system that has or can balance triggers to help furtherance but it is man who is capable of evolutionary association.

It is man who can be a benefactor or a doer who can bring about pro-creative change.

From the religious scriptures, is a message that the Maha Kala is one that nestles within it a more operational skeleton of „Dharma (dutifulness), Artha (meaningfulness), Kama (being existential) and Moksha (like in one seeking nothing as closely associated gain)

We as people never connect to these facets as we live to work towards our goals and to fulfil our needs. This said, we sometimes become triggers for change that we cannot control.

The problem being that in negativism, we may cause change that - may not be good, or may not be "furtherance" to the life ahead.

Depending upon the point of concern, we need to build or embalm this skeleton, being called so, because the 4 previously mentioned facets cannot be undermined nor used practically by themselves in today's millennium.

For the conceptual evolution I value, my few insights are

1. Amidst, all problems are details. We must always find time to understand this
2. In all purpose, there must be etiquette that is relevant for forward lifetimes
3. Between thoughts, thoughts and actions or action itself, there is a “gestation-furtherance” instant, which we must use to develop a macro and micro focus for ourselves and the life around us
4. The past is not buried under a tombstone but tells a story about our awareness of our need to exist
5. The present is a cluster interconnected with all the dimensional worlds around us. It is for us to be purposeful.
6. The future is a part of God’s custody. It is for us to do for the much-more we want or the much-more that is important for the future
7. The world is full of many mission critical or socially accountable areas.
Can this be a dimension that we can procreate for? Can we redefine or redesign our neuroplastic (inertness) or integrity level factoring or goodwill autonomics for vital sense making and social accountability for problem solving abilities.

Neuroplastic (inertness) -> Integrity level factoring -> Goodwill autonomics



Tomorrows, the future epoch & professional frontiers of our lives

Chapter 5

Transitioning Perception (Dharma-Artha-Kama-Moksha)

A. Mankind

Today mankind is facing a change in natural desires. Women are facing the abnormal, aggressive and vile nature of these desires.

For the record, desires are commonly categorized by the (D-A-K-M) belief, but this is not easy to understand. This reckoner categorizes desire as **Primitive, Modern or trend-setting, Spiritual mindset related** and last of all **Tantric** (the tantric desire is mostly understood to be associated with evil forces or black magic practices, but this article states that the tantric deals with a state where inner feelings are based on the need for gratification **and** extra-sensory perception of the need for fulfillment).

The way we interact is fast changing, where desires rule and normal perceptions of planes of expression are not balanced.

Women are victims of this change in natural desires. They face a violation of different levels of respect and normal perception.

This transition is related to all three aspects that are involuntarily part of our lives – that is Physical manifestation, Spiritual manifestation and Mental makeup. Alas, women today are incapable of empowered positive and harmonious existence with men, due to changes in man's desires.

The consciousness about manifestation and the D-A-K-M belief is still not a conviction that can work from one bank of Life's path to another, without primitive and tantric influences affecting a woman's life path.

Earlier a person's heartfelt desires were closely connected to the inner being in each of us. This reckoner steers through technological advancements, a dominant use of power by man, a lack of universal balance in the lives of women and adverse psychology to a vision which questions the social leadership expected to bring harmony, relief and a domino effect that safeguards the respect and normal perception of women.

A.1 Social Leadership

Women today are more empowered to do what they like to do than in the past. This statement is not backed up by social leadership that works like a domino effect to safeguard a woman's respect and normal perception of her life path.

This inference brings about a deeper level of empowering women through a "social movement which can connect to all levels of a woman's life path to protect, balance and help problem solving in a manner that is a greater basis accomplishment and relief.

This social movement and leadership is built on the understanding that India is a country led by constitutional powers, legal policies, legal systems, logical and practical thinking that injustice to a woman is worse or same as the injustice to a man.

This reckoner does not attempt to enlist policies, laws, acts etc but expects to gather energy from social leadership that places women on par or ahead of men in certain life paths or connections, where women can balance crime or injustice with adept action.

A.2 Threats that loom large

Law in a person's hands is still a random, chaotic or psychology based responsibility. Women often feel that the law maker or enforcer did not punish a violator, abuser or criminal sufficiently to prevent such incidences from happening again.

The reckoner shifts the understanding that a woman should know how to protect herself to one where social leadership can empanel women, ensure voicing out and prevent outside influences from using loopholes to their benefit/levels of respect.

To achieve this kind of social leadership, it is not enough to empower women as this means mixing energies of men and women to expect a complete or ...universal perception of woman as one who is not an object, or basal influencer is mere assumption, till the next steps are about social leadership with the right mindset for our living/pyramid of emergence.

A.3 Probabilistic reasoning

Art, self-expression, love and passion though inter-connected have changed the mindset from one that can control desire to one that seeks manifested forms of gratification. Hence a woman is finding herself to be unsafe in different circumstances/outcomes/experiences.

The new social leadership looks further from the stage that it is in today:

- + Representation of women in politics and governing bodies
- + Ensuring that panels addressing incidences of crime, violation and vile interaction include women
- + Empowering women to amplify or foster their ambitions and powers of expression, by providing opportunity windows that are equal or same as those available to man
- + Treating intimacy to be a woman's right as much as the man's
- + Family court settlements and proceedings to favor women first
- + Free and compulsory education for the girl child
- + Entrepreneurship and skill building exclusively for women
- + Real-world conceptualization of solutions to help a woman safeguard herself and fight crime that violates her respect
- + Police action to prevent crime against women as a modern necessity
- + Many more examples, like value stream mapping of needs/outcomes

All this has not prevented a woman, teenager, child or girl child from feeling violated by man's sense of involvement. The critical learning is that all the above steps are part of what is important for practical reasoning.

Logical thinking tells us this is not enough. Negative forms of self-expression cannot be eliminated. Belief, faith, thanksgiving, and value stream mapping of needs/outcomes is the step beyond such dynamics.

B. Social Leadership

With all the underlying inadequacy to ensure safety and secure existence for women, the NEXT step could be a social movement to help social leadership, where a leader if a man is also represented by a leader who is a woman.

The need to secure “equal” and needful & prioritized equal representation may start a master condition where men find women to be on par and capable of taking more action if necessary.

B.1 Can this change lead to a new randomness or chaotic involvement?

It will not. The need is for women representatives capable of Time, Motion and Scale studies to identify those Life paths where they want equal leadership, deterministic interaction and representation in ensuring women are no longer the weaker sex but the equal influencer in decision making. Conflict management for stake-holding must be therein regardful and strategic.

Time, Motion and Scale studies

AOEC has developed some understanding of this via what is called as conscious thinking for universal criteria management to help sustainable development and growth.

This background covers

- Governance
- Management
- Quality Assurance, where each layer has separate criteria.

Today women should be capable of one to one leadership in fields of Governance, in areas of Management and also in Quality assurance for the macrocosm and microcosm important for their life paths.

With this kind of social leadership, we will achieve the first step where women become equal influencers in decision making. Endpoint - Belittling man (whether a man or a woman) is a step away from Governance, Management and Quality Assurance. Generating strategic mitigation grains for making life more meaningful must be part of all value stream mapping in demand/supply/response for needs.

Chapter 6

Neuroplasticity In Sense-making and Social-Accountability for Realization



Valuing Quality of Life by Making Apt Sense and Acting with Social Accountability can help drive or rethink further strategy to functionally act or thereon act better for a future that threads our lives with the lives of the younger generation.



Neuroplasticity is that inner resistance to what we can do for improving our conditions or for unifying expectations for Quality of Life, where added value endearment, and its need for endurance or a continually involving range of functioning is still what-we see as a (vision only) for Quality of Life without the Goodwill autonomies for sense unification, and social accountability (for realization of needs, dependencies and quality promotion for future betterment) can help one and all.

What is the neuroplastic connection for autonomics that enables sense unification, and social accountability (for realization of needs, dependencies and quality promotion for future betterment)?

The foundation for autonomics is self-development and mapped solution finding for balance, growth and transformation.

Autonomics is a procreative influencer that is virtually energy or influence that can bring about synergetic change, for a person exercising, as self-enabled autonomics, the heart rate increases, the respiration rate increases and the person is geared to keep up or feel a need to stop or slow down.

The increase in rates is a vital but synergetic change to help promote the ability to do more, or to reason via neuroplastic connections in the person's mind, for the actions that can be taken.

For a mindset that is trained, "mapped-by-dimensions" autonomics with driven reasoning betters the performance or furtherance to an involvement.

This driven reasoning is the neuroplastic connection that balances or deters or procreates synergetic change, where quality promotion of the supervenient functions and practicable responsiveness help case-based action, association, involvement and even evolution...for the timelines and the horizons connected.

The need to balance connections of our actions with future needs for growth and development, is a pervasive doership, but if it values lifetimes, it upholds supervenient transcendence and value for life, where we can call this Goodwill autonomics.

Goodwill autonomies, is our ability to visualize belief in upholding supervenient transcendence and value for life, where value-endearament-enabled reasoning for the ten Niyamas and the 8 plus 2 sub-servients help the flow and accentuation for case-based action, association, involvement and even evolution.

The ten Niyamas and the 8 plus 2 sub-servients are	
Religious austerity	Purity of mind and apt interest
Practice of Contentment	Non-coveting attitude
Belief in the divine	Compassion
Charity	Straight forward association
Worship	Patience
Valuing religious evolution	Courage
Attitude	Non-injury of self-capability
Intellectual interests	Moderate interests
Prayer	* Truthful influence
Auspicious observation	** Goodwill in decision making

For the simple understanding, our proactive interest in improving or promoting quality for commuting, which is important for our living needs, our business needs, our governmental or security needs and more advanced needs can be helped by goodwill in decision making, where assisted adaptation, targeted accountability and value endearment for quality of life can help design interest and concern for more generative functional plasticity (like culture flow and supportive thinking for driving or commuting safely) and for more generative structural plasticity in DMAIC milestones for road systems/networks/infrastructure (as our tangible-&-intangible-dependencies) to thereon balance/mitigate or procreate synergetic change.

**Sense unification and social accountability
for Quality of Life with case-based goodwill
in decision-making.....**

**Is an insightful emergence and
Time for prayer to God, to help
The heart and soul experience in
Us, to live for the present and
Future journeys of life**

In stating so.... For



SOME CASE-BASED ACTIONS.....

**Self-building for practicable
positive thinking and
responsiveness**

**Drive and contentment to help
cultural flow and accentuation
for belief-upholding**

**Supportive belief for the
soul, spirit and self**

**Vital interest and charity to
balance deterrents**

**Prayer and Goodwill of
celebrating instances of God's
emergence**

**Intellectual interest and
achievable rules to conceive
family and self furtherance**

**Prayer, understanding and
responsiveness of involvement
for emergence**

**Auspicious observation of the
potent force or unseen
influence that divinity or
heartfelt interaction has on life**

Understanding and responsiveness of involvement for Virtual Family Advancement

Behaviour Model for Climate Change Cause and Effect Understanding

Funding of methodologies for farmland/habitat restoration and transformation

Ensure Social accountability via information on Public Rights and Education for emerging dynamics

Design, development and capacity building projects for furtherance

Capability development for essential Inter-state convergence centres to dedicate resources to monitor and converge on steps to mitigate risks and manage disasters

Designing Point Slope Interception for resource consumption and utilization when they are known to impact the community

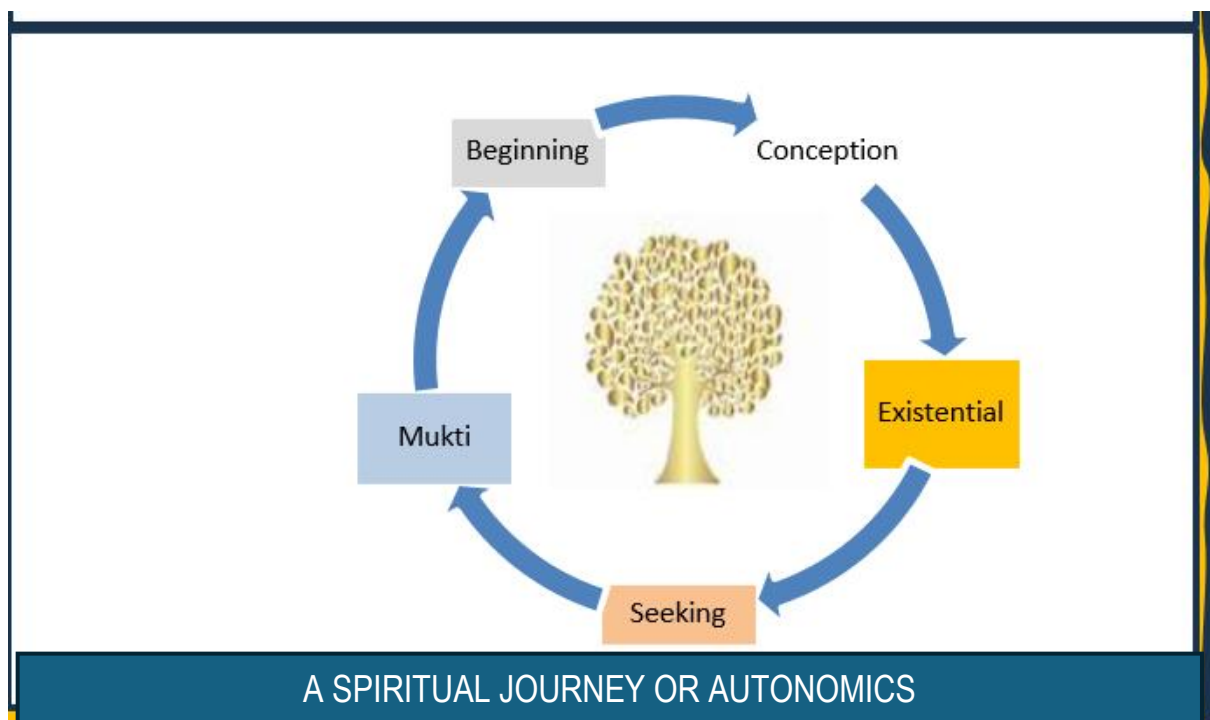
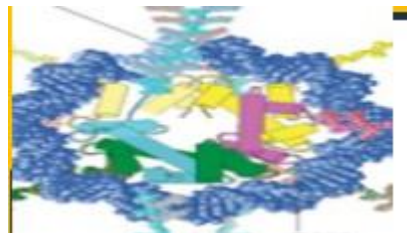
Forming and supporting of Waste Management Programmes

Self help kits - design and development for the National Health Mission or Risk Management to react, or to respond to regions that are disaster stricken and prone to become disease causing

Adding a factor of integrity to one's adaptation, accountability and convergent thinking for Quality of Life... as road-mapped emergence beyond roles of an investment or project.... Where this is often called being part of the foundation for decision making.... As an

	ARMI (Approver, Resource, Member, Interested Party)							

As a summary, we call this Goodwill Autonomics for Neuroplasticity, for sense-making and social accountability for realization of foreseen or unforeseen doership, where future journeys in life are valued by Time, Motion and Scale studies for Lifepaths



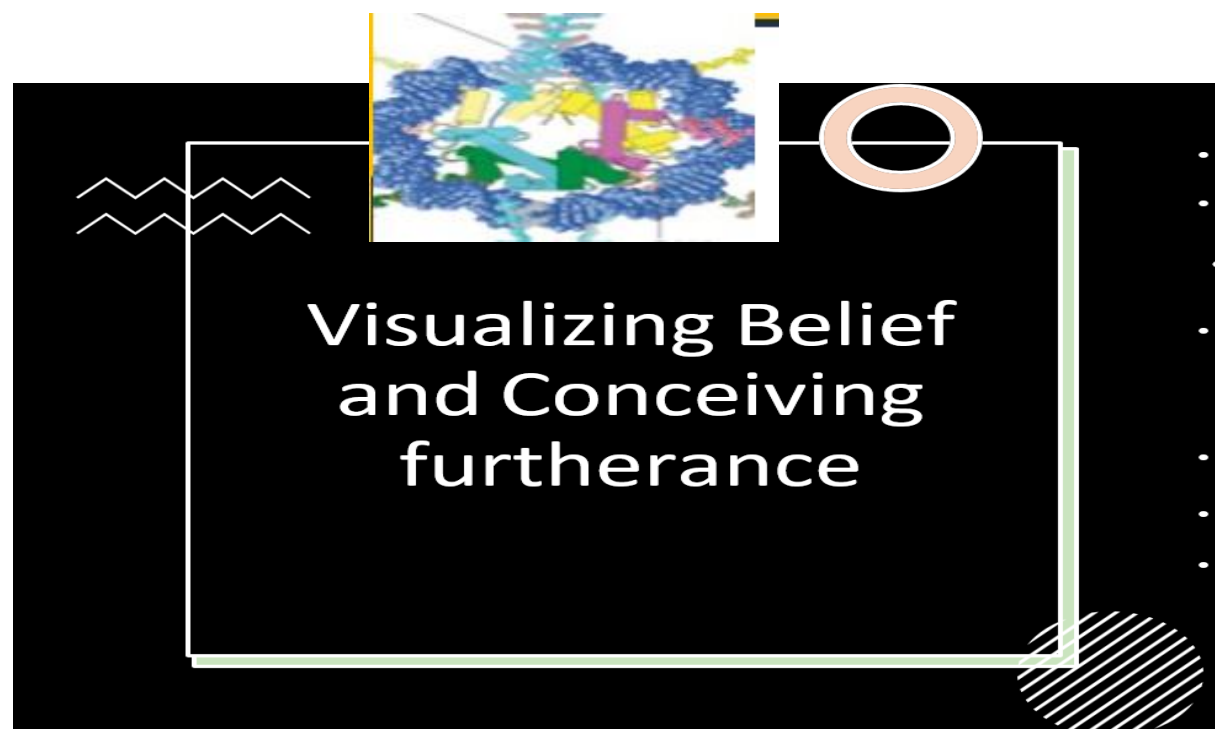
In the next section, we see more of a contextual stake called the Integrity Level Factor that influences our existential decision-making or TMS scale based lateral thinking for process development, incorporation or improvement...

Chapter 6

A niche interest called Integrity Level Factoring

We reason via what we call as an Integrity Level Factor that influences our existential decision-making or thinking for process development, incorporation or improvement... but the emergence in climate change, dynamics and neuroplasticity can affect culture flow and supportive thinking for goodwill in Quality of Life solutions.

AOEC at the project level is involved in Road Safety and Allied Support as a Quality of Life deciding factor, as it influences our living needs, our business needs, our governmental & security needs and more advanced needs, but at this value endearing step for Key-Indicating-Questioning for furtherance we ask...what do we see in today's allied development / designing of life



As stakeholders in case-based reasoning for Quality of Life,

Can we conceive more furtherance for this

**Can we help the cultural flow and accentuation
for belief upholding?**

**Can we via sense making and social accountability for
realization...add/develop more of**

**the new vitality or the primordial transformation
of the inner energy in us for furtherance.**

The answers to all this, is in understanding our emergence is in the superposition and constellation of involvements for the time today and the time ahead, where we are decisive for the seen and/or unseen sense of purpose that values, guards and influences life in its furtherance.

What cannot be seen is never an instantiated action, or is never a sense of purpose that will remain integral for our concerns of doership, so what is the light that can guide this, or in envisioning this concern, is this light consciousness, for action or synergy for some case-based reasoning...

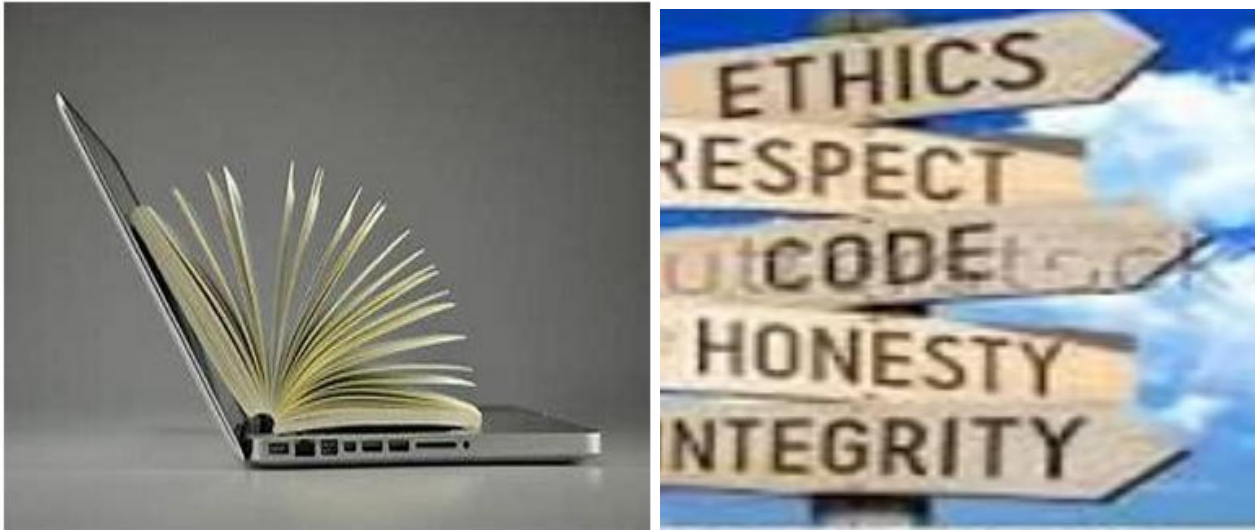
Neuroplasticity is a conceptual resistance or inertness seen in how a person can help one's performance or ineffectiveness for performance, where influencers are either sense of purpose and concerns with doership.. for a person able or vitally connected, the sense of purpose for valuing, guarding

and influencing life in its present and future, is different from the issues that cause an afflicted person to work on case-based reasoning for performance.

The synergy or transformation from reasoning for performance, is always dependent on insidious integrity or subtle inner energy, wherein it needs to be said insidious connections that influence life are known to be proceeding in a gradual, subtle way, but with very less of an effort for belief upholding/goodwill, so we re-engineer this to create a value endearment called insidious integrity, for what makes us involve ourselves productively for future tomorrows.



Fast tracking this sense of purpose



Like the pages of a book taking us further into its belief upholding or understanding, insidious integrity must be accentuated for moral integrity, which can have us show different sense-making & social accountability, but with conscious energy for involvement, we can start a journey of value endearment or correlate a need for self-development, goodwill, care for the next generation and deliberation for gaps that can be bridged or for development & growth that transforms or causes a ripple effect for Quality of Life.

A journey of value endearment, is one where neuroplasticity or influencers can result in less effective resolution of issues or is less goodwill for concurring correlation, like a need to support sense-making and social accountability for ethical consistency to value or develop value in involvements of integral positivity in doing what is right for gaps to be bridged or for managing issues via two folder viewpoints of seeing oneself in the mirror for life conscious involvement, whether this could be an inner essence for our involvement or a self-upholding for actions that do not cause a ripple in the effectiveness of the vision ahead. The vision is of seeing a lion like attitude towards positivity in doing, whether as self-dependent accountability or in gearing together for achievable furtherance.

Helping value in life... is always possible in soul-led living but there is a need for value endearment in each of us to perform this duty to set the right sphere of control or injunction.

This is the balancing light that matters, where the grains that help are fundamental interest to say...

- ✓ Children are bearers of this duty
- ✓ We as elders are this inner sense and should act to not setback time for achievable furtherance or positivity in doing
- ✓ The need for value endearment is more of quality assimilation as a cumulative effort right from the macroscopic level (i.e. the gearing together to do-things-level) to the microscopic level (as self-dependent accountability) for needful supporting of or adapting to different controls, guidelines, regulations and expectations for mainstream process levels.

One example, that AOEC is working on today is Road Safety and Allied Support via niche Dashboards that report zero traffic issue expectations at an institutional, or organizational, or operations management level.

The value endearment is to connect to the traffic and safety issues of children, students and working communities, with an expectation to develop first priority interest for valuing life while commuting or for adapting to the different guidelines, regulations, and controls for safer and fitter commuting.

The value endearment is also being accentuated by the concept of using brain mapped techniques to relate to what factors achieve effective understanding and involvement like Driver Fitness, Vehicle Fitness, Road System understanding and Alpha Assistance, where each factor depends on assisted/targeted adaptation and accountability by formative thinking and positivity in doing/driving/commuting as per the rules, and regulations or for a dashboard set for each year, or season while in academic curriculums, or in employment, or in doing business or supporting demand/supply expectations.

The next step for value endearment is to use certificates and awards of excellence as management or process rewards for conscious sense-making & social accountability while commuting, despite the dynamics at work.



भारत सरकार का उपक्रम A Government of India Undertaking



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Regards

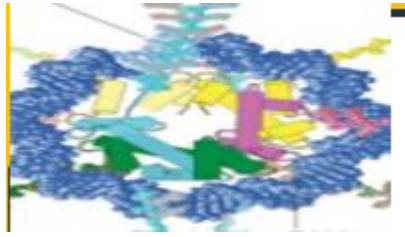
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AOEC Gap Analyst 2025-2026

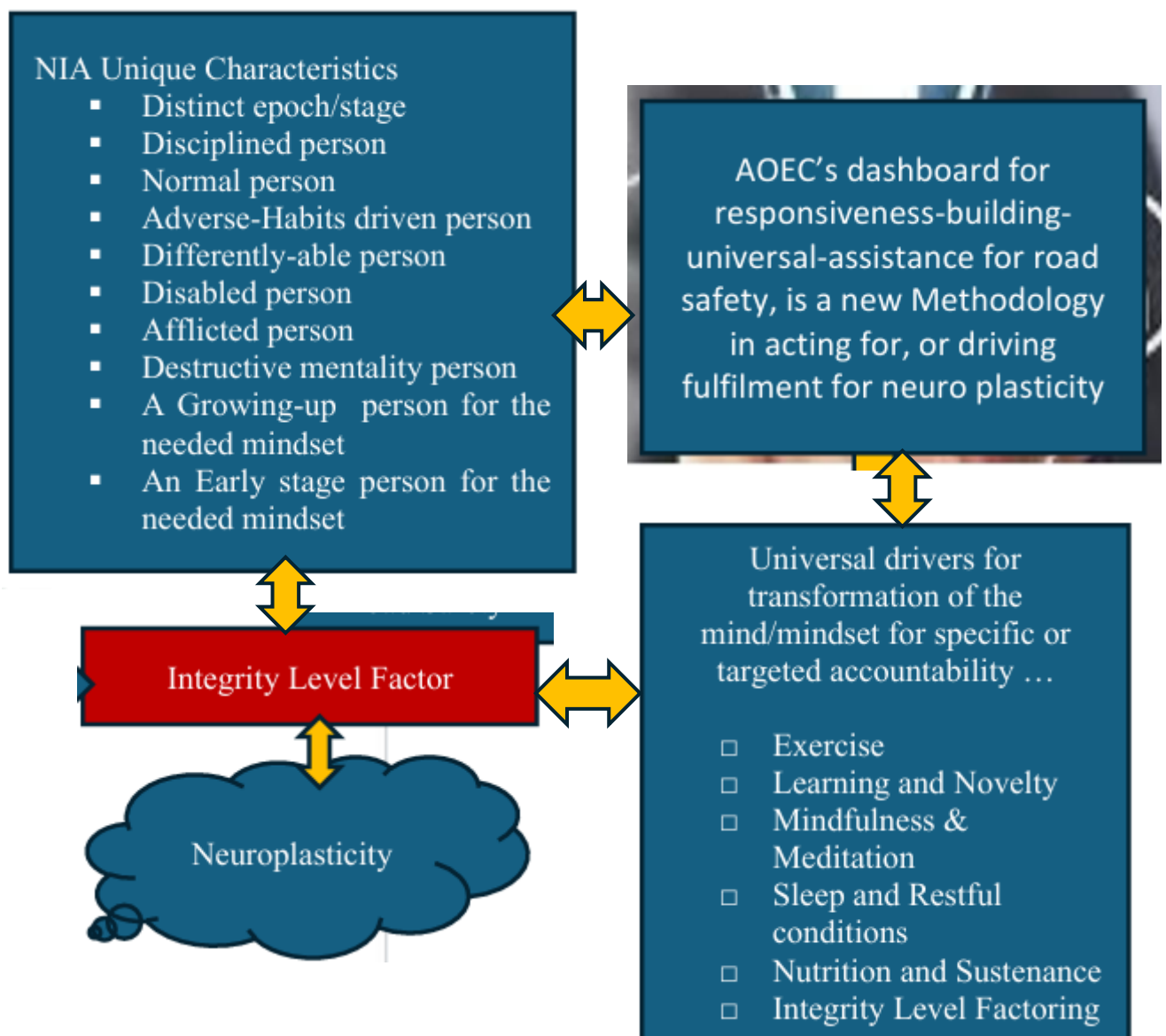
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AOEC'S use case influencers for safer and fitter commuting, are well-known drivers or transformers, for any neuroplasticity or inefficiency seen in following rules or for the agility needed to develop first priority interest for valuing life. The illustrations of our fundamental understanding are included below...





On the other side of any vision

The author (a consultant) has believed that self driven endeavours are important in conscious doership. Different parts of this book have been drafted since 2007 onwards, and life has been lived with this expectation since earlier than that.

*For the sake of self correlated performance, it needs to be restated that performance for any vision is dependent on doer-ship, but this doer-ship is amidst energies known or unknown, where self-correlated performance, and effort for well-being should **make sense of what is needed for self-development and/or for a call for resolution of issues or concerns, where today's quirks of the mind or it's flight into the future richness one can find**, is not generative enough for seeing the self we should develop into, where drivers like conscious involvement via self-development, goodwill, care for the next generation and precision for the development and growth of the present are vital.*

We are not animals but need that inner instinct to develop and evolve for the future, that is more dependent on how we correlate the dynamics of the time ahead with deliberation for our Richness or Quality of Life.

By K.S.Venkatram (A Gaps-can-be-bridged consultant)