

Skipping- me make
my point even
clearer. skipping



**ASSIGN
BUSTER**

SKIPPING- AN AWAKENESS Awareness is a term which everybody is familiar with.

It just means to make you aware but this awareness can take different forms which are unaware to the public. Awareness can be an AWAKENESS for the people's mind to think outside the box, or to think and act according to what he wants instead of controlling one's act or thought according to others perspective and the big system called SOCIETY. These terms are very more familiar with the Indians as we hear it on an hourly basis. Every child is brought up with the mind-set to "not do anything which the society thinks to be weird and throw you out to a category of madness, irresponsible, disobedient people and much more" and the society acts as the Virtual Emperor. This mind-set is what we have to be aware of and treatment has to be taken to get out of this vicious cycle. Let me make my point even clearer. Skipping as you all know is the best exercise one can even try upon and there are a minority of people who hate it or can't do it physically but still we see only a few people who actually do skipping. It is affordable, cheap, easily accessible, can be done anywhere, anytime, can be easily handled but still why ?? The answer is here, the society's perspective.

People can skip and want to but they think about from the society's perspective and decide to not do it. Let's say a fifty years old man, who loves to skip, buys one and starts skipping in his garden outside his home, Neighbours will look at him in a very pity way which says "whom do you want to impress at this age", "why are you showing off", "what are you going to do with this" etc., a lot of confusing and non-appealing looks and questions which forced the young man to start skipping inside his house.

after two days of it going well, the third day, his family will start questioning as to “ why are you doing this madness”, “ stop playing in the house”, “ you have grown old, take rest”, etc. which lead the man to actually end up in quitting his skipping and doing nothing. This is what the scenario of every household. The will power and passion is suppressed by the society and the people’s perspective. This is what which requires the change in the first instance. If the young man was able to spread his idea and knowledge about skipping and continued to skip , with not giving an ear to Neighbour then he would have made a change in the society and more people would have joined him but he couldn’t overcome that societies pressure or if he could convince his family members, there would have been a scenario where all the members could together do skipping and had some more family time we’ll spend. It’s a the perspective.

You are the change. As Bharak Obama had said in one of his famous speeches “ YES, WE CAN”. Yes , we are the change and yes we can make the change. It will be a great achievement if we can include one more person who thinks and believes like you . Let’s make a change.