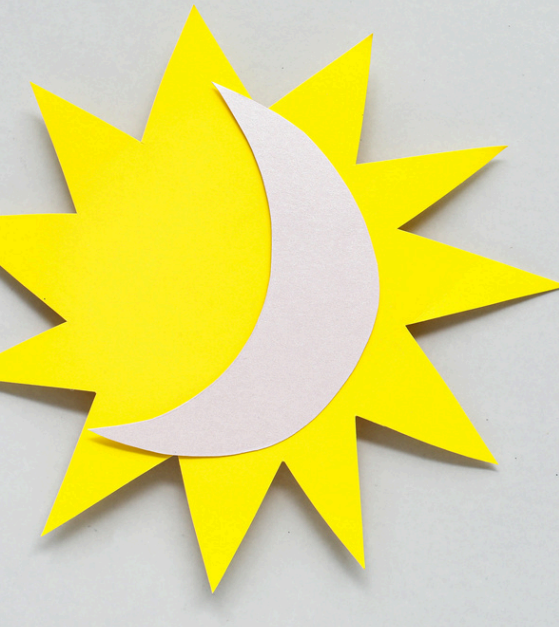


FROM EQUINOX TO SOLSTICE— JOURNEY IN SYNC WITH NATURE

Dr Vijay R. Page

Former Director, MIET, Mumbai and Founder, Brahma Research Foundation, Mumbai.



“The winter solstice is the time of ending and beginning, a time to forgive, to be forgiven and to make a fresh start. A time to awaken...”

Federick Lenz

The journey of planet Earth as it takes the round trip to the Sun while revolving on its axis is visualized and experienced as a journey between Summer Equinox to Autumn Equinox, which is mid-way sub-divided into Autumnal and Winter Solstice. As a single and unique planet not only of the solar system but also among the known galaxies, we are blessed with a 23.5-degree tilt which bestows us with the good fortune of four seasons or six ritus as observed in our classical texts. This in turn launches humanity into a mystical kaleidoscope with the Sun and Moon being chased by clouds and Earthen winds which have helped build a unique ecosystem on the planet.

Every one of us, especially the youth, must not only be aware of the rolling skies and shades but also ensure that we are in sync and aware of the natural rhythm.

As we watch the long shadow of mankind, we find that generation-after-generation both flora and fauna have been impacted by the “slings and arrows of outrageous fortune”. While quarks, white dwarfs and black holes keep emerging and vanishing around the galaxies occupying the vast spaces, our own Mother Earth has been destroyed and re-generated itself since time immemorial, and both the flora and fauna have experienced metamorphosis of one kind or the other. From the study of rocks and species marooned and burrowed at the bottom of the oceans, the message that comes out loud and clear is that only those species have some chance of surviving on this planet which is sync and adaptable to nature’s ever-shifting cataclysm. The rampant ecological disasters happening all around are delivering one clear message to mankind – Awake, Adjust and Live in sync with nature and preserve the heritage till eternity or perish.



As students and academia as well as stakeholders of the knowledge and learning society, it is our bounden duty to pause, study and live our lives as responsible citizens of the global ecosystem. Books, periodicals and social media are always overflowing with messages appealing to all of us to pause and act responsibly and live the life and lifestyle of a conservationist rather than a pure consumerist. Whether it is a cause of conservation of water protecting forests reducing the waste of fossil fuel and controlling plastic waste entering into our bloodstreams, raise your hands and put your shoulder to this task of protecting ourselves or else doom's day may not be very far away.

As the academic semester approaches the mid-way mark and the nights get longer than the days, we must take a look at the journey thus far and take steps to ensure course corrections so that goals and success are achieved. Whether in academics sports or co-curricular activities, we must seek inputs for excellence from colleagues, friends and teachers as well as parents and brotherhood so that we do not commit the mistakes committed earlier and tread the path to success. This is the message of nature to us, as after the long summer days and rains and thunder, a cool winter is a message for change and course correction. Winston Churchill says, "To improve is to change; to be perfect is to change often." The time to pause, look back to improve yourself and adjust to the call of nature is now. Time and tide wait for none, but like the wise sailor, you must hoist or lower the sail and capture the wind to move ahead.

Always remember what Hal Borland said, "No winter lasts forever; no spring skips its turn." It is now your turn to put your shoulder to the wheel, which must keep running for us all to survive.