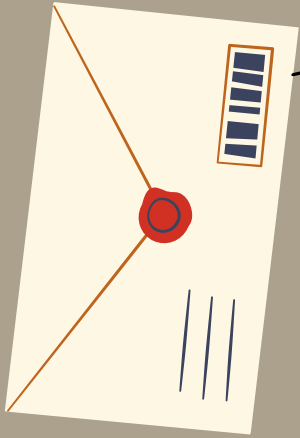




INPSYCHFUL

The newsletter



*Trust
Hope
and
Resilience*



Ms. Harpreet K. Rakhra
HOD

Mr. Pareksh Walia
Faculty Incharge

Mr. Raunaq Chawla
Faculty Incharge

Ms. Sagarika Mathur
Faculty Incharge

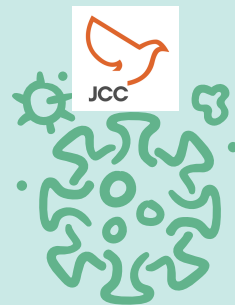
Dear readers,

In our effort to make you all more hopeful and positive towards life, we bring through this edition some interesting real life stories based on trust, resilience and hope. These stories and articles are sure to strengthen your will to live happily no matter what the circumstances of your life are.

Happy reading!

Youth and COVID-19: Stories of creativity and resilience

An ode to adolescents and young people who helped fight the COVID-19 pandemic



02 August 2021

India's young people are leading the way in the battle against COVID-19 through heroic acts of goodwill and support in their families and communities.

Through some of the harshest times, these young champions have stepped up as researchers, advocates, innovators and communicators on the frontline, promoting health and safety. Their courage and relentless determination to help those around them is a reminder of how we can achieve a healthier, safer and equal world.

As adolescents and young people continue to showcase their adaptability and resilience in this challenging time, it is important for the rest of us to recognize, support and champion their skills development.

-Making lives better

"We are 'The Blue Brigade'. These are our stories of hope, resilience, and determination. We support women and children in rural and urban areas of Chhattisgarh to access essential services and to reduce adverse impact of COVID-19 and overcome challenges," - The Blue Brigade Volunteers.

The efforts of about 25,000 youth enrolled in the Blue Brigade initiative by UNICEF India and the National Service Scheme (NSS) reached one million people across Chhattisgarh. They advocate for complete immunization of children under five years, support pregnant women to access antenatal care and safe delivery at their nearest health facility and inform the public about nutrition for children, adolescents and women. They also assist children to continue their learning even as schools are closed and raise awareness about child safety and protection.

-Ensuring the most vulnerable are not left behind

Thanks to these youth volunteers in Madhya Pradesh, more residents in rural areas have decided to get vaccinated.

Misconceptions have resulted in several people in tribal-dominated areas in Madhya Pradesh being reluctant to take the COVID-19 vaccination. To overcome vaccine hesitancy, Youth4Children volunteers Divisha Parwar, Ritesh and Aarti Yadav went door-to-door to campaign across all villages in Dhar district of Madhya Pradesh.

"We check people's oxygen levels, distribute face masks, teach them proper handwashing techniques and address issues around vaccine hesitancy," - Divisha Parwar.

Their efforts are yielding positive results with more people choosing to get vaccinated. Along with the team of Seva Bharati and the State Health Department, and with the support of UNICEF India, these volunteers are trying to change people's outlook towards vaccination.



-Library on Wheels

We may have different 'waves' of COVID-19, there may be disruptions in learning and schools may have been closed, but not this Library on Wheels at Singrauli in Madhya Pradesh. Teacher-student duo Usha Dubey and Mahima Singh are determined that no child should be deprived of access to education and learning.

During the lockdowns, many children in Singrauli's Baidhan did not have access to mobile phones or digital devices. The idea of "Library on Wheels" was to reach these students with books using a scooter. Along with Mahima, many more girls are busy channelizing their time and efforts in implementing this as the local children are very interested to read and learn.

"We travel every day on our scooter with our 'Library on Wheels'. My conversations with my teacher and our journey are what I so look forward too. We are doing our small bit to ensure my friends continue to study and in small ways reimagining our future for me and my friends," - Mahima Singh.

-The child trying to bridge a digital divide

Hitarth Sheth, 17, is a social impact entrepreneur from Surat, Gujarat. He is the founder of Gujju Student, an online learning platform for Gujarati students.

"The relative lack of online content in minority languages and the absence of content concerning large swathes of the world, especially low and middle-income countries is an issue I encountered as a Gujarati school student in Class 9. It led me to develop an app called Gujju Student, now being used by thousands of students in Gujarat, India," - Hitarth Sheth.

Hitharth's work mostly revolves around education He highlights some of the most important issues being faced by students, the potential solutions and what can be done collectively do to ensure equal learning opportunities for every child, online.

-The power of youth and community radio

The ability to spread a message using the right medium is of utmost importance during a pandemic.

Ashwathy Murali, a community radio producer from the tribal Paniyar community, has helped to break COVID-19 vaccine hesitancy. The result? Today her entire village is vaccinated.

Wayanad, Kerala, is home to more than 3,000 tribal hamlets mostly belonging to the Paniyar community. The majority in the community had expressed fears and anxiety about the vaccination.

To tackle the fear, myths and misconceptions on the COVID-19 pandemic and vaccination, along with the health department and the National Health Mission (NHM), Ashwathy Murali was assigned to do a programme on Radio Mattoli. Ashwathy's creative skills to plan radio programmes in the Paniya tribal dialect created a better understanding of the importance of vaccines within her community.

"Our first attempt was to create awareness, build confidence and mitigate the fear among the Paniya people, through various community radio programs. I translated the discourses of expert doctors on COVID-19 vaccination and COVID Appropriate Behaviour (CAB) into Paniya language and broadcasted them as radio programs. We also used jingles made in Paniya language based on the information provided by health department to create awareness via social media and radio," - Ashwathy Murali

-The 'fake news' fighter

Althaf is a child rights advocate and awardee from Chennai, Tamil Nadu. Due to COVID-19 his father lost his job and his mother is at home. His ambition is to become a film maker and he has done a lot of awareness videos and short films. Despite the difficult financial circumstances, this aspiring young film maker is doing his bit to spread awareness and tackle misinformation in his community by sharing verified information on COVID-19.

"There has been a lot of incorrect misinformation on COVID-19 spreading through social media channels, please do not believe such messages or forward them without verifying the source. Please refer to verified information from UNICEF India, WHO, MoHFW and Tamil Nadu government website or social media channels. Since I am following these channels, I share the same with the people in my community and tell them not to spread false information. I urge you all to do the same," - Althaf.

Many youth advocates like Althaf have inspired us and supported us through this pandemic. Like him, we too can do our bit to share correct information.

-Creating art to cope

Aditya is an artist from Patna, Bihar. The ongoing crisis across the globe has restricted his movement. His way to cope with the first and second waves of the pandemic was through his art.

“During the lockdown I had plenty of time, I explored many things about myself, my hobbies, and my dreams. Most of the time, I was designing and creating illustrations, filling some colors, I wish I could do this in life too. I am engaged in social campaigns for Bihar Youth for Child Rights. In March, we had done a campaign WE MEN WITH WOMEN, and I prepared posters, edited videos, and contributed to a good cause,” - Aditya.

Many of Aditya's friends and his family members tested positive for COVID-19. He made sure to be there for them virtually and shared factual, useful information to put their minds at ease. He is worried that many still do not wear a mask, wash their hands regularly or maintain a minimum two-meter distance. The only way we can win this battle is if we fight it together by following these steps says Aditya.

-Harnessing the strength of technology

The pandemic has disrupted the learning of an entire generation. Young minds like Aditya are advocating for using digital platforms and technology to educate, teach and create job opportunities for themselves and others.

“I want to support my family financially. One of my cousins taught me about YouTube and how to be a YouTuber and make money out of it. I did not have the requisite equipment like tripod, mic, laptop, editing software or a good smart phone. Right now, a lot of children are attending classes online, and are facing technical difficulties due to lack of digital knowledge. I felt there was a need and despite the lack of proper equipment I started making technical learning videos,” - Aditya.

Let's support young champion leaders like Aditya who inspire us all to do more!

-Innovating to improve awareness on COVID-19 Appropriate Behaviors

COVID-19 has brought daily life to a standstill for many across India, but young volunteers are working relentlessly to keep people safe during these tough times. Ashok and other volunteers have been working with the local authorities in Chennai to increase awareness about how to protect each other against COVID-19. Ashok is keen to promote positive behaviors to prevent COVID-19 including sharing the facts about and the benefits of vaccination. UNICEF is supporting the local authorities by training and deploying community level volunteers like Ashok and others to support frontline workers to create awareness on COVID-19.

“I am part of this wonderful awareness programme at Chennai Central Railway Station. Some people are not wearing face masks properly. Some were using dirty handkerchiefs. We distributed free face masks and sanitizers for them to use. Some were eating paan and spitting in public places, and we warned them about its impact,” - Ashok.

Let's support young people like Ashok who are helping us defeat this pandemic.

-Using the power of Social Media and apps to spread accurate and verified information

Mantasha is pursuing her Bachelor's in Elementary Education. Mantasha believes in giving back to the society during this challenging time. She is an active youth volunteer and for the past two years has been creating awareness on preventing COVID-19 on social media.

“I believe in building a selfless society through acts of kindness. During COVID-19, I created and shared videos with authentic information to help people. We also collected and distributed provisions to families hit by the pandemic,” - Mantasha.

Mantasha continues to help people with verified information about COVID-19. She has also provided books and stationery to students who are unable to access education easily due to this pandemic.



Ishika Thakur

Building trust in Friendship



Most people will agree that trust is an important element in their friendships. What does “trust” mean? And why is it important in friendship?

Trust can mean something slightly, or dramatically, different to each of us. Being clear with your friends about what trust means to you can be the first step in building trust in those friendships. Think about the words you associate with trust — dependability, responsibility, integrity, honesty, and commitment are some words that might help to understand and clarify the meaning of trust for each of us.

In friendships, as in all relationships, trust is one of the foundational building blocks. We need trust to establish and deepen our friendships. Trust allows us to feel safe with friends: safe to make plans and safe to share ourselves and our lives. Trust requires that we keep our promises and show demonstrations of dependability, respect, and honour.

In friendships, as in all relationships, the betrayal of trust can be devastating. Betraying a friend’s confidence, that is, sharing something that a friend confided in us, can dent the trust in a friendship.

Krishna-Sudama

An eternal bond of friendship exhibiting a flourishing tie, knowing no boundaries of caste, creed or social status is that of Krishna and Sudama. It is said that both were best of friends, despite a huge socio-economic chasm that divided society at the time. It is believed that once Sudama fighting grave poverty, upon insistence of his wife so to combat penury, travelled all the way to Dwarka carrying a humble present for Lord Krishna. This gesture was more of a memento to honour the immortal bond that the two shared. Sudama’s wife packed a small amount of rice for his beloved friend in spite of not having enough food to feed her own children. Lord Krishna was delighted to meet his childhood friend. He savoured the rice serving, while calling it the sweetest meal he ever had. So this is the real trust in a friendship we can see.

So how do we build a trustworthy friendship?

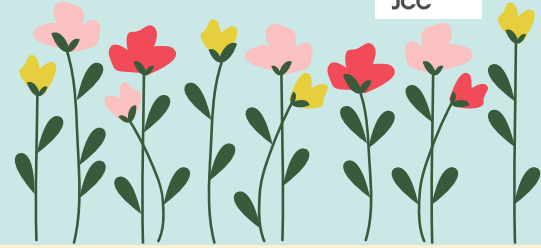
It is important to explore and understand what trust means to us and what it means to our friends. It is also important to show that we are trustworthy to each other. We have to demonstrate to each other that we are trustworthy. For example, matching our actions to our words.

Trust can be built and maintained in many different ways in a friendship.

In the beginning, when we are first creating a friendship, some ways to demonstrate trust are to:

- Be dependable: return calls and messages, be there, show up (more or less on time).
- Be kind: if one person changes or cancels plans, we will contact each other to find out if everything is alright.
- Be fully present: Trust that we will listen with our full attention, put down the devices, resist advice giving, and offer our presence. This can be more challenging today with technology accompanying us when we spend time with friends. “Designing” the environment so that we can listen to each other might be a helpful strategy. For example, designing how you will deal with your devices, or talking about whether you want to be listened to or receive advice.
- Be thoughtful: communicate and respond with respect, empathy, and kindness. Sharing too much intimate information about ourselves in the early phase of a friendship can be overwhelming, for both people. This can be a good opportunity to talk about what we can do to build trust in the relationship.
- Be reciprocative: give and take, mutually and with reciprocity. For example, invite our friend to do things and trust that our friend will invite us too.

Life



Life can be hard sometimes but here are some tips that may bring you a Beautiful Life!

- Take a 10-30 minute walk every day and while you walk, smile.
- Sit in silence for at least 10 minutes each day.
- When you wake up in the morning complete the following statement, "My purpose is to ... today."
- Live with the 3 E's... Energy, Enthusiasm, Empathy, and the 3 F's ... Faith, Family, Friends.
- Spend more time with people over the age of 70 and under the age of 6.
- Realize that life is a school and you are here to learn, pass all your tests. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
- Life is too short to waste time hating anyone.
- You don't have to win every argument. Agree to disagreements.
- Make peace with your past, so it won't mess up the present.
- Don't compare your life with others'. You have no idea what their journey is all about.
- Burn the candles, use the nice sheets. Don't save it for a special occasion. Today is special.
- No one is in charge of your happiness except you., What other people think of you is none of your business.
- However good or bad a situation is, it will change.
- Your job won't take care of you when you are sick. Your family and friends will stay in touch. Call them often .
- Get rid of anything that isn't useful, beautiful, or joyful.
- Each night before you go to bed complete the following statements: "I am thankful for..." - "Today I accomplished..."
- Remember that you are too blessed to be stressed.
- Enjoy the ride. Remember that this is not Disney World and you certainly don't want a fast pass. Make the most of it and enjoy the ride.

Grit

You're no genius



Angela Duckworth is the world's leading expert on "grit," the much-hyped ingredient in personal success. As Duckworth defines it, grit is passion and sustained persistence applied toward long-term achievement, with no particular concern for rewards or recognition along the way. It combines resilience, ambition, and self-control in the pursuit of goals that take months, years, or even decades.

The University of Pennsylvania psychologist's studies of grit began when she was teaching math to seventh graders. She realized IQ wasn't the only factor separating successful students from those who struggled, and that grit—holding steadfast to a goal through time—was highly predictive of success. She then spent years analyzing the short- and long term effects of grit on people's performance in school, at work, and in personal relationships, and published her research in *Grit: The Power of Passion and Perseverance*, a New York Times bestseller documenting how grit predicts long-term success in nearly every realm of life.

Quartz: What's your own "grit" story? How did you personally develop your?

Angela Duckworth: So, my dad definitely looms large in my biography, as I think dads do for a lot of people. Growing up I had a family headed by a father who was singularly obsessed with achievement—his own, and that of others. He was always asking: Who is the bigger genius, Mozart or Beethoven? Matisse or Picasso? These are the type of debates we would have over dinner. So I did grow up to be someone who is ambitious, but also someone who never had the self-concept of being a genius or someone who is gifted. I think the way he regarded me did actually raise the question in my mind of, "So, if you're not especially gifted, and you're ambitious to do something—great, how are you going to do it?"

I don't think it was conscious, but I've always had the identity of someone who is, you know, "I'll show you." These are the words that go through my head when people tell me I can't do something, which is signature self-talk to the kind of people I study.

QZ: Can you unpack the psychology behind "I'll show you" self-talk?

AD: It's typically in response to "you cannot," when someone says you're not on the team, you didn't make the cut, or you're not good enough. "I'll show you" is essentially "I'll prove you wrong."

Bill McRaven, the retired United States Navy admiral, in his book *Make Your Bed*, explains how he had one officer who he really believed in, and when he was going through weed-out challenges, he leaned over and whispered in his ear "prove me wrong." These words are in the same vein as "I'll show you"—McRaven was giving that officer encouragement. Many gritty people have the underdog mentality, and I think I've always had that, given the way I was raised.

QZ: Is the underdog mentality natural, and something that manifests at a young age, or can it can be developed?

AD: Most of the research and psychology says that people change much more after childhood than you first would think. There are all these Biblical phrases like "show me the child at seven, and I'll show you the man," or Freud, who thought everything interesting happened in childhood, that there was no growth after that. But neuroscience and longitudinal research on people suggests that people change a lot actually, and they change sometimes in dramatic ways. Look at the data on personality change, the first thing you note is that people's personalities change in every dimension, but what that data obscures is that if you gather 100 people's personality change, and you take their average, what the data looks like is gradual growth.

For instance, most people become more conscientious, more dependable, more agreeable, more wise, and more emotionally stable as they mature. But what those averages obscure is that really what's going on is some people are not changing nearly at all, while some people are making dramatic changes. For example, psychotherapy has enormous effects that are lasting beyond the last therapy session, and that is proof that people can change the way they interact with the world. So I believe in change, and I think I was pretty gritty as a child, but I know I've gotten grittier as I've gotten older, and I don't think my grit was welded in place when I was seven.

QZ: Do you think knowing about grit as a concept, and its benefits, makes you grittier?

AD: I don't actually think it's a panacea—so I don't think if you know about grit, like you read a book about grit or understand it, that you automatically become grittier, but I think it can help. For example, because I know the psychology of failure, and I'm able to quickly recognize when I fall victim to the unproductive self-talk people engage in after something doesn't work out. When I find myself saying things like, "Oh my god, I'm never going to be able to do that, no one will ever give us money for our nonprofit," it's very helpful to have the metacognitive understanding that this self-talk is normal to experience, and that it's not going to last forever. The first time I was on Freakonomics, the podcast, Steven Dubner got me to tell him what I really thought—and I don't have data on it—but what I really thought about people who are successful and happy. I said to him people who have some metacognitive understanding of themselves—like they can look at themselves and honestly understand like what they're doing well and what they're not doing well—eventually they will heal themselves. Eventually, they will mediate their weaknesses and raise their strengths. People who have no self-awareness, they're the ones you really worry about; they may be okay on certain dimensions, but they're never going to grow. So yeah, I'm a big fan of metacognitive awareness.

QZ: So back to your life a bit. You grew up in household where it was really encouraged to be hyper-successful, and yet you didn't think of yourself as a genius. Which is ironic, given you're literally a MacArthur Genius. What made you think that you weren't extremely intelligent then, and how did that change as you got older?

My father would literally say things like "you're no genius," to me. (There was, in fact, a great irony and redemption to the MacArthur Fellowship.) But he would also say things to my mother, who was an amateur painter, like "you're no Picasso." He would say to my sister and me, "you're never going to win a beauty pageant." He would say these things, and it makes him sound like a horrible person, but I think really what was going on is that people often talk to themselves while they're talking to you. So I think he was not measuring up to his own aspirations, and it was just leaking out of him.

The blessing of all this is that I never did think I was a genius. I've never been that kind of fragile person who felt like everything was supposed to be perfect and that I was supposed to be the smartest person in the room. I think some people are brought up with their parents saying, "you're perfect," you know, "everything you do is right." And then as life happens, it's not that way, and it's really harder for them than for people who got that dosage all along. Small wins are enormously important. We look at people and we say, "Oh, they have this outside confidence," but really one of the things that builds confidence is actual evidence that you're on the right path.

For example, when I was a graduate student in psychology I submitted my first paper to a top-tier journal—and it got in. I mean, yes, it had to be revised. But that victory fueled my confidence, and gave me the chutzpah to try the next thing. So if you're trying to motivate yourself, or a team member, or kid, you can't just talk people into confidence. If they have a track record of failure after failure, then you do need to figure out, how do I make it possible for this person to have a small win?

QZ: How do you set up situations that will facilitate small wins? Say you have an employee who is mediocre, not great, doesn't make more money for the company than anyone else, but isn't an abject failure. How do you steer them, as a manager, into a world in which they can have a small win?

AD: You need to break down big goals into smaller and smaller parts, and then you need to give them the part that they're almost able to do, and with support can do. Actually, that's a lesson from child psychology. If you look at little kids who are learning to walk or learning to read, they might not be able to take the next developmental step on their own, but with a little support this next step becomes just within their reach.

It's called the zone of proximal development—you're supposed to have kids just proximal to what they can do, just proximal to the next frontier. And if you're a good manager or a good coach, that's what you do, too. Great coaches can take a back handspring and fractionate it into tiny parts. If you're a great manager, you will give somebody something that they're just able to do with support, then once they're able to do that [on their own], you give them the next thing they're just able to do, and that's how they grow.

QZ: How does feedback play into small wins—is it important to call out, praise, or reinforce each small win?

I think, personally, that people need to be praised. Human beings don't learn very well when there's no feedback. It's the job of the manager to give both praise and critique. For example on my team, after everything we do, we give two pieces of feedback—one positive, one critical. For critical feedback we do an "NTT" which stands for "Next Time Try." So if I was up on stage giving a presentation, the next day my team will give me my "next time tries": Next time try to use the left side of stage, next time speak slower, or speak faster. Then we do an "IWEW," which stands for "It Was Effective When," like, it was effective when you said this anecdote, or when you asked this question. NTTs and IWEWs are particularly helpful because they're action-oriented—after saying "it was effective when you," you have to say a verb, and you have to be specific. In general feedback is much better when it's specific, and when it's really direct. I have a colleague whose done studies of expert tutors. He looks at the top 1% of tutors, and what he finds is that they don't waste a lot of time saying like, "You're smart," or "You're great at math," or "You're bad at math." They spend 99% of their attention on the actual work—so their feedback is very specific, it's like, "Oh no, don't divide by seven," or, "You have to divide on both sides. I think that's a good lesson for managers—you have to take a big goal, fraction it in tiny parts, and realize that whoever it is that you're mentoring, they're going to be where they are. You can't give them something to do that they can't yet do. And then your feedback should be very specific, even if it sounds overly simplistic. Like: "It was really great that you wrote that memo. I liked that it had a really strong executive summary, and it was spell-checked, awesome job." That enforces the small win. Then you can say, "Ok, what's the next challenge?"



Know grit—and how to get it

Student Section

Finding your Balance!

'Being in shape is not yoga. paying attention to what you are doing it is yoga'



I rolled my Dice.

And life confided the secret to me; At last, it said, "I am that which must always overcome itself". Beyond everything that COVID left with us, the mental strike is something that is least talked about. The falling economy, delayed careers, slow growth may rise someday even the patches on your lungs may fade up with time or the taste and smell buds you struggled with, soon be delighted with new recipes of food and scent. But what about the unseen patches of deep dark memories of passivity we all had experienced? Yes, in lockdown, the lockdown may cease our physical or equity movements but mind as a wanderer would never stop gathering and supplying to our deeper unconscious realm. The rising anxiety and other neuro disorder is the real pandemic to talk about, but mental health being a taboo is still playing hide and seek with the advancement of human race.

My name is Deepika and i took a refuge of one ancient practice of India called " YOGA" to cope up with the invisible strike of passivity at the time of pandemic. I am no "yogini" but a human in search of a firewall against the neuroses and that's what we all were engaged in - searching for ways to keep our sanity intact. Irony lies in the activities we all took up, which are basic and "must do" in our daily life like cooking, reading, yoga, spending cozy family time, art, craft music etc. Oh! Isn't that a shame for us human for we need a pandemic to act on a basic life activities ? Anyways being a girl raised in middle class family and that too in the mysterious city of Delhi I have learned that engravings that soon going to be on my dice are wife, career, family, in laws and the most beautiful of all is mother. I am not complaining as we all carry the same dice with same five elements but... But a side is always empty for all of us. The sixth side of dice is the space we can carve ourself. The space of self- overcoming. I overcame myself in tough times by carving "Yogabhyasa" in that empty side of my dice. And the best lesson i have learnt in recent past is not to cling on anything as clinging gives push to ego. God knows i might stop Yoga someday to take up the cooking as my tool or may be i start knitting woolen or whatever builds firewall against stain thoughts of passivity. Afterall the fight of the future is to keep sanity intact for all of us. So, behold, " I am that which must always overcome itself". (Thus spoke Zarathustra, Friedrich Nietzsche)

That's how I, Deepika rolled my dice till I get the sixth self-carved space. What about you all?

Instagram handle: [little_happiness_in_yoga](#)



Deepika Walia

Psych-vocab

HEDONISM

According to philosophical psychology, it says that all human actions are ultimately motivated by desire of pleasure and avoidance to pain.

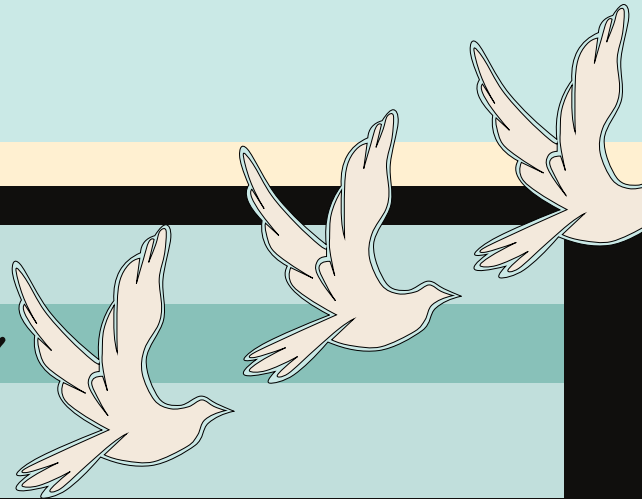
Human seek pleasure (positive emotions) in everything they do, for personal benefit.



FYI

For Your Information

Hope Theory



Emotions

Hope Thought

(motivation)

Outcome
value

Pathway Thought

Goal
Behavior

Revelation

Agency Thought

The ability to derive pathways to desired goals (Having goal-oriented thoughts) and motivate self via agency thinking (Being motivated to expend effort to achieve goals) to use those pathways (Developing strategies to achieve goals) and these goals can be attained with beliefs and efforts

Aarushi Chauhan



Editorial Team

AARUSHI CHAUHAN (EDITOR, DESIGNER)

AVANI JAIN (DESIGNER)

ISHIKA THAKUR (WRITER)

DEEPIKA WALIA (WRITER)

MONIKA SHARMA (WRITER)

DIVYA ANAND (WRITER)

SAKSHI JAISWAL (WRITER)

KHUSHI JAIN

KASHISH LONGIANY