

to have said 'In life, winning and losing will both happen. what is not acceptable is quitting.'

It is probably this advice which was taken well by our cricketers in the Gabba test in 2020 - probably our greatest Test match victory in ages. Bundled out for a paltry 36 in the first match, the Indian team instead of wallowing in suffering, came back with a vengeance and won the match, with greater vigour. Pain in this case, led to an even greater victory, possibly a greater happiness.

How one looks at the pain that comes knocking at one's door is thus a matter of choice. The Jain theory of 'anekantavada'