

Discipline

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Abstract- Have you ever heeded traffic signal? How many people follow the rules and regulations of traffic signal? Discipline among the citizens of our country is expunging slowly. It's easy to break the rules and act like a hero but maintaining the rules and be disciplined is a deed of a "true Hero".

I. INTRODUCTION

Discipline is the conscientiousness that is drilled in accordance to the rules and regulations to prevent behavior that are averse to the environment or to the society or to an organization. Therefore, to wade through the journey of excellence you need to walk in the path of discipline.

- Importance of Discipline:

Discipline is ingrained in every aspect of human life and is essential part of our daily life. Discipline means tearing to obey certain rules without it there will be disorder. There is a very good saying regarding discipline- fools defy discipline, wise men preach it but great men practice it.

The success and failure depends upon the presence or absence of discipline in the life of people. Great people have proved discipline through their lives. A person who is in disciplined is not considered worthy in life. Discipline helps a person to achieve their goals and objectives of life as says it acts as a guide towards the right path.

In many institutions or organizations maintaining discipline is the first and foremost thing. Henceforth not only in personal life discipline is equally important in professional life.

Example of indiscipline: Going to work late every day and making lame excuses.

Example of discipline: Adhering to the ethics of the company and following the rules and regulations.

II. ELABORATIVE APPROACH



Dia 1

- Common Techniques of Maintain Discipline:
 - i. Time management
 - ii. Being responsible and dutiful
 - iii. Corporal behavior
 - iv. Harmony

- Time management:

Time management is a form of discipline that helps to maintain the work done or to finish the task by utilizing skills, tool, and techniques within the allotted time. The best way to maintain time is to divide your time according to your schedule and keep the aim to finish the work within the limited time. A person who is well organized and punctual will try to do everything within the specific time.

- Being responsible and dutiful:

In today's world how many of us are dutiful? Responsibility and duties start from our home. Many of us fail to do our duties towards our parents and other family members so how can we expect an individual to be responsible and dutiful in an organization. If a person is not organized in his life, then the sense of duty and responsibility will be absent. Therefore, an individual who is aware of his duties and responsibilities is much more of disciplined than a person who is heedless.

- Corporal Behavior:

Corporal Behavior at times is called physical punishment. It is done to cause physical pain in response to undesirable behavior, and it ranges from slapping, throwing files on face, hitting, physically abusing etc. in an organization and not only in an organization but most of the children have been spanked, beaten, and this declines as children reach adolescence. Such behavior whether on an employee or on a kid leaves negative impact. Instead of losing temper and reacting immensely one should handle everything patiently and tactfully.

- Harmony:

Working in an unorganized office and unhealthy environment can trigger a huge amount of stress. A well-organized office will reduce conflict among the workers and help them to work together and increase creativity among the employees. A person who is disciplined will maintain conformity and avoid jealousy, and discord. Working in harmony helps to maintain the discipline and ethics of the organization and henceforth build a healthy relationship among the workers.



Dia 2

CONCLUSION

Discipline is the knowledge or learning that is acquired through training and development. Whenever we hear the word “discipline” it reminds us of military soldiers.

If you want to build a strong personality be disciplined. It is one of the essential skills that one must possess. It gives you power to stick to your

decisions and follow them through without getting diverted. Be disciplined, be successful!

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APPENDIX

Diagram 1

Diagram 2

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